

MOMS Program

Helping pregnant women prepare for motherhood.

Mothers who receive good prenatal care have healthier pregnancies and stronger babies. The MOMS Program will guide you throughout your pregnancy and delivery.

Services include:

- Free pregnancy testing
- Medicaid applications completed
- Pregnancy, childbirth and breastfeeding education
- Parenting and infant care education
- Referrals to community services and programs
- Assistance in obtaining baby supplies
- HIV counseling and confidential testing services

MOMS Program services are free and available to any pregnant woman regardless of age, insurance or immigration status.

Located at Cohoes Family Care, 95 Remsen Street in Cohoes.

For more information or to set up an appointment, please call (518)270-3035.



Cohoes & Watervliet Community Resource Guide 2014



A Program of :
the Cohoes Multi-Service Senior Center
10 Cayuga Plaza, Cohoes NY 12047

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Representatives

- John T. McDonald III**, NYS Assemblyman 455-4474
Paul Tonko, US Congressman 465-0700
Charles Schumer, US Senator 431-4070
Kristen Gillibrand, US Senator 431-0120

This is the fifth edition (March 2014). Please contact Brittney Hunt (cohesbridges@gmail.com) if you find incorrect information or know of other helpful resources we may have omitted.



Building healthy communities,
right here in Capital District

 1-888-617-8979 (TTY: 711)
7 days a week, 8 a.m. to 8 p.m.

 www.UHCCommunityPlan.com

 **UnitedHealthcare®**
Community Plan

• Sales
 • Service
 • Rentals
 • Delivery

Marrar's
 - SINCE 1931 -
 LIKE US ON
 facebook
 More than a pharmacy. We're family.
 217 Remsen Street • Downtown Cohoes • (518) 237-2110
 www.marrarx.com • email us at: rx@marrarx.com

Government Services

Albany County

- **Department for the Aging** 447-7177
- **Department for Children, Family & Youth** 447-7324
 Child Protective Services Hotline: 1-800-342-3720
- **Department of Health** 447-4580
 175 Green ST, Albany
- **Department of Social Services (DSS)** 447-7300
 162 Washington Ave, Albany
 Adult Protective Services: 447-7228
 Food Stamps & Energy: 447-7403
 Medicaid: 447-7492
 HEAP (Heating Assistance): 447-7323
 After hours (HATAS): 463-2124

Rensselaer County

- **Department of Mental Health** 270-2800
- **Department of Social Services (DSS)** 270-8638
 1801 6th Ave, Troy
 Adult Protective Services: 687-3700
 Child Protective Services: 1-800-342-3720
 Child Support 1-888-208-4485
 Day Care 883-6190
 Employment 270-3977
 Food Stamps 270-3949
 Medicaid: 270-3905
 HEAP (Heating Assistance) 270-3935

New York State

- **Benefits** Mybenefits.ny.gov
 This website will determine eligibility for NYS services like Medicaid.
- **Office for the Aging** 1-800-342-9871
- **Office of Child and Family Services** 1-800-345-5437
- **Office of Health Insurance** 473-4679
- **Office of Mental Health** 1-800-597-8481
- **Social Security Administration** 1-800-772-1213


Cohoes Municipal Numbers

In an *Emergency*, please dial **911**

- City Hall 233-2119
97 Mohawk ST Mayor: George E. Primeau, Sr.
- Community Center 237-7523
22-40 Remsen ST
- Community & Economic Development 233-2117
- Police Department 237-5333
97 Mohawk ST
- Fire Department 237-1472
172 Ontario ST
- Housing Authority 235-4500
100 Manor Sites, Cohoes (Public Housing)
- Human Services (and Youth Bureau) 233-2116
97 Mohawk ST-Level 2
- Lansing Park Pool (Late June-Mid August) 237-2632
- Post Office 237-5006
101 Mohawk ST
- Public Library 235-2570
169 Mohawk ST
- Public Works 233-2139
- Visitors Center (at the Cohoes Music Hall) 237-7999
58 Remsen ST
Tuesday-Friday: 12:00PM-4:00PM

NOTES

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- _____
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Family Dentistry
David J. Mitola, DDS

**FREE EXAM AND CONSULT FOR
NEW PATIENTS 70 AND OVER
WITHOUT DENTAL INSURANCE**

Cleanings ≈ Fillings ≈ Extractions ≈ Dentures
Root Canals ≈ Implant Restoration ≈ Digital X-Rays
COMPREHENSIVE DENTAL CARE TREATING
ADULTS AND CHILDREN

70 Remsen Street
Cohoes, NY 12047
518.237.0700
www.mitoladds.com





**Albany County
Rural Housing
Alliance, Inc.**

(518) 235-3920

We can help with:

- *Down Payment Assistance**
- *Home Repair Grants**
- *Reverse Mortgages**
- *Senior Housing**
- *Foreclosure Intervention**
- *Home Repair Grants**

www.acrha.org




LATHAM • HALFMOON • GREENBUSH • SARATOGA

gracefellowship.com



VINEYARD
Community Church

Hands to Serve, Hearts to Love
 Join us Sundays Mornings
 Adult Bible Study: 9:00am
Service: 10:00am

Watervliet Municipal Numbers

In an *Emergency*, please dial 911

- City Hall 270-3800
 2 Fifteenth ST Mayor: Mike Manning
- Civic Center 273-5922
 14th ST and 1st Ave
- General Manger 270-3800 x122
 2 Fifteenth ST
- Police Department 270-3819
 2 Fifteenth ST
- Fire Department 270-3826
 116 13th ST
- Housing Authority 273-4717
 2400 Second Ave (Public Housing)
- Highway Department 270-3821
 13th ST and 2nd Ave
- Parks & Recreation 337-9115
 13th ST and 2nd Ave
- Community Revitalization 270-3800 x103
- Post Office 273-0423
 145 16th ST
- Public Library 274-4471
 1501 Broadway
- Veteran's Memorial Swimming Pool 270-3823
 13th ST and 2nd Ave

NOTES

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- _____
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Addiction Help

Addiction Hotlines

- 24 Hour Hotline (AA,NA,GA) 1-800-711-6375
- Alcoholics Anonymous 292-0577, 463-0906
- Cocaine Anonymous 1-800-347-8998
- Gamblers Anonymous 292-0414, 1-800-522-4700
- Narcotics Anonymous 448-6350
- Narcotics Anonymous Family Support 1-800-477-6291
- Treatment Centers Directory 1-800-315-2056

Help Centers

- The Addiction Care Center 465-5470
90 McCarty Ave, Albany **24 HR Hotline:** 465-7388
- Center for Problem Gambling 462-6531
650 Warren ST, Albany
- Conifer Park 1-800-926-6433
1801 6th Ave, Troy
- Hope House 482-4673
573 Livingston Ave
- Hudson Mohawk Recovery Center, Inc 272-3918
1724 Fifth Ave, Troy
743 Columbia Turnpike, East Greenbush 477-7535
- Seton Addiction Services 268-5323
1300 Massachusetts Ave, Troy
- NYS OASAS (Alcohol & Substance Abuse Services) 473-3460
1450 Western Ave, Albany
- St. Peters Addiction Recovery Center (SPARC) 235-1100
55 Mohawk ST, Cohoes (Out-Patient)
3 Mercy Lane, Guilderland (In-Patient) 452-6700
- Transportation for Intoxicated Persons 495-0663
*HAC: 2:00PM-10:00PM
*HATAS 463-2124

Senior Services

Services

- Apartments
 - Cayuga Plaza Apartments 237-4430
 - McDonald Towers 235-4500
- Cohoes Multi-Service Senior Citizen Center 235-2420
10 Cayuga Plaza
- The EDDY Visiting Services 274-6200
- EPIC - NYS Senior Prescription Plan 1-800-332-3742
- Home Delivered Meals 270-2739
For ages 60+
- Meals on Wheels 235-2420
- NY Connects Elder Care Issues 447-7177
- NYS Senior Citizen's Help Line 1-800-342-9871
- Partnership for Prescription Assistance 1-888-477-2669
- Watervliet Senior Center 273-4422
1501 Broadway, Watervliet



Are you caring for a loved one?

WE CAN HELP!

Adult Day Services
flexible
full or partial days
1 - 5 days a week

Call us at 518-235-2420 for more information.

Pregnancy/Parenting Services

Hotlines

- Child Abuse Hotline 1-800-342-3720
- Child Abuse Prevention Parent Help Line 1-800-244-5373
- Crisis Pregnancy 24 Hr: 270-5540

Cohoes/Watervliet

- Alpha Pregnancy Care Center 279-7673
144 Remsen ST (Free Pregnancy Tests, Diapers / Wipes, Pre-Natal / Parenting Classes, Baby/Toddler/Maternity Items)
- Healthy Families (Basement of the Library) 235-2088
169 Mohawk ST
- Mary's Corner (Basement of the Library) 269-6068
*169 Mohawk ST (Free baby supplies up to age 3)
- Tuesdays/Thursdays: 10AM-12PM*
- MOMs Program - Cohoes Family Care 270-3035
95 Remsen ST (HIV & Pregnancy Tests, Medicaid Applications, Childbirth & Breastfeeding Education)
- WIC (Women, Infants & Children) 465-9387
121 Remsen ST (1st, 2nd, 3rd Tuesday of the Month)

Foster Parents

- Quest for Grace Foundation (referral needed) 301-5662
1482 Erie Blvd., Schenectady (Free supplies for foster parents)

Grandparents

- Kinship Care (Comm. Maternity Services) 482-8836

Regional

- Albany County Community Health Workers 447-4684
- Albany Women's Health Center 432-4033
- Alight Care Center 270-5540
- Birthright of Albany 438-2978
- Childcare Coordinating Council 426-7181
- Community Maternity Services 482-8836
- Planned Parenthood 274-6450
- WIC Albany: 465-9387, Troy: 272-6159
- Workforce Development Institute 272-3500

Addiction Help Continued...

Local Meetings (COHOES)

Alcoholics Anonymous

- Monday: 7:00PM Vineyard CC, 121 Remsen ST
- Wednesday: 6:30PM Holy Trinity, 122 Vliet Blvd.
- Thursday: 7:30PM United Church, 123 Mohawk ST
- Saturday: 8AM & 9AM Vineyard CC, 121 Remsen ST
- Sunday: 10:30AM Holy Trinity, 122 Vliet Blvd.

Gamblers Anonymous

- Tuesday: 7:00PM Vineyard CC, 121 Remsen ST

Narcotics Anonymous

- Thursday: 7:00PM Vineyard CC, 121 Remsen ST

Local Meetings (Watervliet)

Alcoholics Anonymous

- Monday: 6:00PM UMC, 1401 1st Avenue
- Friday: 7:00PM White Hall Rd & 23rd Street

Gamblers Anonymous

- Tuesday: 7PM Vineyard CC, 121 Remsen ST

Narcotics Anonymous

- Monday: 12:00PM UMC, 1401 1st Avenue
- Tuesday: 12:00PM UMC, 1401 1st Avenue
- Wednesday: 7:30PM Trinity Parish, 1336 1st Ave
- Friday: 12:00PM UMC, 1401 1st Avenue



Community Resources

United Way 221

Anger Management

- Alight Care Center 270-5540
- Northeast Behavioral Mental Health Counseling 271-3374
2215 Burdett Ave, Troy **24 HR Hotline:** 274-4345
- Rage to Resolution (Comm. Maternity Services) 482-8836

Animals

- Guildershaven (*Pet supplies, free spay/neuter*) 861-6861
- Mohawk Hudson Humane Society 434-8128

Cell Phones (FREE)

- Assurance Wireless 1-888-898-4888
- Safe Link 1-800-977-3768

Clothing :: Listed shops will provide free clothing with a referral

- Alight Care Center (**FREE: Infant & Maternity**) 270-5540
- Alpha Pregnancy Center (**FREE: Infant-Kids 7/8**) 279-7673
144 Remsen ST, Cohoes
- Bethany Hospitality Center (**FREE: All sizes**) 273-3529
27 State ST, Troy
- Community Closet 785-4445
158 Remsen ST (**FREE: Clothing/Etc**)
Vouchers available at ACAP & Vineyard Church
Tuesday: 1PM-4PM, Thursday: 10AM-4PM
- Mary's Corner 269-6068
169 Mohawk ST (**FREE: Infant - Kids 4**)
Tuesday/Thursday: 10AM-Noon
- Trinity Church 272-0644
1336 1st Ave, Watervliet (**FREE: no referral needed**)
- Unique Boutique (Unity House) 272-2352
2431 6th Ave, Troy (**FREE: All sizes**)

Places of Worship (Watervliet)

- Church of the Good Shepherd, UMC 273-5531
89 Hudson Ave, Green Island
- First Presbyterian Church 273-2211
819 23rd St, Pastor Steven Cronn
- Grace Fellowship Church 785-4959
20 Delatour Rd, Pastor Rex Keener
- Immaculate Heart of Mary Parish 273-6020
2416 7th Ave, Rev. L. Edward Deimeke
- Jermain Memorial Presbyterian 272-4089
601 5th Ave, Rev. Richard Wilson
- St Ann's Church 272-6073
1919 3rd Ave, Rev. George Bouchaaya
- St Basil Russian Orthodox Church 273-6262
21 Archibald ST, Archpriest Peter Olsen
- St Nicholas Ukrainian Catholic Church 273-6752
2410 4th Ave, Pastor Fr. Mikhail Myshchuk
- St Peter Armenian Apostolic Church 274-3673
100 Troy Schenectady Rd, Rev. Fr. Stepanos Doudoukjian
- Trinity Church 272-0644
1336 1st Avenue, Fr. Martin Wendell
- United Methodist Church 273-0191
1401 1st Ave, Pastor Robert Peters

Places of Worship (Cohoes/Waterford)

- Calvary Grace Church 233-7841
228 North Mohawk ST, Dr. Rev. Cleve Rik Prashad
- Church of the Holy Trinity 237-2373
122 Vliet Boulevard, Rev. James Ebert
- Grace Episcopal Church 237-7370
34 3rd ST, Waterford, Rev. Kathy Alonge-Coons
- Good Ground Family Church 233-0398
49 Johnston Ave, Pastor Wendell Williams
- Greater Albany 7th Day Adventist Church 785-4445
298 St. Agnes Highway
- Heritage Baptist Church 506-2991
50 Lansing ST, Pastor Steve Kuiper
- St. John's Episcopal Church 237-6013
405 Vliet Boulevard, Rev. Mother Geraldine Clemmons
- St. Michael's Church 237-5151
20 Page Ave, Rev. Peter Tkocz
- St. Nicholas Russian Orthodox Church 237-5335
67 Saratoga ST, Fr. Terenti Wasielewski
- St. Peter St. Paul Ukrainian Catholic 237-0535
198 Ontario ST
- United Church of Cohoes 237-0278
123 Mohawk ST, Rev. Nick TeBordo
- Waterford United Methodist Church 235-6498
126 Middletown Rd, Waterford, Pastor Kim Goodrich
- Waterford Wesleyan Church 235-1028
75 Grace ST, Waterford, Rev. Paul Barna
- Vineyard Community Church 237-8381
121 Remsen ST, Pastor John Manning

Community Resources Continued...

Community Centers

- Albany Community Action Partnership 237-9201
20 White ST, Cohoes
- American Red Cross 458-8111
- Civic Center 273-5922
14th ST and 1st Ave, Watervliet
- Cohoes Community Center 237-7523
22-40 Remsen ST
- The Community Hospice Grief Center 742-0200
- Pride Center of the Capital Region, Inc. 462-6138

Counseling

- Carla B. Winner M.S. Christian Counselor 439-0033
United Church, 123 Mohawk ST (MONDAY ONLY)
- Capital District Psychiatric Center (CDPC) 235-5035
Page Avenue School, 21 Page Ave (Chris Tosado)
- Counseling Care & Services, Inc. 237-4263
405 Vliet Boulevard
- Northeast Behavioral Mental Health Counseling 271-3374
2215 Burdett Ave, Troy (Samaritan Hospital)

Domestic Violence/Sexual Assault

- Albany Co. Domestic Violence **24 Hr Hotline:** 432-7865
(run by Equinox)
- Albany County Rape Crisis **24 Hr Hotline:** 447-7716
- Crime Victims Assistance 447-5500
- Crime Victim & Sexual Violence Center 447-7716
- NYS Hotline for Domestic Violence & Sexual Violence
English 1-800-942-6906
Espanol 1-800-942-6908
- Women of Valor 526-5874
Free, confidential aide for women in domestic violence / sexual assault.

Early Intervention/General Case Management

- Community Empowerment Programs, Inc. 892-5285
21 Morris ST, Suite 2, Cohoes

Community Resources Continued...

Hispanic Services

- Catholic Charities Hispanic Outreach Services 453-6655
40 North Main Ave, Albany
- Centro Civico, Hispano Americano, Inc. 465-1145
230 Green ST, Albany
- Hispanic Outreach Services 463-1217
130 Ontario ST, Albany

Immigration Resources (ESOL)

- Office for New Americans Service Center 621-7363
*169 Mohawk ST (Cohoes Library - ESOL, Citizen Prep) 161 Washington Ave, 2nd Floor, Albany (Mailing Address) *Services are FREE of Charge, Call to get Info!*
- Capital Region BOCES 862-4707
*1015 Watervliet Shaker Road, Albany *FREE adult ESOL classes, various locations*
- US Committees for Refugees and Immigrants 459-1790

Legal Resources

- Capital District Legal Project 435-1770
- Crime Victims Assistance 447-5500
- Lawyer Referral Services 463-3200, 1-800-342-3661
- Legal Aid Society of NENY 462-6765, 1-800-462-2922
- The Legal Project (Legal Advice, Information) 435-1770
Stuyvesant Plaza, 1475 Western Ave, Alb.
- NYS Division of Human Rights 474-2705

Nutrition Education

- Cornell Cooperative Extension (Eat Smart NY)
230 Green Street, Albany 463-4267
24 Martin Road, Voorheesville 765-3500

Transportation

- Capital District Transportation Authority 482-8822
- Transportation (Wheelchair Accessible) 235-2420
Barbara McHale, M.S.W. – Request ride 24 hrs. in advance

Medical Services Continued...

HIV/AIDS

- AIDS Council of NENY 434-4686
- AIDS Council 445-2437
- HIV Hotline 1-800-201-2437
- Albany Damien Center 449-7119
- Troy Damien Center 274-5920 x206

Mental Health

- **24 Hr. Mobile Crisis Unit** 447-9650
Emergency support for mental health issues
- Albany County Department of Mental Health 447-4555
175 Green ST, Albany
- Capital District Psychiatric Center (CDPC) 447-9611
75 New Scotland Ave, Albany 235-5035
21 Page Ave (inside School), Cohoes

SUICIDE 24 Hr Hotline: 447-9650

- Capital Area Peer Services 427-5056
- Carla B. Winner M.S. Christian Counselor 439-0033
196 Delaware Ave., Delmar
- Center for Independence, Inc. 459-6422
875 Central Ave, Albany
- Counseling Care Services 237-4263
405 Vliet Blvd.
- National Suicide Prevention **24 Hr Hotline:** 1-800-273-8255
- Northeast Behavioral Mental Health Counseling 271-3374
2215Burdett Ave, Troy (Samaritan Hospital) 274-4345
SUICIDE 24 Hr Hotline: 689-4673

Sexual Transmitted Diseases (STDs) 1-800-962-5065

- Albany County 447-4600
175 Green ST, Albany (Appointment only)
- Rensselaer County 270-2655
1600 7th Ave, 2nd Floor, Troy (Wed. Walk-Ins, 2-4PM)

Vision

- Albany GuildCare 396-3626

Poison Control

1-800-222-1222

Medical Services

Cancer

- American Cancer Society 1-800-227-2345
- Cancer Services Program 220-6925
Free breast, cervical and colo-rectal screenings for uninsured patients.
- Gilda's Club Cancer Supportive Services 782-9833

Dental

- CCC Dentistry, Donna Sherry, DDS 237-2207
22 White ST, Medicaid (Hablamos Espanol)
- David Mitola, DDS 237-0700
70 Remsen ST, Child Health Plus
- Delta Dental 274-6741
- S.A Virjee, DDS 203-2070
1533 2nd Ave, Watervliet, Medicaid & Child Health Plus

General Health

- Capital City Rescue Mission **Free** Clinic 462-0459
Tuesdays/Fridays: 9:30AM-3:30PM
- Cohoes Family Care (*Family/Primary Care*) 235-7282
*95 Remsen ST (accepts all insurance)
Dr. Olai Sam/Dr. Donna Heffernan/Robert Smith, PA*
- Healthy Capital District Incentive 462-7040
315 Sheridan Ave, Albany
- Poverello Center (**Adults Only**) 426-9428
*315 Sheridan Ave, Albany **Wednesdays 6:30-8:30PM*
- St. Peter's Family Health Care Center 449-0100
326 South Pearl ST, Albany
- Whitney Young Health Center 465-4771
Lark Street & Arbor Dr, Albany
- Whitney Young, Jr. Health Center 833-6900
6 102nd ST, Troy

Health Insurance

- Child Health Plus 1-800-698-4543
- Family Health Plus 1-877-934-7587
- Healthy NY 1-866-432-5849
- Medicaid 447-7492
- NYS Office of Health Insurance 473-4679

Education

Adult Education

- Albany Community Action Partnership 237-9201
20 White ST (Career/Job preparation)
- Capital Region BOCES 862-4900
Suite 102, 900 Watervliet-Shaker Rd., Albany
- Commission on Economic Opportunity 272-6012
2331 Fifth Ave, Troy
- Education Opportunity Center (EOC) 273-1900
145 Congress ST, Troy (GED, Tech)
- GED Program 237-4131
*7 Bevan ST (Cohoes Middle School)
Monday/Wednesday 5-8PM*
- Literacy Volunteers of Rensselaer County 274-8526
*1915 5th Ave, Troy (Tutoring for adults -
www.lvorc.org)*

Cohoes City School District 237-0100

- Abram Lansing Elementary School 237-5044
*26 James ST (Principal: Clifford Bird)
Evelyn Smith, Social Worker - Ext. 3201*
- Harmony Hill Elementary School 233-1900
*Madelon K. Hickey Way (Principal: Mark Perry)
Raychel Marcil, Social Worker - Ext. 5228*
- Van Schaick Elementary School 237-2828
*150 Continental Ave (Principal: Jacqueline DeChiaro)
Kristie Calderon, Social Worker - Ext. 4105*
- Cohoes Middle School 237-4131
*7 Bevan ST (Principal: Daniel Martinelli)
Elaine Flatow, Social Worker - Ext. 2302*
- Cohoes High School 237-9100
*Tiger Circle (Principal: Joseph Rajczak)
Rebecca Leach, Social Worker - Ext. 1433*
- Page Avenue School - Special Programs 237-0990
21 Page Ave (Director: Erin Hill)

Education Continued...

Head Start

- Head Start Center
Abram Lansing Program 237-5044 x3146
Ogden Mills Program 237-1395

Tutoring

- Cares Program (United Church of Cohoes) 237-0278
123 Mohawk ST Monday/Wednesday 3:15-5:00PM
- Literacy Volunteers of Rensselaer County 274-8526
1915 5th Ave, Troy

Watervliet City School District 629-3200

- Watervliet Elementary School 629-3200
2557 10th Ave, Watervliet (Principle: Theresa O'Brien)
- Watervliet Jr./Sr. High School 629-3300
1245 Hillside Dr, Watervliet (Principle: Ryan Groat)
Aimee O'Keefe, Social Worker
- Office of the Superintendent (Dr. Lori Caplan) 629-3200
1245 Hillside Dr, Watervliet



"Service above Self"

**Rotary Club of Cohoes
Supports**

Bridges Out of Poverty



Rotary Club of Cohoes
P.O. Box 81
Cohoes, NY 12047

www.rotaryclubofcohoes.org
www.facebook.com/RotaryClubofCohoes

Watervliet & Cohoes Housing Authority



"A great place to live!"

Charles Patricelli
Executive Director

The Watervliet & Cohoes Housing Authority's provide safe, affordable, quality housing to those qualifying residents in our community and we promote resident pride in their neighborhoods. We offer the following:

- Four (4) housing developments
- Family & Senior housing
- Income based or flat rents
- One to Five bedroom units
- Laundry facilities at each site
- Family Self Sufficiency and Tenant Programs

Applications for housing are available on our websites or by contacting us at the information provided below.

Watervliet Housing Authority
Administrative Office
2400 Second Ave.
Watervliet, NY 12189
Phone: (518) 273-4717
Fax: (518) 273-4730

www.watervliethousing.org

Cohoes Housing Authority
Administrative Building
100 Manor Sites
Cohoes, NY 12047
Phone: (518) 235-4500
Fax: (518) 235-8120

www.cohoeshousing.org

CHECK US OUT ON.....

facebook

Housing Services Continued...

AIDS/HIV Housing Referral 427-2463

National Grid Consumer Advocate 433-3840

Furniture

- Blessingdale's (Albany City Mission) 462-0459
259 South Pearl ST, Call First!
- Catholic Charities (*referral required*) 453-6650
- Let's Make a Deal 224-5999
15 Warren ST, Albany
- Salvation Army 463-6678
- St. John's/St. Ann's Furniture Program 472-9091
x12 *Wednesdays/Fridays: 9AM-12PM*
- T.A.U.M. (*referral required*) 274-5920
x204 *392 2nd Street, Troy*

Rensselaer County Housing

- American Red Cross 458-8111
- Catholic Charities Housing Program 459-0183
- CEO - Ship Program (Ashley) 272-6012
ext.229 Helps with utility and eviction issues.
- H.E.A.P. 270-3935
- The Roarke Center 272-8351
Emergency assistance and advocacy.
- Troy Housing Authority 271-8353
- TRIP 272-8289
- Unity House 272-1611

Rensselaer County Shelters

- Joseph's House 272-2544
74 Ferry ST, Troy
- St. Peter's Residence 273-3291
2335 Fifth Ave, Troy
- St. Paul's Center (**Mother & Child**) 434-2910
- YWCA (**Women**) 274-7100

Food Pantries

Capital District

- Cohoes Farmer's Market (June-Oct) **Friday: 4PM-7PM**
At Silliman Park
- Food Pantries of the Capital District 458-1167
- Food Stamp Enrollment (Legal Aid) 689-6327
**Legal Aid helps with food stamp enrollment & concerns.*
- Meals on Wheels 465-6465
- Women, Infants & Children *Albany* 465-9387 x275
Rensselaer 272-6159

Food Pantries

- Albany Community Action Partnership 237-9201
20 White ST, Cohoes -- M/W/F: 9AM-12PM, 1PM-4PM
- Holy Trinity Parish Center 237-2373
1 St. Marie Lane, Cohoes -- T/Th: 10AM-12PM
Must Call between 10AM-Noon, By Appointment ONLY
- McDonald Towers (for residents only) 237-0521
19 Remsen ST, Cohoes
- Salvation Army (Albany) 463-6678
49 Johnston Ave, Cohoes (Good Ground) T/Th: 10AM-2PM
- St. Ambrose 785-1351
347 Old Loudon Rd, Latham -- M-F: 10AM-4PM
- United Church of Cohoes 237-0278
123 Mohawk ST, Cohoes --- M-F: 10AM-12PM
- Watervliet United Methodist Church 273-0191
1401 First Ave, Watervliet — W: 11AM-5:30PM
TH: 10AM- 2PM

Nutrition Education

Cornell Cooperative Extension (**Eat Smart NY**)

- 230 Green Street, Albany* 463-4267
- 24 Martin Road, Voorheesville* 765-3500
- *Help with meal planning, diabetes education, etc...*

Free Meals

- Trinity Church **Last Saturday of the month 6PM**
1336 1st Avenue, Watervliet (in Parish Hall, next to church)
- United Church of Cohoes **Saturday 4PM-7PM**
- Vineyard Church **Last 5 week days of month 12PM-1PM**
- Cohoes Summer Lunch Program (**Free for children under 18**)
Abram Lansing Elementary School (M-F, Jun 24 - Aug 16)
26 James ST, Cohoes — 7:15-8AM / 11AM-12:15PM
Cohoes High School (M-Th, Jul 2 - Aug 15)
1 Tiger Circle, Cohoes — 7:15-8AM / 11:30AM-12:15PM
- Watervliet Summer Lunch Program (**Free for children under 18**)
Watervliet Elementary School Cafeteria (July 2 – Aug 23)
2557 10th Ave, Watervliet — 8-9 AM / 11 AM-1 PM
Watervliet Civic Center
14th ST and 1st Ave, Watervliet — 11 AM-1 PM
Jermain Church Hall
601 5th Ave, Watervliet — 11 AM-1 PM
Paine Street Park in Green Island (Ends August 16)
200 Paine ST, Green Island — 11 AM-1 PM

Living off credit cards?

- Do you have anxiety over your current debt load?
- Are you robbing Peter to pay Paul?
- Do you fight with your partner over finances?
- Have you bounced checks?

How are you handling the money God has entrusted to you?
"The earth is the Lord's and everything in it, the world,
and all who live in it." - Psalm 24:1



FREE Financial Counseling

CONTACT LARRY AT GRACE FELLOWSHIP

518/785-4959 ext.388

financialcounseling@gracefellowship.com

Housing Services

To get housing assistance in Albany Co., you **MUST** start with HATAS

- **Homeless & Travelers Aid Society (HATAS)** 463-2124
138 Central Ave, Albany **24 Hr Hotline:** 1-866-201-7399

Albany County Housing

- Albany Affordable Housing Partnership 434-1730
- Albany County Rural Housing Alliance, Inc 235-3920
- Albany Housing Authority 641-7500
- Albany Office of Fair Housing 434-5127
- American Red Cross 458-8111
- ARCH Program (St. Catherine's) 427-5097
Supportive housing for families leaving shelters.
- Catholic Charities Housing Program 459-0183
- **Cohoes Housing Authority** 235-4500
100 Manor Sites, Cohoes (Section 8/Public Housing)
- Community Builders Inc. 874-6107
- **Watervliet Housing Authority** 273-4717
2400 Second Avenue, Watervliet
- Department of Equal Opportunity/Fair Housing 434-5284
- H.E.A.P. 447-7323
- Homeless Action Committee (HAC) 495-0663
- United Tenants of Albany 436-8997
Help with tenant/landlord disputes. No financial assistance.

Albany County Shelters

- Capital City Rescue Mission 462-0459
259 South Pearl ST, Albany
- DePaul Residence 482-3248
504 Central Ave, Albany
- Equinox, Inc. (**Family Shelter**) 465-9524
1 Central Ave, Albany
- Marillac Center (**Family Shelter**) 869-1960
195 Washington Ave. Extension, Albany
- Mercy House (**Women**) 434-3531
12 St. Joseph Terrace, Albany
- St. Charles Lwanga Center (**Men**) 465-4973
115 Grand ST, Albany