

Resource list

Abused women's shelters and support groups

Name	Address	Phone	Website	Description
Wait house	10 - 12 Wait st Glens Falls NY 12801	518-798-2077	http://www.hycwathouse.org/	Emergency shelter and support services for homeless and abused teens in Warren and Washington County, New York
Wellspring	2816 US 9 Malta NY 12020	518-583-0280	https://www.wellspringcares.org/	Working to end domestic violence and sexual assault in Saratoga County by proving survivor services and engaging the community.
Domestic violence services - Food distribution center	Saratoga NY 12866	518-583-0280		Food bank
The women's building	79 central ave #6 Albany Ny 12206			Food bank
Unity house	504 Broadway Troy NY 12180	518-272-5917	https://www.unityhouseny.org/	We assist those who are living in poverty, adults living with mental illness or HIV/AIDS, victims of domestic violence, and children with developmental delays
Domestic violence	6 S Main st Mechanville NY	518-664-4008	http://www.mechanicvilleacsc.org	Social services organization in

advocacy	12118		/	Mechanicville, New York
Shelters of saratoga inc	14 Walworth st Saratoga Springs Ny 12866	518-581-2097	http://www.sheltersofsaratoga.org/	Homeless shelter in Saratoga Springs, New York
The open door mission	226 Warren st Glens Falls NY 12801	518-792-5900	http://www.opendoor-ny.org/	Soup kitchen
National Domestic violence Hotline		Call: 1-800-799-7233 Text: "START" to 88788	https://www.thehotline.org/?utm_source=google&utm_medium=organic&utm_campaign=domestic_violence	Everyone deserves relationships free from domestic violence. When you're ready, we're here to listen with confidential support 24/7/365
Sexual Trauma & Recovery Services	421 Lower Main st Hudson Falls Ny 12839	518-747-8849		Social services organization in Washington County, New York
Equinox	500 Central Ave Albany NY 12206	518-432-7865	http://www.equinoxinc.org/	Equinox provides safety for all victims of Domestic Violence offering support, assistance, and tools to those in need.
New York State Coalition Against Domestic Violence	119 Washington Ave Albany NY 12210	518-482-5465	http://nyscadv.org/	Social services organization in Albany, New York
Warren County Victim Assistance Program		518-761-6475 518-761-6545	https://warrencountyny.gov/da/vap	providing coordinated services that address the

				physical, emotional and financial needs of victims and their family.
Warren county department of victim services		518-457-8727		
Victim advocacy services		1-800-771-7755	https://victimsupportservices.org/help-for-victims/what-is-a-victim-advocate/	Crisis intervention. Emotional support. Resources and referrals. Information on victimization. Assistance with Crime Victims Compensation application. Information on legal rights and protections. Information on criminal justice process.
Domestic violence Hotline		1-800-942-6906	https://www.thehotline.org/?utm_source=google&utm_medium=organic&utm_campaign=domestic_violence	Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service
Salvation Army	37 Broad St, Glens Falls, NY 12801	518-792-0021	https://easternusa.salvationarmy.org/empire/glens-falls/	Social services organization in Glens Falls, New York
Battered Women's justice project		1-800-903-0111	https://www.bwjp.org/	BWJP promotes systemic change within the civil and criminal justice systems to ensure an effective and just response to

				victims and perpetrators of intimate partner violence (IPV), and the children exposed to this violence.
Domestic violence project of Warren and Washington counties	35 Broad St. Glens Falls, NY 12801	518-793-9496	https://www.dvproject.org/about-us	free and confidential services to survivors of domestic violence and their children.

Addiction services and support groups

SAMHSA National Helpline	National	1-800-662-4357	https://www.samhsa.gov/find-help/national-helpline	Treatment Locators Find treatment facilities and programs in the United States or U.S. Territories for mental and substance use disorders.
Addictions Care Center of Albany	90 McCarty Ave, Albany, NY 12202	(518) 465-5470	https://www.theacca.net/	Substance Use Treatment, Outpatient Clinic, CASAC Courses, Continuing Education, Prevention Education
Alcoholics Anonymous		(518) 793-1113	http://www.aa.org/	Alcoholism Treatment Programs
Challenge Program	10 LaCrosse Street, Hudson Falls, NY	(518) 746-1527	http://www.councilforprevention.org/	Group therapy focusing on outdoor activities and skill building for substance abusing youth,

				ages 13 – 18. Must be enrolled as a patient at the Center for Recovery in order to participate in the program.
Hope and Healing Recovery Center	2 Maple Street, Hudson Falls, NY	(518) 683-0968	https://www.sara-recovery.org/hudson-falls/	A substance free community center for people 18 and older, providing peer driven and peer delivered support services. We embrace all pathways to recovery, exist as a resource hub to make community connections, provide recovery support for individuals and families, foster hope, and help sustain long term recovery. We are here to ask what we can do to help you with your recovery, and bring voices and visibility to recovery for individuals and their families.
Conifer Park, Inc.	79 Glenridge Road, Schenectady, NY	(518) 399-6446 1-800-989-6446	http://www.coniferpark.com/	a private, inpatient chemical dependency treatment facility situated on 32 wooded acres in

				<p>Glenville, NY. Easily accessible from all major cities in the Northeast, the facility offers comprehensive services for the treatment of alcoholism and substance abuse in a beautiful, tranquil setting conducive to recovery.</p>
<p>Saint Mary's Hospital Inpatient Rehabilitation</p>	<p>427 Guy Park Avenue, 3rd Floor, Amsterdam, NY</p>	<p>(518) 841-7321</p>	<p>http://www.smha.org/services/addiction.cfm</p>	<p>a state-of-the-art, 50-bed inpatient acute rehabilitation hospital, with two specialty units - dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a severe injury or illness.</p>
<p>Saint Peter's Addiction Recovery Center (SPARC)</p>	<p>3 Mercycare Lane, Guilderland, NY</p> <p>845 Central Avenue, Albany, NY</p> <p>64 Second Avenue, Albany, NY</p> <p>55 Mohawk Street, Cohoes, NY</p>	<p>(518) 452-6700</p> <p>(518) 482-2455</p> <p>(518) 449-5170</p> <p>(518) 235-1100</p>	<p>http://www.sphcs.org/AddictionRecoverySPARC</p>	<p>Inpatient and Outpatient clinics offering treatment for substance abuse to adults, adolescents and families. For evaluation information call:</p>

	<p>636 New Loudon Road, Latham, NY</p> <p>2925 Hamburg Street, Schenectady, NY</p> <p>125 High Rock Avenue, Saratoga, NY</p>	<p>(518) 783-5381</p> <p>(518) 357-2909</p> <p>(518) 885-6884</p>		
The Addictions Care Center of Albany, Inc.	115 Ontario Street, Albany, NY	(518) 434-2367	http://theacca.net/	Provides individual and group treatment through a wide range of New York State OASAS certified clinical services.
Baywood Outpatient Clinic	551 Bay Road, Queensbury, NY	(518) 798-4221		Offers evaluation and treatment of alcohol and substance abuse including individual and group therapy, education and family support programs. Provides two levels of residential and case management services for persons with a substance use disorder. Community residences are located in Granville and Glens Falls. Supportive living apartments are

				located in Glens Falls. All programs are OASAS certified
Conifer Park, Inc.	55 Elm Street, Glens Falls, NY	(518) 793-7273 1-800-989-6446	http://www.coniferpark.com/	Offers treatment for alcohol and substance abuse disorders including dual diagnosis treatment, psychiatric assessments, individual and group therapy, and family support and treatment for adults and adolescents.
Glens Falls Hospital Center for Recovery	101 Ridge Street, Glens Falls, NY 340 Main Street, Hudson Falls, NY	(518) 926-7200 (518) 747-8001	http://www.glensfallshospital.org/services/Behavioral-Health/center-for-recovery.cfm	Outpatient clinic offering treatment for alcohol and substance abuse disorders, including psychiatric assessment and treatment for adolescents and adults.
Saint Mary's Hospital Addiction Services Clinic	76 Guy Park Avenue, Amsterdam, NY	(518) 843-4410	http://www.smha.org/services/addiction.cfm	a state-of-the-art, 50-bed inpatient acute rehabilitation hospital, with two specialty units - dedicated to the treatment and recovery of individuals who have experienced the debilitating effects of a

				severe injury or illness.
Saint Peter's Drinking Driver Program	636 Loudon Rd, Latham, NY 12110	(518) 525-1612	https://www.sph.com/find-a-service-or-specialty/addiction/	Crisis Intervention Inpatient Care Long-Lasting Recovery Special Support Groups
Saint Peter's Shelter Plus Care		(518) 449-5170	http://www.sphcs.org/OutpatientRehabilitation	
The Addictions Care Center of Albany	90 McCarty Avenue, Building 2, Albany, NY	(518) 434-8083	http://theacca.net/	Safe, supervised housing and recovery programs for men and women who are in the early to later stages of recovery.
Saint Peter's Addiction Recovery Center (SPARC) Men's Community Residence	64 Second Avenue, Albany, NY	(518) 463-6044	http://www.sphcs.org/OutpatientRehabilitation	Halfway house designed to treat individuals recovering from alcoholism or drug addiction who need environmental support and guidance to promote ongoing sobriety and healthy living.
Transitional Services Association Hedgerow House	994 Route 67, Ballston Spa, NY	(518) 885-3872	http://tsa-inc.org/our-programs/hedgerow-house/	Halfway house designed to treat individuals recovering from alcoholism or drug addiction.
820 River Street, Inc.	Granville Community Residence (for	(518) 642-9341	http://pyhit.com/	Provides two levels of residential and

	women) 13 Crandall Street Community Residence (for men)	(518) 743-0475		case management services that include a variety of certified residences, supportive living environments, and transitional and independent housing for individuals recovering from substance abuse disorders.
	Lawrence Street Supported Apartments	(518) 761-4104		

Birth Centers

Joyce Stock Snuggery (Glens Falls Hospital Maternity Ward)	100 Park St, Glens Falls, NY 12801	(518) 926-6095	https://www.glenfallshospital.org/services/hospital/snuggery/	At The Snuggery, each woman remains in the same private guest room for all phases of the birthing process.
Burdett Birth Center	2215 Burdett Ave #200, Troy, NY 12180	(518) 271-3393	http://www.burdettbirthcenter.org/	At Burdett Birth Center, we strive to tailor your birth experience around your wishes. From a range of OB/GYN and midwife choices who deliver at Burdett Birth Center, to private rooms and showers, hydrotherapy, anesthesia options, relaxation techniques and other ways to truly make this

				experience your own.
St. Mary's Hospital - Childbirth Center	<p>Located in: Samaritan Hospital - St. Mary's Campus</p> <p>Address: 1300 Massachusetts Ave, Troy, NY 12180</p>	(518) 268-5999		
Bellevue Woman's Center	2210 Troy Schenectady Rd, Niskayuna, NY 12309	(518) 346-9400	http://www.ellismedicine.org/	The region's only inpatient facility dedicated to the care of women and infants - a trusted name in women's health for three-quarters of a century.
Saratoga Hospital Mother/Baby unit	211 Church Street Saratoga Springs, NY 12866		https://www.saratogahospital.org/motherbaby	A dedicated team of providers, our VBAC program and a variety of pain management options are just a few of the many reasons why you should choose our Mother/Baby Unit.
The Birth Place at Albany Med	391 Myrtle Ave Albany, NY 12208	518-262-8300	http://www.amc.edu/	<p>Private labor and birthing rooms</p> <p>Private postpartum rooms and nursery</p>

				<p>Board certified physicians in neonatology and a broad range of other pediatric subspecialties available around-the-clock</p> <p>24-hour maternal-fetal medicine and obstetric anesthesiology services</p> <p>Access to the region's only New York State designated Level IV Regional Perinatal Care Center and state designated Level IV Neonatal Intensive Care Unit.</p> <p>Access to The Bernard & Millie Duker Children's Hospital - the region's only children's hospital</p>
St. Peter's Hospital labor and delivery	315 S Manning Blvd, Albany, NY 12208	(518) 525-1550	http://www.sphcs.org/	St. Peter's Hospital is the FIRST hospital in the Capital Region to receive Baby-Friendly designation - considered the gold standard in maternity care.

				<p>This prestigious recognition means we provide breastfeeding mothers with the support, confidence and resources they need to successfully initiate and continue breastfeeding their babies.</p>
--	--	--	--	---

Birth Doulas

<p>Birthing Confidence LLC - Shannon Murphy</p>	<p>Glens Falls NY 12801</p>	<p>518-502-9907 shannon.bcdoula@gmail.com</p>	<p>bcdoula.com</p>	<p>I strongly encourage home birth, physiologic childbirth, VBAC, interventions when medically necessary, and gentle cesarean when medically necessary. Despite my bias, I will work with any birth plan and promise to help you stick to your plan, encourage you to make informed decisions, as well as advocate for your birth rights.</p>
<p>ADK Doula - Emily Gaul</p>	<p>Glens falls ny 12801</p>	<p>adkdoulaemily@gmail.com</p>	<p>https://www.adkdoula.com/</p>	<p>Taking care of your mind, body and soul during your labor,</p>

				pregnancy, birth and postpartum. Providing support for birthers in the Adirondacks and Capital Region. Home, hospital, natural, VBAC, cesarean - all supported by a calm and friendly doula.
Albany Doula and Placenta Encapsulation	445 Hamilton St, Albany, NY 12203	518-337-6272	https://www.facebook.com/AlbanyDoulas/	Albany doula currently offers birth and postpartum doula services as well as Hypnobabies® Hypno Doula service. Lactation counseling and placenta encapsulation are available as well. The WHO/UNICEF BabyFriendly Hospital Initiative 20 Hour course can be taught to interested professionals and hospitals and is required for BabyFriendly designation.
Betsy Mercogliano	The Garden, 434 Church St. Saratoga Springs, NY 12866 20 Elm Street Albany, NY	518-465-0241 mercogliano.betsy@gmail.com	http://www.familylifecenter-albany.org	meets with families regularly through the childbearing season to build relationships and provide individualized

	12202			support
Deshaya Williams		864-986-9821 renew360coaching@gmail.com		
The Woodworking Doula- Emily Cooper	The Greater Capitol Region an hour radius of Troy, NY	405-323-7952 emily.c.doula@gmail.com	www.ecdoula.net	I offer my services to anyone within an hour and half of Troy, NY. My prices are on a sliding scale and I am willing to work with families.
Jessica Allen Hayek Albany Family Life Center	Greater Capital Region	518-727-8219 jessica@albanyfamilylifecenter.org	www.albanyfamilylifecenter.org	meets with families regularly through the childbearing season to build relationships and provide individualized support
Tisha Graham Rites of Passage Birth Support	Greater Capital Region	518-366-2159 tgnym@aol.com	https://www.thedoulanetwork.org/tisha-graham	Childbirth Education, Home Birth Preparation, Breastfeeding Basics, Birth Doula Services, Lactation Services
Liz Leue Addeo	Greater Capital Region	518-727-7634 liz.leue@gmail.com	www.afterglowalbanybirth.com	meets with families regularly through the childbearing season to build relationships and provide individualized support
Rebecca Rovner	Greater Capital Region,	518-290-6060	https://www.aslovegrowsdoula.co	Emotional, physical, and

	within an hour radius of Saratoga Springs	aslovegrowsdoula@gmail.com	m	<p>educational support for expecting families</p> <p>Nonjudgmental help for all families and birth preferences</p> <p>Continuous care throughout your journey into parenthood (prenatal meetings, with you through labor and birth, follow up after)</p> <p>Postpartum visits to help you adjust to your new role</p> <p>Compassionate guidance throughout your journey</p>
Sarah Read	Greater Capital Region	518-727-3730 read.sarah@gmail.com	www.sarahreadchildbirth.com	meets with families regularly through the childbearing season to build relationships and provide individualized support
Rachel Hazlett	Greater Capital Region and Southern Vermont.	518-729-6224 ra.hazlett@yahoo.com	https://www.doulafamilyservices.org/	Certified Doula and Lactation Counselor, serving families in the greater Capital Region and Southern Vermont. Additionally, I

				work as a breastfeeding peer counselor for Saratoga WIC, where I have had the honor of serving over two hundred families since 2017. I have also earned an additional certification through Stillbirthday as a Birth and Bereavement Doula, and am working towards my certificate as a fertility specialist through Bebo Mia
--	--	--	--	--

Breastfeeding Pump and equipment suppliers (purchase / rent)

Any Walmart, Target, Buy Buy baby ect...				
WIC			https://www.health.ny.gov/prevention/nutrition/wic/	
Insurance companies			https://www.forbes.com/health/family/how-to-get-a-breast-pump-through-insurance/	

Breastfeeding support groups, clinics, classes

More Than the Milk Lactation	4 Horizon Dr, Saratoga	(518) 505-2859	http://morethanthemilk.com/	Comprehensive breastfeeding
------------------------------	------------------------	----------------	---	-----------------------------

Support	Springs, NY 12866			support for overwhelmed, frustrated parents
MilkMatters Lactation	122 Manor Ave, Cohoes, NY 12047	(518) 201-2701	http://www.milkmattersny.com/	All MilkMatters Lactation Consultants are International Board Certified Lactation Consultants (IBCLC) with professional training and experience.
Bundle of Joy Baby Cafe - Glens falls hospital	Glens Falls Hospital 100 Park Street Glens Falls, NY 12801	518-926-1000	https://www.glenfallshospital.org/services/hospital/snuggery/classes-and-tours/baby-cafe/	Bundle of Joy Baby Cafe is a FREE resource for pregnant and breastfeeding mothers, offering: Support from specifically trained staff Opportunities to share experiences and make friends Refreshments, comfortable seating, and open-forum discussions
Snuggery Virtual Classes - glens falls hospital	Glens Falls Hospital 100 Park Street Glens Falls, NY 12801	518-926-1000	https://www.glenfallshospital.org/services/hospital/snuggery/classes-and-tours/snuggery-virtual-classes/	Knowing new parents are seeking education to gain the knowledge needed in preparation for their newest family member, we are excited to announce

				virtual Q+A sessions in lieu of in-person Childbirth Classes where you have an opportunity to get answers to your specific questions about labor and delivery
Baby Cafe USA	National		https://www.babycafeusa.org/	Baby Cafés are free, drop-in, informal breastfeeding support groups offering ongoing professional lactation care and intervention. Most are open for 2 hours at least once a week. Some communities have more than one, meeting different days of the week.
Capitol region baby cafe	Troy, Albany, Schenectady NY	stephanie.avien u@sphp.com	https://www.facebook.com/capitalregionbabycafes/	The Troy, Albany, and Schenectady Baby Cafes are non-profit programs supported by St. Peter's Health Partners through a grant from the New York State Department of Health
La Leche League	International	1-800-LALECHE (525-3243)	https://www.lli.org/	A world without barriers to experiencing the love and wisdom

				found in the breastfeeding relationship.
--	--	--	--	--

Child abuse protection agencies

Child Protective Services	National	1-800-342-3720	https://ocfs.ny.gov/programs/cps/	Each CPS is required to investigate child abuse and maltreatment reports, to protect children (anyone under 18 years old) from further abuse or maltreatment
Prevent Child Abuse New York	4 Global View, Troy, NY 12180	(800) 244-5373	http://preventchildabuse.org/	We remove barriers to healthy parenting through public awareness; training & technical assistance; and policy work & advocacy. Through our work we support the healthy development and prosperity of New York's children, families, and communities, since preventing child abuse often happens at the community level.
Northeast	Mark Plaza, 63	(518) 798-4496	https://www.pars	Empowering

Parent & Child Society	Quaker Rd, Queensbury, NY 12804		onscenter.org/about-us	children, adults, and families to change their lives and build stronger communities.
Warren Washington CARE Center	24 Dix Ave, Glens Falls, NY 12801	(518) 792-2731	http://www.wwcarecenter.org/	We are a child-focused program founded on the shared belief that child abuse is a complex problem that requires a community effort to combat. The Warren Washington C.A.R.E. Center offers a coordinated, multidisciplinary response to child abuse cases in our community with the goals to minimize trauma and promote healing for child victims and their caregivers.
Family Service Association	150 Warren St, Glens Falls, NY 12801	(518) 793-0797	http://www.fsaglenfalls.org/	A non-profit agency that provides services and support to families in crisis or in an emergency situation.
Southern Adirondack Child Care Network	37 Everts Ave #2040, Queensbury, NY 12804	(800) 807-3224	http://www.saccn.org/	a not-for-profit child care resource and referral agency

				<p>serving Hamilton, Warren, and Washington counties in New York.</p> <p>Our mission is to strengthen the quality of children's early care and learning and provide exceptional services for parents, child care providers & employers.</p>
Warren County Social Services	Warren County Human Services Building, 1340 U.S. 9, Lake George, NY 12845	(518) 761-6300	http://warrencountyny.gov/socserv/	A social service agency in Warren county
Family & Child Services-Schenectady	246 Union St, Schenectady, NY 12305	(518) 393-1369	http://www.familyandchildservice.com/	To take part in the community's program for social betterment, seeking in council with other agencies to lessen those abuses in society which are causal factors in undermining the well-being of individual families
New York Child Abuse Registry	150 Broadway, Menands, NY 12204	(518) 474-9607	https://211lifeline.org/detail.php?id=7338699#:~:text=thru%3A%20New%20York%	Provides a registry of child abuse reports in New York State to encourage

			20State%20Office%20of%20Children%20and%20Family%20Services&text=Provides%20a%20registry%20of%20child,Required%20Documentation%3A%20Call%20for%20information.	more complete reporting of child abuse and maltreatment.
--	--	--	--	--

Childbirth Educators

Joyce stock snuggery - glens falls hospital	Glens Falls Hospital 100 Park Street Glens Falls, NY 12801	518-926-6095 gfinnegan@glen sfallshosp.org	https://www.glenfallshospital.org/services/hospitals/snuggery/classes-and-tours/	a wide array of educational programs to help you prepare for childbirth and better enjoy the joys of being a parent
Suzanne Fremon	Glens Falls Hospital 100 Park Street Glens Falls, NY 12801	518-532-0305 hypnodoula@g mail.com	https://www.glenfallshospital.org/services/hospitals/snuggery/classes-and-tours/	This class is run by Suzanne Fremon, Certified HypnoBirthing Practitioner and Labor Support Doula.
ADK doula	Glens falls ny 12801	adkdoulaemily @gmail.com	https://www.adkdoula.com/	Taking care of your mind, body and soul during your labor, pregnancy, birth and postpartum. Providing support for birthers in the Adirondacks and Capital Region. Home, hospital, natural, VBAC, cesarean - all supported by a calm and

				friendly doula.
Liz Addeo	Greater Capital Region 518-290-6060	518-727-7634 liz.leue@gmail.com	www.afterglowalbanybirth.com	meets with families regularly through the childbearing season to build relationships and provide individualized support Greater Capital Region, within an hour radius of Saratoga Springs
Judith Bowden	St Peter's Hospital 10 Pineview Dr Guilderland, NY 12084-3809	judithbowden@yahoo.com 1-518-441-5012		
Deborah Campagna	16 Lacy Ln Albany, NY 12211-2314	mcampag1@yahoo.com		
Jessica Deeb	Birth Avenue Glenmont, NY 12077-490	jildeeb@gmail.com 1-518-928-3546	http://www.birthavenue.com/	Lamaze Certified Childbirth Educator
Jodi Henderson	Southwestern Vermont Medical Center, Women's and Children's Troy, NY 12180-7148	tretola_j@yahoo.com 15187954487		
Nancy Muztafago	St. Peter's Health Care Services 15 Long Ave Latham, NY 12110-5415	puppupandkesh2012@yahoo.com 15184218530		
Tommi	Glens Falls	sachletl@glensf		

Sachleben	Hospital 1321 Schroon River Rd Warrensburg, NY 12885-5205	allshosp.org 1-518-681-6638		
Linda Seeman	7 Van Brummel Ln Ballston Spa, NY 12020-3065	lindabeth115@g mail.com 1-518-573-4845		
Michele Wilson	Burdett Care Center Troy, NY 12180	shell0428@hot mail.com 1-518-877-6096		

Childcare options

Clifton KinderCare	518 Vischer Ferry Rd, Clifton Park, NY 12065	(518) 348-0233	https://www.kindercare.com/our-centers/clifton-park/ny/301701?utm_campaign=k-c-lg&utm_source=yext&utm_medium=pro&utm_keyword=&utm_platform=&utm_matchtype=&utm_adgroupid=&utm_content=gmb&utm_source=1_NTA4MDYxLTcxNS1sb2NhdGlvbi53ZWJzaXRI	Clifton KinderCare in Clifton Park offers child care and early childhood education programs.
Jen's Daycare	82 W Notre Dame St, Glens Falls, NY 12801	(518) 539-7871	https://weecare.co/daycare/jennifer-donigian-daycare-141843?utm_source=gmb&utm_medium=organic&utm_campaign=gmb-listing	Our goal is to ensure children reach their developmental milestones in a loving and compassionate environment. We offer an environment that advances curiosity and

				<p>inquisitiveness through Developmental Play-based activities. We are open from 7:30 am to 5:00 pm, and offer care on M - F.</p>
<p>Center For Early Learning</p>	<p>296 Glen St, Glens Falls, NY 12801</p>	<p>(518) 793-4380</p>	<p>http://centerforearlylearning.com/</p>	<p>To offer preschool children a structured learning program, which consists of a written curriculum, well designed classrooms, careful choice of learning materials, consistent application of rules of behavior and an assessment of each child's development. To create a classroom environment that encourages the development of independence, self-control and "quiet confidence". To promote the above through an educational program directed toward parents and the community at large through conferences, committees,</p>

				projects and programs sponsored by CEL.
Fresh Beginnings Children's Academy	186 Broad St, Glens Falls, NY 12801	(518) 791-2553	http://freshbeginningsacademy.weebly.com/	Full Time, Part Time, Per Diem, Rotating, Date Nights, Weekends, Drop-in, Before/After School Care
Little rascals daycare	7 Luzerne Rd, Queensbury, NY 12804	(518) 307-4576		
Tiny Hands Academy	100 Maple Street, Glens Falls, NY 12801	(518) 409-8124	https://www.tinyhandsacademy.org/	Tiny Hands Academy is a new preschool located in downtown Glens Falls. We offer a unique preschool experience where children can explore and discover the world around them with encouragement from teachers who understand early childhood development.
Christ Church PreSchool	54 Bay St, Glens Falls, NY 12801	(518) 793-3468	http://ccpsgf.org/	We provide a warm and encouraging atmosphere that enhances self-concept, instills basic moral values, encourages social interaction, and

				<p>enriches awareness of the natural and cultural world. We're a warm and loving community of preschoolers, teachers, and parents who inspire imagination, creativity, and play for every learner.</p> <p>In an environment rooted in respect and compassion, we strive to nourish each child's spirit and provide a protective space for him or her to grow.</p>
A Childs World	35 Homer Ave, Queensbury, NY 12804	(518) 798-0290	http://www.acwd aycare.com/	A Child's World, Inc. provides quality care, at a reasonable rate, that promotes learning + growth (Physical, Social, Emotional and Intellectual) while having fun!
Bluebirds' Nest Preschool	497 Glen St, Glens Falls, NY 12801	(518) 792-2300	https://www.blue birdsnestpresch ool.com/	Introduce language, math, science and social skills in a way to encourage learning. We have strict

				<p>health safety protocols in place including hand washing, temp check & more. Dance, Music and Theater. Performing Arts. Nutritious Meals & Snacks. Health Safety Protocols.</p>
<p>Toddler Time University</p>	<p>208 Upper Sherman Ave, Queensbury, NY 12804</p>	<p>(518) 745-5826</p>	<p>http://www.toddleruntimeuniversity.com/</p>	<p>Many home daycares can boast smaller groups of children and more individual attention, something most centers can't guarantee. Child-to-staff ratios are important because too many children and not enough adult supervision means your child is likely to get less of the one-on-one interaction that he needs and deserves. According to the American Academy of Pediatrics, the child-to-staff ratio for children younger than 12 months should be 3 to 1 no matter what kind of childcare you have. The</p>

				National Association for Family Child Care offers an accreditation to ensure that your provider follows all of your state's regulations, including child-to-staff ratios.
Warren County Head Start	11 Pearl St, Glens Falls, NY 12801	(518) 798-7555	https://www.warrencountyheadstartny.org/?utm_source=google-my-business&utm_medium=organic	Warren County Head Start and Early Head Start are federally funded programs for pregnant women, children ages birth through 5 years old and their families.
Childtime of Queensbury	6 Willowbrook Rd, Queensbury, NY 12804	(877) 220-0584	https://www.childtime.com/your-local-school/0054-childtime-of-queensbury/?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=54	Put Your Child on a Path to Success & Let The Thrill of Learning Take Flight at Childtime . Start the School Year Right. Dig into Learning, Fun & Friendship. Tour Your Local School! Find School. Find A School. Schedule Tour Online. Schedule A Tour. Types: Daycare, Pre-K.
QUMC Kidz	460 Aviation Rd, Queensbury, NY 12804	(518) 798-8206	http://www.qumckidz.org/	We understand that you work hard at your job and want to

				<p>provide the best possible childcare for your child while you are at work. We provide a safe, fun, and developmentally appropriate environment for your child.</p> <p>Our before and after school age childcare program is for ages kindergarten through 5th grade. Children must be enrolled in the Queensbury School District.</p> <p>We follow the Queensbury School Calendar and are open when Queensbury School is open. Our morning program is in session 7:00am - 9am and our afternoon program 2:30pm - 5:30pm. Transportation to and from the Elementary and the William H. Barton Intermediate School is provided by Queensbury</p>
--	--	--	--	---

				School Transportation Department.
Kassia's Play Dates	40 Dix Ave, Glens Falls, NY 12801	(518) 741-7029	https://kassiasplaydates.com/	a short-term, drop-in babysitting service and indoor play center
World Class Kids Daycare	12 Farr Lane, Queensbury, NY 12804	(518) 812-0260	http://worldclasskidspreschool.com/	part and full-time programs taught by licensed teachers. Appreciate age-appropriate activities
The Ridge Preschool and Daycare	45 Candleberry Dr, Queensbury, NY 12804	(802) 236-5899	https://childcareenter.us/provider_detail/ridge_preschool_and_daycare_queensbury_ny	At The Ridge, we believe that children should be allowed to grow at their own pace and to learn in ways that help them become confident in themselves as learners. We have three primary goals: 1- To provide a safe, nurturing environment for children. 2- To help children learn about themselves and the world around them through play and exploration. 3- To encourage children to feel good about themselves as learners. These

				goals provide guidance for everything that we do in our programs. Children at The Ridge Preschool and Daycare are given the opportunity to explore, experiment, learn and have fun in a safe and healthy way.
Tot Spot Childcare	1450 US-9, Fort Edward, NY 12828	(518) 832-5111	http://www.totspot.net/	Our Programs at Tot Spot are developed to encourage the growth of each individual child socially, emotionally, and physically at each age group. There will be a schedule in place because we recognize that routine is important for the proper growth for children. We make sure that we have small groups sizes and ratios to assist in the children getting the best care possible.
A Mother's Dream Day Care	8 3rd Ave, Hudson Falls, NY 12839	(518) 747-5488	http://www.amothersdreamdaycare.com/	
Learning Express Family Day Care	15 Windcrest Dr, Fort Edward, NY 12828	(518) 747-8853	https://weecare.co/daycare/the-learning-express-	The Learning Express Family Day Care offers

			family-day-care	safe, loving childcare in the Fort Edward area. Kids learn through curriculum-based, educational activities. The facility is a home daycare providing a safe, nurturing space where kids learn important social skills. Open since 2010, the director has 12 years of experience serving the local community with childcare options. This provider offers childcare programs for children ages 6 weeks to 12 years. Availability is limited and first come, first served. Contact The Learning Express Family Day Care today to discuss enrollment and schedule your free tour!
Abc Adventure Daycare	27 Beech St, Corinth, NY 12822	(518) 312-8359	https://www.facebook.com/ABC-Adventure-Daycare-421928744525963/	
Rise and Shine Preschool	20 Stark Rd, Corinth, NY 12822	(518) 654-6992	https://riseandshinecorinth.com/	Rise and Shine Preschool dedicates itself

				<p>to the individual needs of your child in building a strong foundation for kindergarten readiness. Our rich academics integrate Science, Literature, Basic Math Skills, Art, and Music. In addition, we develop life skills that nurture healthy character qualities and social skills. Our spacious, cheerful classroom along with our experienced teachers set a positive atmosphere for learning and discovery through hands-on experiences. Your child will be encouraged to cultivate a desire to explore the world around them through a love and interest in books, unique science projects, and exciting field trips!</p>
ABC Pre School	396 Reynolds Fort Edward, NY 12828	(518) 798-2227	https://m.facebook.com/abc-preschool-186991368501969	Providing premier childcare service to children from 6 weeks to 5

				years
Around The Clock Care And Learning Center	83 Mott Rd, Gansevoort, NY 12831	(518) 232-5747	https://www.facebook.com/aroundtheclockcareandlearningcenter	I am a licensed Daycare Provider. Play based Pre-school, snacks and meals included.

Children's Hospitals

Bernard and Millie Duker Children's Hospital at Albany Med	43 New Scotland Ave, Albany, NY 12208	(518) 262-3125	http://www.amc.edu/patient/services/childrens_hospital/index.cfm	Pediatric Specialists Close to Home! Now taking appointments in Kingston for Pediatric Cardiology, Rheumatology, Urology, Nephrology and Pulmonary
New York City Children's Center	7403 Commonwealth Blvd, Queens, NY 11426	(718) 264-4500	https://omh.ny.gov/omhweb/facilities/nyccc/	All services are of the highest quality, culturally relevant, and incorporate families as partners in the treatment process. We continuously strive to improve the quality and efficacy of services through an ongoing process of assessment and evaluation.
UVM Children's Hospital	111 Colchester Avenue Main Campus, East Pavilion, Level,	(802) 847-8200	https://childrens.uvmhealth.org/?utm_source=google&utm_medium=	The University of Vermont Children's Hospital

	4, Burlington, VT 05401		m=yext&utm_campaign=website_field&utm_term=Childrens_Hospital&utm_content=Burlington	provides high-quality, child-friendly care with a patient and family-centered approach
Baystate Children's Hospital	759 Chestnut St, Springfield, MA 01199	(413) 794-0000	https://www.baystatehealth.org/locations/childrens-hospital?utm_source=gmb&utm_medium=web&utm_campaign=brandify	Baystate Children's Hospital (BCH), a 107-bed and 57-bassinette hospital located within Baystate Medical Center, is the only accredited full-service children's hospital in western Massachusetts and provides primary and advanced medical care to babies, children, and adolescents and their families
Shriners Children's New England	516 Carew St, Springfield, MA 01104	(413) 787-2000	http://www.shrinersnewengland.org/	Shriners Children's New England Situated at the crossroads of New England, our experienced care team brings hope and healing.

Chiropractors

Quantum Chiropractic	357 Ridge Rd, Queensbury, NY 12804	(518) 798-1111	http://www.queensburychiropractic.com/	Chiropractic health and wellness offering patient and
----------------------	--	----------------	---	---

				community education for individuals and families.
Sawyer Family Chiropractic	123 Quaker Rd, Queensbury, NY 12804	(518) 223-0118	http://drjeffsawyer.com/	My job as a chiropractor is very simple, assess your spine for subluxations
Dr. Craig Nelson Intrinsic Chiropractic	2 Mountain Ledge Dr Suite #3, Wilton, NY 12831	(518) 886-9507	http://www.intrinsic-chiropractic.com/	a chiropractic practice dedicated to the advanced detection and treatment of spinal conditions and sports injuries. The team at Intrinsic Chiropractic has expertise in biomechanics and all conditions of the body that manifest in combinations of joint, muscle and nerve symptoms. Intrinsic Chiropractic will develop comprehensive treatment plans that address each of these components in order to facilitate long term resolution of symptoms.
Schuylerville Family Chiropractic	21 Broad St, Schuylerville, NY 12871	(518) 507-6474	http://www.wcfamilychiro.com/	COMPREHENSIVE CARE FOR ALL OF YOUR LOVED ONES

Malta Chiropractic & Sports Rehab	10 Blacksmith Dr suite 1A, Malta, NY 12020	(518) 289-5229	http://maltachiropractors.com/	Fast relief of Neck and Back pain that lasts. We focus on diagnosing the cause of your pain and then teach you to prevent re-injury. Chiropractor in Malta.
---	--	----------------	---	---

Massage therapists

Massage Works	26 Saratoga Ave S, Glens Falls, NY 12803	(518) 615-0356	http://www.massageworksforyou.com/	Massage Works, LLC is located in South Glens Falls, NY also serving the Queensbury, Glens Falls, Lake George, Saratoga, and Clifton Park areas. A massage from Massage Works, LLC is much more than a simple back rub. A therapeutic massage and cupping treatment can have an incredible impact on your health and well being. Therapeutic massage can help manage pain, stress and injury while improving circulation, flexibility and increase energy.
---------------	--	----------------	---	--

Kneading Warmth Massage Therapy	17 Schuyler St, Hudson Falls, NY 12839	(518) 769-4832	https://www.kneadingwarmth.massagetherapy.com/	Providing client centered massage therapy services, for relaxation, pain relief and overall health
Massage At Saratoga	23 Middle Grove Rd. Greenfield Center, NY 12833	518-727-4575	https://www.massageatsaratoga.com/	Where you restore peace to the body, you find peace of mind."
Mantra Wellness Therapeutic Massage, LLC	2 Rossell Dr, Ballston Lake, NY 12019	(518) 663-6000	http://www.mantrawellnessmassage.com/	Warm, casual massage office with many options, including reiki, myofascial release & kinesio taping.
Dig Deep Chiropractic & Massage Therapy, PLLC	ABC Sports and Fitness, 3 Johnson Rd #1, Latham, NY 12110	(518) 289-0408	https://www.digdeep.clinic/	We specialize in helping patients with all sorts of musculoskeletal injuries from low back pain, carpal tunnel syndrome, shoulder pain, neck pain, hip pain, plantar fasciitis, and more.

Reiki

Renew with June	458 Glen St Suite 2, Glens Falls, NY 12801	(518) 232-7676	http://www.renewwithjune.com/	June Carla. As an Integrative Nutritional Health Coach and Bodyworker, I share my skills with my clients so they can have a more
-----------------	--	----------------	---	--

				peaceful life style.
Gina Clemente	229 Washington St, Saratoga Springs, NY 12866	(518) 791-6565	http://www.reikihealingwithgina.com/	certified Reiki Master & Instructor. I am a member of the International Association of Reiki Professionals.
Ladybird Light, LLC ~ Reiki	26 Saratoga Ave, South Glens Falls, NY 12803	(518) 330-6498	http://www.ladybirdlight.com/	a gentle, non-invasive form of energy healing that helps balance the mind, body and spirit.
Sacred Space Sanctuary	236 State St Suite 415, Schenectady, NY 12305	(201) 540-7232	http://www.sacredspacesanctuary.com/	RETREAT INWARD WITH THE HEALING ART OF REIKI "Discovering and healing the Sacred Self to help one live in sync with the rhythm of life."
Therapeutic Massage and Reiki by Colleen	520 Middle Grove Rd, Middle Grove, NY 12850	(518) 888-2527	http://www.reikibycolleen.com/	The mission of Therapeutic Massage and Reiki by Colleen is to guide people towards a state of optimal health and well-being.

Community services and programs

Open Door Mission Backpack Program	226 Warren Street Glens Falls, NY 12801	518-792-5900	https://opendoor-ny.org/	The Open Door exists to meet people in the Greater Glens Falls area
------------------------------------	---	--------------	---	---

				at their point of need.
Music Teachers for Underprivileged Children	Yonkers Area Yonkers, NY 10710		https://www.volunteermatch.org/search/opp3102999.jsp	MusicLink is in need of experienced music teachers and related volunteers in New York. With MusicLink, students (children under 18 years old) who show an interest in taking music lessons, but cannot afford full fee lessons, are linked with qualified music teachers willing to reduce their fee by at least half to make the lessons more affordable. MusicLink teachers are able to take advantage of a variety of offers and discounts from our growing list of Business Partners as well as additional benefits directly from our foundation
American Red Cross-Adirondack Saratoga Chapter	333 Glen St Suite 104, Glens Falls, NY 12801	(518) 792-6545	https://www.redcross.org/local/new-york/eastern-new-york/about-us/locations/north-eastern-new-york.html?CID=organic_gmb_listings	The Adirondack Saratoga chapter of the American Red Cross is found locally in Glens Falls NY & Ballston Spa NY. American Red

				<p>Cross is a nonprofit humanitarian organization that has been providing premier emergency response to people all over the world since 1881. They provide aid to people affected by devastating natural disasters and over the years, they started to empower individuals in the community to prevent, prepare and respond to emergencies.</p>
<p>Ronald McDonald House Charities</p>	<p>26345 Network Place, Chicago, IL 60673.</p>	<p>630-623-7048 info@rmhc.org</p>	<p>Rmhc.org</p>	<p>Ronald McDonald House Charities is an independent American nonprofit organization whose stated mission is to create, find, and support programs that directly improve the health and well-being of children.</p>
<p>Big Brothers Big Sisters</p>	<p>National</p>	<p>(813) 720-8778</p>	<p>bbbs.org</p>	<p>Big Brothers Big Sisters of America is a 501 non-profit</p>

				organization whose mission is to "create and support one-to-one mentoring relationships that ignite the power and promise of youth". Adult volunteers are matched with children from age 5 to young adulthood.
--	--	--	--	--

Cultural/Anti-Racist resources

Breakthrough African Market	Central Avenue, West Hill	(518) 426-2932	http://www.yellowpages.com/albany-ny/mip/breakthrough-african-market-462454982?lid=462454982	Grocery Stores, Supermarkets & Super Stores
Asian Food Market LLC	91 Colvin Ave, Albany, NY 12206	(518) 458-8166		
Roy's Caribbean Restaurant & Grocery	185 Henry Johnson Blvd, Albany, NY 12210	(518) 433-1343	https://facebook.com/royscaribbeanrestaurant/	
India Bazaar	1321 Central Ave, Albany, NY 12205	(518) 459-3108		
Ahmadiyya Muslim Community Center of Albany	941 River Rd, Schenectady, NY 12306	(518) 887-2859	http://www.ahmadiyya.us/component/contact/contact/179-us-mosques/3-baitun-noor	
Local & Regional			https://www.skidmore.edu/hr/doc	

Cultural Resources Guide			uments/LocalandRegionalCulturalResources.pdf	
--------------------------	--	--	--	--

Early intervention programs for babies with special needs

The New York State Early Intervention Program Online Professional Development Center	41 State St #403, Albany, NY 12207	(800) 330-1420	http://nyseipopdc.org/	<p>Provide clarification of the roles EIP approved evaluators, service coordinators, and parents have as part of the family-directed assessment</p> <p>Explain what the family-directed assessment is and how to encourage families to participate in the family-directed assessment</p> <p>Identify the process of gathering information for the family-directed assessment</p> <p>Review procedures for assessments and evaluations</p> <p>Identify how to develop</p>
--	------------------------------------	----------------	---	--

				family-centered Individualized Family Service Plan (IFSP) outcomes using information gathered from the family-directed assessment
Pediatric Development Center	388 Columbus Ave, Pittsfield, MA 01201	(413) 499-4537	http://www.pediatricdevelopmentcenter.org/	

Family doctors/pediatricians

Pediatric and Adolescent Health	28 S Western Ave, Queensbury, NY 12804	(518) 798-6400	https://www.hhhn.org/locations/queensbury-family-health/	Our Pediatricians and Mid Level Practitioners work together to provide a professional, caring, nurturing healthcare environment
Glens Falls Pediatric Consultants	1 Lawrence St, Glens Falls, NY 12801	(518) 798-9985	http://gfpeds.com/	a medical group practice located in Glens Falls, NY that specializes in Pediatrics.
Adirondack Pediatrics PC	84 Broad St # 3, Glens Falls, NY 12801	(518) 798-9538	https://www.adirondackpediatrics.com/	pecializes in the medical treatment of infants to young adults
Irongate Family Practice Associates	3 Irongate Ctr, Glens Falls, NY 12801	(518) 793-4409	http://www.irongatefamilypractice.com/	Private, physician owned full service Family Practice group established in 1966 offering comprehensive

				care for all ages
Saratoga Family Practice	11 Hampstead PI Suite 103, Saratoga Springs, NY 12866	(518) 583-7400	https://www.sph.p.com/location/saratoga-family-practice	As a physician-directed family medicine practice, Saratoga Family Practice provides individualized care based on a continuous relationship

Food Resources

Sacred Heart Church - Food Distribution Center	50 Mohican St, Lake George, NY 12845	(518) 668-2046		Food Bank
Cornerstone Soup Kitchen & Food Pantry	1767 NY-196, Fort Edward, NY 12828	(518) 808-7040	http://www.cornerstonekitchen1767.com/	Food Bank
Stillwater Food Pantry	747 Hudson Ave, Stillwater, NY 12170	(518) 664-1231	http://stillwaterfoodpantry.com/?page_id=37	Food pantry
Hope 7 Food Pantry	520 Pawling Ave, Troy, NY 12180	(518) 272-1547	http://hopeseven.com/	Food pantry
Bethlehem Food Pantry - Food Distribution Center	445 Delaware Ave, Delmar, NY 12054	(518) 439-4955	https://townofbethlehem.org/DocumentCenter/View/3592/Food-Pantry-Brochure	Food bank

Health Food stores

Whole Foods Market	1425 Central Ave, Albany, NY 12205	(518) 621-5300	wholefoodsmarket.com	local, organic, plant-based & more
Trader Joe's	3 Halfmoon Crossing,	(518) 383-5015	https://locations.traderjoes.com/n	Grocery chain with a variety of

	Halfmoon, NY 12065		y/halfmoon/574/ ?utm_source=g mb&utm_mediu m=organic&utm campaign=loca l	signature items, plus produce, dairy & more (most sell wine & beer).
Glens Falls Farmers Market	South St Pavilion, 31 South St, Glens Falls, NY 12803	(518) 248-2520	http://www.glens fallsfarmersmark et.com/	For more than 40 years the Glens Falls Farmers' Market Association has been bringing locally grown, produced and crafted products to the communities
Saratoga Farmers' Market	High Rock Park Pavilion, 112 High Rock Ave, Saratoga Springs, NY 12866		http://www.sarat ogafarmersmark et.org/	Saratoga Outdoor Markets. (open May-Oct). Saturdays 9am – 1pm & Wednesdays 3 – 6pm
Clifton Park Farmers Market	Shenendehowa Methodist Church parking lot 971 Route 146, Clifton Park, NY 12065	(518) 257-2681		Mondays, 2:00 pm 2:00 pm – 5:00 pm

Hospitals

Glens Falls Hospital	100 Park St, Glens Falls, NY 12801	(518) 926-1000	https://www.glen sfallshospital.org /	
Saratoga Hospital	211 Church St, Saratoga Springs, NY 12866	(518) 587-3222	https://www.sara togahospital.org/ ?utm_source=lo cal-listing&utm medium=organic &utm_campaign	

			=website-link	
Samaritan Hospital	2215 Burdett Ave, Troy, NY 12180	(518) 271-3300	http://www.sphp.com/sam	
Albany Medical Center	43 New Scotland Ave, Albany, NY 12208	(518) 262-3125	http://www.amc.edu/	Albany Medical Center is the name of the umbrella organization over the Albany Medical Center Hospital and Albany Medical College in Albany, New York.
St Peter's Hospital	315 S Manning Blvd, Albany, NY 12208	(518) 525-1550	http://www.sphcs.org/	

Minor emergency services

Health Center on Broad Street Urgent Care	100 Broad St, Glens Falls, NY 12801	(518) 792-2223	https://www.hhhn.org/locations/health-center-on-broad-street-glens-falls/	
Urgent Care - OrthoNY LLC	Urgent Care, 121 Everett Rd, Albany, NY 12211	(518) 489-2663	https://orthony.com/directory/locations/show/albany/	
St. Mary's Urgent Care	4950 NY-30, Amsterdam, NY 12010	(518) 841-3600	http://www.smha.org/?utm_campaign=gmb&utm_medium=organic&utm_source=local	
Albany Med EmUrgentCare	98 Wolf Rd STE 16, Albany, NY 12205	(518) 264-9000	http://www.emurgentcare.com/	

WellNow Urgent Care	202 Broad St, Glens Falls, NY 12801	(518) 480-6240	https://wellnow.com/locations/glens-falls/?utm_source=googleplaces&utm_medium=lociqgoogleplaces&utm_campaign=GlensFalls,NY-5153&utm_content=listing	
---------------------	---	----------------	---	--

Incest/sexual abuse support groups

Survivors of Incest Anonymous for adult survivors of childhood sexual abuse (online)	SIAWSO, PO Box 7078, Pittsburgh, PA 15212	(877)-SIA-WS01 or (877)742-9761	https://siawso.org/fellowship/groups-meetings/	An SIA meeting is a unique tool to use during recovery. While SIA is not a replacement for therapy when needed, the camaraderie and fellowship which incest survivors feel when among others who have been through similar experiences as a child is not something easily described. The time spent with others who understand (and who 'get it' in ways no one else can) is a relief, and can be inspiring. SIA stresses the fact that we are not alone, and nothing else makes that point as vividly as taking part in an
--	--	---------------------------------------	---	---

				SIA meeting. All of us are in different stages of recovery, but all of us need validation that what happened was real, and that we are not to blame.
RAINN (online)		800-656-HOPE (4673)	https://www.rainn.org/resources	RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.
Wellspring	2816 US-9, Malta, NY 12020	(518) 583-0280	http://www.wellspringcares.org/	Working to end domestic violence and sexual assault in Saratoga County by providing survivor services and engaging the community.
Fulton Montgomery Rape Crisis Service of Planned Parenthood	4803 State Highway 30, Kem Plaza, Amsterdam, NY 12010.	(518) 346-2266	https://www.plannedparenthood.org/planned-parenthood-greater-new-york/get-care/survivor-services	If you are facing the trauma of sexual violence - call our hotline today. We provide a wide array of services and are here to help.
National Domestic				

Violence Hotline				
------------------	--	--	--	--

Infant massage classes and services

Hudson Valley Birth Network		800-799-7233 Text START to 88788	Domestic Violence Support The National Domestic Violence ... https://www.thehotline.org	Everyone deserves relationships free from domestic violence. When you're ready, we're here to listen with confidential support 24/7/365.
-----------------------------	--	-------------------------------------	--	--

Lactation consultants

More Than the Milk Lactation Support	4 Horizon Dr, Saratoga Springs, NY 12866	(518) 505-2859	https://www.morethanthemilk.com	Comprehensive breastfeeding support for overwhelmed, frustrated parents
Full Hearts Collaborative - Expert Lactation Care & Prenatal Multiples Support		(808) 721-5019	http://www.fullheartscollaborative.com/	Providing Prenatal Education & Expert Lactation Care with a Specialty in Twins, Triplets and More
MilkMatters Lactation, RN, PLLC	erving NYC (Bronx, Westchester, Upper West Side, Inwood, Washington Heights), the Hudson Valley (including Dutchess County, Putnam County, Orange	518-201-2701	https://www.milk-mattersny.com	We are International Board Certified Lactation Consultants (IBCLC), experienced with coaching parents just like you through all kinds of breastfeeding

	County, and Westchester County), and the Capital Region (including Albany County, Rensselaer County, and Saratoga County), and beyond			and pumping challenges. We can work with you in your home or by video.
Lullaby Lactation	Slingerlands Bypass, Slingerlands, NY 12159	(518) 810-8765	http://lullabylactation.net/	"CLC's are members of the healthcare team who can provide knowledge and counseling about optimal and suboptimal breastfeeding
Mohawk Valley Lactation	2200 Genesee St Suite 4, Utica, NY 13502	(315) 497-7080	http://mohawkvalleylactation.com/	Mohawk Valley Lactation is committed to providing personalized, comprehensive breastfeeding support and lactation services. Your Utica lactation consultant.

La Leche League

La Leche League of Chatham - Spencertown			https://www.facebook.com/LaLecheColumbiaGreene/	We help mothers breastfeed through mother-to-mother support, encouragement, information, and education. Meetings monthly. Call a Leader for
--	--	--	---	---

				immediate help.
La Leche League of Syracuse		Liverpool (315) 623-0555 or Syracuse East (315) 663-4497	https://lilsyracuse.wordpress.com/	The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.
La Leche League International	110 Horizon Drive, Suite 210 Raleigh, NC 27615, USA	1-800-LALECHE (525-3243)	https://www.lli.org/	A world without barriers to experiencing the love and wisdom found in the breastfeeding relationship.
La Leche League Westchester			https://llny.org/	Helping mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education.

Libraries

Crandall Public Library	251 Glen St, Glens Falls, NY 12801	(518) 792-6508	http://www.crandalllibrary.org/	
-------------------------	------------------------------------	----------------	---	--

Fort Edward Public Library	23 East St, Fort Edward, NY 12828	(518) 747-6743	https://fortedwardlibrary.sals.edu/	
Saratoga Springs Public Library	49 Henry St, Saratoga Springs, NY 12866	(518) 584-7860	https://www.sspl.org/	Saratoga Springs Public Library, established in 1950, is a public library located in Saratoga Springs in the Capital District area of New York. SSPL serves the Saratoga Springs City School District.
Clifton Park-Halfmoon Public Library	475 Moe Rd, Clifton Park, NY 12065	(518) 371-8622	http://www.cphlibrary.org/	
Troy Public Library	100 2nd St, Troy, NY 12180	(518) 274-7071	http://www.thetroylibrary.org/	The Troy Public library is the main public library building in the city of Troy, New York, and is located across the street from Russell Sage College in downtown Troy

Infant programs

Allo Saratoga	25 Lawrence St Ste 1A, Saratoga Springs, NY 12866	(518) 306-1090	http://allotoga.com/	Allo Saratoga gives local families a chance to find their village.
(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforkids.com/	
Crandall Library	251 Glen St,	(518) 792-6508	http://www.crand	

	Glens Falls, NY 12801		alllibrary.org/	
Infant Needs Program	150 Warren Street, Glens Falls, NY 12801	518-793-0797	https://www.findhelp.org/family-service-association-of-glens-falls--glens-falls-ny--in-infant-needs-program/5912687197814784?postal=12801	Family Service Association Of Glens Falls provides supplies for newborns and their mothers who need help with diapers, formula and food. This program provides: - Diapers- Formula- Food
Center For Early Learning	296 Glen Street, Glens Falls, NY 12801	(518) 793-4380	https://centerforearlylearning.com/	The Center for Early Learning (CEL) was founded in 1978 by a group of dedicated teachers and parents whose goal was to offer a quality preschool program to area children. The school strives toward this end by providing a developmentally appropriate educational experience for its children.

Maternity/nursing clothes

Secondhand stork	4207 NY-30, Amsterdam, NY 12010	(518) 883-1381	http://business.fultonmontgomeryny.org/list/member/secondhand-stork-15462	Consignment shop in Fulton County, New York
------------------	---------------------------------	----------------	---	---

(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforokids.com/	
Salvation army	376 Quaker Rd, Glens Falls, NY 12804	(800) 728-7825	https://satruck.org/	Thrift store in Queensbury, New York
Cuddle Bugs Children's Boutique & Consignments	3065 NY-50, Saratoga Springs, NY 12866	(518) 306-6728	http://www.cuddlebugsconsignment.com/	Children's clothing store in Saratoga County, New York
buybuy BABY	1440 Central Avenue Colonie, NY 12205	1 (877) 328-9222 (518) 489-0930	https://www.buybuybaby.com/	Buy Buy Baby, Inc. is an American chain of stores that sell clothing, strollers and other items for use with infants and young children

Midwives

Claudia Gersten, CNM	90 South St K, Glens Falls, NY 12801	(518) 792-7841	http://www.hhhn.org/	
Women's Care In Obstetrics and Gynecology (midwives available)	45 Hudson Ave, Glens Falls, Ny 12801	(518) 793-4477	http://womenscareny.com/	
Women's Health	90 South St, Glens Falls, NY 12801	(518) 792-7841	https://www.hhhn.org/locations/womens-health/	
Heidi Ricks, BS, CM, LM	406 fulton st troy NY 125 high rock ave saratoga NY	info@heartspac emidwifery.com heidi@heartspa cemidwifery.com	https://heartspacemidwifery.com/contact/	At HeartSpace Midwifery, you're in good hands. Hands that have delivered over 2,000 babies and cared for their own

				respective children.
Albany family life center	20 Elm St. Albany, NY 12202 The Garden 434 Church St. Saratoga Springs, NY 12866	(518) 465-0241 info@albanyfamilylifecenter.org (518) 281-7547	https://albanyfamilylifecenter.org/contact-us	The longest standing independent childbirth support center in the Capital Region, supporting families through birth and beyond.

Mother's centers/parent and child centers

Allo saratoga	25 Lawrence St Ste 1A, Saratoga Springs, NY 12866	(518) 306-1090	http://allotoga.com/	Allo Saratoga gives local families a chance to find their village.
(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforkids.com/	
HUDSON VALLEY PARENT SOCIAL AND SUPPORT GROUPS			https://hvparent.com/parent-social-and-support-groups	Free meetups for moms, dads, grandparents. The Hudson Valley is filled with groups for the new mom to socialize, meet other like-minded parents, and have their kids meet new and perhaps lasting friends.
Waddle n Swaddle	Van Wagner Place 33 Arlington	845-473-5952	http://waddlenswaddle.com/	A boutique and wellness center for the naturally

	Ave, Suite 4 Poughkeepsie, NY 12603			modern family founded in 2007. We are located in the Arlington section of Poughkeepsie in Van Wagner Place.
--	---	--	--	--

Multiple birth groups/associations

Multiples of America			https://multiplesofamerica.org/	Multiples of America strives to provide our families with the connections you need along the way to be successful parents and to truly enjoy parenting
Twins Trust			https://twinstrust.org/	Supporting you through every milestone of your journey with twins, triplets or more
Magnificent Multiples			https://www.facebook.com/MagnificentMultiple/	Magnificent Multiples is a specifically designed program to assist visual, auditory and kinesthetic learners with learning multiples in a fun way.
Twin Savvy			https://www.twinsavvy.com/	Advice for with Twins
Mothers Of Super Twins (MOST)			https://www.raisingmultiples.org/	EXPECTING MULTIPLES A Comprehensive

				Guide for Expectant Parents of Twins, Triplets, Quadruplets, Quintuplets, Sextuplets, & More
--	--	--	--	--

Naturopathic/homeopathic services/stores and Clinics

The Vitamin Shoppe	108 Wolf Rd, Albany, NY 12205	(518) 435-2401	https://locations.vitaminshoppe.com/ny/albany/vitamins-supplements-albany-ny-331.html?utm_source=gmb&utm_medium=local	Chain with a wide range of nutritional supplements, vitamins & herbs, plus bath & beauty products.
North Country Holistic Care Center	461 Glen St, Glens Falls, NY 12801	(518) 745-5889	http://www.northcountryholistic.com/	Our focus is on total wellness and we offer a unique combination of high quality traditional medical care by Licensed Physicians and Physician Assistants as well as holistic care in one setting.
Larry Malerba DO, Dht	72 Main St, Coeymans, NY 12045	(518) 357-4210	http://drhomeopathy.com/	a classical homeopath, osteopathic physician, and author whose mission is to build bridges between holistic healing, conventional
Northeast	410 Rowland St,	(518) 290-7599	http://northeastin	Northeast

Integrative Health	Ballston Spa, NY 12020		tegrativehealth.com/	Integrative Health provides naturopathic medicine led by Dr. Kyle Sampson. Using a 3-step process to bring the body back to balance.
--------------------	------------------------	--	--	--

New mothers/fathers/parents groups

Allo saratoga	25 Lawrence St Ste 1A, Saratoga Springs, NY 12866	(518) 306-1090	http://allotoga.com/	Allo Saratoga gives local families a chance to find their village.
(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforkids.com/	
Hudson Valley Parent Social and Support Groups			https://hvparent.com/parent-social-and-support-groups	Free meetups for moms, dads, grandparents. The Hudson Valley is filled with groups for the new mom to socialize, meet other like-minded parents, and have their kids meet new and perhaps lasting friends.
Mom Groups - Capital District Moms			https://capitaldistrictmoms.com	Capital District Moms is a website designed to help moms (and dads) around the Capital District of New York (including Albany and Saratoga

				<p>Springs). The website is designed to give you the gift of time by having a one-stop-shop for all the information you need to care for your family and yourself.</p>
518 moms			<p>https://www.facebook.com/groups/188006853557949/about/</p>	<p>This is a group for moms to support one another in many ways:</p> <ul style="list-style-type: none"> * share best practices * ask for recommendations * review baby/kid related products * seek advice * share cute/funny stories & pictures of your little ones * ask questions * did you recently learn something that you found super helpful or interesting? Share it with the group! * Do you have baby/kid items that you don't know if you could survive without? I call them my 'mommy must haves'. Tell the group about

				<p>them!</p> <p>* Did you have a great experience at a certain event, or establishment that you think other families might enjoy too - tell us about it!</p> <p>* want to promote an upcoming family event? Go for it!</p>
--	--	--	--	--

Obstetricians

Women's Health	90 South St, Glens Falls, NY 12801	(518) 792-7841	https://www.hhhn.org/locations/womens-health/	
Dr. Jennifer Bashant	45 Hudson Ave, Glens Falls, NY 12801	(518) 793-4477	https://www.womenscareny.com/meet-our-providers/jennifer-bashant/	affiliated with multiple hospitals in the area, including Albany
Upstate Ob/Gyn Associates	1365 Washington Ave # 201, Albany, NY 12206	(518) 489-4446	https://www.google.com/search?q=upstate+ob%2Fgyn+associates&rlz=1CAPIDD_enUS988&og=Upstate+Ob%2FGyn+Associates&aqs=chrome..69l67j0j9j50j35i199i512j0i22i30i457.360j0j9&sourceid=chrome&ie=UTF-8#	a broad and diverse branch of medicine, including surgery, management of the care of pregnant women, gynecologic care
Albany Med: Obstetrics & Gynecology: Martha Dexter MD	453 NY-146 Suite 204, Clifton Park, NY 12065	(518) 264-1900	http://www.amc.edu/PhysicianDirectory/index.cfm?event=showPhysicianDetail&PRACT_ID=9314	graduated from the Sackler School of Medicine in 1989. She works in ALBANY, NY and 2 other

				locations and specializes in Obstetrics & Gynecology
Women's Care In Obstetrics and Gynecology	45 Hudson Ave, Glens Falls, Ny 12801	(518) 793-4477	http://womenscareny.com/	

Online resources

Albany family life center	20 Elm St. Albany, NY 12202 The Garden 434 Church St. Saratoga Springs, NY 12866	(518) 465-0241 info@albanyfamilylifecenter.org (518) 281-7547	https://albanyfamilylifecenter.org/contact-us	The longest standing independent childbirth support center in the Capital Region, supporting families through birth and beyond.
Irth			https://irthapp.com/	The only app where you can find prenatal, birthing, postpartum and pediatric reviews of care from other Black and brown women. The #1 “Yelp-like” platform for the pregnancy and new motherhood journey, made by and for people of color. Search doctor and hospital reviews from your community! Leave a review today to help

				inform and protect others!
Childbirth Connection			http://www.childbirthconnection.org/	Childbirth Connection, formerly known as the Maternity Center Association, is an American national nonprofit organization that works to improve the quality of maternity care through research, education, advocacy, and policy
Evidence based birth			https://evidencebasedbirth.com/	Evidence Based Birth is an online pregnancy and childbirth resource. It was founded in 2012 by nurse Rebecca Dekker.
March of dimes			https://www.marchofdimes.org	March of Dimes is a United States nonprofit organization that works to improve the health of mothers and babies.

Parenting classes

(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforkids.com/	
--------	---	--	---	--

Families Together In New York State	737 Madison Ave, Albany, NY 12208	(518) 432-0333	https://www.ftnys.org/	a family-run organization that represents families of children with social, emotional, behavioral and cross-systems challenges. Our goal is to ensure that ALL children and youth have the support they need in order to succeed. We represent thousands of families from across the state whose children have been involved in many systems including mental health, substance abuse, special education, juvenile justice, and foster care.
Parsons Child and Family Center	60 Academy Rd, Albany, NY 12208	(518) 426-2600	http://www.northernrivers.org/	Social services organization in Albany, New York
Glens Falls Family YMCA	600 Glen St, Glens Falls, NY 12801	(518) 793-3878	http://www.glensfallsymca.org/	Today the YMCA serves over 20000 people and is committed to nurturing the potential of kids, promoting healthy living
Family Service Association	150 Warren St, Glens Falls, NY 12801	(518) 793-0797	http://www.fsaglenfalls.org/	Family Service Association of Glens Falls is a

				non-profit agency serving Warren, Washington and Northern Saratoga Counties to help families and individuals
--	--	--	--	--

Parent and women's bookstores

Barnes & Noble	131 Colonie Center #355, Albany, NY 12205	(518) 438-1728	https://stores.barnesandnoble.com/store/2275	Bookseller chain stocking housebrand eReader, plus a broad selection of titles for adults & kids.
Bookstores Specializing in Parenting			https://www.biblio.com	
Booklist: Parenting Advice - Parents League of New York			https://www.parentsleague.org/booklist-parenting-advice	This list features the top experts covering parenting issues like kindness, special needs, the toddler years, bullying, and more!

Perinatal loss support groups/bereaved families support groups

Compassionate Friends	20 Congdon Rd, South Glens Falls, NY 12803	(518) 793-3618		
Empty Arms Bereavement Support	140 Pine St, Florence, MA 01062	(413) 544-5922	http://www.emptyarmsbereavement.org/	We're so sorry you need us, but we're glad you found us during this unimaginably

				<p>difficult time. If you have experienced a miscarriage, stillbirth, termination for medical reasons, or infant loss, navigating grief can be a challenging experience (to say the least!). Empty Arms is a community committed to meeting bereaved parents exactly where they're at. We welcome you, your baby, and your grief.</p>
<p>Grief & Loss Peer Support Group – Glens Falls, NY</p>	<p>454 Glen St, Glens Falls, NY 12801</p>	<p>518-891-0606 Or kmoore@highpeakshospice.org</p>	<p>https://highpeakshospice.org/events/grief-loss-peer-support-group-glens-falls-ny-2/</p>	<p>A compassionate group experience for dealing with the emotional impact of a major loss.</p> <p>Gain support from others. Share the journey of grief and healing with others who have walked the path of loss. Find help and comfort in dealing with the death of a loved one or friend and the challenges that can arise. All</p>

				experiences are unique but community is felt when we share and connect with others.
Healing Hearts Bereavement Support Group	Glens Falls Hospital 100 Park Street Glens Falls, NY 12801	518-926-1000	https://www.glenfallshospital.org/event/healing-hearts-bereavement-support-group/	Healing Hearts is a support group offered to those who have experienced the loss of a pregnancy, infant, or child.
Maggie Rose Perinatal Bereavement	Meets at Northern Westchester Hospital Ken Hamilton Caregiver Center 400 East Main Street Mount Kisco, NY 10549	914-787-6158	https://www.bcwtreehouse.org/child-adult-programs/perinatal-bereavement/	To meet the needs of family members experiencing perinatal loss, The Bereavement Center of Westchester/The Tree House offers the Maggie Rose Perinatal Bereavement Program. We understand that although the loss is a shared experience, each family member processes individually.

Play groups

Allo saratoga	25 Lawrence St Ste 1A, Saratoga Springs, NY 12866	(518) 306-1090	http://allotoga.com/	Allo Saratoga gives local families a chance to find their village.
(g)row	18 Exchange St,		http://www.growf	

	Glens Falls, NY 12801		orkids.com/	
Capital district moms			https://capitaldistrictmoms.com	Capital District Moms is a website designed to help moms (and dads) around the Capital District of New York (including Albany and Saratoga Springs). The website is designed to give you the gift of time by having a one-stop-shop for all the information you need to care for your family and yourself.
518 Moms			https://www.facebook.com/groups/188006853557949/about/	This is a group for moms to support one another in many ways: <ul style="list-style-type: none"> * share best practices * ask for recommendations * review baby/kid related products * seek advice * share cute/funny stories & pictures of your little ones * ask questions * did you recently learn something that you found super

				<p>helpful or interesting? Share it with the group!</p> <p>* Do you have baby/kid items that you don't know if you could survive without? I call them my 'mommy must haves'. Tell the group about them!</p> <p>* Did you have a great experience at a certain event, or establishment that you think other families might enjoy too - tell us about it!</p> <p>* want to promote an upcoming family event? Go for it!</p>
--	--	--	--	---

Postpartum exercise classes/mother and baby exercise classes/yoga classes

Allo saratoga	25 Lawrence St Ste 1A, Saratoga Springs, NY 12866	(518) 306-1090	http://allotoga.com/	Allo Saratoga gives local families a chance to find their village.
(g)row	18 Exchange St, Glens Falls, NY 12801		http://www.growforokids.com/	
Hudson Valley Kid Adventures			https://hudsonvalleykids.org/	
Yoga Mandali	454 BroadwaySaratoga Springs, NY, 12866	518-361-6153	https://www.yogabonnie.com/workshops/mommy-and-baby-yoga-	Mommy & Baby Yoga classes with Bonnie put emphasis on

			1	supporting the mom during this time of transition into motherhood while nurturing the bond with her baby. This class is safe for all women, including mothers with Diastasis Recti, as we use techniques to promote the closure of abdominal separation. As we focus on proper alignment, breathing, building strength, stretching, and increasing ROM (range of motion) you get to enjoy the comfort of your baby. This 4 week program builds community, as we share stories, laughter, and time with little ones!
--	--	--	---	---

Postpartum depression resources and support groups

Postpartum Adjustment - Hudson Valley Birth Network			https://www.hudsonvalleybirthnetwork.com/postpartum-doulas	WORKING TOGETHER TO SUPPORT FAMILIES IN THE CHILDBEARING
---	--	--	---	--

				YEARS
NY Health Hypnosis & Integrative Therapy	177 Prince Street, 4th fl., New York, NY 10012	646-655-5013	https://www.nyhealthhypnosis.com/specialties/infertility-pregnancy-parenting?gclid=Cj0KCQjwof6WBhD4ARIsAOi65ahuuBFn8My74N37f2aAxZHB1NzJCVWsvdhnWGlk0dtLoa394zrdYYQaAoLLEALw_wcB	Our therapists use a variety of techniques and expertise in the field to provide an integrative and healing approach to infertility and other issues that arise in response to pregnancy and postpartum stress. We use hypnosis for positive visualization, to promote relaxation, and to address anxiety and fears. Our therapists' in-depth knowledge of fertility, pregnancy, and postpartum issues helps individuals achieve success, connect to NYC's top resources, and navigate this wonderful, yet challenging time
Parenting Support Resources (and postpartum)			https://www.amc.edu/patient/services/childrens_hospital/pediatric_behavioral_health/parenting-support-resources.cfm	

Postpartum doulas

<p>Shannon Murphy (Birthing Confidence LLC)</p>	<p>Glens Falls NY 12801</p>	<p>518-502-9907 shannon.bcdoula@gmail.com</p>	<p>bcdoula.com</p>	<p>I strongly encourage home birth, physiologic childbirth, VBAC, interventions when medically necessary, and gentle cesarean when medically necessary. Despite my bias, I will work with any birth plan and promise to help you stick to your plan, encourage you to make informed decisions, as well as advocate for your birth rights.</p>
<p>ADK Doula</p>	<p>Glens falls ny 12801</p>	<p>adkdoulaemily@gmail.com</p>	<p>https://www.adkdoula.com/</p>	<p>Taking care of your mind, body and soul during your labor, pregnancy, birth and postpartum. Providing support for birthers in the Adirondacks and Capital Region. Home, hospital, natural, VBAC, cesarean - all supported by a calm and friendly doula.</p>
<p>Round lake Doula</p>		<p>(518) 289-0777</p>	<p>https://www.roundlakedoula.com/</p>	<p>Round Lake Doula, providing compassionate</p>

				care and support in the postpartum period.
Hudson Crossing Birth Doula		(518) 682-9583	https://hudsoncrossingbirth.wixsite.com/hdoula	Women need to feel heard, supported and empowered

Single parenting groups

Single Parent Support Circle - AFFCNY		888-354-1342	https://affcny.org/adoption-foster-events-ny/single-parents/	Our hope is to have a safe place where you can connect with other single parents to share your triumphs and joy, your strategies for staying ...
Parents Without Partners	New England area, New York, Pennsylvania, Maryland	1 (800) 637-7974	https://www.parentswithoutpartners.org	Parents Without Partners (PWP) is a single parent support group for all single parents and their children. PWP is a 501.C3 educational organization promoting single parents and their children. It is not a dating organization. Although some members have met through the organization, this is not the primary purpose of PWP. We are an organization for single parents and their

				children. All membership information is private and there are rules and procedures in place should anyone encounter any problems. We want this site to be informative regarding the location of chapters, activities and how to join a chapter or to start one in your local area.
Help for Single Mothers in NEW YORK			https://singlemotherguide.com/state/new-york/	List of Grants for Single Mothers in New York
The New York Single Parents Meetup Group			https://www.meetup.com/singleparent/	
The Single Parent Resource Center, Inc.	228 East 45th Street, 5th Floor New York, NY 10017	212-951-7030	www.Singleparentusa.com	Our services are available to all single parents, including those who are living in transitional housing; struggling with substance abuse; or have been released from incarceration. To further our mission, SPRC does the following

Social Services

Albany County Social Services Department	162 Washington Ave, Albany, NY 12210	(518) 447-7300	http://www.albanycounty.com/dss	
Rensselaer County Social Services	547 River St, Troy, NY 12180	(518) 270-3935	http://www.renscoco.com/	
Saratoga County Social Services	152 W High St, Ballston Spa, NY 12020	(518) 884-4140	http://www.saratogacountyny.gov/departments/social-services/	
Warren County Social Services	Warren County Human Services Building, 1340 US-9, Lake George, NY 12845	(518) 761-6300	http://warrencountyny.gov/socserv/	
Washington County Social Services	B, 383 Broadway, Fort Edward, NY 12828	(518) 746-2300	http://www.co.washington.ny.us/517/Social-Services	

Support groups for parents of children with special needs

Glens Falls Special Education	Glens Falls, NY 12801	(518) 792-1386		
Prospect Child & Family Center	133 Aviation Rd, Queensbury, NY 12804	(518) 798-0170	http://www.prospectcenter.com/	improving the lives of individuals with disabilities and their families
Northeast Parent & Child Society	530 Franklin Street, Schenectady, Schenectady, NY, 12305	518-346-1284	https://nyconnects.ny.gov/providers/northeast-parent-and-child-society-sofarensap40	Northern Rivers will provide language assistance services, free of charge, when necessary to provide meaningful access to whose primary

				language is not English.
Parent To Parent of NYS Inc	500 Balltown Rd, Schenectady, NY 12304	(518) 381-4350	http://www.parenthoodparentnys.org/	Parent to Parent of New York State builds a supportive network of families to reduce isolation and empower those who care for people with developmental...
Autism Society of the Greater Capital Region	430 Franklin Street 2nd Floor, Schenectady, NY 12305	(518) 355-2191	http://www.asgcr.org/	serves people living with autism

Teen parent support groups/educational services

Young Parents United: Teen Parents United States	34 Jay St. St 1A Schenectady, 12305	(518) 657-1311	https://www.youngparentsunited.org	A Safe Place for Young Parents to Grow with the Support of a Thriving Community
Mom Starts Here	Albany, Rensselaer, and Schenectady Counties		https://momstartshere.org/	Mom Starts Here is a 501(c)(3) nonprofit organization serving Albany, Rensselaer, and Schenectady Counties. We connect women in unplanned pregnancies, young moms, and families in need to the resources available to them. We look to meet their needs, empower

				them, and assist them in their parenting journey.
Planned parenthood	236 Washington St, Saratoga Springs, NY 12866	(518) 584-0041	https://www.plannedparenthood.org/	provides reproductive health care in the United States and globally

VBAC/CA support groups

Support Groups			https://www.vbac.com/support-groups/	Cesarean/VBAC support groups are listed on VBAC.com for the valuable social and psychological support they provide
Find a Chapter - International Cesarean Awareness Network			https://www.ican-online.org/	ICAN chapters are comprised of a local leader or leaders who volunteer to be a resource to their community by offering periodic support meetings, being available by email or phone for questions, and sometimes offering online spaces for peer to peer support. Some local chapter leaders are able to gather and publish local statistics, communicate with hospitals,

				<p>birth centers, and maternity care providers to both gather pertinent information, and communicate the needs and concerns of the community. ICAN offers a free training program for volunteers to become a certified ICAN Chapter Leaders.</p>
<p>Expecting/New Moms Capital District Moms</p>			<p>https://capitaldistrictmoms.com</p>	<p>Capital District Moms is a website designed to help moms (and dads) around the Capital District of New York (including Albany and Saratoga Springs). The website is designed to give you the gift of time by having a one-stop-shop for all the information you need to care for your family and yourself.</p>
<p>Albany family life center</p>	<p>20 Elm St. Albany, NY 12202</p> <p>The Garden 434 Church St. Saratoga Saratoga Springs, NY</p>	<p>(518) 465-0241</p> <p>info@albanyfamilylifecenter.org</p> <p>(518) 281-7547</p>	<p>https://albanyfamilylifecenter.org/contact-us</p>	<p>The longest standing independent childbirth support center in the Capital Region, supporting</p>

	12866			families through birth and beyond.
--	-------	--	--	------------------------------------

Well baby clinics

Health Promotion Center	126 South St, Glens Falls, NY 12801	(518) 926-1000	https://www.glenfallshospital.org/services/community-services/health-promotion-center/	Facilitating opportunities for healthy living
Pediatric and Adolescent Health	28 S Western Ave, Queensbury, NY 12804	(518) 798-6400	https://www.hhhn.org/locations/queensbury-family-health/	
Community Care Pediatrics - Saratoga	6 Mountain Ledge Dr, Gansevoort, NY 12831	(518) 584-0355	https://www.communitycare.com/Practices/CommunityCarePediatricsSaratoga/	