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
609 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

Colonie Christian
Life Center
31 Vly Road (518) 456 - 3022
Thursdays: 6:00-7:00pm

St. John’s / St. Ann’s
Center
88 4th Avenue
(518) 472 - 9091x14
M, W, Th, F: 9:30-11am & 1:30-3:30pm
10am-12pm & 1-3pm

Capital City Rescue
Rescue Mission
259 S. Pearl St. (518) 462-0459 x259
Women: W & F
Men: T & Th

HOTLINES & CRISIS
Rape Crisis Center ……………(518) 447 - 7716
Child Abuse Hotline…………..(800) 342 - 3720
Psychiatric Crisis:
Mobile Crisis Unit………………(518) 549—6500
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 …………………………….(518) 782 - 9833
Narcotics Anonymous …………..888-399-5519
Addictions Care Center
Of Albany ……………………..(518) 465-5470
90 McCarty Ave. ……24 Hour

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) 463 - 3175
Cornell Cooperative Ext. (518) 765 - 3500
NY Connects (518) 447 - 7177

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

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

BREAKFAST
Mon & Fri 8 - 8:30am Interfaith Partnership for the Homeless 176 Sheridan Ave
T, W 7:30-8:30 Focus Churches Breakfast Programs Westminster Presby. 85 Chestnut St.
Apr-Oct T, W, Th 7 - 9am FOCUS Breakfast Programs Westminster Presby. 85 Chestnut St.
Nov.-April 15 Daily 6:30am Capital City Rescue Mission 259 S. Pearl St

LUNCH
Sunday 1 - 2pm Sr. Maureen Joyce Ctr. 369 Livingston Ave.
Monday 11:30 - 1pm Sr. Maureen Joyce Ctr. 369 Livingston Ave.
Tuesday 11:30-1pm St. John’s/ St. Ann’s 88 4th Ave
Wednesday 11:30 - 12:30 Sacred Heart Church 33 Walter St
(Sept - June) 12 -1pm Israel AME Church 281 Hamilton St
Thursday 11:30 - 1pm Sr. Maureen Joyce Ctr 369 Livingston Ave.
Saturday 11:30 - 1pm Grace & Holy Innocents 498 Clinton Ave
11:30 - 1pm St. John’s/ St. Ann’s 88 4th Ave
Daily 11:30am Capital City Rescue Mission 259 S. Pearl St
Sun: Take-out Mon - Fri 12-1pm Salv. Army-Cohoes Johnston Ave
(First week of month)

DINNER
Mon - Sat 6:30pm Capital City Rescue Mission 259 S. Pearl St
Sun 4:00 pm Salvation Army Mobile Canteen 4:30 - 5pm Corner of Henry Johnson & Orange St. 500 Clinton Ave
Mon - Fri 5:00-6 pm Sheridan Hollow Drop In Center 26 South Swan St.
M-Fri 3:00 pm United Church of Cohoes 123 Mohawk St.
Sat & Sun 3-5pm JC Club Children’s Feeding Center 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) 486-1086
Capital District Community Gardens (518) 274-8685

Information about the Women, Infants, and Children’s Program (WIC):
Whitney M. Young, Jr. Health Services (518) 465 - 9387
920 Lark Dr.
Albany Women’s Health Center of Albany Medical College (518) 432 - 4033
220 Green St.

Cohoes Family Care-Moms Program (518) 270-3035
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 175 Green Street (518) 447 - 4580
8:30am-4:30pm
Capital District Psychiatric Center (518) 549 - 6000
75 New Scotland Avenue 24 hr. Assistance 75 New Scotland Avenue
Poverello Center (518) 426 - 9428
315 Sheridan Avenue W: 6:30-8:30pm
(Free medical services for adults w/o insurance)

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) 454-4055
(518) 8:30am-4pm
(Free cancer screening for the uninsured)

Medicaid (518) 447 - 7492

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