

## CLOTHING

Clothing is available at reduced cost at thrift shops. They will provide clothing free of charge with a referral from any helping agency.

**Blessed Sacrament**  
Thrift Store  
607 Central Ave.  
(518)482-3375  
Wed & Sat. 10-1

**Grassroots Givers**  
**Community Store**  
274 Washington Ave.  
(518) 817-5921

**St. Mary's**  
10 Lodge Street  
Enter on Steuben St.  
(518) 462 - 4357  
T, Th, F: 9-11:30am

**Capital Church**  
31 Vly Road  
(518) 456 - 3022  
Thursdays:  
6:00-7:00pm

**St. John's / St. Ann's**  
**Center**  
88 4th Avenue  
(518) 472 - 9091 x14  
M, W, Th, F:  
10am-12pm & 1-3pm

**Capital City Rescue**  
**Rescue Mission**  
259 S. Pearl St.  
9:30-11am &  
1:30-3:30pm  
(518) 462-0459 x259  
Women: W & F  
Men: T & Th

## HOUSING ASSISTANCE

Help with Landlord/Tenant disputes and eviction emergencies:

**United Tenants of Albany** (518) 436 - 8997  
33 Clinton Avenue, Albany, NY 12207

**Affordable Housing Partnership of the**  
**Capital Region** For buying a house.  
(518)434-1730

**H.E.A.P:** Home Heating Assistance

ACAP (518) 447-7323  
Cornell Cooperative Ext. (518) 765 - 3500  
NY Connects (518) 447 -7177

## EMERGENCY SHELTER

**Homeless & Travelers Aid** (24 hours)  
138 Central Avenue (518) 463 - 2124  
(HATAS)

## HOTLINES & CRISIS

Rape Crisis Center (518) 447 - 7716  
Child Abuse Hotline (800) 342 - 3720  
Psychiatric Crisis:  
Mobile Crisis Unit (800) 543-3638  
Poison Control (800) 222 - 1222  
Equinox  
Domestic Violence Hotline (518) 432 - 7865  
National Suicide Prevention  
Lifeline (800) 273 - 8255  
DSS Adult Protective (518) 447 - 7177  
Prevent Child Abuse (518) 445-1273  
Nations Hunger (866) 3-HUNGRY

## SELF HELP & SUPPORT

Alliance for Positive Health (518) 434 - 4686  
Al-Anon (518) 292 - 0577  
Alcoholics Anonymous (518) 463 - 0906  
The Center for Problem  
Gambling (518) 462 - 6531  
The Pride Center  
Of the Capital Region (518) 462 - 6138  
In Our Own Voices (518) 432 - 4188  
www.inourownvoices.org  
The Damien Center (518) 449-7119  
American Cancer Society  
Hope Club (800) 227-2345  
Narcotics Anonymous (888)319-2606  
Addictions Care Center  
Of Albany (518) 465-5470  
90 McCarty Ave. 24 Hour

## SENIOR SERVICES

**Senior Services of Albany** (518) 465-3322  
**NY Connects** (518) 447-7177  
Long-term care  
**EPIC NYS** (800) 332-3742  
Senior Prescription Plan

## Emergency: Dial 911

Albany Police, Fire & Paramedics  
Non-emergencies (518) 438-4000

## United Way: Dial 211

When you need help to access human service agencies.

# Albany County Resource Guide 2016

*Where to Find Help*



*When You Need It*

Food Pantries for the Capital District, Inc.  
Help Us Feed the Hungry  
(518) 458 - 1167

Updates: June, 2016  
Continuous Updates at  
[www.TheFoodPantries.org](http://www.TheFoodPantries.org)

## COMMUNITY MEALS

Community meals are open to the public and everyone is invited to participate.

### **BREAKFAST**

Mon & Fri	8 - 8:30am	<b>Interfaith Partnership for the Homeless</b> 176 Sheridan Ave
T, W Apr-Oct	7:30-8:30	<b>FOCUS Churches</b> Breakfast Programs Westminster Presby. 85 Chestnut St.
T, W, Th Nov.-April 15	7 - 9am	<b>FOCUS Churches</b> Breakfast Programs Westminster Presby. 85 Chestnut St.
Daily	6:30am	<b>Capital City Rescue Mission</b> 259 S. Pearl St
<b>LUNCH</b>		
Sunday	1 - 2pm	<b>Sr. Maureen Joyce Ctr.</b> 369 Livingston Ave.
Monday	11:30 - 1pm	<b>Sr. Maureen Joyce Ctr.</b> 369 Livingston Ave.
Tuesday	11:30 -1pm	<b>St. John's/ St. Ann's</b> 88 4th Ave
Wednesday	11:30 - 12:30	<b>Sacred Heart Church</b> 33 Walter St
(Sept - June)	12 -1pm	<b>Israel AME Church</b> 381 Hamilton St
Thursday	11:30 - 1pm	<b>Sr. Maureen Joyce Ctr</b> 369 Livingston Ave.
Saturday	11:00 - 1pm	<b>Grace &amp; Holy Innocents</b> 498 Clinton Ave
	11:30 - 1pm	<b>St. John's/ St. Ann's</b> 88 4th Ave
Daily Sun: Take-out	12-4:30pm	<b>Capital City Rescue Mission</b> 259 S. Pearl St
Mon - Fri (Last week of month)	12-1pm	<b>Salv. Army-Cohoes</b> Mobile Feeding Unit- Canal Square on Remsen St

### **DINNER**

Mon - Sat	6:30pm	<b>Capital City Rescue Mission</b> 259 S. Pearl St 33 Central Ave
Sun	4:30 pm	
Monday	5:00-7:00	
Mon - Fri		<b>Salvation Army Mobile Canteen</b> 20 S. Ferry Street 500 Clinton Ave
	4-5:30 5-6 pm	
Saturday	4:30-7pm	<b>United Church of Cohoes</b> 123 Mohawk St.
Sat & Sun	3-5pm	<b>JC Club Children's Feeding Center</b> 63 Quail St
Mon-Thurs	4-6pm	
(Children under 19)		

### DROP-IN CENTER

#### **Sheridan Hollow Drop-In Center**

The Drop-In Center provides support and connections to service providers. A Safe Haven  
26 S. Swan St.  
(518) 694-8899  
9:30-4:00

### FOOD ASSISTANCE

To find the pantry that serves your neighborhood:  
**Food Pantries for the Capital District**  
**d/b/a The Food Pantries** (518) 458 -1167

Food Stamp eligibility prescreening and application information:

**N.O.E.P.** (518) 689 -6327

**Summer Food Program** (518) 380-5583

**Capital Roots** (518)274-8685  
**Information about the Women, Infants, and Children's Program (WIC):**

**Whitney M. Young, Jr. Health Services** (518) 465 - 4771  
920 Lark Dr.

**Albany Women's Health Center of Albany Medical College** (518) 432 - 4033  
220 Green St.

**Cohoes Family Care-Moms Program** (518) 235--7282  
55 Mohawk St, Cohoes

## SOCIAL SERVICES

**Albany County Department of Social Services:**  
(518) 447-7300  
**Family Health Plus** 877-934-7587  
**Child Health Plus** 800-698-4543

## MEDICAL ASSISTANCE

**Albany County Health Department** (518) 447 - 4580  
175 Green Street 8:30-4:30pm

**Capital District Psychiatric Center** (518) 549 - 6000  
75 New Scotland Avenue 24 hr. Assistance

**Poverello Center** (518) 462-7040  
315 Sheridan Avenue W: 6:30-8:30pm  
(Free medical services for adults w/o insurance)

**Capital City Rescue Mission** (518) 462 - 0459  
259 South Pearl Street T&F: 10 am-3pm  
(Free medical clinic)

**St. Peter's Family Health Center** (518) 449 - 0100  
326 S. Pearl Street 8:30am-4pm

**Whitney M. Young, Jr. Health Services** (518) 465 - 4771  
920 Lark Drive  
They have a Troy Satellite office, as well.

**Albany County Cancer Services Program** (518) 525-8680  
(Free Cancer Screening for the uninsured)

**Medicaid** (518) 447 - 7300

**Alliance for Positive Health** (518) 434-4686  
(Testing for HIV & Sexually Transmitted Diseases)

## LEGAL ASSISTANCE

**Legal Aid Society** (518) 462-6765  
**NYS Div. of Human Rights** (518) 474-2705  
**The Legal Project** (518) 435-1770

## OTHER

**Social Security National Grid** (800) 772-1213  
**Consumer Advocate** (800) 642-4272  
**CDTA** (518) 482-8822