

CLOTHING

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

St. Patrick's

283 Central Avenue
(518) 465 - 3685
Tues, Wed and Friday
9am-1pm

Sheridan Hollow Drop In Center

26 South Swan Street
(518) 694-8899
M - F: 9:30am-4:30pm

St. Mary's

10 Lodge Street
Enter on Steuben St.
(518) 462 - 4357
T, Th, F: 9-11:30am

Colonie Christian Love Center

31 Vly Road
(518) 456 - 3022
Thursdays:
6:30-7:30pm

St. John's / St. Ann's Center

88 4th Avenue
(518) 472 - 9091x14
M, W, Th, F:
10am-12pm & 1-3pm

City Mission

88 Trinity Place
9:30-11am &
1:30-3:30pm
(518) 462-0459 x259
Women: W & F
Men: T & Th

HOUSING ASSISTANCE

Help with Landlord/Tenant disputes and eviction emergencies:

United Tenants of Albany (518) 436 - 8997
33 Clinton Avenue

City of Albany Office of Equal Employment Opportunity & Fair Housing/Commission on Human Rights:

(518) 434 - 5127

H.E.A.P: Home heating assistance

ACAP (518) 463 - 3175
Cornell Cooperative Ext. (518) 756 - 8650

St John's /St Ann's : Furniture Program

Wed & Fri 9am-12pm (518)472-9091

EMERGENCY SHELTER

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

HOTLINES & CRISIS

Crime Victim & Sexual
Violence Center(518) 447 - 7716
Child Abuse Hotline(800) 342 - 3720
Psychiatric Crisis:
Mobile Crisis Unit.....(518) 447 - 9650
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

SELF HELP & SUPPORT

AIDS Council of NENY(518) 434 - 4686
Al-Anon.....(518) 292 - 0577
Alcoholics Anonymous(518) 463 - 0906
Gamblers Anonymous(518) 292 - 0414
Gay & Lesbian
Community Council(518) 462 - 6138
Gilda's Club
Cancer Support(518) 782 - 9833
Narcotics Anonymous.....(518) 448 - 6350

INTOXICATED PERSONS

**Chemical Dependency
Crisis Center** (518) 465-5470
90 McCarty Ave. 24 Hour

Transportation for intoxicated persons
Homeless Action (518) 495-0663
Committee 2-10pm

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-Emergency: 211

United Way: Dial 211

When you need help to access human service agencies.

Albany Resource Guide

2010

*Where to Find Help When You
Need It*

Food Pantries for the Capital District, Inc



Help Us Feed the Hungry
(518) 458 - 1167

Updated: February 2010
Continuous Updates at foodpantries.net

COMMUNITY MEALS

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

BREAKFAST

Mon & Fri	8 - 8:30am	Interfaith Partnership 176 Sheridan Ave
T, W, Th (Nov-April)	7 - 9am	Westminster Church 262 State St
Daily	6:15am	City Mission 259 S. Pearl St

LUNCH

Sunday	1 - 2pm	Beth Emeth 283 Central Ave
Monday	11:30 - 1pm	St. Maximilian Kolbe 283 Central 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
	12 - 1pm	Main St. Mission 301 Central Ave
(Sept - June)	12 - 1pm	Israel AME Church 281 Hamilton St
Thursday	11:30 - 1pm	St. Maximilian Kolbe 283 Central 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	City Mission 259 S. Pearl St
Mon - Fri (Last week of month)	12-1pm	Salv. Army-Cohoes 300 Ontario St

DINNER

Mon - Sat	6:00pm	City Mission 259 S. Pearl St
Sun	4:00 pm	
Mon - Fri		Salvation Army Mobile Canteen
	4 - 4:30pm	Ida Yarborough Apts.
	4:30 - 5pm	Corner of Henry Johnson & Orange St.
	5-5:30pm	500 Clinton Ave

DINNER (cont.)

Wednesday	4-6pm	Sheridan Hollow Drop In Center 26 South Swan St.
Wednesday	4-6pm	The Open Table 1401 1st Ave, Watervliet Ave, Cohoes
Friday	4:30-6:30pm	Good Ground Church 49 Johnston, Cohoes
Sat & Sun	3-5pm	JC Club Children's Feeding Center 63 Quail St
Mon-Fri (Children under 19)	4-6pm	
Sunday	4:30pm	City Mission 259 S. Pearl St

DROP-IN CENTER

Sheridan Hollow Drop-In Center

The Drop-In Center provides support and connections to service providers. A Safe Haven
Mon - Fri 9:30-4:30pm

FOOD ASSISTANCE

To find the pantry that serves your neighborhood:

Food Pantries for the Capital District	(518) 458 - 1167
Food Stamp eligibility prescreening and application information:	
N.O.E.P.	(518) 689 - 6327
Information about the Women, Infants, and Children's Program (WIC)	

Whitney M. Young, Jr. Health Services	(518) 465 - 9387 920 Lark Dr.
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Albany Women's Health Center	(518) 432 - 4033 220 Green St.
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SOCIAL SERVICES

Programs available through Albany County Department of Social Services: (518) 447-7300

NYS Office Of Health Insurance
(Child Health Plus, Family Health Plus)
(518) 473-4679

MEDICAL ASSISTANCE

Albany County Health Department 175 Green Street	(518) 447 - 4580 8:30am-4:30pm
Capital District Psychiatric Center 75 New Scotland Avenue	(518) 447 - 9611 24 hr Assistance
Poverello Center 315 Sheridan Avenue	(518) 426 - 9428 W: 6:30-7:30pm (Free medical services for adults w/o insurance)
Capital City Rescue Mission 259 South Pearl Street	(518) 462 - 0459 T&F: 9:30am-3:30 pm (Free medical clinic)
St. Peter's Family Health Center 326 S. Pearl Street	(518) 449 - 0100 8am-4pm
Whitney M. Young, Jr. Health Services 920 Lark Drive	(518) 465 - 4771 M -Th 8am-6pm & Fri 8am-5pm
Cancer Services Program	(518) 454-4055 (Free Cancer Screening for the uninsured)
Medicaid	(518) 447 - 7492
Aids Council of NENY	(518)448 - 8378 M-Th 9:30am-4pm (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	
Consumer Advocate	(518) 433-3840
CDTA	(518) 482-8822
Adult Learning Center	(518) 462-7292
Office Hours 9am-3pm	