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

Doors of Hope
4352 Rte 150, W. Sand Lake
(518)674-4048 M,T,W,F,Sat 9:30-4 Th 9:30-7

ReStyle (at Unity House)
2431 6th Ave, Troy
(518)274-2607 MTWF 10-4:30 Th 10-7

My Sister's Closet (YWCA)
21 First St, Troy
(518)274-7100 call for appointment

Gathering Place
24 Albany Ave, Nassau
(518)766-4164 T&TH 12-6, W&F 10-4, Sat 10-1

Nassau Resource Center
15 Church St, Nassau
(518)766-9014 M,T,F 9-12, TH 7pm-8:30pm

Circles of Mercy-Catherine's Closet
11 Washington St, Rensselaer
(518)462-0899 M-F 10-2, T 10-5

Faith & Love Thrift Store
85 Washington Ave, Rensselaer
(518)436-0114 M-Sat 11-4

Goodwill
720 Hoosick Rd, Troy
(518)272-8451 M-Sat 9-9 Sun 10-8

Salvation Army Family Store
410 River St, Troy
(518)272-4901

HOUSING ASSISTANCE
Troy Housing Authority
1 Eddys Lane, Troy
(518)273-3600

Home Ownership Possibilities:
Affordable Housing Partnership for the Capital Region
255 Orange St, Albany
(518)434-1730

TRIP
415 River St, Troy
(518)272-8289

Home Heating Assistance:
H.E.A.P.
(518)270-3935

Weatherization Assistance:
Commission on Economic Opportunity
(518)272-6012

Housing and Support Services Programs
(518)272-1611

HOTLINES & CRISIS
Sexual Assault & Crime Victims: Hotline (518)271-3257 Assistance (518)271-3639
Child Abuse Hotline (800)342-3720
Parson’s Child & Family Center (518)426-2600
Poison Control (800)222-1222
Domestic Violence (Unity House) (518)272-2370
National Suicide Prevention (800)273-8255
DSS Adult Protective (518)266-7800
National Hunger (866)3-HUNGRY

SELF HELP & SUPPORT GROUPS
AIDS Council of NENY (518)434-4686
Al-Anon (518)292-0577
Alcoholics Anonymous (518)463-0906
Hudson Mohawk Recovery Center (518)272-3918
Pride Center of the Capital Region (518)462-6138
American Cancer Society Hope Club (518)227-2345
Narcotics Anonymous (888)319-2606

EMERGENCY SHELTER
Joseph’s House (365 days a year, 24 hours a day)
74 Ferry Street, Troy (518)272-2544

FURNITURE
Furniture will be provided free of charge with a referral from a helping agency.

T.A.U.M. (Troy Area United Ministries)
392 2nd St, Troy (518)274-5920 x204

EMERGENCY: Dial 911
Police, Fire & Paramedics

United Way: Dial 211
When you need help to access human service agencies.

For More Information Go To:
www.TheFoodPantries.org

Rensselaer County Resource Guide
2016
Where to Find Help When You Need It

Food Pantries for the Capital District, Inc.
d/b/a The Food Pantries
Help us feed the hungry
(518) 458-1167

Updated: June, 2016
Continuous Updates at www.TheFoodPantries.org
COMMUNITY MEALS
Community meals are open to the public and everyone is invited to participate.

**BREAKFAST**
Monday-Friday 9:00-11:00  Bethany @ Unity House
2431 6th Ave, Troy  (518)274—2607

**LUNCH**
Monday-Friday 11:30-1:00  Bethany @ Unity House
2431 6th Ave, Troy  (518)274-2607
Thurs & Fri 12:00-1:00  Damien Center of Troy
392 2nd St, Troy  (518)274-5920
Last Sat of Month 1:00-3:00  Bethel Baptist Church
2165 5th Ave, Troy  (518)274-4303
4th Sat of Month 12:00-3:00  Faith & Love Fellowship
85 Washington Ave, Rensselaer  (518)436-0114

**DINNER**
Mon-Fri 4:00-5:00  Salvation Army
410 River St, Troy  (518)272-4901
Mon 6:00-7:00  Damien Center
392 2nd St, Troy  (518)274-5920 x206
Wed 4:00-600  Victorious Life Church
1838 5th Ave, Troy  (518)272-4237
Thurs 6:00-7:00  YWCA
21 1st St, Troy  (518)274-7100

After school during the school year, the Lansingburgh Boys and Girls Clubs has snacks for kids. 3::30.  501 4th Ave.  Troy  235-4143
Troy Housing Authority has breakfasts and lunches during the summer. 9-2, pm  273-3600, ext. 30

**FOOD ASSISTANCE**
Information about the Food Pantry that serves your neighborhood

**Food Pantries for the Capital District**  (518) 458-1167

**NOEP**
Food Stamps eligibility prescreening and application information  (518) 689-6327

Information about the Women, Infants, and Children's Program (WIC)
WIC (CEO)  (518) 272-6159

Capital Roots  (518)274-8685

Nations Hunger Hotline  (866) 3-HUNGRY

**SOCIAL SERVICES**
Programs available through Rensselaer County Department of Social Services

**Rensselaer DSS**  (518) 270-3935
General number

**Rensselaer County Health Department**  (518) 270-2655
9am-5pm

**NYS Office Of Health Insurance**
(Child Health Plus, Family Health Plus)  800-698-4543  877-934-7587

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

**FAMILY/MEDICAL ASSISTANCE**
Capital District  (518) 549-6000
Psychiatric Center  24 hr Assistance
75 New Scotland Ave, Albany

Whitney M. Young, Jr. Health Services  (518) 833-6900
6 102nd St, Troy
M, T, Th - 8am-6 pm
W - 8am - 5:30 pm
F - 8am - 5pm

**Troy Damien Center**  (518) 274-5920
392 2nd St, Troy  ext. 206
(HIV Support)

Cohoes Family Care/MOMS Program  55 Mohawk St, Cohoes  (518) 235-7282

Cancer Services Program  (518) 525-8680
(Free Cancer Screening)

Medicaid  (518) 270-3935

**SENIOR SERVICES**
Department for the Aging  (518) 270-2730
EPIC NY  (800) 332-3742
Senior Prescription Plan

Home Delivered Meals  (518) 270-2739
Meal delivery for homebound seniors (60+)

Alzheimer's Disease Assistance  800-272-3900

**OTHER**
Cornell Cooperative Extension of Rensselaer  (518)272-4210

Social Security  (800) 772-1213

National Grid Consumer Advocate  (800) 642-4272

CDTA  (518) 482-8822

Veterans Services Agency  (518) 270-2760

Domestic Violence Services  (518) 272-5917

Unity Sunshine Program  (518) 271-6777
(child care)