

# Local Community Resources

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# Addiction Services

Alcoholics Anonymous (Capital District Central Office)  
24 Hr Phone: (518) 463-0906  
11 Computer Drive West, Suite 100, Albany, NY 12205  
[www.aaalbany.org](http://www.aaalbany.org)

AL-ANON and AL-ATEEN  
<http://al-anon.org/>

## Conifer Park

The Troy Out-patient clinic offers many options to clients suffering from substance abuse, with treatment sessions meeting at multiple times throughout the day to accommodate busy client schedules. Out-patient adolescent and adult treatment available in Troy office and family services; In-patient treatment available for adults in Glenville, NY  
(518) 274-5143 1801  
2435 Sixth Avenue, Troy, NY 12180  
<http://www.coniferpark.com/troy-outpatient-clinic>

Gamblers Anonymous  
(518) 292-0414  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## Hudson Mohawk Recovery Center

Evaluations and treatment for individuals, family members seeking services for a substance abuse problem and gambling additions. Adolescent services available. Contact the Troy office at 518-272-3918 for all appointments.  
69 Church St., Hoosick Falls, New York 12090 OR 1724 Fifth Ave. Troy, NY 12180  
<http://www.hmrecovery.net/main/op.htm>

Narcotics Anonymous  
<http://www.na.org/>

## St. Mary's Campus Addiction Services (Samaritan Hospital)

Offers comprehensive biochemical detoxification and a structured, drug-free rehabilitation program.  
(518) 268-5005 (Outpatient Detoxification)  
(518) 268-5807 (Inpatient Rehabilitation)  
1300 Massachusetts Avenue, Troy, NY 12180  
<https://www.sphp.com/location/st-peters-addiction-outpatient-recovery-st-marys-campus>

## Tapestry Health Systems

Offers services for overdose prevention and education, community education about opioid use and overdose prevention, syringe access and disposal, and Narcan training and access

(413) 586-2016

[info@tapestryhealth.org](mailto:info@tapestryhealth.org)

1985 Main St, 2<sup>nd</sup> Floor, Suite 202, Springfield, MA 01103

<https://www.tapestryhealth.org>

# Counseling Services

The Brien Center  
(413) 499-0412  
359 Fenn St, Pittsfield, MA 01267

Lisa Carton, LICSW  
(802) 379-5456  
[lisa@lisajcarton.com](mailto:lisa@lisajcarton.com)  
149 Imperial Ave., Bennington, VT 05201  
<http://www.lisajcarton.com/>

Freedom First Psychological Services  
(518) 560-4277  
4 Avis Dr. #101, Latham, NY 12110

Sarah Dianne Nolan  
(802) 442-2000  
5 Bank St, N. Bennington, VT 05257

Northeast Psychological Associates  
(518) 456-2060  
435 New Karner Rd, Albany, NY 12205

Rensselaer County Department of Mental Health  
Comprehensive assessment, diagnostic evaluation, individualized treatment planning,  
medication monitoring, and individual, family, and group therapy.

Hoosick Falls Location	Troy Location
(518) 686-0694	(518) 270-2800
69 Church St., Hoosick Falls, NY	1600 7 <sup>th</sup> Ave., Troy, NY

<http://www.rensco.com/departments/mental-health>

Sexual Assault and Crime Victims Assistance Program for Rensselaer County (Samaritan Hospital)  
Comprehensive, specialized services to victims of sexual violence, victims of stalking, older adults, homicide survivors, as well as other victims of crime, their family members and friends, or significant others.

(518) 271-3445 (518) 271-3257 Crisis Line, available 24 hours/day  
2200 Burdett Avenue, Troy, NY  
<http://www.sphp.com/find-a-service-or-specialty/sexual-assault-and-crime-victims-assistance/>

START Children's Center of Rensselaer County

Child advocacy center that assists child victims of sexual and physical abuse and their non-offending family members.

(518) 271-6001

131 6th Ave, Troy, NY 12180

United Counseling Services of Bennington County

(802) 442-5491

100 Ledgehill Rd, Bennington, VT 05201

# COVID-19 Specific Resources

COVID 19 Updates and other Rensselaer County information

<https://www.rensco.com/coronainfo/>

RENSCO Public Health Department page

<https://www.rensco.com/departments/public-health/>

Vaccination 'pop-up' sites in Rensselaer County

<https://www.rensco.com/wp-content/uploads/2021/06/Summer-Vaccination-Pop-Ups.pdf>

NYS Department of Health website

<https://coronavirus.health.ny.gov/home>

NYS Department of Health Hotline

(888) 364-3065

New York State Department of Mental Health

Tipsheet for managing anxiety and stress in the pandemic

<https://www.renscochamber.com/sites/default/files/covid-19-managing-stress-anxiety.pdf>

# Crisis Services

For Emergencies Dial  
911

The Capital Region Child and Adolescent Mobile Crisis Team (CRCAMT) serves any family with a child who resides in Albany, Rensselaer or Schenectady Counties (up to age 18, or older if still in day school) who is experiencing an emotional or behavioral crisis in the community regardless of diagnosis or system involvement. Service provided at the moment of the crisis where the child is. Contact: Rensselaer County Mental Health at (518) 270-2800 or St. Peter's Health Partners, Samaritan Hospital at (518) 271-3540

## Crisis Chat

Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. The chat specialists are here to listen and support you through whatever difficult times you may be facing.

<https://suicidepreventionlifeline.org/chat/>

## Crisis Text Line

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Text **HOME** to [741741](https://741741.com) 24 hours a day

## Ellis Hospital

Crisis and inpatient services, including psychiatric emergency room  
(518) 243-4000

## National Suicide Prevention Lifeline

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

## Northern Rivers Mobile Crisis

Parents, guardians, or adults should call 518.292.5499 for immediate live crisis support. When our teams are unavailable, you will be prompted to reach out to the nearest emergency responders, including 911, local hospital emergency room, or local mental health agency in your county for support.

(518) 292-5499

<https://www.northernrivers.org/mobile-crisis>

## Dental Care

### Hudson Valley Dental Care

(518) 477-2682

658 Columbia Tpke, East Greenbush, NY 12061

<http://hvdental.com/>

### St. Peters Healthcare Services-Dental Department

(518) 463-9809

53 Columbia St, Rensselaer, NY 12144

<https://www.sphp.com/location/rensselaer-dental-center>

### The Dental Hygiene Clinic

At Hudson Valley, we are committed to providing you with the best patient-centered treatment possible, while providing our students with an excellent learning experience. Our students have been educated and evaluated to laboratory competency prior to treating patients in clinic. Students are closely supervised and evaluated as patient assessment and treatment progresses. Instructors are dentists or licensed dental hygienists with advanced degrees. A dentist is always present during clinic sessions.

(518) 629-7400

Hudson Valley Community College

80 Vandenburg Ave, Troy, NY 12180

<https://www.hvcc.edu/hsc/dhy/clinic.html>

### Whitney M. Young Jr. Health Center, Inc.

(518) 833-6900

849 2<sup>nd</sup> Ave, Riverside Plaza, Troy NY 12182

<https://www.wmyhealth.org/contact-us/> (refer to website for availability of dental services during COVID)

Zembroski, Laura A DDS

Bobinski, Paul S DDS

(518) 686-5132

91 Classic Street, Hoosick Falls, NY



# Domestic Violence Services

## 24-hour Domestic Violence Hotline

Unity House's 24-hour Domestic Violence Hotline is an anonymous service which provides crisis intervention, information and referrals 24-hours a day, year-round. Collect calls accepted.

(518) 272-2370

## Domestic Violence Shelter

Unity House operates the only licensed Domestic Violence Shelter in Rensselaer County. Sojourner Place, the Domestic Violence Shelter, is available to victims of domestic violence and their children who no longer have a safe place to stay free from violence. The 33-bed shelter provides safe refuge in a confidential location.

(518) 272-5917

## Hudson Mohawk Recovery Center, Inc.

Batterers Intervention Program-52 week educational program for male perpetrators of domestic violence. This is not an anger management program. Participants in the program are referred by area Courts, Probation, Parole and other legal entities. No self-referrals. Individuals are required to pay a program fee which is based on income.

(518) 272-3918

1724 Fifth Street, Troy, NY 12180

<http://www.hmrecovery.net/>

## Emergency Rooms and Hospitals

Albany Medical Center  
(518) 262-3125  
43 New Scotland Avenue, Albany, NY

Albany Memorial Hospital (now part of St. Peters)  
(518) 471-3221  
600 Northern Blvd, Albany, NY

Berkshire Medical Center  
(413) 447-2000  
725 North St, Pittsfield, MA 01201

Glens Falls Hospital  
(518) 926-3265  
100 Park St., Glens Falls, NY

Samaritan Hospital  
(518) 271-3300                      Crisis Line at (518) 274-4345, available 24 hours/day  
2212 Burdett Ave., Troy, NY

Seton Health/St. Mary's Hospital  
(518) 268-5000, (518) 272-7614 (pediatrics), (518) 268-5749 (Seton Health System)  
1300 Massachusetts Avenue, Troy, NY 12180

Southwestern Vermont Health Care  
(802) 442-6361 or 1-800-543-1624  
100 Hospital Drive, Bennington VT 05201

# Food Assistance

## Local Food Assistance

### Berlin Central School District Free and Reduced Meal Program

Children from households that meet federal income guidelines are eligible for free meals or reduced priced meals. Reduced priced meals cost each eligible student \$0 for breakfast and \$0 for lunch. To apply for free or reduced priced meals, submit a Direct Certification letter from the NYS Office of Temporary and Disability Assistance **OR** complete, sign, and return the BCSD application to the district Food Service Director in the business office. *Registering for this program is completely confidential.*

(518) 658-1500

<https://berlincentral.org/departments/food-services/>

### Berlin Elementary School Food Pantry

The food pantry is generously funded through donations, grants and community partnership. We provide supplemental food items for weekends and school vacations. Basic food items are sent home with your child after completing an information sheet. For more information call Deanna Baker at BES or email her:

[dhansen@berlincentral.org](mailto:dhansen@berlincentral.org)

### Berlin Middle/High School Food Pantry

A supply of food is available for distribution to middle and high school students in need. Some of the food can be used for snacks to supplement meals (e.g., granola bars); some can be part of a meal (e.g., pasta, soup, cereal). Use of the pantry is confidential. Referrals come from students, families and staff.

[mputtermanhoffmann@berlincentral.org](mailto:mputtermanhoffmann@berlincentral.org)

### Berlin Food Closet

(518) 658-2942

United Methodist Church, 17 S Main St, Berlin, NY

### St John Francis Regis Catholic Church Food Pantry

(518) 279-4943

31 Owens Rd, Grafton, NY 12082

### Stephentown Federated Church Food Pantry

(518) 487-8606

1513 Garfield Rd, Stephentown, NY

## Nearby Food Assistance (Rensselaer County, Western Mass)

### The Anchor

(518) 732-4120

35 Boltwood Ave, Castleton, NY 12033

Hours: M 5-7 pm; T 9-2; TH 9-2; 1st Saturday of month 10-2; Emergency as needed

Contact: Paula Sancomb

*COVID procedure - will bring food to cars*

### Brunswick Cares Community FP

Phone: (518) 279-3792

Fax: (518) 279-0669

42 White Church Lane, Troy, NY 12180

Hours: Tues 5-7 pm, Sat 9-11 am

Contact: Sharon Derby / Bob Clarke

*COVID procedure: Pre-packed bags*

<http://www.brunswickchurch.org>

### Cambridge Food Pantry

(518) 677-7172

59 S. Park St, Cambridge, NY 12816

### CEO

Food Pantry- For emergency situations, we can provide food for three meals a day, for up to three days for each household member, twice a month. This can help you “bridge the gap” until we can help you find a permanent solution to help you get back on your feet. CEO’s Food Pantry services are available to all Rensselaer County residents. On your first visit, you must provide a picture ID for yourself and all adults in your household as well as birth certificates for all children in your household. Please also bring proof of residency. For future visits, a picture ID will be required.

Phone: (518) 272-6012 Ext. 247

Fax: (518) 687-0197

2328 5th Avenue, Troy, NY 12180

Hours: M,W,F 9-4:30, T 9-3, Th 9-5:30

Contact: Majd Jauhary

*COVID procedure: hours 10:00 - 2:00 pm, call for an appointment. Pre-packed bags*

<http://www.ceo-cap.org>

WIC Applications: <http://www.ceoempowers.org/services/health-wellness/wic2/>

CoNSERNS – U

Phone: (518) 463-8571

Fax: (518) 463-8747

50 Herrick St., Rensselaer, NY 12144

Hours: M-TH 9-2; F 9-12

Contact: Michelle Able/Katie Powers

*COVID procedure: Please call to make an appointment. Pre-packed bags.*

<http://www.ccrda.org>

Doors of Hope

(518) 674-4048

4348 Rte 150, West Sand Lake NY 12196

Hours: M-W: 9-4; TH 9-7; F: 9-4, Sat 9-12

*COVID procedure: Hours Tue-Sat. 9 am-12pm by appointment ONLY, please call*

Contact: Helene Hewitt

Faith and Love Fellowship

Phone: (518) 436-0114

Fax: (518) 462-6234

85 Washington St., Rensselaer NY 12144

Hours: 2nd & 4th F 1-3:30

Contact: Wendy and Rick Derosier; Laurie Hathaway

The Gathering Place

(New Hope for Life)

Phone: (518) 766-4164

Fax: (518) 766-4161

24 Albany Ave, Nassau, NY 12123

Hours: T, TH 5-7 pm; F and Sat. 10-1 – CALL FIRST

Contact: Mary Lou Walther

Hoosick Area Church Association (HACA) Food Pantry

Phone: (518) 686-5310

Text: (518) 366-6167

26 John St., Hoosick Falls, NY 12090

Hours: M & F 10-12, W 6:30-8:00pm

Contact: Dianne Hosterman

Hope 7 Food Pantry

(518) 674-4048

520 Pawling Ave, Troy, NY 12180

Hours: M-F 9:30-11:45am, Thurs 5p-7p, last sat of the month 9:30-11:45

*COVID procedure: call when you arrive to pantry, will bring food to cars, no thrift store, building is closed to public (check Facebook for updates)*

Contact: Sherri Capparello

Executive Director: (Interim) Kathleen Roe

<http://www.hopeseven.com>

Mt. Ida Community Food Pantry

(518) 272-1115

548 Congress St, Troy, NY 12180

Hours: Sat. 10-12 or by appt

*COVID procedure: Pre-bagging food. Sign up and receive food at the door or by calling to make an appointment.*

Contact: Denise Dunham

Nassau Resource Center

(518) 766-9014

15 Church St, Nassau, NY 12123

Hours: M, T, F 9-12; Tues 7-8:30 pm Th 7:00- 8:30pm – MUST CALL FIRST

Contact: Diana Murphy

*COVID procedure: will pack and bring to the door for the client to take*

Pittstown Area Food Pantry

(518) 663-5628

97 Tomhannock Road, Valley Falls, NY 12185

Hours: T 6:30-7:30pm, Sat 9-10am

Contact: Connie Madigan

Roarke Center Food Pantry

Phone: (518) 273-8351

Fax: (518) 270-0579

107 4th St, Troy, NY 12180

Hours: M & F 9:00-12 & 1-3 T,W,Th 1-3

Contact: Salley Zgolinski

*COVID procedure: Please call to make an appointment. Pre-packed bags will be brought to the door.*

St. Joseph's Church  
Phone: (518) 244-3347  
Fax: (518) 272-6503  
416 3rd St, Troy, NY 12180  
Hours: M-TH 9-12  
Contact: Gary Hack  
*COVID procedure: PANTRY CURRENTLY CLOSED*

Salvation Army Troy  
(518) 272-4901  
410 River St, Troy, NY 12180  
Hours: T, Th 10-2, W produce 10-2  
Contact: Vangerl Pegues  
*COVID procedure: one client in pantry at a time.*

Supplemental Nutrition Assistance Program (SNAP)  
You can now apply for SNAP online, by mail, fax, or in person at your local Department of Social Services or SNAP office. You may apply for SNAP online by going to [myBenefits.ny.gov](http://myBenefits.ny.gov). After your application is filed, the local DSS or SNAP office will review your information, conduct an interview, and determine your household's eligibility for SNAP. You may also apply at your local DSS or SNAP office.  
(518) 266-7800  
127 Bloomingrove Drive, Troy, New York 12180  
<http://www.ny.gov/services/apply-snap>

Tapestry Health Systems  
Offers support with accessing WIC, a supplemental food program for low income pregnant or breastfeeding women, infants, and children up to age five. Includes resources such as breastfeeding support, farmer's market coupons, nutrition education, and pre-paid cards for buying healthy food  
(413) 586-2016  
[info@tapestryhealth.org](mailto:info@tapestryhealth.org)  
1985 Main St, 2<sup>nd</sup> Floor, Suite 202, Springfield, MA 01103  
<https://www.tapestryhealth.org>

Troy Larger Parish (TLP) Food Pantry  
(518) 273-5199  
Oakwood Community Center, 313 Tenth Street, Troy, NY 12180  
Hours: Sat 9-11 am  
Contact: Linda O'Malley  
*COVID procedure: Oakwood will serve bagged lunches M, W, F from 12-1 pm, to children from School 2 who may have not gotten to the high school*

Unity House of Troy

Phone: (518) 274-2607 Ext: 4105

Fax: (518) 271-9687

2431 6th Avenue, Troy, NY 12180

Hours: Mon-Fri 9-3:30, Th 9-7

Contact: Timothy Pascucci / Mike Maloney

*COVID procedure: Pre-packed bags - by appointment ONLY and community meals to go.*

Soup Kitchen: breakfast 9-11 and lunch 11:30-1 weekdays

YWCA-Greater Capital Region

Phone: (518) 274-7100

Fax: (518) 274-2572

21 First St, Troy NY 12180

Hours: M 2-4; T,W,Th 1-4

*COVID procedure: Pre-packed bags, No Bldg. Access, Extended Hours: Mon.- Thurs.*

*12:00 to 4:00pm and Fridays from 10:00 am to 12:00pm. We are serving at curbside for our community members.(protein added at that time)*

Contact: Bonnie Benson

Community Meal Thursdays 6pm



# Grief and Loss Support

## The Community Hospice of Rensselaer County

The Community Hospice provides free grief support services to those who have experienced the death of a family member or friend. A Bereavement Counselor will recommend services after meeting with you and your family. Services may include:

- Individual or Family grief counseling, for adults and children
- Support Groups, including Widow/Widowers, Daughter's, Living with Loss etc.
- Camp Erin, a free weekend camp for grieving children and teens, 6-17 years old
- Wave Riders, a free six week program for grieving children and teens, 3-17 years old

These services are free of charge, and are available to everyone, regardless of whether the person who died was a hospice patient.

(518) 724-0242

295 Valley View Blvd., Troy, NY

<http://www.communityhospice.org/>

## VNA (Visiting Nurse's Association) & Hospice of the Southwest Region

Mary Pleasant, Volunteer & Bereavement Coordinator

(802) 442-0540

160 Benmont Ave, Bennington, VT 05201

# Health Insurance

## Rensselaer County DSS Medicaid

Medicaid is a medical assistance program jointly financed by the federal, state and local government for low-income individuals. Eligibility is based on income and resource guidelines as well as certain other criteria.

(518) 266-7970

547 River Street, Troy, New York 12180

<https://www.rensco.com/departments/social-services/medicaid/>

## Medicaid Managed Care

Rensselaer County requires Medicaid recipients to enroll into one of the HMOs (Health Maintenance Organizations) contracted by the County. Although some people may be exempted from enrolling due to special circumstances, most families must choose a health plan within 60 days of receiving Medicaid. Rensselaer County offers the following health plans to their Medicaid recipients: CDPHP, Fidelis, WellCare

Medicaid recipients only use their Medicaid card for prescriptions, dental and transportation. For all other medical services the Medicaid recipients use the health plan card and choose a participating primary care provider. For more information on Medicaid Managed Care:

<http://www.health.state.ny.us/nysdoh/mancare/mcmain.htm>

(518) 266-7982.

## NYS Provider & Health Plan Look-Up

(855) 355-5777

<https://nystateofhealth.ny.gov/>

## Healthy Capital District Initiative

NYS Certified Navigators: Never before have so many people been eligible for insurance subsidies. Insurance subsidies are available for people who make up to 400% above the poverty line. We provide free information and assistance to applicants without pressure or obligation. HCDI staff work directly with individuals to complete applications through the NY State of Health Marketplace and apply for Medicaid, Child Health Plus and Qualified Health Plans.

(518) 462-7040

[hcdi@hcdiny.org](mailto:hcdi@hcdiny.org)

<http://www.hcdiny.org/index.php?module=Tiles&controller=index&action=display&alias=aboutgetcoverage>

## Homeless Assistance and Shelters

### Joseph's House and Shelter

(518) 272-2544

74 Ferry Street, Troy, NY 12180

<https://www.josephshousetroy.org/>

[info@josephshousetroy.org](mailto:info@josephshousetroy.org)

### Homeless and Travelers Aid Society

Provides 24-hour referral and short term counseling servicing homeless persons, persons at risk of becoming homeless, and stranded travelers in the Capital District. Provides shelter referrals; short term counseling and case management toward stabilizing housing, financing; limited assistance with job search; list of temporary employment possibilities; assistance with local and long distance transportation for eligible persons.

(518) 463-2124

138 Central Avenue, Albany, NY 12206

[www.hatas.org](http://www.hatas.org)

### Temporary Assistance

To find out if you are eligible to receive Temporary Assistance, including help with an emergency, you need to file an application with your county department of social services. You should identify any emergency needs you may have at this time. If you have an emergency, you will be interviewed and told in writing about the decision on your emergency the same day you apply.

Temporary Assistance Hotline at 1-800-342-3009

(518) 266-7800

<http://otda.ny.gov/programs/apply/#ta>

## Housing and Other Basic Needs

### Berlin Elementary Helping Hands

Helping Hands is committed to supporting the families and students of Berlin Elementary School. We support the BES Food Pantry, BES Holiday Bears, winter gear giveaway and recycling program. We are here to lend a helping hand to families in need. We also accept helping hands through donations of various items. For more information call Deanna Baker at BES or email her:

[dhansen@berlincentral.org](mailto:dhansen@berlincentral.org)

### Berlin Middle/High School Helping Hands

Helping hands can provide school supplies, winter coats and other winter clothing, and holiday gifts for families in need. Referrals come from students, parent/guardians, and staff.

[mputtermanhoffmann@berlincentral.org](mailto:mputtermanhoffmann@berlincentral.org)

Commission on Economic Opportunity Weatherization Assistance Program Offers FREE insulation and weather-sealing services to eligible residents in Rensselaer County.

Keith Place, Weatherization Manager

(518) 272-6012 ext. 290

[kplace@ceoempowers.org](mailto:kplace@ceoempowers.org)

<http://www.ceoempowers.org/services/healthy-homes/weatherization/>

### CoNSERNS – U

Phone: (518) 463-8571

50 Herrick St., Rensselaer, NY 12144

Services include a food pantry, information and referral service, advocacy, clothing, back-to-school, emergency assistance (including utility assistance), and holiday gift and food distributions. Casework services are also provided to individuals and families throughout rural Rensselaer County.

<http://www.ccrda.org>

### RCHR's Mini-Repair Program – Rensselaer County

The Mini-Repair program run by Rensselaer County Housing Resources (RCHR) provides FREE LABOR to eligible homeowners for minor repairs. The Homeowner is responsible for the cost of materials. Contact RCHR's Mini-Repair Coordinator Jay Coon at 272-8289 x 211 to request a repair.

<http://www.triponline.org/homeownership/homeowner-repair-assistance/>

### Home Energy Assistance Program (HEAP)

The HEAP Program usually opens in November of each year and continues through the heating season.

(518) 266-7960

<http://www.rensco.com/departments/department-of-aging/home-energy-assistance-program-heap/>

### Section 8 Housing Choice Voucher Program

Provides rental assistance and home ownership option to extremely low, very low and low income households; also provides assistance to senior citizens and disabled persons on fixed incomes, displaced families, and homeless individuals with disabilities.

<http://www.nyshcr.org/Programs/Section8HCV/>

### Temporary Assistance

To find out if you are eligible to receive Temporary Assistance, including help with an emergency, you need to file an application with your county department of social services. You should identify any emergency needs you may have at this time. If you have an emergency, you will be interviewed and told in writing about the decision on your emergency the same day you apply.

Temporary Assistance Hotline at 1-800-342-3009

(518) 266-7800

<http://otda.ny.gov/programs/apply/#ta>

### United Way 2-1-1

Offers information on: food, housing, childcare, employment, health care, senior care, substance abuse, mental health, financial problems, crisis counseling, legal issues, volunteer opportunities or other matters.

Dial 211

<http://www.unitedwaygcr.org/211>

### Unity House Street Ministry

Unity House is dedicated to enhancing the quality of life for people living in poverty, adults with mental illness, victims of domestic violence, children with developmental delays and their families, people living with HIV/AIDS, and others whose needs can effectively be met by Unity House services and philosophy. Unity House provides direct service and works toward social justice. We help individuals identify their strengths and needs, draw upon their abilities, and access community resources. We educate, collaborate with others and advocate to influence public policy and to create awareness of the people we serve and the issues they face.

(518) 274-2607

2431 Sixth Avenue, Troy, New York 12180

[www.unityhouseny.org](http://www.unityhouseny.org)

# Legal Assistance

## LawHelpNY

LawHelpNY is an online tool for helping low-income New Yorkers solve their legal problems. Our mission is to: "Provide and promote access to, high-quality online information about free legal services throughout New York, about legal rights in a broad range of substantive areas, about the court system, and about related advocacy, government and social service organizations. We are committed to providing information that is user-friendly, in English, Spanish, and other languages, in order to help low-income and other vulnerable New Yorkers achieve equal access to justice." LawHelpNY is the only comprehensive source of legal referral information in the state and includes:

- More than 600 free legal service projects & organizations with their contact & intake information.
- Over 4,000 Know Your Rights and self-help resources covering 16 areas of law.
- Extensive links to social service, advocacy and government organizations, information about the Court system.

<http://www.lawhelpny.org/>

## Legal Aid Society North Eastern NY

The Legal Aid Society of Northeastern New York provides free legal services to low-income upstate New Yorkers.

518-462-6765 or 1-800-462-2922

95 Central Avenue, Albany, New York 12206

<http://www.lasnny.org/contact/>

## NYS Bar Association Referral Service

Lawyer referral and information service. The service does not list Pro Bono (free) attorneys. If you are referred to an attorney through the lawyer referral service the attorney will provide you with a half-hour consultation for \$35. (Free consultations are given for personal injury, social security, medical malpractice, veteran's and military law, unemployment or workers' compensation.) If the attorney agrees to represent you, the attorney will charge you at his or her regular rates.

1-800-342-3661

<http://www.nysba.org/lawyerreferral/>

# Parenting Education and Support

## Alight Care Center

Education classes- Childbirth Class, Infant Care Program, Parenting Class, Cooperative Parenting, and Anger Management Program.

(518) 270-5540

1838 Fifth Ave., Troy, NY

<http://alight.org/programs/>

## Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. In the Online version the topics that are discussed are:

- Money Problems
- Children Carrying Messages between Parents
- Long Distance Parenting
- Quizzing Children about the Other Parent
- Putting Down the Other Parent

<http://www.divorce-education.com/>

## CEO's Family Support Services (FSS)

Helps families with children who are having social, emotional or behavioral challenges.

FSS offers a variety of support services. These include:

- Someone to talk to that has been through similar struggles
- Support and advocacy in dealing with schools, juvenile justice, social services, and mental and physical health systems
- Community resources and referrals
- Self-advocacy skills.

(518) 272-6012 Ext. 208 or 215

## Community Maternity Services

(518) 482-8836

27 North Main Ave., Albany, NY 12208

<https://www.cccms.org/>

## Kids First After Divorce

Five hour educational program for separated parents that teaches parents how to prevent unnecessary distress in children during the divorce process and afterward.

(518) 443-2223

756 Madison Ave, Albany, NY

[http://www.custodychaos.com/content/Uploads/Website\\_RegistrationForm.pdf](http://www.custodychaos.com/content/Uploads/Website_RegistrationForm.pdf)

### Kinship Care in New York State

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. Most kinship caregivers are not foster parents and privately provide full time care for children.

1-877-454-6463

[www.nysnavigator.org](http://www.nysnavigator.org)

### Parent Network of the Capital Region (PNCR)

Provides parents with the knowledge, skills, resources and support to effectively advocate for their children and to facilitate productive relationships between parents and school districts for the benefit of students with disabilities. Services are free-of-charge to parents, service providers, disability organizations and schools.

(518) 640-3320

1190 Troy-Schenectady Rd., Latham, NY 12110

### Parenting Skill Groups

Parenting skill group to understand children's behavior, build confidence for the child and parent, improve communication, learn positive discipline and address specific challenges. Please contact Jewish Family Services for group schedule and additional information.

(518) 482-8856

877 Madison Ave., Albany, NY

### Wits End Family Support Group

The Family Support Services program also offers the Wit's End Support Group. This group gives family members the chance to share and connect with others who are having similar challenges at home. The goal of the support group is to offer:

- Emotional support
- Information and education
- The opportunity to help others
- Socializing with other families
- Advocacy

(518) 272-6012 Ext. 208 or 215

<https://www.nyconnects.ny.gov/providers/wits-end-family-support-group-sofarensap243>



# Physicians and Health Services

## General Practice

Berkshire Medical Center  
(413) 447-2000  
725 North St, Pittsfield, MA 01201  
<https://www.berkshirehealthsystems.org/bmc>

Cambridge Family Health Center (Glens Falls Hospital)  
(518) 677-3961  
35 Gilbert Street, Cambridge, NY 12816  
<https://www.glensfallshospital.org/services/physician-practices/cambridge-medical-center-and-urgent-care/>

CapitalCare Family Medicine Averill Park  
(518) 674-5797  
3305 Route 43, Averill Park, NY 12018  
<https://www.communitycare.com/Practices/Summary?PracticeID=9018&PracticeName=Any&Specialty=Any&County=Any&City=Any&PracticeSearch=averi>

CapitalCare Pediatrics Albany  
(518) 641-6319  
6 Executive Park Dr, Albany, NY 12203  
<https://www.pedsalbany.com/>

Green Mountain Pediatrics  
(802) 442-6057  
901 Main St, Suite 1  
Bennington, VT 05201  
<https://www.greenmountainpeds.com/>

Rensselaer County Department of Health-HIV Testing and other Sexually Transmitted Diseases Testing  
(518) 270-2655  
1600 7th Ave Floor 2<sup>ND</sup>, Troy, NY 12180  
<http://www.rensco.com/departments/public-health/nursing-services/clinic-schedule/>

### Tapestry Health Systems

Offers support with sexual and reproductive health including community trainings, LGBT health and wellness support, birth control, STD testing and treatment, HIV and Hepatitis C testing, PrEP HIV prevention medication, HPV vaccinations, pregnancy testing, family planning support, pelvic exams and pap smears, and emergency contraceptive  
(413) 586-2016

[info@tapestryhealth.org](mailto:info@tapestryhealth.org)

1985 Main St, 2<sup>nd</sup> Floor, Suite 202, Springfield, MA 01103

<https://www.tapestryhealth.org>

### Twin Rivers Medical

(518) 686-5770

16 Danforth Street, Hoosick Falls, NY 12090

<https://river.svhealthcare.org/twinriver/>

## Neuropsychological, Behavioral and Developmental Pediatrics

### Behavioral Health:

Pinnacle Behavioral Health

(518) 689-0244

10 McKown Rd, Suite 102, Albany, NY 12203

<https://pinnaclebehavioralhealth.com/>

### Neuropsychological Evaluations:

Chelsea Place Psychological Services, PLLC

6 Chelsea Place, Suite 202, Clifton Park, NY 12065

(518) 982-1886

<http://www.chelseaplacepsych.com>

[officemanager@chelseaplacepsych.com](mailto:officemanager@chelseaplacepsych.com)

Empire Neuropsychological Services (Dr. Jodie Cohen)

(518) 496-3903 F: (518) 621-0761

623 New Loudon Rd., Latham, NY 12110

<http://www.empireneuro.com>

Freedom First Psychological Services (Dr. Alicia Mahler)

(518) 560-4277

4 Avis Dr., Suite 101, Latham, NY 12110

<https://freedomfirstpsych.com/>

[amahler@freedomfirstpsych.com](mailto:amahler@freedomfirstpsych.com)

### Developmental Pediatricians:

Albany Medical Center (Bernard and Millie Duker Children's Hospital)

(518) 262-5401

391 Myrtle Ave, Suite 3B, Albany, NY 12208

[https://www.amc.edu/patient/services/childrens\\_hospital/pediatric\\_behavioral\\_health/contact\\_directions.cfm](https://www.amc.edu/patient/services/childrens_hospital/pediatric_behavioral_health/contact_directions.cfm)

CapitalCare Developmental Pediatrics (Dr. Anthony Malone or Dr. Micaela Nordhauser)

(518) 782-7733 F: (518) 782-0800

7B Johnson Rd, Latham, NY 12110

<https://communitycare.com/Practices/CapitalcareDevelopmentalPediatrics/Physician-Profile?ProviderID=938>

# Psychiatric Care

## Albany Medical Center

To schedule an appointment, call (518) 262-5511

<http://www.amc.edu/Departments/psychiatry/index.cfm>

## Four Winds Saratoga

(518) 584-3600, ext. 3153.

30 Crescent Ave, Saratoga Springs, NY 12866

[http://www.fourwindshospital.com/about\\_four\\_winds/saratoga/child-adolescent\\_outpatient\\_treatment.html](http://www.fourwindshospital.com/about_four_winds/saratoga/child-adolescent_outpatient_treatment.html)

## Northern Rivers Mobile Crisis

Parents, guardians, or adults should call 518.292.5499 for immediate live crisis support. When our teams are unavailable, you will be prompted to reach out to the nearest emergency responders, including 911, local hospital emergency room, or local mental health agency in your county for support.

(518) 292-5499

<https://www.northernrivers.org/mobile-crisis>

## Rensselaer County Mental Health

For over forty years, Rensselaer County Department of Mental Health has maintained responsibility and a commitment to the mental hygiene needs of our residents by monitoring and continuously improving the system of behavioral healthcare services delivered in the county. We work collaboratively with a consortium of agencies that serve individuals enrolled in programs funded by the NYS Offices of Mental Health, Office of Persons With Developmental Disabilities and the Office of Alcoholism and Substance Abuse. Committed to excellence, we provide comprehensive mental hygiene services that promote resiliency and recovery.

### Rensselaer Office

(518) 463-8869

1631 3<sup>rd</sup> St, 2<sup>nd</sup> Floor,

Rensselaer, NY

Unified Services Number: (518) 270-2800

<https://www.rensco.com/departments/mental-health/>

### Hoosick Falls Office

(518) 686-0694

69 Church St,

Hoosick Falls, NY

## Vera Imperiale-Wilson, APRN, MSN (Nurse Practitioner)

(518) 456-3614

409 New Karner Rd. Suite 103, Colonie, NY