

Parent Resource Directory

Capital Region
Third Edition

A Service of the
*Maternal Infant Network
of The Capital Region*



**MATERNAL
INFANT
NETWORK**
OF THE CAPITAL REGION

*Healthy Babies need
Healthy Mothers and Families*



Community
Blue

BlueShield of
Northeastern New York

A Division of BlueShield New York, Inc. An Equal Opportunity Member of the New York State Mutual Insurance Association



CAPITAL DISTRICT PHYSICIANS' HEALTH PLAN



Healthy Babies Healthy Mothers Healthy Families

*The Mission of the
Maternal Infant Network
of the Capital Region (MINCR)
is to achieve optimal health for
mothers, babies, and families
in our communities.*



The Maternal Infant Network of the Capital Region (MINCR) is pleased to bring you our third edition of the Parent Resource Directory. This valuable resource for professionals and consumers is an important asset in directing parents to the services and community resources in the capital region that will help their parenting experiences to be positive, less stressful, and successful each step of the way. This vital resource includes pertinent information to support our goal of promoting healthy babies, mothers, and families.

MINCR could not bring this directory to you free of charge without the help of several partners, including: *Capital District Physician's Health Plan, Hudson River Bank & Trust Company Foundation, Blue Shield of NENY, Key Bank, Cusack & Company, and Bureau of Women's Health, New York State Department of Health.* MINCR thanks you for your contributions which enabled the publication of this directory.

The Maternal Infant Network is available via the Internet. Find our Parent Resource Directory, and information related to our programs and resources, at: www.pregnancyandbabies.org. MINCR asks that you notify us of any changes, additions, and deletions, all of which will be updated in our web edition of the directory. You can complete the directory evaluation form online or by using the form on page 47. Contact us with comments or suggestions at mincr@nycap.rr.com or 19 Aviation Road, Colonie, NY 12205, or call us at 518-426-1153 or fax us at 518-426-1237.



**MATERNAL
INFANT
NETWORK**
OF THE CAPITAL REGION

*Healthy Babies need
Healthy Mothers and Families*

19 Aviation Road, Colonie, NY 12205 • Phone: 518-426-1153 • Fax: 518-426-1237
e-mail: mincr@nycap.rr.com • www.pregnancyandbabies.org

HotLine Numbers:

Growing Up Healthy
1-800-522-5006

AIDS Counseling and Testing
1-800-590-2437

Child Abuse Prevention Information Resources
Center
1-800-342-7472

Child Abuse and Maltreatment Register
1-800-342-3720

Drug Abuse Information Hotline
1-800-522-5353

NYS Council on Alcoholism and
Substance Abuse Information Line
1-800-522-5353

NYS Domestic Violence Hotline
1-800-942-6906

NYS Domestic Violence Hotline- Spanish
1-800-942-6908

NYS Health Programs Child Health Plus
1-800-698-4543

NYS Parent Connection:
NYS Office of Children and
Family Services
1-800-345-5437

Central NY Poison Control Center
1-800-222-1222

Suicide Crisis Hotline
518- 689-HOPE (4673)

Unity House 24 Hour Hotline
1-800-272-2370

Youth Crisis Hotline (24 Hours)
1-800-448-4663

YWCA of Schenectady Domestic Violence
Hotline
1-800-374-3386

Rape Crisis Centers

Albany County Crime Victims and Sexual
Violence Center
518-447-7716

REACH Center, Inc. Columbia-Greene
Counties
518-828-5556 or 518-943-4482

NYS Coalition Against Sexual Assault
518-482-4222

Sexual Trauma and Recovery Services Rape
Crisis Program Washington County
1-800-225-7114

Rape Crisis Service, Planned Parenthood
Mohawk-Hudson, Inc., Cobleskill
518-234-4949

Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Fulton
518-843-0945 or 518-773-0041

Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Montgomery
518-843-4367 or 800-446-2346

Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Schenectady
518-374-5353 or 518-346-2266

Rensselaer County Sexual Assault and Crime
Victims Assistance
518-271-3445 or 518-271-3257

Saratoga Rape Crisis Services
518-587-2336

Youth Empowerment Services
518-455-8911

Other Emergency Numbers



19 Aviation Road, Colonie, NY 12205
Phone: 518-426-1153 • Fax: 518-426-1237
mincr@nycap.rr.com • www.pregnancyandbabies.org

*Healthy Babies need
Healthy Mothers and Families*

Advocacy

Albany County Consumer Advocacy Board for Mental Health, Inc.
 Association for Children for Enforcement of Support, Inc (ACES)
 Bethesda House of Schenectady, Inc.
 Capital District Center for Independence Inc.
 Catholic Charities of Albany & Rensselaer Counties
 Commission on Economic Opportunity for the Greater Capital Region, Inc.
 NY Assn. Of Psychiatric Rehabilitation Services
 Prison Families of New York Inc.
 Schenectady Community Action Program

Bereavement

Community Hospice of Schenectady
 Compassionate Friends
 Haven Grief Counseling Center
 NYS Center for Sudden Infant Death
 The Community Hospice
 The Compassionate Friends

Suicide Support

Suicide Support
 Suicide Crisis Hotline

Child Care

Capital District Child Care Coordinating Council
 Carver Community Center, Inc.
 Delmar Reformed Church
 Sidney Albert Albany Jewish Community Center
 Sunnyside Center

Counseling

Catholic Charities of Schenectady County Consultation Center
 Consumer Credit Counseling Service of CNY
 Counseling for Laity
 Family and Child Service of Schenectady, Inc.
 Family and Children Services of Albany
 Jewish Family Services of NENY

Crisis Hotline

The Samaritans Suicide Prevention Center

Domestic Violence/Sexual Assault

A Center -For- Hope and Alternatives
 Albany County Crime Victim & Sexual Violence Center
 Equinox Domestic Violence Services
 Planned Parenthood Mohawk Hudson
 Rensselaer County Rape Crisis Center
 Samaritan Hospital
 Unity House
 YWCA of Schenectady Parents Anonymous

Education

Albany County Opportunity, Inc. - Headstart
 BirthNet
 Capital District Educational Opportunity Center
 Carver Community Center, Inc.
 City School District of Albany
 COARC
 Commission on Economic Opportunity: Headstart and Early Start
 Cornell Cooperative Extension of Albany County
 Cornell Cooperative Extension of Rensselaer County
 Cornell Cooperative Extension of Saratoga County
 Cornell Cooperative Extension, Schenectady County
 Early Childhood Education Center
 Equinox Youth Center
 Even Start - Rensselaer County
 Girls Incorporated of the Greater Capital Region
 Headstart Family Education Program – Saratoga County
 Hudson Valley Community College
 SCAP Head Start
 Schenectady County RTL
 Washington Irving Educational Center
 Watervliet Civic Chest, Inc. (Civic Center)

Emergency

Catholic Charities of Schenectady County
 Equinox Youth Shelter
 SAFE, Inc. of Schenectady

Employment

Adolescent Employability Skills Plus Program, Inc.
 Cornell Cooperative Extension of Albany County
 Women's Employment- Resource Center

Faith Organization

City Mission of Schenectady – Family Life Center
Delmar Reformed Church
Love INC. (Love in the Name of Christ)
Schenectady Inner City Ministry

Family Services & Support

Alpha Pregnancy Care Center
Albany County Department of Health
Albany County Opportunity, Inc.
Bright Beginnings Program
Capital City Rescue Mission
Catholic Charities of Schenectady County
Centro Civico Hispanoamericano, Inc.
Centro Civico of Amsterdam, Inc.
Commission on Economic Opportunity for the Greater Capital Region, Inc.
Community Maternity Services
Down Syndrome Resource Center, Inc.
Family and Children's Service of the Capital Region
Family and Children's Service of the Capital Region, Inc.
Healthy Kids of Rensselaer County
Healthy Schenectady Families
Hispanic Outreach Services
Hope House Adolescent Facility
Lexington Center
Mechanicville Community Services Center, Inc.
Parsons Child and Family Center
Rensselaer Chapter NYSAR – -Family Supports
Saratoga Center for the Family
Saratoga County Chapter NYSARC, Inc.
The Mothers' Center of the Capital District
Vanderheyden Hall
Unity House
Youth Empowerment Services
YWCA of Schenectady

Food Pantry/Baby Formula

Schenectady Inner City Ministry (SICM)

HIV/AIDS

Albany Damien Center

Information & Referral

Albany Area Teen Consortium
Catholic Charities of Schenectady County
Early Childhood Direction Center
Epilepsy Foundation of NENY
Healthy Schools Network, INC.
March of Dimes
Parent to Parent of NYS
Prevent Child Abuse New York
Regional Food Bank of Northeastern New York
Section 8 Family Self Sufficiency Program
St. Luke's Outreach Ministry
Teenage Opportunity Program & Step Ahead - CEO
The Samaritans
Youth Empowerment Services

Maternal & Child Health

Albany County Department of Health
Bellevue Woman's Hospital
Birthright Inc. of Saratoga County
Birthright of Albany, Inc.
Birthright of Schenectady
Catholic Charities of Columbia & Greene Counties
Department of Health, Schoharie County
Lactation Support Services
Maternal Infant Network of the Capital Region
Rensselaer County Department of Health
Samaritan Hospital
Schenectady County Public Health Services
Seton Health Systems
St. Clare's Hospital
St. Clare's Family Health Center
St. Mary's Hospital, Amsterdam
St Peter's Hospital WIC's Education
St. Peter's Family Health Center
St. Peter's Slingerlands Medical Arts
The Family Life Center
Visiting Nurse Association of Albany, Inc.
Women's Health Center of Albany Med
PCAP and MOMs listings, see page 6

Mediation

Law, Order & Justice Center



Services

Medical/Health

Albany County Healthy Women Partnership
 Bellevue Woman's Hospital
 BlueShield Northeastern New York
 Cohoes Family Health Center
 Comprehensive Sickle Cell Center/Albany Medical Center
 Department of Health - Rensselaer County
 Department of Health - Schoharie County
 Ellis Hospital
 Family Medical Corp
 Greene County Public Health N.S.
 Planned Parenthood Mohawk Hudson
 Rensselaer County Department of Health
 Samaritan Hospital
 Schenectady Family Health Services
 Seton Health Systems
 South Troy Family Center
 St. Clare's Hospital
 St. Clare's Family Health Center
 St Peter's Helderberg Health Center
 St. Peter's Rensselaer Health Center
 The Center for the Disabled
 The Community Hospice
 Upper Hudson Planned Parenthood
 Whitney M. Young Jr. Health Center

Mental Health

Albany County Department of Mental Health
 Capital District Psychiatric Center
 Community Living Associates Program, Inc.
 Rensselaer County Department of Health

Mental Health Self-Help

Self- Help Source- A Project of the Resource Center Inc.

Parenting

Catholic Charities of Schenectady County
 Family Resource Centers of Columbia County
 (Formally known as Family Survival of Columbia County)
 Saint Catherine's Center for Children
 Teen Parents Mentoring Program

Parenting Groups

Child & Family Psychological Services

Services for People with Disabilities

Capital District Center for Independence, Inc.
 Center for the Disabled
 Schenectady ARC

Substance Abuse

Carver Community Center, Inc.
 Hope House Inc. Women and Children's Program
 St. Peter's Addiction Recovery Center

Supplemental Food Program

Saratoga County Economic Opportunity Council

Support Groups

Delmar Reformed Church
 Maternal Infant Network of the Capital Region:
 Prenatal and Postpartum Depression Support Groups
 More About Breastfeeding
 Mother's Center of the Capital District
 Parents of Murdered Children and Other Survivors of Homicide Victims
 Vanderheyden Hall

Transportation

STAR- Special Transit Available by Request

WIC Programs

Catholic Charities of Columbia and Greene Counties
 WIC Program Catskill
 WIC Program Hudson
 CEO WIC
 Cornell Cooperative Extension – Schenectady County WIC
 Mechanicville Community Service Center, Inc. – WIC
 Saratoga County Economic Opportunity Council - WIC
 Whitney M. Young Health Center - WIC
 Women's Health Center of Albany Med - WIC



HotLine Numbers:

Growing Up Healthy 1-800-522-5006
AIDS Counseling and Testing 1-800-590-2437
Child Abuse Prevention Information Resources
Center Parent Help Line 1-800-342-7472
Child Abuse and Maltreatment Register
1-800-342-3720
Drug Abuse Information Hotline
1-800-522-5353
NYS Council on Alcoholism and Substance
Abuse Information Line 1-800-522-5353
NYS Domestic Violence Hotline
1-800-942-6906
NYS Domestic Violence Hotline- Spanish
1-800-942-6908

NYS Health Programs Child Health Plus
1-800-698-4543
NYS Parent Connection:
NYS Office of Children and Family
Services 1-800-345-5437
Poison Control Center, Central New York
1-800-222-1222
Suicide Crisis Hotline 1-518-689-HOPE(4673)
Unity House 24 Hour Hotline
1-800-272-2370
Youth Crisis Hotline (24 Hours)
1-800-448-4663
YWCA of Schenectady Domestic Violence
Hotline 1-800-374-3386



Rape Crisis Centers

Albany County Crime Victims and Sexual
Violence Center 518-447-7716
Columbia-Greene REACH Center, Inc.
518-828-5556 or 518-943-4482
NYS Coalition Against Sexual Assault, Inc.
518-482-4222
Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Cobleskill
518-234-4949
Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Fulton
518-843-0945 or 518-773-0041

Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Montgomery
518-843-4367 or 800-446-2346
Rape Crisis Program, Planned Parenthood
Mohawk-Hudson, Inc., Schenectady
518-374-5353 or 518-346-2266
Rensselaer County Sexual Assault and Crime
Victims Center
518-271-3445 or 518-271-3257
Saratoga Rape Crisis Services 518-587-2336
Sexual Trauma and Recovery Services Rape
Crisis Program Washington County
1-800-225-7114
Youth Empowerment Services 518-455-8911

Hospitals

Albany Medical Center
518-272-3125 or ER:518-262-3131
Albany Medical South Clinical Campus
518-262-1200
Albany Memorial
518-471-3221 or ER: 518-471-3111
Bellevue Woman's Hospital 518-346-9400
Ellis Hospital 518-243-4000
Saint Clare's Hospital 518-382-2000

Saint Mary's Hospital, Amsterdam
Maternity: 518-841-7314
Saint Peter's Hospital
518-525-1550 or ER: 518-525-1324
Samaritan Hospital
518-271-3300 or ER: 518-271-3424
Saratoga Hospital and Nursing Home
518-587-3222
Seton Health/Saint Mary's Hospital
518-268-5000 or ER: 518-268-5234



Prenatal Care Assistance Programs (PCAPS) and Medicaid Obstetrical and Maternal Services (MOMS)

Essential Phone Numbers

Albany County

St. Peter's Family Health Center
PCAP 518-449-0110
Whitney M. Young Jr. Health Center
PCAP & MOMS 518-427-0089

Montgomery County

St. Mary's Prenatal Center
PCAP 518-841-7409

Rensselaer County

Cohoes Family Care Center
MOMS Program 518-235-7282

Saratoga County

Saratoga Springs Planned Parenthood
PCAP 518-584-0041

Schenectady County

Schenectady Planned Parenthood
PCAP 518-374-5353
St. Clare's Family Health Center
PCAP 518-382-2262
Schenectady County Public Health Services
MOMS Program 518-386-2810

Schoharie County

Cobleskill Planned Parenthood
PCAP 518-234-3325

AIDS Task Force

Albany County AIDS Task Force
518-463-6824 or 518-426-3511
Fulton-Montgomery AIDS Task Force
518-842-3762
North Country HIV/AIDS Coalition
518-481-5117 or 518-561-0605

Saratoga HIV/AIDS Coalition 518-583-7855
Schenectady AIDS Task Force
518-370-1441 or 518-432-0357
Troy Area AIDS Coalition
518-262-3240 or 518-270-1355

Domestic Violence

Capital District Homeless and Travelers Society
518-463-2124
Child Abuse Hotline 1-800-342-3720
Comprehensive Crime Victims Assistance
Program 518-447-5500
Equinox Domestic Violence Services
518-432-7865

NYS Coalition Against Domestic Violence
518-432-4864
Saint Anne Institute, Sex Abuse Prevention
Services 518-437-6500
Salvation Army, Albany, NY 518-463-6678
Unity House 518-272-2370
YWCA of Schenectady 518-374-3394

Health Services

Albany County

Health Department 518-447-4612
518-447-4589 PCAP
Social Services 518-447-7400

Albany Medical Center 518-262-4383

PCAP 518-262-4391
WIC 518-432-4033
WIC 518-432-4034

Saint Peter's Hospital

518-449-0100

Saint Peter's Family Health Center

PCAP 518-449-0110
518-449-0128

Whitney M Young Jr. Health Center

PCAP 518-427-0089 ext. 245
MOMS 518-427-0089 ext. 245
WIC 518-465-9387

New York State Department of Health

Bureau of Injury Prevention

518-473-1143

Columbia County

Health Department 518-828-3358
Social Services 518-828-9411

Catholic Family and Community Services

WIC 518-828-9668

Fulton County

Health Department 518-762-0720
Social Services 518-762-0625

Fulton County

Nursing Services MOMS 518-762-0720

Herkimer County

Public Health MOMS 518-866-7122

Fulmont Developmental Facility

WIC 518-853-8363

Greene County

Public Health 518-943-6591
Nursing Services 518-943-3200

Greene County Public Health

MOMS/PCAP 518-943-6591 ext. 230

Catholic Family and Community Services

WIC 518-828-9668
WIC 518-828-7230

Montgomery County

Health Department 518-853-3531
Social Services 518-853-4646

Saint Mary's Hospital/Carondelt Pavilion

PCAP 518-842-7415

Rensselaer County

Health Department 518-270-2655
Social Services 518-270-3927
WIC 518-272-6159

South Troy Health Center

MOMS 518-271-0063

Saratoga County

Public Health Department 518-584-7460
Adult Family Services 518-884-4159

Saratoga Center

Clifton Park Planned Parenthood
518-383-1783

Saratoga Economic Opportunities

WIC 518-587-8848

Schenectady County

Public Health Services 518-346-2187
Social Services
518-388-4253 or 518-388-4440

Planned Parenthood Mohawk-Hudson, Inc.

Schenectady Center

PCAP 518-374-5353

Schenectady Family Health Services

518-370-1441

Schenectady County Public Health Services and Nursing Administration Services

MOMS 518-386-2810

St. Clare's Family Health Center

PCAP 518-382-2260

Cooperative Extension of Schenectady County

WIC 518-346-8818

Schoharie County

Health Department 518-295-8474
Social Services 518-295-8334

Sharon Springs Health Center

PCAP 518-284-2223

Cobleskill Women's Center

PCAP 518-254-3307

Planned Parenthood Mohawk-Hudson, Inc.

Cobleskill PCAP 518-234-3325

Schoharie County Community Action Program

WIC 518-234-2568

Libraries

| | | | |
|---|--------------|---------------------------------------|--------------|
| Albany Public Library | 518-449-3380 | Mechanicville District Public Library | |
| Altamont Free Library | 518-861-7239 | | 518-456-2400 |
| Berne Town Library | 518-872-1246 | Menands Public Library | 518-664-4646 |
| Bethlehem Public Library | 518-439-9314 | Nassau Free Library | 518-463-4035 |
| Burnt Hills/Ballston Lake Community Library | 518-399-8174 | Rensselaerville Library | 518-766-2715 |
| Colonie Town Library (William K. Sanford) | 518-458-9274 | Round Lake Library | 518-899-2285 |
| Diver Memorial Library | 518-753-4344 | Schenectady County Public Library | |
| East Greenbush Community Library | 518-477-7476 | | 518-388-4500 |
| Garfield Library of Brunswick | 518-279-4023 | Shenedehowa Public Library | 518-371-8622 |
| Grafton Community Library | 518-279-0580 | Valley Falls Free Library | 518-753-4230 |
| | | Voorheesville Public Library | 518-765-2791 |
| | | Waterford Public Library | 518-237-0891 |
| | | Watervliet Public Library | 518-274-4471 |
| | | Westerlo Public Library | 518-797-3415 |



Interpretation

Individuals requiring interpretation or translation are invited to contact the International Center of the Capital Region at 518-459-8812 for assistance. Sample Documents may be faxed before calling to 518-459-8980. Fees vary according to the request and the ability of the individual or institution to pay. NYS regulation requires that interpretation be provided by the health care provider; therefore the cost is born by the provider, not the client or patient.

A Center-For-Hope and Alternatives

105 Wolf Road, Albany, NY 12205

On Bus Route? Yes

Email Address: DORISMEAGHER@earthlink.net

A Center-For-Hope and Alternatives

Phone #: (518) 346-2967

Fax #: (518) 346-2967

Fee: Sliding Scale

Contact: Doris Meagher

Hours: By appointment

Eligibility Requirements: Male

Languages: English

Area Served: Greater Capital Region & Beyond

Primary Service: Domestic Violence

Domestic Abuse Batterers Intervention For men: 32 week Program (voluntary clients); 52 week Program (court/probation mandated Clients); focus: educational accountability on all forms of offender behavior (use of group services).

Adolescent Employability Skills Plus Program, Inc.

69 Lexington Ave., Albany, NY 12206

On Bus Route? Yes

Email Address: dcruzaespp@aol.com

Phone #: (518) 462-2215

Fax #: (518) 462-2610

Fee: None

Contact: Dagna Cruz

Hours: 9:00 am - 5:00 pm, M-F

Languages: English

Area Served: Albany County

Primary Service: Employment

Other Services Offered: Counseling, Support

*Groups, Employment, Information & Referral
Early intervention, assessment, information and referral services presented in a recovery model context targeting at-risk youth, families, and other concerned members of the community. Individual and group counseling, support groups, and job readiness.*

Albany Area Teen Consortium

272 Broadway, Albany, NY, 12204

On Bus Route? Yes

Website: www.ccsnys.org

Albany Area Teen Consortium

Phone #: (518) 434-9194

Fax #: (518) 434-0392

Fee: None

Contact: Alisha Russo Extension: 137

Hours: Meets every 4th Wed.

Area Served: Albany

Primary Service: Information & Referral

Consortium of 100 community providers who meet regularly to share resources, program information, networking, opportunities and coordination of services for area teens.

Albany County Consumer Advocacy Board for Mental Health, Inc.

1218 Central Ave., Albany, NY 12205

On Bus Route? Yes

Email Address: board@nycap.rr.com

Website: www.accabinc.org

Peer Advocacy and Support

Phone #: (518) 434-1203

Fax #: (518) 434-4881

Fee: None

Contact: Lori Matwa

Hours: By appointment

Eligibility Requirements: Mental Health

Consumers in Albany County

Area Served: Albany County

Primary Service: Advocacy

Other Services Offered: Advocacy, Information

& Referral, Mental Health, Substance Abuse, Support Groups, Consumer Services

Peer advocacy and support are given to peers in Albany County. Assistance is given with the application process to receive mental health services and social services. Grievances are taken for all mental health agencies in Albany County.



Service Providers



Albany County Crime Victim & Sexual Violence Center

112 State St., 11th floor, Albany, NY 12207

On Bus Route? Yes

Email Address: cvsvc@albanycounty.com

Website: www.albanycounty.com

Albany County Crime Victim & Sexual Violence Center

Phone #: (518) 447-7100

Fax #: (518) 447-7102

Fee: Free if crime happened.

Contact: Robin Belansky

Hours: 8:30 am - 5:00 pm

Eligibility Requirements: Albany residents

Area Served: Albany County

Primary Service: Domestic Violence

Other Services Offered: Advocacy, Information & Referral, Court & Legal, Emergency, Counseling, Mental Health, Education, Support Group, Bereavement, Domestic Violence

Albany County Crime Victim & Sexual Violence Center offers individual, group and family therapy, advocacy and medical and legal assistance.

Albany County Department of Health

175 Green Street Albany, NY 12202

On Bus Route? Yes

Email Address: svanhorne@albanycounty.com

Maternal and Child Health

Phone #: (518) 447-4600

Fax #: (518) 447-4515

Fee: Vary

Contact: Susan Van Horn- Assistant Director of Nursing

Hours: 8:00 am - 4:30 pm

Eligibility Requirements: County Resident

Languages: English

Area Served: Albany County

Primary Service: Maternal & Child Health

Other Services Offered: Maternal & Child

Health, Education, Medical Health

Certified Home Health Agency offering skilled nursing services, Medical social work, immunizations, maternal and child health services, health education and promotion, case management.

Community Health Worker Program

Phone #: (518) 447-4684

Fax #: (518) 447-4515

Fee: None

Contact: LaSone Garland-Bryan Extension: 4684

Hours: 8:30 am - 4:00 pm

Eligibility Requirements: Prenatal and Postpartum Care

Area Served: Arbor Hill, South End, North

Albany, Cohoes, Watervliet, Green Island

Primary Service: Family Services

Other Services Offered: Advocacy, Family Services

An outreach and home visiting program that offers and provides case management services to pregnant women, infants and children who require prenatal care and primary and preventive health care. The Community Health Workers will assist families needing health care services, and help clients in obtaining educational or social services.

Albany County Department of Mental Health

175 Green St. Albany, NY 12202

On Bus Route? Yes

Email Address: Snaughton@AlbanyCounty.com

Website: Children's Mental Health Services

Phone #: (518) 447-4550

Fax #: (518) 447-2045

Fee: Sliding Scale - Medicaid.

Contact: Sue Naughton

Hours: 9:00 am - 4:30 pm, M-F

Eligibility Requirements: Children with mental health or behavioral issues, ages 6-18 with some exceptions.

Languages: English

Area Served: Albany County

Primary Service: Mental Health

Children's Mental Health Services offers assessment and consultation for children experiencing or at risk of experiencing a mental health crisis. Emergency appointments are available. Referral, access to crisis services, service coordination and discharge planning provided. Services are confidential.

Albany County Healthy Women Partnership

260 Osbourne Rd., Loudonville, NY 12211

On Bus Route? No

Email: Aimee.Rockenstyre@cancer.org

Albany County Healthy Women Partnership

Phone #: (800) 725-3185

Fax #: (518) 438-9608

Fee: None

Contact: Aimee Rockenstyre, Extension: 375

Eligibility Requirements: Women age 18 yrs + for cervical screening and Women age 40 yrs + for Mammograms.

Languages: Breast cancer materials offered in any language; brochures offered in English and Spanish

Primary Service: Medical/Health Other Services Offered: Medical/Health

The Albany County Healthy Women Partnership offers no cost or low cost Breast and Cervical Screenings to women in Albany County. In order to be eligible for this program: 1) Women must be 18 years of age and older for a cervical screening and 40 years of age and older for a Mammogram, with exceptions for family history of breast cancer in a first-degree relative or if the history is unknown; 2) must be uninsured or underinsured (high co-pay, deductible, screenings not covered); and 3) must meet the annual Federal Poverty Guideline. Free transportation is offered. The women have a list of medical providers to choose from.

Albany County Opportunity, Inc.

4 Central Ave., Albany, NY 12210

On Bus Route?: Yes

Email: info@acoi.com

Website: www.acoi.com

Eligibility: Determined individually by program

Hours: 9:00 am to 4:00 pm

Areas Served: Albany County

Primary Service: Family Services and Support

Other Services Offered: Advocacy, Child Care, Clothing and Furniture, Education, Family Services and Support, Food Pantry/Baby Formula, Information and Referral

ACOI is the federally- designated Community Action Program for Albany County. Founded in 1966 to assist people of low-income toward economic self-sufficiency, and provide community and family development programs, including: Head Start, ACOI Early Learning Center; Family Court Children Center; Weatherization Assistance; Senior

Transportation; Food Pantry; Home Energy Assistance Program; Coats for Kids; Furniture Assistance; and more.

Albany Damien Center

12 South Lake Ave., Albany, NY 12203

On Bus Route? Yes

Email: albanydamien@aol.com

Website: www.albanydamiencenter.org

Capital Region's AIDS Community Center

Phone #: (518) 449-7119

Fax #: (518) 449-7881

Fee: None

Hours: 5:30 - 8:30 pm M-Th; call

Languages: Bilingual

Area Served: Capital Region affected or infected by AIDS/HIV

Other Services Offered: Counseling, Information & Referral, Family Services & Support, Education, Support Groups, HIV Testing/Counseling

The Albany Damien Center is a drop-in AIDS community center serving people living with and affected by HIV/AIDS in the upstate NY Capital Region. Programs and activities are free and focus on improving health and quality of life. Activities include dinners, socials, support groups, counseling, HIV/AIDS information, massage, acupuncture, chiropractic care, nutritional cooking classes in a caring, supportive, and confidential atmosphere.

Alight Care Center

297 River Street, Troy, NY 12180

Phone #: (518) 270-5540

Fax #: (518) 271-0580

E-mail: Alight@capital.net

Website: www.alight.org

On Bus Route: Yes

Eligibility: Individuals and Families

Fees: Free, \$25 for classes

Hours: M & W 10:00 am - 3:00 pm;
T & Th 7:00 pm - 9:00 pm

Languages: English

Area Served: Capital Region

Primary Service Offered: Parenting

Other Services Offered: Clothing & furniture, Education, faith organization, family services and support, parenting

Program description: We offered educational and support services, including birth education, infant care classes, parenting classes, anger management, peer counseling, pregnancy services, and baby clothing and supplies.



Service Providers



Alpha Pregnancy Care Center

Alpha Pregnancy Care Albany Thrift Store

217-221 Central Ave., Albany, NY 12206

On Bus Route? Yes

Email Address: info@alphacare.org

Website: www.alphacare.org

Phone #: (518) 785-6525

Fax #: (518) 785-6986

Alpha Pregnancy Care Latham Headquarters

11 Herbert Drive, Latham, NY 12110

On Bus Route? Yes

Email Address: info@alphacare.org

Website: www.alphacare.org

Phone #: (518) 785-6525

Fax #: (518) 785-6986

Alpha Pregnancy Care Schenectady

967 Albany Street, Schenectady, NY 12307

On Bus Route? Yes

Email Address: info@alphacare.org

Website: www.alphacare.org

Phone #: (518) 678-2677

Fee: None

Contact: Elizabeth Mundell

Hours: 9:00 am - 3:00 pm M-F

Eligibility Requirements: Pregnant or Currently a Parent

Languages: Bilingual

Area Served: All

Other Services Offered: Counseling, Information & Referral, Bereavement, Faith Organization, Literacy, Parenting, Child Care, Family Services & Support, Maternal & Child Health, Clothing & Furniture, Education, Food Pantry/Baby Formula, Support Groups, Emergency

Provide help to pregnant women, new fathers and their families. We offer counseling, parenting classes, support groups, material services, abstinence education, pregnancy tests, ultrasound referrals, adoption counseling and referrals for other assistance. All our services are free and confidential. Alpha Center is a refuge for those people who are dealing with pregnancy issues.

Bellevue Woman's Hospital

2210 Troy Road, Niskayuna, NY 12309-4797

On Bus Route? Yes

Website: www.bellevuewoman.org

Phone #: (518) 346-9400

Fax #: (518) 346-9545

Contact: Barbara Orekondy MS, (518)346-9451

Primary Service: Medical/Health

Other Services Offered: Advocacy, Bereavement, Clothing & Furniture, Counseling, Family Services & Support, Food Pantry/Baby Formula, HIV Testing/Counseling, Information & Referral, Maternal & Child Health, Mental Health, Parenting, Substance Abuse, Support Group, Translation

Provide advanced surgical services, breast care center, family-centered obstetrical care, including vaginal birth after cesarean section, intensive care/high-risk delivery, community outreach including support groups and counseling, and case management, fitness and education, nutrition, counseling, a center for fertility and advanced reproductive medicine, osteoporosis center and diagnostic medical imaging and laboratory.

Bethesda House of Schenectady, Inc.

418 Liberty St., Schenectady, NY 12305

On Bus Route? No

Email Address: peggy@capital.net

Website: www.bethesdahouse.org

Bethesda House

Phone #: (518) 374-7873

Fax #: (518) 374-5133

Fee: None

Contact: Margaret Anderton

Other Services Offered: Advocacy, Clothing & Furniture, Emergency, Food Pantry/Baby Formula, Information & Referral, Medical/Health, Support Groups

Bethesda House provides the following programs and services at no cost to our guests: Public rest-rooms, Telephone, Laundry, Shower, Clothing Room, Food Program, Case Management, Job Info, Permanent Housing Assistance, Life Skills classes, Outreach from Community Groups (VA, SAFE, AIDS Council, Ellis Mental Health, etc.), Legal Clinic, Medical Clinic (open Spring 2003).

BirthNet

215 Partridge St, Albany, NY 12203

On a bus route? Yes

Phone #: (518) 428-2504

Contact Person: Carolyn Keefe

Fees: None

Hours: Daytime

Language: English

Areas Served: Capital Region

Primary Services: Education

Services: Advocacy, Education, information & referral, maternal & child health
Program Description: BirthNet is a non-profit organization whose mission is to educate the public about maternity care in order to improve it. Our primary programs include education in the classroom, community forums, in-services, or workshops, and media outreach. We coordinate a Birth Circle every three months to allow women to share their birth stories, and provide resource materials, including a directory of midwives and doula information, upon request. BirthNet's goal is to encourage all women and families to learn about their rights and options during the childbearing year.

Birthright Inc. of Saratoga County

40 Front St. P.O. Box 661, Ballston Spa, NY 12020
On Bus Route? No

Birthright

Birthright Pregnancy Hotline: (800) 550-4900

Contact: Susan Barry, Director

Primary Service: Maternal & Child Health

Other Services Offered: Advocacy, Counseling, Education, Family Services & Support, Maternal & Child Health

Birthright offers loving concern and support to any girl distressed by her pregnancy. Services include confidential pregnancy tests, formula and baby food, infant and toddler clothing, layettes, diapers, education and referral.

Birthright of Albany, Inc.

586 Central Ave., Albany, NY 12206

On Bus Route? Yes

Phone #: (518) 438-2978

Fee: None

Hours: 10:00 am - 1:00 pm

Eligibility Requirements: All

Primary Service: Maternal & Child Health

Other Services Offered: Counseling, Information & Referral, Maternal & Child Health, Emergency

Confidential and free services include: pregnancy tests, maternity and infant clothing, community referrals and emergency shelter.

Birthright of Schenectady

164 Lafayette Street, Schenectady, NY 12305

On Bus Route? No

Phone #: (518) 370-1532

Fee: None

Hours: 10:00 am - 1:00 pm

Eligibility Requirements: All

Primary Service: Maternal & Child Health
Other Services Offered: Advocacy, Counseling, Education, Family Services & Support, Maternal & Child Health

Crisis Pregnancy center designed to aid women or girls who choose to carry their baby to term.

Confidential pregnancy tests, maternity and infant clothing, education and referral.

Blue Shield Northeastern New York

30 Century Hill Drive, Latham, NY 12110

On Bus Route? No

Website: www.BSNENY.com

Child Health Plus/Family Health Plus/Healthy NY/Medicaid

Phone #: (877) 672-2242

Fax #: (518) 220-4856

Area Served: 12 counties in and around Capital Region.

Primary Service: Medical/Health

Other Services Offered: Medical/Health

Did you know? New York State offers health insurance at little or \$0 premium. For children, adults and working uninsured individuals. Don't wait. Call Blue Shield of Northeastern New York today for more information about Community Blue products toll-free at (877) 672-2242

Bright Beginnings Program

112 State St., Room 1319, Albany, NY 12207

On Bus Route? Yes

Bright Beginnings Program

Phone #: (518) 462-8850

Fax #: (518) 462-8859

Fee: None

Contact: Lillian Smith, Program Manager

Extension: (518) 462-8850

Hours: 8:30 am - 4:30 pm M-F

Eligibility Requirements: Expecting a baby or have a newborn up to 3 mo. Old

Languages: English, Spanish

Area Served: Albany neighborhoods of West Hill, North

Other Services Offered: Advocacy, Education, Employment, Family Services & Support, Information & Referral, Parenting

Primary prevention program aimed at reducing child abuse and neglect by providing education, support, training and information to parents leading to the improved health and safety of their children. An initiative of the Healthy Families New York Program.



Service Providers

Capital City Rescue Mission

259 South Pearl Street, Albany, NY 12202
 On Bus route: Yes
 Phone #: (518) 462-0459
 Fax #: (518) 462-0489
 e-mail: newfaithfc@hotmail.com
 website:www.albanymission.com
 Contact person:Sharon Conley,
 Extension: 228

New Faith Family Center

Eligibility: Anyone welcomed but must qualify
 Fee: None
 Hours: 10:00 am-6:00 pm M-F
 Languages: English
 Primary Service: Family services and support
 Services Offered: Clothing & furniture, counseling, education, faith organization, family services and support, parenting, support groups.

New Faith Family Center and Capital City Rescue Mission is the answer to the homeless population of women and children. New Faith Family Center is a transitional housing that addresses life issues and concerns in a supportive Christian environment.

Capital District Center for Independence Inc.

855 Central Ave, Suite 110, Albany, NY 12209
 On Bus Route? No
 Email Address: cdc@nobleharbor.com
 Website: www.cdciweb.com
 Phone #: (518) 459-6422
 Fax #: (518) 459-7847
 Fee: Free

Hours: 9:00 am - 5:00 pm M-F
 Eligibility Requirements: disability
 Primary Service: Advocacy
 Other Services Offered: Advocacy, Information & Referral, Mental Health

CDCI is a non-residential not-for-profit advocacy organization for people with disabilities. We assist with several areas including, but not limited to: peer advocacy, information and referral, independent living skills, client assistance program, systematic advocacy, benefits advisement, consumer directed personal assistance program, housing, ramp project.

Capital District Child Care Coordinating Council

91 Broadway, Menands, NY 12204
 On Bus Route? Yes
 Email Address: dmeckler@cdccc.org
 Website: www.cdccc.org

Resource and Referral

Phone #: (518) 426-7181
 Fax #: (518) 426-9649
 Fee: None

Contact: Dianne Meckler Extension: 327
 Hours: 9:00 am - 5:00 pm
 Languages: English and Spanish
 Primary Service: Child Care
 Area Served: Albany, Rensselaer, Saratoga and Schenectady
 Other Services Offered: Child Care, Education, Information & Referral

The agency's resource and referral service assists parents in finding child care. It also provides technical assistance and training to individuals interested in starting a home based family childcare business, or child care program. Grant funding is available for family child care business start-up.

Capital District Educational Opportunity Center

145 Congress St., Troy, NY 12180
 On Bus Route? No
 Email Address: sljimison@capital.net

Capital District Educational Opportunity Center

Phone #: (518) 273-1900
 Fax #: (518) 273-1919
 Contact: Sylvia Jimison Extension: 2236
 Area Served: Albany, Troy
 Primary Service: Education

Other Services Offered: Education, Employment
The Capital District Educational Opportunity Center is a division of Hudson Valley Community College that provides free vocational training to those who qualify. The CDEOC offers a variety of free training programs. Registration is on going throughout the year. Programs include: Business programs, Certified Nursing Assistant, Cosmetology, Welding, Building Trades, Culinary Arts, GED, College Prep, and English as a Second Language. We also assist with job placement with our training and we have an employment resource center available to the community, which you do not have to be a student to utilize.

Capital District Psychiatric Center

75 New Scotland Ave., Albany, NY 12208

On Bus Route? Yes

Family Services

Phone #: (518) 447-9611

Fax #: (518) 434-0041

Contact: Frank Greco Extension: 4512

Hours: 9:00 am - 5:00 pm M-F

Area Served: Albany, Schenectady, Warren,

Washington, Schoharie, Columbia, Greene, Saratoga, Rensselaer Counties

Primary Service: Family Services & Support

Other Services Offered: Information & Referral, Mental Health, Family Services & Support, Support Groups

Eligibility Requirements: Family member of someone with mental illness. To help families live successfully and cope effectively with the problems of their relative's mental illnesses. By providing concrete information, specific management suggestions, and emotional and social support. We encourage families and professionals to work as partners in those decision-making processes which affect the lives of families.

Carver Community Center, Inc.

201 Duane Ave., Schenectady, NY 12307

On Bus Route? Yes

Email Address: carverapps@hotmail.com

Website: www.schdyccarvercc.org

Schenectady APPS (Adolescent Pregnancy Prevention and Support Services Project)

Phone #: (518) 374-9681

Fax #: (518) 374-0751

Fee: None

Contact: Suzannah Kratz, Program Coordinator

Hours: 9:00 am - 5:00 pm, M-F

Eligibility Requirements: Male and Female Ages 7-19

Languages: English

Area Served: Zip codes: 12304, 12307, 12308

Primary Service: Education

Other Services Offered: Education, Family Services & Support, Information & Referral, Parenting.

Lead agency, Carver Community Center, partners with Schenectady Child Guidance and Family and Child Services to offer programs to adolescents and families in the areas of teen pregnancy prevention, self-esteem, healthy relationships, female/male healthcare, accessing community resources, increasing communication skills and decreasing risky behaviors.

Carver Community Center, Inc.

700 Craig Street, Schenectady, NY 12307

On Bus Route? Yes

Email Address: peg@schdyccarvercc.org

Website: www.schdyccarvercc.org

Carver Day Care

Phone #: (518) 374-8456

Fax #: (518) 374-0751

Fee: Sliding Scale

Contact: Peg Ocel Extension: 112

Hours: 7:00 am - 5:30 pm

Area Served: Schenectady (Primary focus-Hamilton Hill, Vale, Mont Pleasant Neighborhoods)

Other Services Offered: Information & Referral, Parenting, Child Care, Family Services & Support, Substance Abuse, Education

Licensed child care center, serving children ages 18 months to 12 years old. Full service program with intra-agency referrals for substance abuse counseling and treatment, family support and services and education.

Carver Community Center, Inc.

846 State St., Schenectady, NY 12307

On Bus Route? Yes

Carver Community Counseling

Phone #: (518) 382-7838

Fax #: (518) 382-1641

Fee: Sliding scale/Insurance, Med.

Contact: Guido T. Iovinella

Hours: 9:00 am - 5:00 pm M-

Eligibility Requirements: Diagnosis of Substance Abuse

Languages: English, Spanish, German

Area Served: Schenectady County

Primary Service: Substance Abuse

Other Services Offered: Counseling

CCCS is a medically supervised outpatient substance abuse clinic licensed by the Office of Alcohol and Substance Abuse Services. CCCS is dedicated to offering quality comprehensive care from a multicultural perspective. Services include: group and individual therapy, case management, voc/rehab, on-site drug screens, psychiatric assessment/medical supervision and family therapy.



Service Providers

Catholic Charities of Albany & Rensselaer Counties

340 Furst St., Albany, NY 12206

On Bus Route? Yes

Email Address: jolynno@ccalbany.org

Arbor Day Treatment Program

Phone #: (518) 465-5408

Fax #: (518) 465-2218

Fee: None

Contact: Jolynn Oblack, MA Extension: 3002

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Women ages 16-21

Languages: English

Area Served: Albany County Residents only.

Primary Service: Advocacy

Other Services Offered: Advocacy, Counseling,

Court & Legal, Information & Referral

Provide reintegration services for women with current criminal justice involvement or are at risk for such. Services include counseling, case management, advocacy and personal development to enhance their abilities to be more successful members of the community. Diversion and PINS cases also accepted. Consultations conducted in Albany County Jail.

Catholic Charities of Columbia & Greene Counties

WIC Program Catskill

82 Woodland Ave., Catskill, NY 12414

On Bus Route? No

Website: www.fns.usda.gov/wic

Phone #: (518) 943-9082

Fax #: (518) 943-4016

WIC Program Hudson

431 East Allen St., Hudson, NY 12534

On Bus Route? No

Phone #: (518) 828-9668

Fax #: (518) 828-4016

Fee: None

Hours: 8:00 am -12:00 n and

1:00 - 4:00 pm, M-F

Eligibility Requirements: Income Guidelines and NYS Resident

Area Served: Columbia County and Greene County

Other Services Offered: Information & Referral, Maternal & Child Health, Food Pantry/Baby Formula, Education

Primary Service: Maternal & Child Health

The WIC Program is a federally and state funded program that provides healthy foods and nutrition information to pregnant, breastfeeding and postpartum women, infants and children under 5 years of age.

Catholic Charities of Schenectady County

818 Union Street, Schenectady, NY 12308

On Bus Route? Yes

Access Program

Phone #: (518) 372-5667

Fax #: (518) 372-5686

Fee: None

Contact: Loreen Kaiser

Primary Service: Counseling

Other Services Offered: Counseling

Home-based counseling program available only to those families with children under 12 who cannot use office-based services.

Family Counseling Program

Phone #: (518) 372-5667

Fax #: (518) 372-5686

Fee: MA, Insurance, Sliding Fee

Contact: Loreen Kaiser

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Schenectady County

Resident

Area Served: Schenectady County

Primary Service: Counseling

Other Services Offered: Counseling Substance

Abuse, Mental Health

Clinical counseling provided to couples and individuals.

Healthy Schenectady Families

Email Address: trudyhsf@cathcharschdy.org

Phone #: (518) 372-5667

Fax #: (518) 372-5686

Fee: None

Contact: Trudy Brunelle

Hours: 9:00 am - 5:00 pm

Eligibility Requirements: Pregnant or parenting infant under 3 months.

Area Served: Schenectady County

Primary Service: Parenting

Other Services Offered: Advocacy, Education, Family Services & Support, Information & Referral, Parenting

HSF offers home visitors who help parents with the changes and needs of their new family that can come along with the birth of a child. This free program provides services for any Schenectady County resident who is pregnant or parenting a newborn under 3 months old and will continue to offer services until the child is 5 years old.

Nutrition Outreach and Education Program

Phone #: (518) 374-2427

Fee: None

Contact: Pam Montgomery

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Schenectady County Resident

Area Served: Schenectady County

Other Services Offered: Information & Referral Assistance is provided for food stamp information.

Confidential prescreening, application preparation, help with the food stamp interview, and assistance with existing food stamp cases can be provided. Call for prescreening.

Talking, Listening, Caring (TLC)

Email Address: tlc@cathcharschdy.org

Phone #: (518) 372-5667

Fax #: (518) 372-5686

Fee: None

Contact: Peggy Ann Dorian

Hours: 9:00 am - 5:00 pm

Eligibility Requirements: Schen. pregnant/parenting adolescents (to age 21)

Languages: Some Spanish

Area Served: Schenectady County

Primary Service: Family Services and Support – Teen Pregnancy

Other Services Offered: Advocacy, Consumer Services, Counseling, Domestic Violence, Education, Employment, Family Services & Support, Information & Referral, Maternal & Child Health, Parenting

Comprehensive, intensive case management, counseling and parenting services for at risk pregnant and parenting adolescents (through their 21st birthday), their boyfriend and family members.

Case management services include assessment, information, referral and follow-up. Services are customized to the individual and family needs. Services are free and confidential.

The Center for the Disabled

314 S. Manning Blvd, Albany, NY 12208

On Bus Route? Yes

Website: www.centercares.org

Enrollment

Phone #: (518) 437-5700

Fax #: (518) 437-5705

Fee: per service

Extension: 435-2273

Depends on Program

Eligibility Requirements: Medicaid, Medicare, Private insurance and Private Pay

Area Served: All counties in the Capital Region

Primary Service: Medical/Health

Other Services Offered: Counseling, Mental Health, Child Care, Family Services & Support, Education

Provides medical services to individuals of all ages and disabilities. Services provided include neurology (pediatric and adults), podiatry, psychiatry, counseling services, audiology, optometry, dental, women's health, multiple sclerosis clinic, Primary Care, physical therapy, occupational therapy, and speech therapy. Other programs available include education, residential, day care, service coordinator, and camp.

Centro Civico Hispanoamericano, Inc.

230 Green St., Albany, NY 12202

On Bus Route? Yes

Email Address: dking@centrocivicoalbany.org

Family Resource Center

Phone #: (518) 465-1145

Fax #: (518) 465-1138

Fee: None

Contact: Dennis King

Hours: 9:00 am - 5:30 pm

Eligibility Requirements: All

Languages: Spanish, English

Area Served: Albany, Rensselaer, and Schenectady

Other Services Offered: Counseling, Family Services & Support, Information & Referral, Parenting

Centro Civico Hispanoamericano, Inc (CCH) was founded in 1975 in response to a need for a bilingual organization to serve a growing Hispanic presence in the Capital District. Since its creation, CCH has served as a strong advocate for Hispanics and others in our community, providing: family-strengthening activities; access to government services and programs; opportunities for personal development; and cultural activities.



Service Providers



Centro Civico of Amsterdam, Inc.

143-145 East Main St., Amsterdam, NY 12010

On Bus Route? Yes

Email Address: civico@telenet.org

Centro Civico of Amsterdam

Phone #: (518) 842-3762

Fax #: (518) 842-9139

Fee: None

Contact: Claritza Reyes-Malave Extension: 257

Hours: 8:00 am - 5:00 pm

Eligibility Requirements: Depends on Program

Languages: Spanish and English

Other Services Offered: Advocacy, Family

Services & Support, Information & Referral, Translation Services

Centro Civico is a community based organization that provides multiple services to the public including work with individuals with developmental disabilities, youth, AIDS education, outreach & prevention – the only Spanish AIDS hotline in the state of NY.

Child & Family Psychological Services

6 Chelsea Place, Clifton Park, NY 12065

On Bus Route? No

Email Address: drcale@nycap.rr.com

Website: www.TerrificParenting.com

Essential Parenting

Phone #: (518) 383-0600

Fax #: (518) 688-0251

Contact: Randy Cale, Ph.D.

Primary Service: Parenting Groups

Other Services Offered: Counseling, Parenting Counseling for children and families, with a focus on helping parents to manage behavior, and create a home where children joyfully respond to consistent parenting. We offer parenting groups, which are a highly effective and economic means of getting help. Also we offer valuable guidance over the internet at www.TerrificParenting.com.

City Mission of Schenectady – Family Life Center

425 Hamilton Street, Schenectady, NY 12305

On Bus Route? Yes

Website: www.citymission.com

Family Life Center

Phone #: (518) 346-2275

Fax #: (518) 346-2470

Contact: Chris Parsons Extension: 321

Eligibility Requirements: Mothers 18 yrs- 55 yrs

Employable; Children 0-12 yrs

Primary Service: Faith Organization

Other Services Offered: Advocacy, Counseling, Information & Referral, Faith Organization, Support Groups, Education, Parenting, Family Services & Support, Substance Abuse, Medical/Health

The Family Life Center provides housing and supportive services to women 18 yrs - 55 yrs, who are homeless and without resources to secure adequate housing, and are the custodial parent of children, newborn to 12 yrs of age. Also provide emergency housing to single women without children.

City School District of Albany

Academy Park, Albany, NY 12207

On Bus Route? Yes

Email Address: mpores@nycap.rr.com

Website: www.k12.ny.us

Two-Way Bilingual Program

Phone #: (518) 462-7200

Fax #: (518) 462-7101

Fee: None

Contact: Melanie Pores Extension: (518) 462-7101

Hours: School hours

Eligibility Requirements: Children in grades

K-3* in City School District of Albany

Area Served: Albany City School District

Primary Service: Education

This unique public school enrichment program serves Spanish speaking Languages: Spanish and English and English speaking students who want to learn Spanish as a second (SSL). Classes are integrated to promote cultural and linguistic exchanges among the students. Students learn language through content area instruction and receive daily instruction in English as a Second Language (ESL) and Spanish as a Second Language (SSL).

Transportation is provided for students who live at least 1.5 miles from School 26.

COARC

630 Rt. 217, Mellenville, NY 12544

On Bus Route? No

The Starting Place

Phone #: (800) 876-3885

Fax #: (518) 672-0187

Eligibility Requirements: Children ages 3-5 and their families.

Area Served: Hudson City School District--other districts if disabilities. Services include: Day Care Services, Universal Pre-Kindergarten, and Special Needs Services.

Primary Service: Education

Other Services Offered: Advocacy, Consumer Services, Court & Legal, Education, Employment, Family Services & Support, Information & Referral, Mediation, Parenting

The Starting Place offers very unique programs to children ages 3 to 5 and their families: a state-of-the-art day care center, a Universal Pre-Kindergarten program and three center-based classes which serve children with developmental delays.

Commission on Economic Opportunity for the Greater Capital Region,

2331 5th Ave., Troy, NY 12180

On Bus Route? Yes

Email Address: pvannortwick@ceo-cap.org

Website: www.ceo-cap.org

Various Programs

Phone #: (518) 272-6012

Fax #: (518) 272-0658

Fee: Vary Fee

Contact: Patrice Van Nortwick, Extension: 306

Hours: Flexible

Eligibility Requirements: Income Eligible

Languages: Yes

Area Served: Rensselaer County

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Child Care, Counseling, Emergency, Employment, Family Services & Support, Information & Referral, Maternal & Child Health, Parenting.

Family Services and Support, Resource, Referral, Counseling, Child Care, Emergency and Employment Services: Helps individuals and families with a variety of needs through Family Development Program, Head Start & Early Head Start, WIC,

Weatherization, Senior Aides, Foster Grandparents, Teenage Opportunity Program, Family & Children's Service Counseling, Children's Center at Family Court and Day Care.

Teenage Opportunity Program & Step Ahead

Phone #: (518) 272-6012

Fax #: (518) 687-0524

Fee: None

Contact: Beatrice Duval, Extension: 210

8:00 am - 4:30 pm

Eligibility Requirements: Ages 14-21, active Rensselaer County Medicaid (or eligible to receive)

Languages: English

Area Served: All

Primary Service: Advocacy, Information and Referral

Other Services Offered: Advocacy

The Teenage Opportunity Program works with 14 to 21 year olds in setting goals and achieving those goals. The staff provides: advocacy, linkage & referrals for any area needed, such as, education, employment, housing, parenting skills, court issues, medical needs, childcare & pregnancy prevention. TOP is strictly confidential.

Community Hospice of Schenectady

1411 Union St., Schenectady, NY 12309

On Bus Route? No

Community Hospice of Schenectady

Phone #: (518) 377-8846

Fax #: (518) 377-8868

Fee: Most insurances cover Hospice

Contact: Intake/Referral Dept.

Hours: 8:00 am - 4:30 pm

Eligibility Requirements: Seriously ill patients and their families

Area Served: Schenectady County

Primary Service: Bereavement

Other Services Offered: Bereavement, Counseling, Education, Family Services & Support, Information & Referral, Medical/Health, Support Groups

To serve seriously ill people and their families during the process of dying and grieving. To enhance quality of life with comprehensive compassionate services that respect the dignity of those we serve.



Service Providers



The Community Hospice

295 Valleyview Blvd., Rensselaer, NY

On Bus Route? Yes

Email Address: Acrouch-saure@stpetershealthcare.

The Community Hospice

Phone #: (518) 285-8150

Fax #: (518) 285-8192

Contact: Alicia Crouch-Saure

Hours: 8:00 am-5:00 pm, 24 hr on call M-F

Fee: Accepts most insurances, no one is denied

Eligibility Requirements: Please call for details

Languages: English, Spanish

Area Served: Albany, Amsterdam,

Columbia/Greene, Rensselaer, Saratoga, Schenectady

Primary Service: Medical/Health

Other Services Offered: Bereavement,

Counseling, Support Groups

Our mission is to serve seriously ill people and their families during the process of dying and grieving, enhancing quality of life with comprehensive, compassionate services. Also offering many programs open to community, support groups, pet bereavement, caregivers training, parent educational sessions. Please call to see how we can help.

WaveRiders, Support Group for Grieving Children

Phone #: (518) 285-8100

Fax #: (518) 285-8192

Fee: None

Contact: Candice Van Roey

Hours: 8:00 am to 4:00 pm, M-F

Eligibility Requirements: Children who have

experienced death of a loved one, grades K-8

Languages: Spanish

Area Served: Albany, Rensselaer, Saratoga,

Columbia, Greene, Schenectady, Amsterdam

Primary Service: Bereavement

Other Services Offered: Counseling, Support Groups

Support group for children that have experienced the death of someone significant in their lives. This program is a safe environment for children to share their grief experience and seek healing through art, music and discussion. A parent educational support group is offered concurrently free of charge.

Community Living Associates Program, Inc.

352 Central Ave., Albany, NY 12206

On Bus Route? Yes

Community Living Associates Program, Inc.

Phone #: (518) 427-5056

Fax #: (518) 427-5059

Contact: Sharon Svolos Extension: 305

Eligibility Requirements: Albany City Residents,

Age 18+ with Mental Illness

Area Served: Albany County

Hours: 9:00 - 5:00 pm

Other Services Offered: Advocacy, Consumer

Services, Mental Health

Peer-run community based mental health program that provides a variety of programs: residential, housing advocacy, inpatient peer advocacy, warm line, consumer run drop-in center, and a hospital diversion program. All programs except residential provide services at no charge to consumers.

Community Maternity Services

27 North Main Ave., Albany, NY 12203

On Bus Route? No

Email Address: smal@cccms.com

Website: www.cccms.com

Phone #: (518) 482-8836

Fax #: (518) 482-5805

Fee: Varies by program

Contact: Sr. Mary Ann

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Varies by program

Languages: Spanish

Area Served: The 14 counties of the Diocese of Albany

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Clothing & Furniture, Counseling, Family Services & Support, Education, HIV Testing/Counseling, Information & Referral, Maternal & Child Health, Mental Health, Parenting, Support Groups

We provide a continuum of care for pregnant and parenting adolescents; group residence and family care for special needs children; Permanency planning services and respite childcare for HIV affected families. We also provide adoption and foster care services and respite and crisis intervention services.

The Compassionate Friends

20 Congdon Rd., So. Glens Falls, NY 12803

On Bus Route? No

Phone #: (518) 783-3618

Fee: None

Contact: Ginny Houszewski

Hours: 7:30 pm - 8:30/9:00 pm

Eligibility Requirements: Parents & families that have had children die.

Languages: English only

Primary Service: Bereavement

Group gathering for families and parents who have had children die. Non-professionals sharing our grief to help others heal. Meetings are held in two areas: Wesley Health Care Center, Saratoga Springs on the 1st Tuesday of each month, and St. Michael's Parish Hall, Sara Ave., Rt.9, So. Glens Falls on the 3rd Tuesday of every month.

Comprehensive Sickle Cell Center/Albany Medical Center

(MC-24) 43 New Scotland Ave, Albany, NY 12208

On Bus Route? Yes

Email Address: Clicknk@mail.amc.edu

Comprehensive Sickle Cell Program

Phone #: (518) 262-5513

Fax #: (518) 262-5889

Fee: Normal medical fees if necessary.

Contact: Kelly Clickner, RN

Hours: 8:30 am - 4:30 pm M-F

Languages: English, Spanish

Area Served: Greater Capital District area & beyond.

Primary Service: Medical/Health

Other Services Offered: Counseling, Education, Information & Referral, Medical/Health, Support Groups

Education, counseling and support for parents/children with hemoglobinopathies (or traits).

Consultation Center

790 Lancaster St., Albany, NY 12203

On Bus Route? Yes

Email Address: consultation.center@rcda.org

Website: www.rcda.org

Consultation Center

Phone #: (518) 489-4431

Fax #: (518) 489-5189

Fee: Vary according to services.

Contact: Mary Frances Beck

Hours: 8:30 am - 7:00 pm

Eligibility Requirements: Open to anyone.

Languages: English

Area Served: Capital District

Other Services Offered: Counseling, Mental Health.

Individual, couples and marriage counseling; psychological testing; a variety of therapy groups; education programs in the area of mental health and personal growth; a spiritual direction program.

Consumer Credit Counseling Service of CNY

2 Computer Drive West, Albany, NY 12205

On Bus Route? Yes

Website: www.CCCSCNY.ORG

Consumer Credit Counseling Service of CNY

Phone #: (518) 482-2227

Fax #: (518) 482-2296

Fee: Counseling is Free; Sliding for Repayment Plan.

Hours: 8:30 am - 5:00 pm

Area Served: Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady Counties.

Primary Service: Counseling

Free financial counseling (budgeting, credit) debt repayment programs and education seminars. HUD certified agency for housing counseling. Services available by phone, mail, internet, or in person at our Albany office.



Service Providers



Cornell Cooperative Extension of Albany County

PO Box 497, 24 Martin Rd, Voorheesville, NY 12186

On Bus Route? No

Website: www.cce.cornell.edu/albany

Phone #: (518) 765-3500

Fax #: (518) 765-2490

Fee: Vary

Area Served: Albany County

Primary Service: Education

Other Services Offered: Parenting, Education,

Employment, Consumer Services

Educational outreach program with workshops and seminars for individual, families, business and community. Youth Development programs, Mentors & Moms, Eat Smart New York, 4-H, Family Self-Sufficiency, Parenting programs, Nutrition and Health, Budgeting, Home Maintenance classes, High School Government Intern Program, Small Business Start-up, Home Gardening.

Cornell Cooperative Extension of Rensselaer County

61 State St., Troy, NY 12180

On Bus Route? Yes

Email Address: rensselaer@cornell.edu

Website: www.cce.cornell.edu

Cornell Cooperative Extension of Rensselaer County

Phone #: (518) 272-4210

Fax #: (518) 272-1648

Fee: None

Contact: Kim Parnell

Hours: 8:00 am - 4:00 pm

Eligibility Requirements: Rensselaer residents.

Languages: English, Spanish

Area Served: Rensselaer County

Primary Service: Education

Other Services Offered: Parenting, Family Services & Support, Employment

Family education including parenting, resource management, child discipline, self-esteem, and promoting self-sufficient families. Nutrition education providing expertise in all phases of food and nutrition to make menus more nutritious and healthful for families, children and seniors. Nutrition teaching assistants available.

Cornell Cooperative Extension of Saratoga Co.

50 West High St., Ballston Spa, NY 12020

On Bus Route? Yes

Website: www.ccesaratoga.org

4-H/Agriculture/Human Ecology

Phone #: (518) 885-8995

Fax #: (518) 885-9078

Hours: 8:00 am - 5:00 pm M-F

Area Served: All Saratoga County

Other Services Offered: Advocacy, Consumer

Services, Education, Family Services &

Support, Information & Referral

Eat Smart New York--Food stamp nutrition education. Financial Management--Counseling. Mentors & Moms--for pregnant or parenting teens. Reality Check--Tobacco Youth Empowerment. Yes! Saratoga Co.--Youth Employment Program. Master Gardner Program.

Cornell Cooperative Extension, Schenectady County

602-608 Craig Street., Schenectady, NY 12307

Phone# 518-346-8818

On Bus Route? Yes

Website: www.cceschenectady.org

Schenectady County WIC Program

Phone #: (518) 346-8818

Fax #: (518) 346-2398

Fee: None

Contact: Sarah Pechar

Hours: Vary M, 8:30 am - 5:00 pmT - F

Eligibility Requirements: Women, infants and children up to 5 yrs, financial restrictions apply

Languages: English, Spanish

Area Served: Schenectady County

Primary Service: Education

Other Services Offered: Information & Referral

WIC can help you provide your child with the healthiest possible start in life. Pregnant, breastfeeding and post-partum women, infants and children up to age 5 may be eligible. Participants receive vouchers for nutritious foods, support for breastfeeding mothers, nutrition education to help develop healthy eating patterns, health screenings and referrals.

Cornell Cooperative Extension of Albany County

Route 9W, Faith Plaza, Ravena, NY 12143

On Bus Route? Yes

C.H.O.I.C.E.S. Program

Phone #: (518) 756-8650

Fax #: (518) 756-3988

Fee: None

Contact: Tom Dolan

Hours: 8:30 am - 4:00 pm M-F

Eligibility Requirements: All

Languages: English

Area Served: Southern Albany County

Primary Service: Employment

Other Services Offered: Education, Information & Referral

Comprehensive program providing basic education, job readiness, employment skills, English as a Second Language, housing, health and family services. Public assistance information including: heat assistance, food stamps and Medicaid.

Counseling for Laity

40 North Main Ave., Albany, NY 12203

On Bus Route? No

Counseling for Laity

Phone #: (518) 453-6625

Fax #: (518) 453-6793

Contact: Sr. Anne Bryan Smollin, CSJ, Ph.D.

Hours: 9:00 am - 5:00 pm M-F

Area Served: Capital District

Primary Service: Counseling

Other Services Offered: Bereavement,

Counseling, HIV Counseling, Mental Health Parenting, Support Groups

Counseling for Laity provides quality counseling to individuals, couples and families. Both individual and group counseling is available. Assistance in dealing with issues such as (but not limited to) depression, grief, marital, family, interpersonal relationships, parenting problems, school problems, post-abortion stress is offered.

Delmar Reformed Church

386 Delaware Ave., Delmar, NY 12054

On Bus Route? Yes

Email Address: info@drchurch.org

Website: www.drchurch.org

Wednesday Morning Off

Phone #: (518) 439-9929

Fax #: (518) 439-0013

Fee: Taking turns and a small fee.

Contact: Eileen Winter

Wednesdays during school year

Eligibility Requirements: Any interested parent of pre-school child(ren) in the community.

Languages: English

Area Served: Delmar community

Primary Service: Child Care

Wednesday Morning Off is a babysitting co-op designed to let parents have a morning free for their own appointments and activities. Infants are cared for in a fully equipped nursery and supervised play is offered for toddlers. A staff person supervises with parents serving as assistants on a rotating basis.

Mother's Time Out

Phone #: (518) 439-9929

Fax #: (518) 439-0013

Fee: \$3.00 per week.

Contact: Eileen Winter

Mondays during school year

Eligibility Requirements: Any interested mother of pre-school child(ren) in the community

Languages: English

Area Served: Delmar community

Primary Service: Support Group

Mother's Time Out allows mothers of pre-school children to gather in a Christian atmosphere for programs, discussion and mutual support, and to meet and make new friends. Childcare is provided for infants in a fully equipped nursery and supervised play is offered for toddlers.

First Friday Friendship Circle

Phone #: (518) 439-9929

Fax #: (518) 439-0013

Fee: None

Contact: Eileen Winter

First Friday of each

Eligibility Requirements: Any interested mother.

Languages: English

Area Served: Delmar community

Primary Service: Faith Organization

Other Services Offered: Faith Organization

The First Friday Friendship Circle is a mothers' Bible study and discussion of themes relevant to a woman's role as wife and mother. Childcare is provided at no charge. Meets monthly Sept-June.

Departments of Health –

Albany County Department of Health, p. 10

Rensselaer County Department of Health, p. 34

Department of Health, Schoharie County, p.24

Schenectady County Public Health Services, p.38



Service Providers



Department of Health – Schoharie County

276 Main St. , POB 667, Schoharie, NY 12157

On Bus Route? No

Department of Health - Schoharie

County Phone #: (518) 295-8474

Fax #: (518) 295-8786

Fee: None

Hours: 8:30 am - 4:30 pm M-F

Eligibility: Schoharie county residents.

Area Served: Schoharie county.

Primary Service: Medical/Health

Other Services Offered: Information & Referral,

Maternal & Child Health, Education

Maternal and child health services including home visits and educational information. Immunization, lead poisoning prevention, safety programs, developmental and early intervention programs, pre-school and special needs programs.

Down Syndrome Resource Center, Inc.

7 Southwoods Blvd., Corporate, Albany, NY 12211

On Bus Route? Yes

Email Address: dlang@unsertech.com

Website: www.downsyndromeresourcecenter

Down Syndrome Resource Center

Phone #: (518) 641-6700

Fax #: (518) 641-6766

Fee: None

Contact: Diane Lang, Medical

Hours: 8:00 am - 4:00 pm

Area Served: Capital District and Beyond

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Information & Referral, Family Services & Support, Education, Medical/Health

The mission of the DSRC is to provide professional services and support to individuals with Down syndrome and their families and to provide individuals with Down syndrome the opportunity to reach their greatest potential and be fully included members of their communities. Information is disseminated through: Information packets (Prenatal, New Parent, Childhood & Adult); -DSRC Website: www.downsyndromeresourcecenter.org; -DSRC Library (a joint project with Down syndrome Aim High); -Training parents, professionals, and other interested individuals on topics that relate to Down syndrome and health.

Early Childhood Direction Center

1979 Central Ave, Albany, NY 12205

On Bus Route? Yes

Email Address: eburns@gw.neric.org

Early Childhood Direction Center

Phone #: (518) 456-9071

Fax #: (518) 456-7669

Fee: None

Contact: Ellen Burns

Hours: 8:00 am - 4:00 pm, M-F

Languages: Spanish

Area Served: Albany, Columbia, Fulton, Greene, Montgomery, Saratoga, Rensselaer, Schenectady, Schoharie, Warren, and Washington Counties

Primary Service: Information & Referral

Other Services Offered: Child Care, Education

Information and referral service for parents of children from birth to five years old with disabilities.

Services include evaluations, special education services, parent support and education.

Early Childhood Education Center

215 Washington Ave Ext., Albany, NY 12205

On Bus Route? Yes

Email Address: eachedctr@aol.com

Early Childhood Education Center

Phone #: (518) 456-6328

Fax #: (518) 464-1469

Fee: None

Contact: Nancy LaRocca

Hours: 8:30 am -3:30 pm

Eligibility Requirements: Child diagnosed with a developmental delay - birth to five.

Area Served: Albany, Rensselaer, Schenectady, Saratoga

Primary Service: Education

Other Services Offered: Advocacy, Parenting, Family Services & Support, Counseling, Support Group

Educational and therapeutic services (speech, PT/OT) for children birth until kindergarten with developmental disabilities. Services provided in home, daycare, babysitters or in classroom (4 sites in Capital District). Also conduct evaluations through Division of children with Special Needs or local school districts.

Epilepsy Foundation of NENY

3 Washington Sq, Albany, NY 12205

On Bus Route? No

Email Address: lfostern@epilepsyneny.com

Website: www.epilepsyfoundation.org/ofneny

Phone #: (528) 456-7501

Fax #: (518) 452-1282

Fee: None

Contact: Liz Fostern

Hours: 8:00 am - 4:00 pm M-F

Eligibility Requirements: Diagnosed with epilepsy

Languages: Spanish language materials

Area Served: 19 Counties - NENY

Primary Service: Information & Referral

Other Services Offered: Advocacy, Education,

Support Groups The Epilepsy Foundation is a national charitable organization dedicated to the welfare of people with epilepsy. We work for children and adults affected by seizures through research, education, advocacy and service.

Equinox Services

95 Central Ave., Albany, NY 12206

On Bus Route? Yes

Website: www.equinoxinc.org

Equinox Domestic Violence Services

Hotline Phone #: (518) 432-7865

Office Phone #: (518)434-6135

Fax #: (518) 434-4502

Fee: Sliding Scale

Contact: Kathy Magee: 518-434-6135

Hours: Hotline 24 hours; Office 9:00 - 5:00 M-F

Eligibility Requirements: Victims of Domestic Violence

Languages: English, Spanish

Area Served: Albany

Primary Service: Domestic Violence

Other Services Offered: Emergency, Family Services & Support, Counseling, Advocacy, Court & Legal

Comprehensive services for victims of domestic violence, including 24 hr hotline, emergency shelter for women and children, individual and group counseling, court and service advocacy.

Equinox Youth Center

Phone #: (518) 432-7865

Fax #: (518) 434-4502

Fee: Income eligible.

Hours: After school: 2:30 - 5:30 pm

Eligibility Requirements: School age children

Languages: English

Area Served: Albany City School District

Primary Service: Education

After school program for school age children in the Albany City School District. Homework help, educational and recreational programming and field trips.

Equinox Youth Shelter

35 South Ferry St., Albany, NY 12202

On Bus Route? Yes

Email Address: jbango@equinoxinc.org

Website: www.equinoxinc.org

Equinox Youth Shelter

Phone #: (518) 465-9524

Fax #: (518) 465-9507

Fee: None.

Contact: Joe Bango

Hours: 24 hours

Eligibility Requirements: Youth up to age 18

Languages: English

Area Served: All counties.

Primary Service: Emergency

Other Services Offered: Family Services & Support, Counseling, Advocacy, Substance Abuse, Education

Short-term emergency shelter for runaway and homeless youth under age 18. Crisis intervention, individual, group and family counseling, advocacy, aftercare, referral and drug prevention education.

Even Start - Rensselaer County

2910 NY 43 PO Box 1029, Averill Park, NY 12018

On Bus Route? No

Email Address: herronc@averillpark.k12.ny.us

Even Start - Rensselaer County

Phone #: (518) 674-7178

Fax #: (518) 674-7078

Fee: None

Contact: Cyndi Herron

Flexible, home visits.

Eligibility Requirements: Children birth-8, financial need & adult education need

Area Served: Rensselaer County.

Primary Service: Education

Other Services Offered: Employment, Family Services & Support, Literacy

Rensselaer County Even Start is a family literacy partnership offering the following: 1) Free preschool, 2) Job skills, 3) High School diploma, 4) Help learning English, 5) Books, 6) Parent support, 7) Community support, 8) Friends, 9) Fun, and 10) SUCCESS!!



Service Providers



Family & Children's Service of the Capital Region

175 Central Ave., Albany, NY 12206

On Bus Route? Yes

Website: www.fcscapitalregion.org

Albany Youth & Family Support

Phone #: (518) 434-5723

Fax #: (518) 434-5760

Contact: Megan Horan Extension: 5223

Hours: 9:00 am - 4:00 pm M-F

Area Served: Albany, but all welcome!

Primary Service: Family Services and Support

Other Services Offered: Advocacy, information

& Referral, Parenting, Support Groups

A Family Resource Center is a warm and safe place in the community where any family member can come in for support or to support someone else.

Share ideas and skills, develop community projects, participate in workshops, work with youth on projects, and help policymakers to understand issues in the community.

Family and Child Service of Schenectady, Inc.

246 Union St, Schenectady, NY 12305

On Bus Route? Yes

Email Address: famchild@capital.net

Website: timesunion.com/communities/famil

Counseling Program/Family Support

Phone #: (518) 393-1369

Fax #: (518) 393-3601

Contact: Maria Sunukjian Extension: 23

Hours: 8:00 am - 8:00 pm

Eligibility Requirements: Medicaid, Insurance, and offer a sliding scale.

Area Served: Schenectady County

Primary Service: Counseling

Other Services Offered: Domestic Violence,

Family Services & Support, Mental Health, Parenting, Support Groups

Our Counseling Program provides individual, marital, parent/child and anger management group counseling. We provide therapy for those who cannot afford to pay expensive fees. Our Family Support Services Programs serve families with developmentally disabled children. We offer respite and residential habilitation, Medicaid Service Coordination and we give out grants to cover expenses Medicaid will not cover.

Family and Children Services of Albany

747 Madison Ave., Albany, NY 12208

On Bus Route? Yes

Email Address: cpginformation@fcscapitalregion.org

Website: www.fcscapitalregion.org

Center for Problem Gambling

Phone #: (518) 462-6531

Fax #: (518) 462-0181

Fee: None

Contact: Rebecca Martell

Eligibility Requirements: All

Languages: English

Area Served: Capital District

Primary Service: Counseling

Other Services Offered: Education, Support

Groups, Information & Referral

The Center for Problem Gambling is designed to treat the problem gambler and those family members and friends who have been or are affected by the problems associated with gambling. A 24-hr hotline is available at 1-800-437-1611.

Family and Children's Service of the Capital Region, Inc.

315 A. Washington Ave, Albany, NY 12206.

On Bus Route? No

Email Address: yes@fcscapitalregion.org

Youth Empowerment Service (YES)

Phone #: (518) 455-8911

Fax #: (518) 455-8919

Fee: None

Contact: Tymesia Wiley Extension: 13

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Teen 9-21 yrs of age or caregiver of a child.

Area Served: Albany City area.

Primary Service: Family Services & Support

Other Services Offered: Information & Referral,

Parenting, Support Groups

YES provides comprehensive teen pregnancy prevention to youth 9-21 years of age in Albany city area.

YES also provides an abstinence based parent/child communication workshop series. YES is based on the principles of family support.

The Family Life Center

20 Elm Street, Albany, NY 12202

On Bus Route? No

Support During the Childbearing Years

Phone #: (518) 465-0241

Fee: Sliding Scale

By appt., Tues. class

Contact: Betsy Mercogliano

Extension: (518) 447-5759

Primary Service: Maternal & Child Health

Other Services Offered: Advocacy, Education, Family Services & Support, Information & Referral, Medical/Health, Parenting, Support Groups

Childbirth education, parenting support, infant massage, yoga for pregnancy, large lending library, expressive arts group and doula support. Doulas provide childbirth assistance and advocate for the family during prenatal, labor, birth and post-partum times. Breastfeeding support included.

Child Birth Education Classes

Phone #: (518) 465-0241

Contact: Betsy Mercogliano

Fee: Donation of \$8 per class

Area Served: Capital District

Primary Service: Maternal & Child Health

Other Services Offered: Advocacy, Information & Referral, Parenting, Family Services & Support, Education, Support Groups

FLC offers families: information & support throughout the childbearing year; Child birth education classes include: yoga stretching, discussions, library, breast feeding support, videos, partners/fathers night, rent labor and birthing pools, Mother-to-Mother group for expectant & post partum moms, parent potlucks, doula services, infant massage classes.

Family Medical Corp

7 Culligan Dr., Scotia, NY

On Bus Route? No

Email Address: rogerson@nycap.rr.com

Phone #: (518) 377-9444

Fax #: (518) 377-9032

Contact: Sheila

Hours: M and Th 9:00am - 7:00pm;

T, W, F 9:00 am - 5:00 pm

Eligibility Requirements: All ages welcomed.

Primary Service: Medical/Health

Other Services Offered: Maternal & Child Health

Most insurances including Child Primary and written-in medical services with Dr. Jan Carstens, Family Practices, and Dr. Montana Serrano, Internal Medicine. X-ray and blood drawing services available.

Family Resource Centers of Columbia County (Formally known as Family Survival)

PO Box 319, Chatham, NY 12037

On Bus Route? No

Website: www.familyresourcecenterscc.org

Circle Time

Phone #: (518) 392-3911

Fee: None

Hours: 9:30 am - 11:30 am M-F

Eligibility Requirements: All

Languages: English

Area Served: Chatham, North Chatham,

Hillsdale, Germantown

Primary Service: Parenting

Other Services Offered: Information & Referral,

Family Services & Support, Education

Support program for parents of Preschool children.

Group meetings that encourage networking and educational opportunities. Newsletter available.

Supervised activities for children.



Service Providers

Girls Incorporated of the Greater Capital Region

962 Albany St., Schenectady, NY 12307

On Bus Route? No

Girls Incorporated of the Greater Capital Region

Phone #: (518) 374-9800

Fax #: (518) 347-1009

Fee: None

Hours: 9:00 am - 5:30 pm

Eligibility Requirements: Girls Age 5-19

Area Served: Schenectady, Albany, Troy

Primary Service: Education

Provides after school, Saturday, and evening education, recreation, and Socialization programs targeting female youth. Specific programs address skill-building, lifestyle, and safety issues.

Greene County Public Health N.S.

159 Jefferson Hgts Suite 201A, Catskill, NY 12414

On Bus Route? No

Email: lzzoK@mhonline.net

Early Intervention Program

Phone #: (518) 943-6591

Fax #: (518) 943-3077

Fee: None

Hours: 9:00 am - 5:00 pm

Contact: Kate Izzo Extension: 227

Eligibility Requirements: 0-3 yrs old with developmental delay

Area Served: Green County

Primary Service: Medical/Health

Other Services Offered: Education, Family Services & Support

Evaluation and services to assist family in helping child with developmental delay meet his/her potential (in accordance with federal & state regulations).

Haven Grief Counseling Center

703 Union Street, Schenectady, NY 12305

On Bus Route? Yes

Phone #: (518) 370-1666

Fax #: (518) 370-1917

Fee: Sliding scale/set fee for group

Hours: :00 am - 4:00 pm M-F

Eligibility Requirements: Anyone 3 yrs. & older experiencing a loss by death or life threatening illness.

Languages: English

Area Served: Greater Capital Region

Primary Service: Bereavement

Other Services Offered: Counseling, Support Groups

Providing bereavement counseling and support for grief and loss to persons of all ages; Providing emotional and practical support to persons who have a life threatening illness and to their families and friends; Educating the public on the needs of the seriously ill and the bereaved; Providing a variety of on-site, school-based services to public school districts throughout the greater capital region. This is accomplished through individual and family counseling, various bereavement support groups, programs for bereaved children and a variety of community educational services.

Headstart Family Education Program - Saratoga County

70 Malta Ave, Ballston Spa, NY 12020

On Bus Route? No

Headstart Family Education Program - Saratoga County

Phone #: (518) 884-7195

Fax #: (518) 884-7101

Fee: Free

Contact: David Hunt Extension: 304

Hours: 8:00 am - 5:00 pm (main office)

Eligibility Requirements: Low-income pregnant women & families with children birth - 5 yrs of age.

Languages: Spanish

Area Served: Saratoga County

Primary Service: Education

Other Services Offered: Advocacy, Child Care, Counseling, Family Services & Support, Parenting

Early Childhood education, pre/post natal, health, nutrition and family support services to pregnant women and families with children under age 5 living at or below poverty. Centers located throughout Saratoga County.

Early Headstart Family Education Program - Saratoga County

Primary Service: Education

Other Services Offered: Advocacy, Child Care, Counseling, Family Services & Support, Parenting

Eligibility Requirements: Low-income pregnant women & families with children birth - 3 yrs of age.

Early Childhood education, pre/post natal, health, nutrition and family support services to pregnant women and families with children under age 3 living at or below poverty. Centers located throughout Saratoga County

Healthy Kids of Rensselaer County

2213 Burdett Ave., Troy, NY 12180

On Bus Route? No

Healthy Kids of Rensselaer County

Phone #: (518) 274-1279

Fax #: (518) 271-7219

Fee: None

Hours: 7:00 am - 4:30 pm, M-F

Eligibility Requirements: Pregnant women or new parents whose baby is less than 3 months.

Languages: Bilingual

Area Served: Rensselaer County

Primary Service: Family Services & Support

Other Services Offered: Information & Referral, Parenting

A home visiting program that provides education, support, and referrals to parents to assist family with changes and needs related to the addition of a child.

Healthy Schenectady Families

107 Nott Terrace Suite 300B, Schenectady, NY 12308

On Bus Route? Yes

Email Address: peggys@health.co.schenectady.ny

Healthy Schenectady Families

Phone #: (518) 386-2824

Fax #: (518) 382-5418

Fee: None

Contact: Peggy Sheehan, Program Manager

Hours: 8:30 am - 4:30 pm

Eligibility Requirements: Schenectady County Resident

Languages: English, Spanish

Area Served: Schenectady County

Primary Service: Family Services & Support

Other Services Offered: Education, Information & Referral, Maternal & Child Health, Parenting

Voluntary intensive home visiting program with educational services provided by a family support worker and community health nurse. Assists family with changes and needs related to the addition of a new baby to the family. Promotes positive parent-child interaction.

Healthy Schools Network, INC.

773 Madison Ave, Albany, NY12208

On Bus Route? Yes

Email Address: hsnalbany@aol.com

Website: www.healthyschools.org

Healthy Schools Network, INC.

Phone #: (518) 462-0632

Fax #: (518) 462-0433

Fee: None

Contact: Claire Barnett, Executive Director

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: All

Languages: English, Spanish, Mandarin Chinese

Area Served: New York State

Primary Service: Information & Referral

Other Services Offered: Advocacy, Family Services & Support, Health

State-wide advocacy coalition which functions to protect adults and children's environmental health and safety in public school facilities; advocacy for environmentally responsible schools.

Hispanic Outreach Services

40 North Main Ave., Albany, NY 12203

On Bus Route? No

Email Address: anne.tranelli@rcda.org

Website: www.ccrca.org

Hispanic Family Services & Support

Phone #: (518) 453-6655

Fax #: (518) 453-6792

Fee: None

Contact: Sister Anne Tranelli, CSJ

Hours: 8:30 am - 4:30 pm

Eligibility Requirements: Hispanic Individuals and/or Families

Languages: Spanish

Area Served: Albany, Amsterdam, Schenectady, and Troy

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Emergency, Employment, Food Pantry/Baby Formula, Information & Referral, Translation Services

Hispanic Outreach Services honors the human dignity/culture of the Hispanic People and promotes their integration and acceptance in society through direct services, advocacy and empowerment. The goal of our programs focuses on supporting this community in becoming acclimated to their new environments and assists them in moving towards and becoming self-sufficient. Hispanic Outreach Services is a member agency of Catholic Charities/Albany Diocese.



Service Providers

Hispanic Family Assistant Program

Phone #: (518) 453-6655

Fax #: (518) 453-6792

Fee: None

Contact: Sister Anne Tranelli, Extension: 448

Hours: 8:30 am - 4:30 pm

Eligibility Requirements: Spanish-Speaking Community

Languages: Spanish

Area Served: Albany, Montgomery, Rensselaer, Schenectady

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Emergency, Employment, Information & Referral, Translation Services

The goal of all of our programs, in accordance with our stated mission, focuses not only on supporting this targeted community in becoming acclimated to their new environments, but assists them in moving towards and becoming self-sufficient.

Hope House Adolescent Facility

1 Hill House Rd., Albany, NY 12212

On Bus Route? Yes

Email Address: info@hopehouseinc.org

Website: www.hopehouseinc.org

Hope House Adolescent Facility

Phone #: (518) 452-0001

Fax #: (518) 452-1531

Fee: Sliding scale.

Contact: Ted Adams

Hours: 24 hours.

Eligibility Requirements: Youth ages 12-17

Languages: English, Spanish.

Area Served: All counties welcome.

Primary Service: Family Services & Support.

Other Services Offered: Substance Abuse, Counseling, Education

Residential program for male and female youth age 12-17. Includes counseling, education and recreational therapy. Residence lasts approximately 9 months.

Hope House Women and Children's Program

890 Madison Ave., Albany, NY 12208

On Bus Route? Yes

Hope House Women and Children's Programs

Phone #: (518) 453-8351

Contact: Molly Adams Extension: 13

Area Served: Albany, Schenectady, Troy, Oneida County

Primary Service: Substance Abuse Counseling

Other Services Offered: Counseling, Education, Parenting, Support Groups

Women and Children's Program is a halfway house.

We hold 16 women and can have up to 12 children.

The women must be 18 y/o and up. We accept pregnant women, women without children and each

woman can have 2 children age infancy to 9 y/o.

The women must have a chemical dependency diagnosis. The women attend intensive outpatient. We

offer parenting and a supportive safe environment.

Jewish Family Services of NENY

877 Madison Ave, Albany, NY 12208

On Bus Route? Yes

Email Address: jfsnyny@banet.net

Phone #: (518) 482-8856

Fax #: (518) 489-5839

Fee: Sliding fee scale

Contact: Miriam Adler

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Varies by program area.

Area Served: Albany, Schenectady, Rensselaer Counties.

Primary Service: Counseling

Other Services Offered: Bereavement, Court & Legal, Family Services & Support

Counseling for individuals, couples, families, older adults, , around personal, family, and marital relationships. Supervised visitation for non-custodial parents, parenting skills, anger management, in home counseling for senior adults, consultation for older adults and families, and bereavement.

Lactation Support Services

2743 Doellner Circle, Castleton, NY 12033

On Bus Route? No

Email Address: dllbalog@aol.com

Phone #: (518) 479-3879

Fax #: (518) 477-2723

Fee: Some services fees involved

Contact: Diane Balog, RN, BSN< CCE, IBCC

Hours: 9:00 am - 5:00 pm M-F

Primary Service: Maternal and Child Health

Other Services Offered: Advocacy, Consumer Services, Counseling, Education, Information & Referral, Parenting, Support Groups

Full lactation support for breastfeeding mothers, home consultations for challenging situations – slow weight gainer, sleepy infants, low milk supply, flat/inverted nipples, returning to work. Discount lactation supplies/breast pumps, Educational seminars for health professionals and business, Corporate lactation programs and Insurance support.

Law, Order & Justice Center

144 Barrett Street, Schenectady, NY 12305

On Bus Route? Yes

Email Address: loj@capital.net

CASA, Mediation, Supervised

Visitation Phone #: (518) 346-1281

Fax #: (518) 346-1311

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: Residents of

Schenectady County & Capital District

Area Served: Schenectady County

Primary Service: Mediation

Other Services Offered: Advocacy, Family

Services & Support

CASA--Court Appointed Special Advocates speak on behalf of abused & neglected children. Mediation – Family, Divorce, Community, Parent/Child and Peer mediation allows parties in disputes the opportunity to resolve matters with the assistance of a third party. Supervised Visitation – safe environment for children to visit with non-custodial parents.

Lexington Center

465 N. Perry St., Johnstown, NY 12095

On Bus Route? Yes

Email Address: schutzk@lexcenter.org

Website: www.lexingtoncenter.org

Fulton Co. Chapt. NYSARC, Inc.

Phone #: (518) 762-0024

Fax #: (518) 762-3533

Hours: 8:00 am - 5:00 pm

Fee: Medicaid/Medicare/Private

Contact: Kim Schutz Extension: (518)-736-4105

Eligibility Requirements: Varies by program type.

Area Served: Fulton County

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Consumer

Services, Counseling, Employment,

Information & Referral, Mental Health,

Support Groups

Multi-faceted rehabilitation agency providing residential day, clinical, service coordination, employment and at-home supports. Serve DD, MH, TBI physically disabled individuals in various programs.

Love INC. (Love in the Name of Christ)

3 Morris Ave., Schenectady, NY 12308

On Bus Route? No

Email Address: LoveINC@localnet.com

Phone #: (518) 393-2944

Fax #: (518) 393-2942

Fee: None

Contact: Patricia Amorosi, Executive Director

Hours: 9:00 am- 3:00 pm T, W

Eligibility Requirements: All

Languages: English

Area Served: Capital District and Ballston Spa

Primary Service: Faith Organization

Ministry of Churches that reach out with volunteers to help the single parent, disabled, poor, elderly and those in need with a variety of help and direction.

March of Dimes

80 Wolf Road, Albany, NY 12205

On Bus Route? No

Email Address: pkenny@marchofdimes.com

Website: www.marchofdimes.com

March of Dimes

Phone #: (518) 453-0474

Fax #: (518) 453-0477

Fee: None

Contact: Pat Kenny Extension: 13

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements: All.

Languages: English, Spanish

Area Served: From as far north as Plattsburgh/

Adirondacks, to as far south as Albany.

Primary Service: Information & Referral

Other Services Offered: Education, Maternal and Child Health

Resource and referral organization with information on birth defects, prenatal care, and preconception.

Educational programming for schools, worksite and community organizations.

Maternal Infant Network of the Capital Region

19 Aviation Rd., Colonie, NY 12205

On Bus Route? Yes

Email Address: mincr@nycap.rr.com

Website: www.pregnancyandbabies.org

Phone #: (518) 426-1153

Fax #: (518) 426-1237

Fee: None

Contact: Ellin Friedman

Hours: 8:00 am - 5:00 pm M-F

Languages: English, Spanish

Area Served: Albany, Schenectady and

Rensselaer counties

Primary Service: Maternal & Child Health

Other Services Offered: Education, Information

& Referral, Medical/Health, Support Groups

The Mission of the Maternal infant Network of the Capital Region (MINCR) is to take a leadership role in achieving optimal health for mothers and babies in our communities through:

•Education

•Collaboration •Resources



Service Providers



Mechanicville Community Services Center, Inc.

6 South Main St., POB 30, Mechanicville, NY 12118
On Bus Route? No
Email Address: macs@albany.ny

Community Advocacy Referral and Education Program

Phone #: (518) 664-8322
Fax #: (518) 664-9457
Fee: None
Contact: Megan Collins Extension: 304
Hours: Vary, please call
Eligibility Requirements: All
Languages: English, some materials in Spanish.
Area Served: Greater Mechanicville area.
Primary Service: Family Services & Support
Other Services Offered: Parenting, Advocacy, Information & Referral, Maternal & Child Health

Community Center's Community Advocacy Referral and Education Program provides Extra Helpings food Assistance, Mental Health satellite services, WIC, Well Baby, Child Health Plus, School Age Child Care, Day Camp, and Youth Development.

More About Breastfeeding

221 Troy Road, Niskayuna, NY 12309
On Bus Route? Yes
Email Address: kmosley@bellevuewoman.org
Website: www.bellevuewoman.org

More About Breastfeeding

Phone #: (518) 346-9410
Fax #: (518) 346-9545
Fee: None
Contact: Karen Mosley
Hours: Tuesdays 10:00 am -12:00 n
Eligibility Requirements: All
Languages: English
Area Served: All counties.
Primary Service: Support Groups
Other Services Offered: Maternal & Child Health

Informal support group giving new breastfeeding mothers an opportunity to meet and share information regarding the lactation process. Also discussed are methods for managing breastfeeding when returning to work.

The Mothers' Center of the Capital District

P.O. Box 3175, Albany, NY 12203
715 Morris Street, Albany, NY 12208
On Bus Route? Yes
Website: www.themotherscenter.org

The Mothers Center of the Capital District

Phone #: (518) 475-1897
Fee: Membership is currently \$30/year;
Contact: Kathy Koch
Hours: Vary.
Eligibility Requirements:
Fee: None
Languages: English
Area Served: Albany, Schenectady and Rensselaer counties.
Primary Service: Family Services & Support
Other Services Offered: Education, Information & Referral

Support network on parenting, child development, other family matters. Includes bi-monthly newsletter, weekly drop-in for parents and children, Mom & Tot program, ongoing family activities, special events at discounted prices, and adult-centered interest groups. A community-based, self-help organization run for and by parents with no political or religious affiliations. Located at: 715 Morris St., Albany, NY 12208 (corner of W. Lawrence and Morris).

NY Assn. Of Psychiatric Rehabilitation Services

1 Columbia Place, Albany, NY 12207
On Bus Route? No
Email Address: nyaprsadm@aol.com
Website: www.nyaprs.org

NYAPRS

Phone #: (518) 436-0008
Fax #: (518) 436-0044
Contact: Kelly Adams Extension: 11
Primary Service: Advocacy
NYAPRS is a statewide coalition of New Yorkers who use and/or provides recovery-centered, community-based mental health services dedicated to improving services and social conditions for New Yorkers with psychiatric and trauma-related disabilities by promoting their recovery, rehabilitation and rights.

NYS Center for Sudden Infant Death

*c/o Albany Medical College 47 New Scotland Ave.
MC101, Albany, NY 12208*

On Bus Route? Yes

Email Address: whittrm@mail.amc.edu

NYS Center for SID

Phone #: (518) 262-5918

Fax #: (518) 262-7237

Fee: None

Contact: Mary Whittredge, CSW

Hours: 9:00 am - 5:00 pm

Eligibility Requirements: No specific criteria

Languages: Have Risk education and SIDS materials in Spanish/English, and some other languages i.e. Japanese but limited number

Area Served: 18 County Region of Eastern NY

Primary Service: Bereavement

Other Services Offered: Counseling, Information & Referral, Family Services & Support, Education.

We provide comprehensive professional support to families whose infant dies suddenly and unexpectedly of any cause. The center offers educational programs to professionals and the community at large on SIDS, Risk Reduction, Infant mortality, and bereavement. We are a statewide program with 4 Satellite offices in Albany, Buffalo, Liverpool, and NYC. Our main office is in Stony Brook and can be reached at 1-800-336-7437.

Parent to Parent of NYS

500 Balltown Road, Schenectady, NY 12304

On Bus Route? No

Website: www.parenttoparentnys.org

Parent Matching, Education Advocacy, MSC

Phone #: (518) 381-4350

Contact: Lynne Bradt

Primary Service: Information & Referral

Parent to Parent supports and connects families who have children with special health care needs and/or developmental disabilities.

Parents of Murdered Children and Other Survivors of Homicide Victims

Schenectady, NY 12305

On Bus Route? No

P.O.M.C

Phone #: (518) 377-1660

Fee: None

Contact: Patricia Gioia

Eligibility Requirements: Be a survivor of a homicide victim

Area Served: Capital District

Primary Service: Support Groups

Other Services Offered: Information & Referral, Bereavement

Self- help support organization offering emotional support and friendship to persons who survive the violent death of a relative or friend by homicide. We have monthly meetings (3rd Monday) at St. Luke's Pastoral Center, 1243 State St., Schenectady

Parsons Child and Family Center

60 Academy Road Albany, NY 12208

On Bus Route? Yes

Email Address: mantask@parsonscenter.org

Website: www.parsonscenter.org

Parsons Child and Family Center

Phone #: (518) 426-2800

Fax #: (518) 447-5234

Fee: Vary.

Contact: Karen Mantas

Extension: (518)-426-2846

Hours: Vary

Languages: English

Eligibility Requirements: Children up to age 18

Area Served: 30 counties including: Albany,

Columbia, Fulton, Greene, Montgomery,

Rensselaer, Saratoga, Schenectady, Schoharie,

Warren and Washington.

Primary Service: Family Services & Support

Other Services Offered: Education, Counseling, Information & Referral

Diverse agency offering services to emotionally and behaviorally troubled youth and their families, including: prevention, counseling, residential care, day treatment, foster care, adoption, education, training and resource referrals.



Service Providers

Planned Parenthood Mohawk Hudson

414 Union St, Schenectady, NY 12305 .

On Bus Route? Yes

Email Address: j.pustolka@PPMHchoices.org

Schenectady Planned Parenthood

Phone #: (518)-374-5353

Fax #: (518)-374-8234

Website: www.ppmhchoices.org

Contact: Roxanne O'Brien Babcock,

Extension 238

Confidential, quality healthcare that's affordable

Hours: 10:00 am - 8:00 pm M, W;

8:00am - 5:00 pm T, Th;

8:30 am - 4:00 pm F

Eligibility: Confidentially serving men, women, and youth. Experienced, culturally sensitive Planned Parenthood staff provide health care in a safe, supportive environment for lesbian, gay, bisexual, and transgender (LGBT) individuals.

Fee: Most insurances, including Medicaid, welcome. Also, Planned Parenthood offers an affordable sliding fee scale. Planned Parenthood can help you sign up for free programs: Medicaid, Prenatal Care Assistance Program (PCAP), WIC, and Family Planning Benefit Program.

Hours: Extended hours, including day, evening, and weekend appointments to accommodate your busy schedule

Languages: English, Spanish

Area Served: No Residency Restrictions

Services Offered: Pregnancy testing and counseling, PCAP program, prenatal care, adoption referral, abortion services to 16 weeks, yearly Exams and Pap tests, Birth Control, Sexually Transmitted Infections Testing and Treatment, HIV Testing and Counseling, Prenatal Care, Midlife (Menopause) services, Cancer Screening, Coloscopy/ Cryosurgery, Education

Got questions? Get answers! Talk to a community educator, use our extensive library free of charge, or visit our web site. Educational programs tailored to your school or community group. Get age-appropriate, medically accurate information on topics including: abstinence, birth control, STIs and HIV/AIDS, communication skills for healthy relationships.

Sexual Assault Support Services of Schenectady County

34 Jay Street, Schenectady, NY 12305

Phone #: (518) 374-5353

Fax #: (518) 347-1413

Services free and confidential.

Contact: Janine Pustolka Extension: 216

Hours: 9:00 am - 5:00 pm M-F

Eligibility Requirements:

Fee: None

Languages: Limited materials in Spanish

Area Served: Schenectady County

Other Services Offered: Advocacy, Counseling, Domestic Violence, Education, Information & Referral, Support Groups

Sexual Assault Support Services provides free and confidential services to victims of sexual assault/abuse; services are also provided to family members, significant others, and friends of victims of sexual violence. Services include: 24-hour hotline, crisis counseling, advocacy, therapy, and prevention education programs.

Prevent Child Abuse New York

134 S. Swan St. Albany, NY 12210

On Bus Route? Yes

Email Address: ncpcanys@aol.com

Website: www.preventchildabuseny.org

Prevention Information Resource

Center/Parent Helpline Phone #: (800) 342-7472

Fax #: (518) 436-5889

Fee: None

Contact: Helen Marshall

Hours: 24/7

Eligibility Requirements: None-statewide

Languages: Spanish

Area Served: Statewide

Primary Service: Information & Referral
Information and referral for parents, professionals and concerned others to resolve family problems, prevent child abuse & neglect, and intervene in abusive situations.

Prison Families of New York Inc.

40 N. Main Ave., Albany, NY 12203

On Bus Route? Yes

Prison Families of New York, Inc.

Phone #: (518) 453-6659

Fax #: (518) 453-6792

Fee: None

Contact: Alison Colenian

Hours: Office 9:00 am - 5:00 pm

Eligibility Requirements: Loved one in prison, ex prisoner

Area Served: Statewide, focus on Capital District

Primary Service: Advocacy

Other Services Offered: Court & Legal,

Education, Family Services &

Support, Information & Referral, Support

Groups

Information, support, advocacy, support groups, training for anyone with a loved one in prison, going to prison, or coming home from prison. Coalition building, speeches, trainings for interested agencies and ministries.

Regional Food Bank of Northeastern New York

965 Albany-Shaker Road Latham, NY 12110

On Bus Route? Yes

Email Address: traceym@regionalfoodbank.net

Website: www.regionalfoodbank.net

Phone #: (518) 786-3691

Fax #: (518) 786-3004

Contact: Tracey Martin- Director Extension: 227

Hours: 8:00 am - 5:00 pm

Area Served: 23 Counties of NENY (Canadian Border to New

Primary Service: Information & Referral

The Regional Food Bank serves over 900 charitable agencies in 23 counties. We do not serve clients directly, however we can refer clients to agencies in their area.

Rensselaer Chapter NYSARC-Family Supports

415 River St., Troy, NY 12180

On Bus Route? Yes

Email Address: jquinn@renarc.org

Website: www.renselaerarc.org

Family Supports

Phone #: (518) 272-3805

Fax #: (518) 687-0679

Fee: None

Contact: John Quinn

Hours: 9:00 am - 5:00 pm

Eligibility Requirements: Persons with MR/DD living at home

Area Served: Rensselaer County, Cohoes, Green Island, Watervliet

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Clothing & Furniture, Education, Information & Referral

Services offered to maintain family member living at home who has mental retardation and/or developmental disabilities.

Rensselaer County Department of Health

1600 7th Ave., Troy, NY 12180

On Bus Route? Yes

Rensselaer County Department of Health

Phone #: 518-270-2655

Fax #: 518-270-2973

Website: www.rensco.com

Fee: Vary

Hours: 9:00 am - 5:00 pm M-F

Languages: English, Spanish

Area Served: Rensselaer County

Eligibility Requirements: Rensselaer County Resident

Primary Service: Medical/Health

Other Services Offered: Education, HIV Testing/Counseling, Information and Referral, Maternal and Child Health, Medical/Health Public Health Department providing health guidance home visits for new moms and babies, and pregnant women. Provide clinics for immunizations, TB, sexually transmitted diseases, and HIV testing. Programs offered are: children with special needs, lead, wellness, services related to environmental health issues, child find, and Healthy Women's Partnership.



Healthy Women Partnership of Rensselaer County

Email Address: pspreitzer@rensko.com

Website: www.rensco.com

Phone #: (518) 270-2640

Fax #: (518) 270-2973

Fee: None or low cost services

Contact: Patricia Spreitzer

Extension: (518) 270-2640

Hours: 8:00 am - 5:00 pm

Languages: Spanish

Eligibility Requirements: Women age 40+ years, uninsured, income guidelines

Area Served: Rensselaer County

Primary Service: Medical/Health

Other Services Offered: Education, Information & Referral

The Healthy Women Partnership Program provides no or low cost breast and cervical cancer screenings to women who meet program eligibility requirements. Women must be 40 years of age and older, uninsured or under-insured and meet program income guidelines.

SAFE, Inc. of Schenectady

1344 Albany Street

Schenectady, NY 12304

On Bus Route? No - one block away

Email Address: safeinc@capital.net

Project SAFE/ SAFE House

Phone #: (518) 374-0166

Fax #: (518) 374-2497

Fee: None

Contact: Delores Edmonds-McIntosh

Hours: 8:00 am - 4:30 pm M-F

Eligibility Requirements: Ages 12-35 for Project SAFE, Ages 16-20 for SAFE House

Area Served: Capital Region

Other Services Offered: Advocacy, Counseling, Information & Referral, Parenting, Emergency

Project SAFE is an outpatient treatment/referral program designed to serve individuals between the ages of 12-35 who are at risk or have engaged in street prostitution. SAFE House is a temporary 30-day emergency shelter serving homeless/runaway youth between the ages of 16-20. A youth may come by SAFE house through self referral or through referral sources. Admission to SAFE is solely voluntary.

Saint Catherine's Center for Children

40 N. Main Ave., Albany, NY 12203-1425

On Bus Route? Yes

Prevention Program

Phone #: (518) 453-6700

Fax #: (518) 453-6712

Contact: Anne Byron Extension: 6722

Hours: M-F; flexible

Eligibility Requirements: Referrals come from Albany County Dept. of Children, Youth and Families

Area Served: Albany County

Other Services Offered: Advocacy, Counseling, Family Services & Support, Support Groups.

The Saint Catherine's Prevention Program offers services geared toward the enhancement of family Primary Service: Parenting life. The services are contracted by the Albany County Department of Children, Youth and Families. We offer weekly home-based family counseling, parent aide and home aide services, psychiatric and psychological consultation, groups with themes around more effective parenting and children's issues, an after school program in the Berne/Knox/Westerlo school district as well as a program specifically tailored to the needs of parents with developmental disabilities.

Samaritan Hospital

2215 Burdett Ave., Troy, NY 12180

On Bus Route? Yes

Samaritan Birth Center/Women's Health Center

Phone #: (518) 271-3300

Fee: Free/Variable

We offer Lamaze, Breast Feeding Class, Birth Center Tours, Free Infant CPR and Safety, Hypnotherapy, Hypnobirthing, Breast Ultrasounds, Mammography, Breast Biopsies, and free/lowcost Breast and Cervical Cancer Screening for those who qualify.

Saratoga Center for the Family

359 Ballston Ave, Saratoga, NY 12866

On Bus Route? Yes

Email Address: scff@nycap.rr.com

Saratoga Center for the Family

Phone #: (518) 587-8008

Fax #: (518) 587-8241

Fee: Sliding

Hours: 8:00 am - 4:30 pm M-F

Eligibility Requirements: Saratoga County residents.



Area Served: Saratoga County
Primary Service: Family Services & Support
Other Services Offered: Advocacy, Counseling,
Domestic Violence, Information & Referral,
Mental Health, Parenting
Child Abuse Counseling, Advocacy & Prevention
Programs, Parenting classes, Family Nurturing,
Home Visiting, Child Safety Education, Child
Advocacy Center, Mandated Reporter Training,
Crime Victim Advocate for Children.

**Saratoga County Chapter
NYSARC, Inc.**

2902 Rt. 9 Ballston Spa, NY 12020

On Bus Route? No

Email Address: ppaduano@saratogaarc.org

Website: www.saratogaarc.org

Family Support Services

Phone #: (518) 587-0723

Fax #: (518) 583-9607

Fee: Minimal for some programs

Contact: Patricia Paduano

Hours: 8:00 am - 4:00 pm

Eligibility Requirements: Saratoga County resi-
dents with developmental disabilities

Languages: English

Area Served: Saratoga County

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Education,
Information & Referral, Support Groups

*Saratoga ARC Family Support Program offers the
following services: Outreach & Referral, at-home
respite & residential habilitation, patient/family
education, social & recreational programs for
children and adults family reimbursement, sibling
support group, service coordination, and early
intervention respite & reimbursement.*

**Saratoga County Economic
Opportunity Council**

40 New St. PO Box 5120 Saratoga, NY 12866

On Bus Route? No

Saratoga County WIC

Phone #: (518) 587-3158

Fax #: (518) 580-9293

Fee: None

Contact: Cathy Noviello Extension: 26

Hours: 8:30 am - 4:30 pm M-F

Eligibility Requirements: 185% of Poverty

Languages: English, materials available in a wide
variety of languages

Area Served: Saratoga County and surrounding
areas

Primary Service: Supplemental Food Program
Other Services Offered: Information & Referral,
Family Services & Support, Education, Food
Pantry/Baby Formula, Consumer Services
*WIC is a supplemental food program for middle to
low- income women, infants, and children. WIC
provides nutrition education and nutritious foods to
income eligible women (pregnant or breastfeeding),
infants and children to age 5. WIC also provides
information on healthy eating and referrals to
health care and other services.*

Schenectady ARC

214 State Street Schenectady, NY 12301

On Bus Route? Yes

Website: www.warcschenectady.org

Ridge Health Clinic Schenectady ARC

Phone #: (518) 377-2186

Fax #: (518) 377-2189

Fee: Accept Medicaid

Contact: Heather Fowler Extension: 337

Hours: 8:00 am – 5:00 pm M-F

Eligibility Requirements: Must meet office of
Mental Retardation and developmental
disabilities.

Area Served: Schenectady county and other
capital region areas

Primary Service: Services People with disabilities

Other Services Offered: Advocacy, Counseling,
Employment, Family Services & Support,
Information & Referral, Mental Health,
Medical/Health.

*We have a clinic for medical, nursing, nutrition,
speech, OT, PT, podiatry. We also have a supported
employment program. There are a variety of day
services and referral services such as Medicaid serv-
ice coordination. We primarily serve people with
developmental disabilities such as mental retarda-
tion and other disabilities.*

Kids Ridge Day Care Center

1740 State Street Schenectady NY 12304

On Bus Route? Yes

Phone #: (518) 372-1522

Fax #: (518) 372-0042

Website: www.schenectady.org

Hours: 7:30 a.m. - 5:30 p.m. M-F

Contact: Jill LaFlamme

Description of program is on website.



Schenectady Community Action Program

913 Albany Street Schenectady, NY 12307

On Bus Route? No

Email Address: scapgen@nycap.rr.com

Phone #: (518) 374-9181

Fax #: (518) 374-9190

Area Served: Schenectady county and surrounding areas.

Other Services Offered: Advocacy, Child Care, Education, Emergency, Employment, Family Services & Support, Information & Referral, Parenting.

SCAP helps people who are in economic, educational or social need by identifying changing community needs and mobilizing resources, administering programs that address community needs and by providing individual and systemic advocacy on their behalf. Services include: Community Advocacy and Emergency Services, Family Development, Job Readiness Program, Sojourn House for Teen Mothers and Babies, Community Crisis Network, SCAP Head start, Draper Center, Oakwood Center and Girls Inc. Center.

SCAP Head Start

901 Draper Ave Schenectady, NY 12306

On Bus Route? Yes

Email Address: ahaywood@nycap.rr.com

Phone #: (518) 377-8539

Fax #: (518) 377-8553

Fee: None

Contact: Ann Haywood Extension: 322

Hours: 8:00 am - 4:00 pm

Eligibility Requirements: Low income

Languages: Spanish, English, Pusto, Farzi

Area Served: Schenectady County

Primary Service: Education

Other Services Offered: Advocacy, Information & Referral, Parenting, Family Services & Support, Emergency, Translation Services, Mental Health, Child Care, Employment, Literacy, Consumer Services.

SCAP Head Start is a pre-school program serving low-income families. We provide comprehensive services such as Family Support, Education, Service to children with special needs.

Schenectady County Public Health Services

107 Nott Terrace Suite 304, Schenectady, NY 12308

On Bus Route? Yes

Website: www.co.schenectady.ny.us/publiche

Maternal and Child Health

Phone #: (518) 386-2824

Fax #: (518) 382-5418

Fee: Sliding scale.

Hours: 8:30 am - 4:30 pm M-F

Eligibility Requirements: Schenectady County residents

Area Served: Schenectady County

Primary Service: Maternal & Child Health

Other Services Offered: Education, Medical/Health

Public health services with focus on disease prevention, health promotion and wellness. Includes home visits to families, women and children for health assessments, health education, and home health care. Clinical services, communicable disease control, lead poisoning prevention and other preventive health services.

Schenectady Family Health Services

602-608 Craig St., Schenectady, NY 12307

On Bus Route? Yes

Schenectady Family Health Services

Phone #: (518) 370-1441

Fax #: (518) 370-4362

Contact: Susan Bell Extension: 153

Area Served: Schenectady County

Primary Service: Medical/Health

Other Services Offered: HIV Testing/Counseling, Maternal & Child Health, Dental

Family Practice Organization that provides medical care to adults, pediatrics and OB patients.

Laboratory, Insurance enrollment/PCAP, WIC enrollment services available, Dental Services.

Schenectady Inner City Ministry (SICM)

930 Albany Street, Schenectady, NY 12307

On Bus Route? Yes

Email Address: marianne@siem.us

Website: www.timesunion.com/communities/

Various Programs

Phone #: (518) 374-2683

Fax #: (518) 382-1871

Hours: 9:00 am - 4:00 pm

Contact: Rev. Phil Grigsby

Eligibility Requirements: All

Other Services Offered: Advocacy, Employment, Information & Referral, Faith Organization, Food Pantry/Baby formula, Emergency, HIV Testing/Counseling, Medical Health

SICM is an organization that responds to the needs of the community with programs to meet those needs as they arise. SICM has a variety of programs, a few are: The SICM Food Program gives groceries to people in temporary need; Housing Initiative/Housing Taskforce: runs a security deposit loan fund for non public assistance families; JOBS etc: links people who are seeking work with training and/or employment. These are only a few programs a complete list can be found on their website.

Section 8 Family Self Sufficiency Program

242 Union St, Schenectady, NY 12305

On Bus Route? Yes

Email Address: NSMARRO@jeminc.com

Family Self Sufficiency Program

Phone #: (518) 372-8846

Fax #: (518) 372-8467

Fee: None

Contact: Natalie Smarro Extension: 30

Hours: 8:30-4:00 pm M-F

Eligibility Requirements: Section 8 recipients.

Languages: English

Area Served: Albany, Schenectady, Saratoga, Fulton, and Montgomery Counties

Primary Service: Information & Referral

Assisting Section 8 recipients in the rural communities with referrals, information and support. Our goal is to empower individuals with knowledge and to assist in the process of overcoming barriers to becoming self-sufficient. We offer a cash savings program to all active participants.

Self-Help Source – A Project of the Resource Center Inc.

1500 Central Ave., Colonie, NY 12205-5063

On Bus Route? Yes

Email Address: selfhelp@nycap.rr.com

Website: www.selfhelpsource.org

Self-Help Source

Phone #: (518) 464-9262

Fax #: (518) 464-0369

Fee: None

Contact: Shifra Lawner, Director

Hours: 9:30 am - 4:00 pm M-F

Eligibility Requirements:

Consumers/survivors/ex-patients of mental health services

Languages: Primary English

Primary Service: Mental Health Self-Help

Other Services Offered: Education, Consumer Services, Information on Support Groups, all self-help

Peer-run statewide clearinghouse of self-help information on mental health for ADULT consumers/survivors/ex-patients of mental health services, funded by the NYS Office of Mental Health. Offers a wide range of self-help information such as: •current mutual self-help support groups, •self-help literature, •audio and video resources, •starting and running self-help groups

Seton Health Systems

1300 Massachusetts Ave., Troy, NY 12180

On Bus Route? Yes

Website: www.setonhealth.org

Seton Health for Women

Phone #: (518) 268-5517

Fax #: (518) 268-5794

Fee: Varies, accept all insurance

Hours: 24/7

Contact: Community Relations

Extension: (518) 268-5517

Eligibility Requirements: All

Languages: Spanish

Primary Service: Maternal & Child Health

Other Services Offered: Medical/Health Comprehensive OB/GYN care for women in all stages of life from 3 conveniently located offices in Troy, Clifton Park, East Greenbush. Childbirth Center, maternal/child health education and support. Lactation consultation. Food for Thought Education Series. Incontinence Treatment Center. Classes on Infant Massage, Prepared Childbirth, family planning and much more.



Service Providers

Sidney Albert Albany Jewish Community Center

340 Whitehall Road, Albany, NY 12208

On Bus Route? Yes

Email Address: sharonm@saajcc.org

Website: www.saajcc.org

Raymond and Ruth D. Laven Early Childhood Center

Phone #: (518) 689-0039

Fax #: (518) 689-0040

Fee: Full-time: \$160 - \$210 per week.

Contact: Sharon Mudge/BethMonaco Extension: 119, 118

Hours: 7:00 am - 6 pm M-Th; 7:00 - 5:00 F

Eligibility Requirements: Some programs require family membership

Area Served: Capital District Primary Service: Child Care

Part-time and full-time childcare ages infants through kindergarten. Morning pre-school ages 2, 3, 4. Parent-toddler and parent-infant playgroups. Prenatal and maternal nutrition and fitness programs. Babysitting service available to center members. Enrichment classes include cooking, dance swim and physical education as well as music classes for toddlers. Some scholarships available. Age 2 to 5 morning programs available September to June for Fee.

St. Clare's Hospital

600 McClellan St., Schenectady, NY 12304

On Bus Route? Yes

Website: www.stclares.org

Maternal & Child Health Services

Phone #: (518) 382-2000

Fax #: (518) 347-5222

Fee: Vary by service/insurances.

Hours: 24/7

Area Served: Greater Schenectady area.

Primary Service: Medical/Health

Other Services Offered: Emergency, Maternal & Child Health, Parenting

Services include: OB/GYN services, mammography, osteoporosis screening, parenting education, breastfeeding, Lamaze, and sibling classes for young children, Breast Feeding Support Group every other Wednesday 10:00 am - 11:30 a.m..

Family Health Center

624 McClellan St., Suite 101, Schenectady, NY

Phone #: (518) 382-2260

Fax #: (518) 347-5007

Hours: 8:30 am - 4 pm M-F

Fee: Vary by service/insurances.

Hours: Routine office hours.

Eligibility Requirements: Open to all.

Languages: Hispanic support available

Area Served: Greater Schenectady area

Primary Service: Medical/Health

Other Services Offered: Maternal & Child Health, PCAP, Parenting

Primary medical care services for patients of all ages including: obstetrics, pediatrics and adult medicine.

St. Luke's Outreach Ministry

1243 State St., Schenectady, NY 12304

On Bus Route? Yes

St. Luke's Outreach

Phone #: (518) 347-0871

Fax #: (518) 346-3406 Phone prior to faxing

Fee: None

Contact: Angela Marczenski, MS

Flexible

Eligibility Requirements: Central State St. Area of Schenectady

Primary Service: Information & Referral

Other Services Offered: Advocacy, Bereavement, Counseling, Faith Organization, Food Pantry/Baby Formula, Medical/Health

St. Luke's Outreach Ministry offers bereavement ministry, family counseling & referral, emergency/holiday food baskets, community outreach, volunteer training & support, and coordinates workshops and events with other programs throughout the year.

St. Mary's Hospital

427 Guy Park Ave., Amsterdam, NY 12010

On Bus Route? Yes

Email Address: wormuthj@smha.org

Website: www.smha.org

Maternity Department/Educational Programs

Phone #: 518-841-7314

Fax #: 518-841-7311

Contact: Julianne Wormuth, (518) 841-7141

Eligibility Requirements: All

Fee: Vary

Language: Spanish, English

Area Served: Montgomery/Fulton Counties

Primary Service: Maternal and Child Health

Other Services offered: Advocacy, Bereavement, Consumer Services, Education, Emergency, Faith organization, HIV Testing/ Counseling, Information and Referral, Maternal and Child Health, Medical/health, Parenting, Support Groups

St. Mary's Hospital provides prenatal care through a PCAP clinic. We also provide inpatient maternity and newborn care. Through our primary care clinics we also provide women's health services. Community Education is important to us; childbirth classes are held every 6 weeks for 6 weeks at a cost of \$75, Parenting classes are held 4 times a year and are free, Breast Feeding classes are held once a month at a fee of \$10, and there is a breast feeding support group that meets every month. Sibling classes are held monthly on a Saturday for a fee of \$5-10. Fees may be waived for those who cannot afford classes.

St. Peter's Addiction Recovery Center

3 Mercy Lane, Guilderland, NY 12084

On Bus Route? Yes

Website: www.stpetershealthcare.org click on SPARC

Phone #: (518) 452-6700

Fax #: (518) 452-6770

Fee: sliding scale

Primary Service: Alcohol and Substance Abuse

Hours: 24 hours

Full-service substance abuse agency including detox, inpatient rehab, 6 outpatient clinics

St Peter's Hospital WIC's Education

315 S. Manning Blvd., Albany, NY 12208

On Bus Route? Yes

Website: www.stpetershealthcare.org

Phone #: (518) 525-1388

Fax #: (518) 525-1728

Fee: Vary

Contact: H. Wallingford

Extension: 518-525-1873

Hours: Vary

Eligibility Requirements: All

Primary Service: Maternal & Child Health

Other Services Offered: Bereavement, Education, Support Group, Emergency

Programs offered cover: Perinatal programs, child-birth prep, breastfeeding, infant care, UBAC infant/child CPR, emergencies, bereavement: SHARE - a support group for perinatal loss, women's health, Natural Family Planning, and menopause.

St. Peter's Family Health Center

326 South Pearl St., Albany, NY 12202

On Bus Route? Yes

Email Address: jmenteur@stpetershealthcare.org

Website: www.stpetershealthcare.org

St. Peter's Family Health Center

Phone #: (518) 449-0100

Fax #: (518) 463-8580

Fee: Required for some classes

Contact: Ann Gilbert,

Extension: (518) 449-0122

Hours: 8:30 am - 4:15 pm M-F

Eligibility Requirements: Medicare, Medicaid

and Most insurance plans accepted

Languages: English, Spanish

Area Served: Downtown Albany and

surrounding communities

Primary Service: Maternal & Child Health

Other Services Offered: HIV Testing/Counseling,

Medical/Health

Obstetrics and Gynecology, Pediatrics and Internal

Medicine, Pregnancy Care Assistance Program

(PCAP), Childhood Education Classes Offered. Free

pregnancy testing no appointment needed

St Peter's Helderberg Health Center

PO Box 1, Main Street, Westerlo, NY 12193

On Bus Route? No

Website: www.stpetershealthcare.org

St. Peter's Helderberg Health Center

Phone #: (518) 797-3238

Fax #: (518) 797-3246

Fee: Required for some classes.

Contact: Edwin Windle, MD Extension:

(518) 797-3238

Hours: 10:30 am - 4:30 pm M - F:

Eligibility Requirements: Medicare, Medicaid,

and Most insurance plans accepted.

Languages: English, Spanish

Area Served: Westerlo and surrounding communities.

Primary Service: Medical/Health

Other Services Offered: Maternal & Child

Health, HIV Testing/Counseling,

Medical/Health Internal Medicine &

Pediatrics



Service Providers



St. Peter's Rensselaer Health Center

62 Washington St., Rensselaer, NY 12144

On Bus Route? Yes: #14

Email Address: rbidot@stpetershealthcare.org

Website: www.stpetershealthcare.org

St. Peter's Rensselaer Health Center

Phone #: (518) 434-2526

Fax #: (518) 434-2595

Fee: Required for some classes.

Hours: M-F, 9:00 am - 5:00 pm

Eligibility Requirements: Medicare, Medicaid & Most insurance plans accepted.

Languages: English, Spanish

Area Served: Rensselaer & surrounding communities

Primary Service: Medical/Health

Other Services Offered: Maternal & Child Health, HIV Testing/Counseling

Services provided include: Internal Medicine & Pediatrics.

St. Peter's Slingerlands Medical Arts

1240 New Scotland Rd., Slingerlands, NY 12159

On Bus Route? Yes: #13

Email Address: mbuono@stpetershealthcare.org

Website: www.stpetershealthcare.org

Slingerland Medical Arts

Phone #: (518) 475-7000

Fax #: (518) 475-7050

Fee: Required for some classes.

Contact: Mary Buono, Operations Extension: (518) 475-7001

Hours: M-F, 8:00 am - 4:30 pm

Eligibility Requirements: Medicare, Medicaid & Most insurance plans accepted.

Languages: English, Spanish

Area Served: Slingerlands and surrounding communities

Primary Service: Maternal & Child Health

Other Services Offered: HIV Testing/Counseling, Medical/Health

Obstetrics & Gynecology, Maternal Fetal Medicine and Pediatrics, Childhood Education Classes offered.

STAR- Special Transit Available by Request

110 Watervliet Ave. Albany, NY 12206

On Bus Route? Yes

Phone #: (518) 482-2022

Eligibility Requirements: Disabled Persons

Disabled persons living in Albany, Area Served: Albany, Rensselaer, and Schenectady Counties

Primary Service: Transportation

Rensselaer, and Schenectady counties may take advantage of curb-to-curb transportation service.

Suicide Support

94 Western Parkway, Schenectady, NY 12304

On Bus Route? No

Phone #: (518) 372-1900

Eligibility Requirements: All

Support Network for information sharing and bereavement for persons touched by suicide.

Sunnyside Center

9th Street and Ingall's Ave., Troy, NY 12180

mail: PO Box 1410, Troy, NY 12180

On Bus Route? Yes

Email Address: chcsj@juno.com

Sunnyside Center

Phone #: (518) 274-5986

Fax #: (518) 273-3926

Fee: Sliding Scale

Contact: Sister Claudette

Hours:

Office Hours: 8:30 a.m. - 5:00 p.m. M-F

Day Care: 7:00 a.m. - 5:30 p.m. M-F

After School Hours: 2:00 - 5:00 p.m. M-F

Languages: English

Area Served: North Central Troy

Primary Service: Child Care

Day Care Program- Infant Room: 6 weeks - 18 months old, Toddler Room: 18 months to 3 years old, Pre-school room: 3-5 year-olds; After School Program- 5-12 year-olds 2-4:30 pm, Late Care: 4:30-5:30 pm; Summer Program- 5-12 year-olds 10:00 am- 4:00 pm, Early Care: 7:00-10:00 am, Late Care: 4:00-5:30 pm.

Teen Parents Mentoring Program

1737 Union Street, Schenectady, NY 12309

Call for Program locations

Phone#: 518-785-8753

Fax#: 518-783-5094

Email: brichmond@cdyfc.org

Contact: Rebecca Richmond, Extension 32

Eligibility: Mothers 19 years old and under,
Fathers 25 years old and under

Fee: None

Hours: Thursdays, 6:00 to 8:00 pm

Area Served: Schenectady

Primary Service: Parenting Skills Groups

Other Services Offered: Advocacy, Clothing and Furniture, Counseling, Education, Faith Organization, Information and Referral Maternal and Child Health, Parenting, Support Groups

Parenting Groups for both teen mothers and young fathers which include child care, transportation, snacks, games, crafts (for the mothers) and parenting skills. Other services are: referrals, Stork Room (donated goods), one-on-one mentors, and trips and events. Come have lots of fun while you learn about you and your baby!

The Samaritans Suicide Prevention Center

PO Box 5228, Albany, NY 12205

On Bus Route? No

Email Address: sams@fscscapitalregion.org

Website: www.timesunion.com/communities/

Phone #: (518) 689-0080

Fax #: (518) 462-0181

Fee: None

Hours: Vary

Eligibility Requirements: All

Languages: English

Area Served: Capital District

Primary Service: Information & Referral

Other Services Offered: Information & Referral, Mental Health, Emergency, Education, Counseling, Support Groups

Confidential crisis hotline: (518) 689-HOPE.

Provides information and services related to suicide prevention; Safe place, a twice monthly support group for adult and teen groups; educational outreach programs to the community; and postvention services to schools and communities after a suicide has occurred.

Suicide Crisis Hotline

Phone #: (518) 689-4673

Fax #: (518) 462-0181

Fee: None

Contact: Mary Jean Coleman

Hours: 24 hours, 7 days a week

Eligibility Requirements: All who are despairing, depressed or suicidal

Languages: English

Area Served: 11 counties of Capital District

Primary Service: Crisis Hotline.

Other Services Offered: Emergency, Support Groups.

Suicide Crisis Hotline: (518)689-HOPE (4673)

Unity House

309 8th Street, Troy, NY 12180

On Bus Route: Yes

Phone #: (518) 272-2352

Fax #: (518) 272-6561

Website: www.unityhouseny.org

Contact Person: Janet Gamble

Pregnancy Care Project

Eligibility: Rensselaer County Resident

Fees: None

Hours: 9:00 am - 5:00 pm M - Th;

8:00 am - 4:00 pm F

Area Served: Rensselaer County

Primary service: Family Services and Support

Other Services Offered: Advocacy, Clothing and Furniture, Family Services and Support, Food Pantry/Baby Formula, Information and Referral, Parenting

Services are Provided to assist in the stabilization of all aspects of the participant's lives. Serves women and their newborns until 3 months old. Food Pantry has Formula, diapers, and baby food. Unity House also provides services for mental health, Domestic Violence, People living with HIV/AIDS, and children.



Service Providers

Upper Hudson Planned Parenthood

259 Lark St, Albany, NY 12210

On Bus Route? Yes

Website: www.uhpp.org

Planned Parenthood

Phone #: (518) 434-5678

Fax #: (518) 434-8153

Hours: 8:30 am - 5:00 pm M, W;
12 n - 8 pm T; 10:30 am - 6 :00 pm Th;
closed F

Fee: Sliding fee scale based on income;

Contact: Blue Carreker Extension: 133

Walk-ins and by appt.

Eligibility Requirements: Women and Men of reproductive age

Languages: Spanish and English; Interpreters available by appt.

Area Served: Albany, Columbia, Greene and Rensselaer

Primary Service: Medical/Health

Other Services Offered: Advocacy, Education, HIV Testing/Counseling

UHPP is a non-profit organization providing medical services, education and advocacy to the capital region. We offer birth control and pregnancy tests, testing and treatment for sexually transmitted infections, annual exams, HIV testing and counseling, prenatal care and abortion services. We also offer a wide variety of educational materials and programming and advocate for reproductive health and rights.

Vanderheyden Hall

PO Box 219, 128 Main Ave., Wynantskill, NY 12198

On Bus Route? Yes

Website: www.vanderheydenhall.org

Wit's End Family Support Group

Phone #: (518) 283-3458

Fax #: (518) 283-3347

Fee: None

Contact: Jill Sharp Extension: 15

Hours: 6:00 pm - 7:30 pm every 1st and 3rd Monday

Eligibility Requirements: All

Languages: English.

Area Served: Rensselaer County

Primary Service: Support Groups

Other Services Offered: Parenting, Education, Court & Legal, Information & Referral

Parents meet to share info, get support and understanding exchange ideas, talk about frustrations,

help themselves and their children, find services that will help, learn from speakers, interesting programs from school, courts, local agencies, and experts that work with children, and to make new friends.

Transportation available, childcare provided, informal group sessions.

The Focus Program

Phone #: (518) 283-3458

Fax #: (518) 283-3347

Fee: None

Contact: Jody Kendrick

Hours: 9:00 am - 5:00 pm, M-F

Eligibility Requirements: Children and/or teenagers between ages 2 and 16, residents of Rensselaer county.

Languages: English

Area Served: Rensselaer county.

Primary Service: Family Services & Support

Other Services Offered: Advocacy, Court & Legal, Parenting

Provides individualized care (strength based planning), crisis anticipation and management services, respite services, assisted parenting, in-school programs, flexible funding services to strengthen family's ability to care for child and/or teenager by purchasing goods, and family and parent support services. Children and/or teenagers are being recommended for residential being placed in residential care, and who agree, along with their families, to receive intensive home-based FOCUS services.

Visiting Nurse Association of Albany, Inc.

35 Colvin Ave., Albany, NY 12206

On Bus Route? Yes

Website: www.vnaalbany.org

Maternal Child Health Services

Phone #: (518) 489-2681

Fax #: (518) 435-0615

Fee: Ability to bill most payers

Contact: Amy Matfield Extension: 258

Hours: 8:00 am - 8:00 pm

Eligibility Requirements: All ages.

Languages: English, some Spanish

Area Served: Albany, Saratoga and Rensselaer County.

Primary Service: Maternal & Child Health

Other Services Offered: Parenting, Counseling, Mental Health, Medical/Health

The Visiting Nurse Association of Albany's Maternal-Child health professionals are available to come to your Albany, Saratoga or Rensselaer County home to provide a wide variety of services.

Services can range from assisting you to care for yourself during or after a pregnancy to providing assessments and information in the care of your newborn or child.

Washington Irving Educational Center

422 Mumford St., Schenectady, NY 12307

On Bus Route? Yes

Adult Education

Phone #: (518) 370-8225

Fee: Free (or) Minimal

Contact: Donna Lagone Extension:
(518)370-8230

Hours: 9:00 am - 2:30 pm

Eligibility Requirements: 21 years and Older,
free services offered for transfers from
Schenectady School District.

Languages: Spanish, Pashto

Area Served: Most of New York State

Primary Service: Education

Other Services Offered: Employment,
Counseling

GED Program--Day classes, home study and satellite evening classes. ESL, English as a Second Language. Phonics classes, computer classes; Price Chopper Program--Counseling and job coaching; Choices--education and employment (Vesid). Incarcerated youth education and transition; New Beginnings Child Care Daycare Center 6 weeks to pre-k, phone (518) 881-3912

Watervliet Civic Chest, Inc. (Civic Center)

14th St. & 1st Ave., Watervliet, NY 12189

On Bus Route? Yes

Email Address: wciviccenter@aol.com

Website: www.watervlietciviccenter.com

Youth Recreation

Phone #: (518) 273-5922

Fax #: (518) 274-2487

Contact: Bill Sheehy

Hours: 9:00 am - 9:00 pm M-F

Eligibility Requirements: Watervliet residents or attend Watervliet School

Area Served: Watervliet, limited areas of Colonie and Menands

Primary Service: Education

Other Services Offered: Clothing & Furniture,
Education, Employment, Substance Abuse

Offers programs in recreation, education, culture, social, artistic and youth developmental programs for youth ages 7-18.

Whitney M.Young Jr. Health Center

Lark & Arbor Drives, Albany, NY 12207 On Bus

Route? Yes

Phone #: (518) 465-4771

Fax #: (518) 432-3632

Fee: Sliding fee, all Insurances accepted.

Hours: 8:00 am-7:00 pm M, Th,

8:00 am-7:00 pm T, W, 8:00 am - 3:00 pm F

Languages: English, Spanish, Russian.

Primary Service: Medical/Health

Other Services Offered: Family Services &
Support, Translation Services, Counseling,
Mental Health, Maternal & Child Health,
Education, HIV Testing/Counseling,
Substance Abuse

Perinatal Dept, FACTS - Substance Abuse Program, CHEER Dept - HIV Services, Dental Dept., Bright Beginnings, WIC, Women's Health Unit, Pediatrics, Adult Medicine, Social Services Dept., Methadone Maintenance Treatment Program (MMTP)

Women's Employment – Resource Center

8 Wolfert Ave., Albany, NY 12204

On Bus Route? Yes

Email Address: ksheedy@cdwerc.org

Website: www.cdwerc.org

Phone #: (518) 434-3103

Fax #: (518) 434-3211

Fee: None

Contact: Kim Sheedy

Hours: 8:30 am - 4:30 pm

Eligibility Requirements: Single Parent or divorced, separated, widowed, death or disability of a partner

Languages: English

Area Served: Albany, Rensselaer City

Primary Service: Employment

Other Services Offered: Information & Referral

The Women's Employment and Resource Center (WERC) advances women's success in the workplace by building their economic and personal independence. The Center has provided quality workforce development service to over three thousand women since 1988, helping them successfully find or improve their employment. Program participants receive career counseling, computer skills, workforce preparation training, and job placement follow-up.



Service Providers



Women's Health Center of Albany Med

220 Green St., Albany, NY 12202

On Bus Route? Yes



WIC Program

Phone #: (518) 432-4033

Fax #: (518) 432-3225

Fee: None

Hours: Day & Evening by appointment

Eligibility Requirements: Call for details.

Area Served: Albany County

Primary Service: Maternal & Child Health

Other Services Offered: Information & Referral, Family Services & Support, Education, Food Pantry/Baby Formula

Special Supplemental Nutrition Program. We provide nutrition counseling, referrals to other programs and healthy foods for your family. We can provide breastfeeding support. Working families may qualify as well as those receiving food stamps, Medicaid, Public Assistance, Head Start or the free or reduced school lunch program.

Youth Empowerment Services

315 A. Washington Ave., Albany, NY 12206

On Bus Route? Yes

Email Address: yesteens@aol.com

Youth Empowerment Services

Phone #: (518) 455-8911

Fax #: (518) 455-8919

Fee: None

Contact: Tymesia Wiley

Hours: 9:00 am - 5:00 pm

Eligibility Requirements: Individuals under 21

Languages: English

Area Served: City of Albany.

Primary Service: Family Services & Support

Other Services Offered: Education, Counseling, Employment, Child Care, Emergency, Information and Referral

Confidential free case management services to males and females at-risk and pregnant and parenting youth under the age of 21. Services include basic needs, education, recreation, housing, counseling, employment and health.

YWCA of Schenectady

44 Washington Ave., Schenectady, NY 12305

On Bus Route? Yes

Email Address: jrafalik@ywca-schenectady.org

Parents Anonymous

Phone #: (518) 374-3394

Fax #: (518)374-3385

Fee: None

Contact: Jo Anne Voris Rafalik Extension 140

Hours: based on programs, phone is answered

24 hours a day

Eligibility Requirements: based on program

Languages: English

Area Served: Based on programs

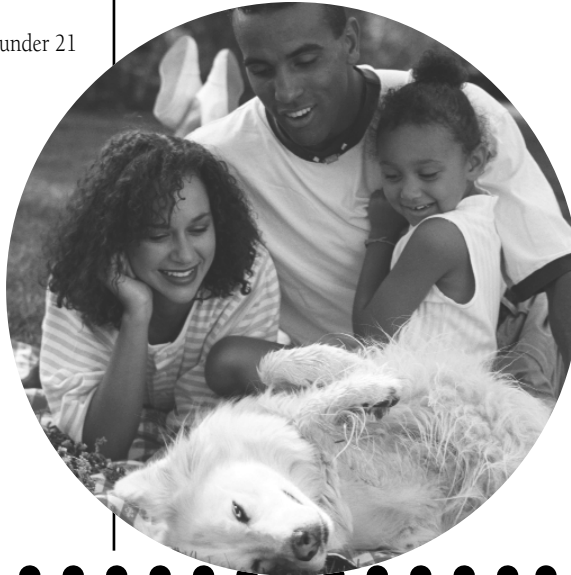
Primary Service: Domestic Violence

Other Services Offered: Advocacy, Information

& Referral Court & Legal, Parenting, Family Services & Support, Counseling, Child Care, Support Group

Programs are offered in the following areas: Domestic Violence/Shelter, Advocacy, Counseling and Education, Housing for Single Women, Wellness Center/Pool, Land and Water Aerobics, Work-out Room, Belly Dancing, Parents Anonymous® groups, Healthy Living Partnership/breast, cancer, cervical and colorectal screenings and education, and Child Care Centers

Service Providers



Please take a few moments

to help us extend resources to you that will assist you professionally and personally in your work with individuals and families.

Are you a professional working in a field related to addressing Child and Family Issues?
 Yes No

If yes, please list job title or type of organization:

Are you a professional or volunteer working in a field other than Child and Family Issues?
 Yes No

Please list the type of organization, business or agency you are affiliated with:

On average, what is the estimated number of referrals per week that you make using this directory?

Are you a parent seeking information?
 Yes No

How frequently do you access information in the Directory?

Are there other Directories that you find useful? Please list:

Were you able to find the information you needed in the Directory?
 Yes No

If not please let us know specifically what you were looking for:

Have you accessed the Directory via the Internet?
 Yes No

What improvements would you suggest?

Any other comments?

Thank you for your time and effort related to improving the Resource Directory.
Please fax this form to the Maternal Infant Network of the Capital Region at **518-426-1237**.

19 Aviation Road, Colonie, NY 12205
Phone: 518-426-1153 • Fax: 518-426-1237
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*Healthy Babies need
Healthy Mothers and Families*



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In Memoriam

A special thanks to Helene Smith, deceased. MINCR will miss her presence and influence.

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*Maternal/Child Health
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If a Child Lives...

by Dorothy Lawe Holt

If a child lives with criticism
He learns to condemn;
If a child lives with hostility
He learns to fight;
If a child lives with ridicule
He learns to be shy;
If a child lives with shame
He learns to feel guilty,

But

If a child lives with tolerance
He learns to be patient;
If a child lives with encouragement
He learns confidence;
If a child lives with praise
He learns to appreciate;
If a child lives with fairness
He learns justice;
If a child lives with security
He learns to have faith;
If a child lives with approval
He learns to like himself;

*If a child lives with acceptance and friendship
He learns to find LOVE in the world!*



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*a special thanks to our
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**MATERNAL
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*The Mission of the Maternal infant Network of the Capital Region (MINCR)
is to achieve optimal health for mothers, babies, and families
in our communities.*

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We have a resource room for you and your patients – come visit us.

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