Senior Services

Centers / Programs

Catholic Charities Caregiver Support Services 518-346-1852
Cohoes Multi-Service Senior Citizen Center 518-235-2420
Meals on Wheels (For ages 60+)
NY Connects Elder Care Issues 518-270-2767
NYS Senior Citizen's Help Line 1-800-342-9871
Umbrella of the Capital District 518-346-5249

Help with apartment / home maintenance.

Watervliet Senior Center 518-273-4422

Health

Alzheimer’s Association of NENY 518-867-4999
The EDDY Visiting Services 518-274-6200
EPIC - NYS Senior Prescription Plan 1-800-332-3742
Goldberg Alzheimer’s Resource Center at AMC 518-262-0800
Partnership for Prescription Assistance 1-888-477-2669

Housing

Cayuga Plaza Apartments 518-237-4430
McDonald Towers 518-235-4500
Ogden Mills 518-235-9508
Table of Contents

Government Services 3
Municipal Numbers 4-5
Addiction Help 6-7
Community Resources 8-9
Counseling / Trauma Resources 10
Food Resources 11
Education 12-13
Heating, Housing & Eviction 14-15
Medical 16-17
Parenting / Pregnancy 18
Places of Worship 19
Senior Services 20

Places of Worship

Church of the Holy Trinity - Roman Catholic 518-237-2373
122 Vliet Boulevard, Cohoes - Rev. Brian Slezak
Grace Fellowship Church 518-785-4959
20 Delatour Rd, Watervliet - Pastor Rex Keener
Good Ground Family Church 518-233-0398
49 Johnston Ave, Cohoes - Pastor Dona Williams
Greater Albany 7th Day Adventist Church 518-785-4445
298 St. Agnes Highway, Cohoes
Heritage Baptist Church 518-506-2991
50 Lansing ST, Cohoes - Pastor Blaine Warner
Immaculate Heart of Mary Parish 518-273-6020
2416 7th Ave, Watervliet - Rev. L. Edward Deimeke
Spindle City Vineyard 518-237-8381
121 Remsen ST, Cohoes - Pastor Brittney Hunt
St. John’s Episcopal Church 518-237-6013
405 Vliet Boulevard, Cohoes - Rev. William Hinrichs
St Michael’s Church 518-237-5151
20 Page Ave, Cohoes - Rev. Peter Tkocz
St. Nicholas Russian Orthodox Church 518-369-2430
67 Saratoga ST, Cohoes - Fr. Terenti Wasielewski
St Nicholas Ukrainian Catholic Church 518-273-6752
2410 4th Ave, Cohoes - Father Mikhail Myshchuk
St Peter St. Paul Ukrainian Catholic 518-237-0535
198 Ontario ST, Cohoes
Trinity Church 518-272-0644
1336 1st Avenue, Watervliet - Father Martin Wendell
United Church of Cohoes 518-237-0278
123 Mohawk ST, Cohoes - Rev. Nick TeBordo

Representatives

John T. McDonald III, NYS Assemblyman 518-455-4474
Paul Tonko, US Congressman 518-
465-0700
Charles Schumer, US Senator 518-
431-4070
Kirsten Gillibrand, US Senator 518-431-0120

Please contact Cohoes Bridges (cohoesbridges@gmail.com) if you find
incorrect information or know of other resources.

Eighth Edition (4-2017)
### Parenting / Pregnancy Services

#### Hotlines

- **Child Abuse Hotline**: 1-800-342-3720
- **Child Abuse Prevention Parent Help Line**: 1-800-244-5373
- **Crisis Pregnancy**: 24 Hr: **518-270-5540**

#### Foster Parents (assistance)

- **Quest for Grace Foundation (referral needed)**: 518-301-5662

#### Grandparents (assistance)

- **Kinship Care (Community Maternity Services)**: 518-482-8836

#### Resource Centers / Programs

<table>
<thead>
<tr>
<th>Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany County Community Health Workers</td>
<td>518-447-4684</td>
</tr>
<tr>
<td>Albany Women’s Health Center</td>
<td>518-432-4033</td>
</tr>
<tr>
<td>Alight Care Center <em>(Infant &amp; Maternity)</em></td>
<td>518-270-5540</td>
</tr>
<tr>
<td>Alpha Pregnancy Care Center</td>
<td>518-279-7673</td>
</tr>
<tr>
<td><strong>Childcare Coordinating Council</strong></td>
<td>518-426-7181</td>
</tr>
<tr>
<td>Community Maternity Services</td>
<td>518-482-8836</td>
</tr>
<tr>
<td>Healthy Families <em>(Basement of the Library)</em></td>
<td>518-235-2088</td>
</tr>
<tr>
<td><strong>MOMs Program - Cohoes Family Care</strong></td>
<td>518-235-7282</td>
</tr>
<tr>
<td>144 Remsen ST <em>(Free Pregnancy Tests, Supplies, Classes)</em></td>
<td></td>
</tr>
<tr>
<td>Birthright of Albany</td>
<td>518-438-2978</td>
</tr>
<tr>
<td><strong>Community Maternity Services</strong></td>
<td>518-482-8836</td>
</tr>
<tr>
<td><strong>Healthy Families (Basement of the Library)</strong></td>
<td>518-235-2088</td>
</tr>
<tr>
<td>169 Mohawk ST</td>
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</tr>
<tr>
<td><strong>Mary’s Corner (Basement of the Library)</strong></td>
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<tr>
<td>169 Mohawk ST - Tuesdays/Thursdays: 10AM-12PM</td>
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</tr>
<tr>
<td><strong>MOMs Program - Cohoes Family Care</strong></td>
<td>518-235-7282</td>
</tr>
<tr>
<td>55 N. Mohawk ST <em>(HIV/Pregnancy Tests, Medicaid help)</em></td>
<td></td>
</tr>
<tr>
<td>WIC <em>(Women, Infants &amp; Children)</em></td>
<td></td>
</tr>
<tr>
<td>Albany: <strong>518-465-9387</strong></td>
<td></td>
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<tr>
<td>Troy: <strong>518-272-6159</strong></td>
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</tr>
<tr>
<td>Workforce Development Institute</td>
<td>518-272-3500</td>
</tr>
</tbody>
</table>

### Government Services

#### New York State

- **http://www.mybenefits.ny.gov** *(To determine eligibility for NYS services.)*
  - **Office for the Aging**: 1-800-342-9871
  - **Office of Parent & Kid Connections**: 1-800-345-5437
  - **Office of Mental Health**: 1-800-597-8481
  - **Social Security Administration**: 1-800-772-1213
  - **NYS National Weather Service**: 518-435-9580
  - **NYS Terrorism Tips Line**: 1-866-723-3697

#### Albany County

- **Department for the Aging**: 518-447-7177
  - **Adult Protective Services Hotline**: 518-447-7228
- **Department for Children, Family & Youth**: 518-447-7324
  - **Child Protective Services Hotline**: 1-800-342-3720
- **Department of Health**: 518-447-4580
- **Department of Social Services (DSS)**: **518-447-7300**
  - **162 Washington Ave, Albany**
  - **Food Stamps**: 518-447-7403
  - **Medicaid**: 518-447-7492
  - **HEAP (Heating Assistance)**: 518-447-7323

#### Rensselaer County

- **Department of Mental Health**: 518-270-2800
- **Department of Social Services (DSS)**: 518-266-7800
  - **547 River ST, Troy**
  - **Adult Protective Services**: 518-687-3700
  - **Child Protective Services**: 1-800-342-3720
  - **Child Support**: 1-888-208-4485
  - **Medicaid**: 518-270-3928
Cohoes Municipal Numbers

In an Emergency, please dial 911

City Hall - Mayor Shawn Morse
97 Mohawk Street
518-233-2121

Community Center
22-40 Remsen Street
518-237-7523

Police Department
97 Mohawk Street
518-237-5333

Fire Department
97 Mohawk Street
518-237-1472

Housing Authority
100 Manor Sites, Cohoes (Public Housing)
518-235-4500

Human Services and Youth Bureau
Lansing Park Pool (Late June-Mid August)
518-237-2632

Post Office
101 Mohawk Street
518-237-5006

Public Library
169 Mohawk Street
518-235-2570

Public Works
97 Mohawk Street
518-233-2139

Visitors Center
518-237-7999

Medical Services Continued...

HIV/AIDS
AIDS Council of NENY 518-434-4686
AIDS Council 518-445-2437
HIV Hotline 1-800-201-2437
Albany Damien Center 518-449-7119
Troy Damien Center 518-274-5920

Hospice Services
The Community Hospice Grief Center 518-742-0200

Poison Control: 1-800-222-1222

Sexual Transmitted Diseases (STDs): 1-800-962-5065
Albany County 518-447-4600
Rensselaer County 518-270-2655

Vision
Albany Guild Care 518-396-3626
Northeastern Association of the Blind (NABA) 518-463-1211
## Medical Services

### Cancer
- **American Cancer Society**
  - Free breast, cervical and colorectal screenings for uninsured patients.
- **Cancer Services Program**
  - 1-800-227-2345
- **Gilda’s Club Cancer Supportive Services**
  - 518-782-9833

### Dental
- **David Mitola, DDS**
  - 70 Remsen Street, Cohoes
  - 518-237-0700

### General Health
- **Albany County Department of Health**
  - 518-447-4555
- **Capital City Rescue Mission (Free clinic)**
  - 518-462-0459
- **Cohoes Family Care (Family/Primary Care)**
  - 55 North Mohawk ST
  - 518-235-7282
- **Harmony Mills Pediatrics (Family/Primary Care)**
  - 55 North Mohawk ST
  - 518-233-9500
- **Healthy Capital District Initiative**
  - 518-462-7040
- **Poverello Center (Adults only)**
  - 518-426-9428
- **St. Peter’s OBGYN**
  - 518-786-6270
- **Whitney Young Outreach Clinic**
  - 518-465-4771

### Health Insurance
- **Child Health Plus**
  - 1-800-698-4543
- **Family Health Plus**
  - 1-877-934-7587
- **Healthy NY**
  - 1-866-432-5849
- **Medicaid**
  - 518-447-7492
- **NYS Office of Health Insurance**
  - 518-473-4679

## Watervliet Municipal Numbers

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

- **City Hall - Mayor Mike Manning**
  - 518-270-3815
  - 2 Fifteenth Street

- **Civic Center**
  - 518-273-5922
  - 14th ST and 1st Ave

- **Police Department**
  - 518-270-3819
  - 2 Fifteenth Street

- **Fire Department**
  - 518-270-3826
  - 116 13th Street

- **Housing Authority**
  - 518-273-4717
  - 2400 Second Ave (Public Housing)

- **Highway Department**
  - 518-270-3821
  - 13th ST and 2nd Ave

- **Parks & Recreation**
  - 518-337-9115
  - 13th ST and 2nd Ave

- **Post Office**
  - 518-273-0423
  - 145 16th Street

- **Public Library**
  - 518-274-4471
  - 1501 Broadway

- **Veteran’s Memorial Swimming Pool**
  - 518-270-3823
  - 13th ST and 2nd Ave
Addiction Help

Addiction Hotlines

24 Hour Hotline (AA, NA, GA) 1-800-711-6375
Alcoholics Anonymous  518-292-0577 / 518-463-0906
Cocaine Anonymous  1-800-347-8998
Gamblers Anonymous  518-292-0414 / 1-800-522-4700
Narcotics Anonymous  518-448-6350
Narcotics Anonymous Family Support  1-800-477-6291

Help Centers

The Addiction Care Center  518-465-5470
90 McCarty Ave, Albany 24 HR Hotline: 518-465-7388
Center for Problem Gambling  518-462-6531
650 Warren ST, Albany
Conifer Park  518-274-5143
1801 6th Ave, Troy
Hope House  518-482-4673
573 Livingston Ave
Hudson Mohawk Recovery Center, Inc  518-272-3918
1724 Fifth Ave, Troy
Seton Addiction Services  518-268-5323
1300 Massachusetts Ave, Troy
NYS OASAS (Alcohol/Substance Abuse Services)  518-473-3460
1450 Western Ave, Albany
St. Peters Addiction Recovery Center (SPARC)  518-235-1100
55 Mohawk ST, Cohoes (Out-Patient)
Transportation for Intoxicated Adults: HAC (2-10 PM): 518-426-0554
HATAS: 518-463-2124

Housing Services Continued…

Furniture

Blessingdale’s (Albany City Mission)  518-462-0459
Catholic Charities (referral required)  518-453-6650
Let’s Make a Deal  518-224-5999
Salvation Army  518-463-6678
St. John’s/St. Ann’s Furniture Program  518-472-9091 x12
T.A.U.M. (referral required)  518-274-5920 x204

Rensselaer County Housing

American Red Cross  518-458-8111
Catholic Charities Housing Program  518-459-0183
CEO - Ship Program (Ashley)  518-272-6012 ext.229
Helps with utility and eviction issues.
H.E.A.P.  518-266-7960
The Roarke Center  518-273-8351
Troy Housing Authority  518-273-3600
TRIP  518-272-8289
Unity House  518-272-1611

Rensselaer County Shelters

Joseph’s House  518-272-2544
St. Peter’s Residence  518-273-3291
St. Paul’s Center (Mother & Child)  518-434-2910
YWCA (Women)  518-274-7100

National Grid Consumer Advocate  518-433-3840
National Grid  1-800-892-2345
Housing Services

Homeless & Travelers Aid Society (HATAS)  518-463-2124
138 Central Ave, Albany  24 Hr Hotline: 1-866-201-7399

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

Albany County Housing

AIDS/HIV Housing Referral  518-427-2463
Albany Affordable Housing Partnership  518-434-1730
Albany County Rural Housing Alliance, Inc  518-235-3920

Albany Housing Authority  518-641-7500
Albany Office of Fair Housing  518-434-5296
ARCH Program (St. Catherine’s)  518-427-5097
Catholic Charities Housing Program  518-459-0183

Cohoes Housing Authority  518-235-4500
100 Manor Sites, Cohoes

Community Builders Inc.  518-874-6107
H.E.A.P.  518-447-7323
Homeless Action Committee (HAC)  518-495-0663
United Tenants of Albany  518-436-8997

Watervliet Housing Authority  518-273-4717
2400 Second Ave, Watervliet

Albany County Shelters

Capital City Rescue Mission  518-462-0459
DePaul Residence  518-482-3248
Equinox, Inc. (Family Shelter)  518-465-9524
Marillac Center (Family Shelter)  518-869-1960
Mercy House (Women)  518-434-3531
St. Charles Lwanga Center (Men)  518-465-4973

Addiction Help Continued...

Local Meetings (Cohoes)

Alcoholics Anonymous
  Monday: 7 pm  United Church, 123 Mohawk
  Thursday: 7:30 pm  United Church, 123 Mohawk
  Saturday: 8 am  Vineyard CC, 121 Remsen ST

Gamblers Anonymous
  Tuesday: 7 pm  Good Ground, 49 Johnston

Narcotics Anonymous
  Thursday: 7 pm  Vineyard CC, 121 Remsen ST

Local Meetings (Watervliet)

Alcoholics Anonymous
  Friday: 7 pm  White Hall Rd & 23rd Street

Narcotics Anonymous
  Wednesday: 7:30 pm  Trinity Parish, 1336 1st Ave

"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
Community Resources

Animal Services
Guilderhaven (Pet supplies, free spay/neuter)  518-861-6861
Mohawk Hudson Humane Society  518-434-8128

Cell Phones (FREE)
Assurance Wireless  1-888-898-4888
Safe Link  1-800-977-3768

Resource Centers
Albany Community Action Partnership  518-237-9201
145 Remsen ST
Center for Independence, Inc.  518-459-6422
Pride Center of the Capital Region, Inc.  518-462-6138

Clothing
Community Closet  (Tues/Thurs)  518-785-4445
146 Remsen ST (Vouchers at ACAP & Vineyard Church)
Trinity Church  518-272-0644
Unique Boutique (Unity House)  518-272-2352 / 518-274-2607

Legal Services
Lawyer Referral Services  518-463-3200 / 1-800-342-3661
Legal Aid Society of NENY  518-462-6765 / 1-800-462-2922
The Legal Project (Legal Advice, Information)  518-435-1770
NYS Division of Human Rights  518-474-2705

Transportation
Capital District Transportation Authority  518-482-8822
Transportation (Wheelchair Accessible)  518-235-2420

Barbara Hale, M.S.W. – Request ride 24 hrs. in advance

Education Continued...

Adult Education
Albany Community Action Partnership  518-237-9201
145 Remsen ST (Career/Job preparation)
Capital Region BOCES  518-862-4900
Commission on Economic Opportunity  518-272-6012
2331 Fifth Ave, Troy
Education Opportunity Center (EOC)  518-273-1900
145 Congress ST, Troy (GED, Tech)
GED Program (Monday/Wednesday 5-8PM)  518-237-4131
7 Bevan ST (Cohoes Middle School)
Literacy Volunteers of Rensselaer County  518-274-8526

Hotlines
Child Abuse Hotline  1-800-342-3720
Child Abuse Prevention Parent Help Line  1-800-244-5373

Tutoring
Cares Program (United Church of Cohoes)  518-237-0278
Monday/Wednesday 3:15-5:00PM
Literacy Volunteers of Rensselaer County  518-274-8526
Education

Cohoes City School District: 518-237-0100

Abram Lansing Elementary School 518-237-5044
   26 James ST (Principal: Clifford Bird)
Harmony Hill Elementary School 518-233-1900
   Madelon K. Hickey Way (Principal: Mark Perry)
Van Schaick Elementary School 518-237-2828
   150 Continental Ave (Principal: Jacqueline DeChiaro)
Cohoes Middle School 518-237-4131
   7 Bevan ST (Principal: Daniel Martinelli)
Cohoes High School 518-237-9100
   Tiger Circle (Principal: Bryan Wood)
Page Avenue School - Special Programs 518-237-0990
   21 Page Ave (Director: Erin Hill)

Universal Pre-Kindergarten (3/4) 518-237-0100 x2299
Head Start (3/4) 518-237-1395

Watervliet City School District: 518-629-3200

Watervliet Elementary School 518-629-3400
   1245 Hillside Dr, Watervliet
Watervliet Jr./Sr. High School 518-629-3300
   1245 Hillside Dr, Watervliet
Office of the Superintendent 518-629-3200

Community Resources Continued...

Hispanic Services

SAFE Environment 518-453-6655
Centro Civico, Hispano Americano, Inc. 518-465-1145

Immigration Resources (ESOL)

Office for New Americans Service Center 518-621-7363
Capital Region BOCES 518-862-4707
US Committees for Refuges and Immigrants 518-459-1790

United Way: 221
Counseling / Trauma Resources

CRISIS CARE

**24 Hour. Mobile Crisis Unit** 518-549-6500
**24 Hour Suicide Hotlines:** 1-800-273-8255, 518-447-9650, 518-689-4673

**Anger Management**
- Alight Care Center 518-270-5540
- Northeast Behavioral Mental Health Counseling 518-271-3374
- Rage to Resolution (Comm. Maternity Services) 518-482-8836

**Counseling**
- Carla B. Winner M.S. Christian Counselor 518-439-0033
  
  *United Church, 123 Mohawk ST (Mondays)*
- Capital District Psychiatric Center (CDPC) 518-549-6000
- Capital Area Peer Services 518-427-5056
- Counseling Care & Services, Inc. 518-237-4263

  *405 Vliet Boulevard*
- Northeast Behavioral Mental Health Counseling 518-271-3374
- Parsons Child and Family Center 518-426-2600

**Domestic Violence/Sexual Assault**
- Albany Co. Domestic Violence 24 Hr Hotline: 518-432-7865
- Albany County Rape Crisis 24 Hr Hotline: 518-447-7716
- Crime Victims Assistance 518-447-5500
- Crime Victim & Sexual Violence Center 518-447-7716
- NYS Hotline Domestic & Sexual Violence:  
  - *English:* 1-800-942-6906
  - *Espanol:* 1-800-942-6908

- Women of Valor 518-526-5874

**Food Resources**

**Capital District**

- Food Pantries of the Capital District 518-458-1167
- Food Stamp Enrollment (Legal Aid) 518-689-6327
- Meals on Wheels 518-465-6465
- Women, Infants & Children  
  - *Albany:* 518-465-9387
  - x275  
  - *Rensselaer:* 518-272-6159

**Food Pantries**
- Albany Community Action Partnership 518-237-9201
- 145 Remsen ST, Cohoes
- Holy Trinity Parish Center (Tues/Thurs) 518-237-2373
  
  *1 St. Marie Lane, Cohoes*
- *Must Call, by Appointment ONLY*
- Salvation Army (Tues/Thurs)  
  - (Albany) 518-463-6678
  - 49 Johnston Ave, Cohoes (inside Good Ground Church)
- St. Ambrose Church (Weekdays) 518-785-1351
  
  *347 Old Loudon Rd, Latham*
- United Church of Cohoes (Mon/Wed/Fri) 518-237-0278
  
  *123 Mohawk ST, Cohoes*

**Free Meals (July/August)**
- Cohoes Summer Lunch Program (*Free: children under 18*)
  
  *Abram Lansing Elementary / Cohoes High School*
- Watervliet Summer Lunch Program (*Free: children under 18*)
  
  *Watervliet Elementary School / Watervliet Civic Center*

**Nutrition Education**
- Cornell Cooperative Extension (*Eat Smart NY*) 518-765-3500