COHOES

CITY SCHOOL DISTRICT

2026-27 COMMUNITY RESOURCE GUIDE

The mission of the Cohoes City School District is to prepare our students for success in tomorrow's world. We recognize that attention to students' mental health and well-being is essential to achieving this mission. This Community Resource Guide was designed to connect students and families to valuable community resources that can offer assistance when needed. The guide was made possible through a Student Mental Health Support Grant that the district received from the NYS Office of Mental Health.

The guide lists school-based and community health supports and services in and around the Capital Region, as well as information on how to get assistance with clothing, housing and food, and other community resources.

The availability of services is determined by each individual organization. We recommend calling a few of the agencies listed to find the best fit for you and your family. Please note that there may be a waitlist at many of the agencies.

In addition, Kimberly Matthews, Cohoes City School District Director of Multi-Tiered Systems of Support (MTSS), serves as a liaison to connect families to student support service personnel in our schools, as well as to services available throughout our community. She can be reached at (518) 237-0100 ext. 2320 or kmatthew@cohoes.org.

Disclaimer: The Cohoes City School District does not specifically endorse any of the service providers listed in this resource guide. Additionally, if you or a family member is experiencing an emergency, please call 911 or go to your nearest emergency room.

Access the guide online via QR code.

School Resources

SCHOOL SOCIAL WORKERS

ABRAM LANSING ELEMENTARY SCHOOL

Michelle Donnelly
› 518-237-5044
mdonnell@cohoes.org

HARMONY HILL SCHOOL

Amanda Regis
› 518-233-1900
aregis@cohoes.org

VAN SCHAICK GRADE SCHOOL

Kristie Calderon
› 518-237-2828
kcaldero@cohoes.org

COHOES MIDDLE SCHOOL

Elaine Flatow
› 518-237-4131
eflatow@cohoes.org

Leni Ferner
› 518-237-4131
hferner@cohoes.org

COHOES HIGH SCHOOL

Dana Del Genio
› 518-237-9100
ddelgeni@cohoes.org

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COHOES MIDDLE SCHOOL

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COHOES HIGH SCHOOL

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cprairie@cohoes.org

SCHOOL NURSES

ABRAM LANSING ELEMENTARY SCHOOL

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HARMONY HILL SCHOOL

Lisa LeBlanc
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lleblanc@cohoes.org

VAN SCHAICK GRADE SCHOOL

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COHOES MIDDLE SCHOOL

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COHOES HIGH SCHOOL

Rebecca Macey
› 518-237-9100
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UNIVERSAL PRE-K

Shelby Farley
› 518-237-5044
sfarley@cohoes.org

SCHOOL COUNSELORS

COHOES MIDDLE SCHOOL

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bgoversk@cohoes.org

Laurie Monast
› 518-237-4131
lmonast@cohoes.org

COHOES HIGH SCHOOL

Amanda Gebur
› 518-237-9100
agebur@cohoes.org

Chris Fournier
› 518-237-9100
cfournie@cohoes.org

Lyba Waraich
› 518-237-9100
lwarach@cohoes.org

Community Resources

CLOTHING & HOUSEHOLD ASSISTANCE

COMMUNITY CLOSET

- 91 Remsen Street, Cohoes
- Tuesday and Thursday from 10AM - 4PM
- www.albanysdachurch.org/ministries/the-community--closet

Thrift store type ministry of the Greater Albany Seventh-Day Adventist Church serving those less fortunate in the Cohoes community. Offering gently used clothing and household linens and small household items.

MATTHEW 25 MINISTRIES OF THE UNITED CHURCH OF COHOES - CLOTHING ROOM

- 123 Mohawk Street, Cohoes
- 518-237-0278

A free meal is offered every Saturday evening at the United Church of Cohoes. Doors open at 4pm and the meal is served 4:30PM - 5:30PM. The Clothing Room is open during the meal for shopping. Please call or email the church at cohoeseco@gmail.com for more information.

MARY'S CORNER

- 58 Remsen Street
- mcdistribution100@gmail.com
- Open Tuesdays from 10:30AM - 12:30PM

Mary's Corner serves families with children from birth through three years of age. The program is available to residents of Cohoes, Green Island, Watervliet, and Waterford.
A birth certificate for each child, as well as proof of residency (current bill, rent receipt, etc.), is required for new applicants. Goods and services include: diapers, formula, baby food and cereal, nursing needs, bath products, crib sheets and blankets, clothing, toys, books, literacy assistance, and referrals.

THE TRENDY TIGER

- Cohoes High School, 1 Tiger Circle, Cohoes
- 518-237-9100

A student-run giving closet that provides clothing, shoes and accessories. Available to all students, regardless of their financial circumstances. Students can ask in the office for the hours that the Trendy Tiger is open.

COMMUNITY

CONNECT CENTER

- 49 Johnston Avenue, Cohoes
- 518-687-1999
- Info@connectcenterforyouth.org
- www.connectcenterforyouth.org/

The Connect Center's mission is to break the cycle of poverty by connecting youth to their full potential by providing S.T.E.A.M. - Based Youth Programs, Community Resources, Community Events, and a Safe Space for youth

CORNELL COOPERATIVE EXTENSION - POSITIVE PARENTING

- 24 Martin Road, Voorheesville
- 518-765-3559
- mkd59@cornell.edu
- albany.cce.cornell.edu/home-family/positive-parenting

Cornell Cooperative Extension (CCE) Albany County offers parenting education for parents/caregivers of babies – teens. These programs are open to the public and free to attend. Workshops can also be requested by community partners as a standalone program/training or combined for a series. Workshops can be delivered virtually, in-person, or hybrid.

ALBANY COUNTY DISTRICT ATTORNEY'S OFFICE COMMUNITY LINKS AND RESOURCES

- albanycountyny.gov/da

Additional resources in and around Albany, NY are accessible through this link.

ALBANY COUNTY YOUTH ACTIVITIES

- 390 New Salem Road, Voorheesville
- 518-655-7948
- recreation@albanycountyny.gov
- albanycountyny.gov/youth-activities

Free recreation programs are available to all children and teens residing in Albany County

ALBANY COUNTY YOUTH BUREAU

- Albany County Dept. for Children, Youth and Families, 112 State Street, Room 300
- 518-447-3053
- Youth Bureau Phone: 518-447-7700
- valerie.johnson@albanycountyny.gov
- www.albanycountyny.gov/departments/children-youth-and-families/youth-bureau

The Youth Bureau plans, develops and funds a variety of programs and initiatives for youth under the age of twenty-one. Programming includes youth development, recreation and leisure, delinquency prevention and runaway and homeless youth services.

HOLIDAY HOPE

The Holiday Hope Program is a holiday assistance program devoted to assisting low-income families with earning holiday gifts for their children. The program provides opportunities for parents or caregivers to volunteer and/or earn "holiday bucks" which can then be exchanged for brand new holiday gifts that they choose for their children.

› Please contact your school social worker for an application and further information on this year's program.

MENTAL HEALTH ASSOCIATION IN NEW YORK STATE (MHANYS)

We are on a mission to improve the lives of individuals, families, and all communities in New York State by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery. Please contact your school social worker for an application and further information on this year's program.

- 1 Park Place, Suite 300, Albany, NY 12205
- 518-434-0439
- https://mhanys.org/

SPOA ALBANY COUNTY SINGLE POINT OF ACCESS

Our Children's Mental Health Division is committed to Safety, Recovery, and Family Preservation for children in partnership with families and the community. Our diverse array of individualized treatment options includes crisis support, evaluation, ongoing services, and community referrals.

- www.albanycounty.com/departments/children-youth-and-families children-s-mental-health-division

SPOE ALBANY COUNTY SINGLE POINT OF ENTRY (SPOE)

- 112 State Street, Room 300, Albany
- 518-447-7777
- albanycounty.com/spoe

The Single Point of Entry (SPOE) is a way for women, teen girls, children and families to connect with programs available through Albany County and community agencies. The SPOE serves as a point of information for families in need of help. Community agencies may also access the SPOE for information and resource connections.

UNITY HOUSE

- 2431 Sixth Avenue, Troy
- 518-274-2607
- www.unityhouseny.org/services/

We are a Rensselaer County-based human service agency that provides a wide range of services to meet the otherwise unmet needs of people in our community who are hurting and struggling. Please see the website for a detailed list of services offered including food and housing support as well as a thrift store and more.

CRIME VICTIM SERVICES

ALBANY COUNTY CRIME VICTIM AND SEXUAL VIOLENCE CENTER

- Harold L. Joyce Albany County Office Building, 112 State St., Room 1010, Albany
- 518-447-7100
- 24-Hour Sexual Assault Hotline: 518-447-7716
- albanycountyny.gov/crsvc

Provides free and confidential services for Albany County residents of all genders and ages who have been affected by a crime.

EQUINOX DOMESTIC VIOLENCE SERVICES

- 526 Central Avenue, Albany
- 518-434-6135 Press Option 2
- Hours: M-F; 9AM - 5PM
- www.equinoxinc.org/page/domestic-violence-services-15.html

Services available to all victims and their dependent children, regardless of gender, age, ethnicity, or sexual orientation. Provides safety and support, assistance and tools needed to escape abusive situations. Confidential and free of charge.

ST. PETER'S CRIME VICTIM SERVICES

- 518-271-3410
- 24 Hour Crisis Hotline - 518-271-3257
- ALHSSACVAPintake@sphp.com
- www.sphp.com

St. Peter's Crime Victim Services' mission is to reduce the incidence and trauma of all crimes through person-centered emotional support, advocacy, medical and legal assistance, and community-based prevention efforts.

CRISIS INTERVENTION/MOBILE CRISIS SERVICES

ALBANY COUNTY DEPARTMENT OF MENTAL HEALTH - PSYCHIATRIC CRISIS SERVICES FOR ADULTS

- 518-549-6500
- albanycountyny.gov/mentalhealth

Psychiatric crisis services are available 24/7 at the CDPC Crisis Unit and from the Mobile Crisis Team.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

- Text TALK to 741741 or call/ text 988 or 518-791-1544
- afsp.org/chapter/northeastern-new-york

Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

CAPITAL DISTRICT PSYCHIATRIC CENTER - CRISIS UNIT

- 75 New Scotland Avenue, Albany
- 518-549-6500

24-hour emergency mental health assessment. Access to Child and Adolescent Mobile Crisis Team.

ELLIS HOSPITAL EMERGENCY DEPARTMENT

- 1101 Nott Street, Schenectady
- 518-243-3300
- www.ellismedicine.org/services/pediatric-health.aspx

24-hour emergency mental health assessment. Access to Child and Adolescent Mobile Crisis Team. Provide both inpatient and outpatient services for adolescents.

NORTHERN RIVERS MOBILE CRISIS SERVICES FOR CHILDREN AND ADOLESCENTS

- 518-292-5499
- www.northernrivers.org/mobile-crisis

Our Mobile Crisis Services teams are comprised of licensed clinical supervisors and clinicians, family advocates, peer support specialists, and case managers. In teams of two, team members are deployed to assist adults, children, adolescents, and their families resolve emotional and behavioral health crisis situations.

NYS KINSHIP NAVIGATOR

- 877-454-6463
- navigator@nysnavigator.org
- www.nysnavigator.org/

The Navigator seeks to assist kinship caregivers by providing information on financial assistance, legal information and referrals, and other types of issues that caregivers face when raising children in order to provide stability and permanency in the home. A kinship caregiver is a grandparent, relative or family friend who is a full time caregiver of a child that is not biologically their own. Call us today for more information!

THE FAMILY ROOM

A safe, walk-in program to support youth in crisis.

- Ellis State Street Health Center
- 1023 State Street, Schenectady
- 518-831-8700

When help is needed, the Family Room walk-in program offers a safe, comfortable and calming setting for youth ages 10-17 and their families. Guests will be greeted by a trained mental health professional who will assess the situation for safety and determine the needs of the youth and their family.

- Ellis Medicine 24/7 mental health crisis line can be reached by calling 518-243-4000, and asking for a crisis worker.

DEVELOPMENTAL PEDIATRICIANS

ALBANY MEDICAL CENTER PEDIATRIC DEVELOPMENTAL AND BEHAVIORAL HEALTH

- 391 Myrtle Avenue, Floor 3, Suite 3B, Albany
- 518-262-5401
- www.albanymed.org/specialty/pediatric-developmental-behavioral-health/

The Division of Developmental-Behavioral Pediatrics offers care for children with developmental delays and disorders. Specialists conduct diagnostic evaluations, provide medication management, testing, psychotherapy, and behavioral health interventions for children from birth to age 21. Our Autism Specialty Practice provides primary and consultative care to children and young adults with autism.

CAPITAL CARE DEVELOPMENTAL PEDIATRICS

- 6 Wellness Way, Main Entrance, First Floor, Suite 101, Latham
- 518-782-7733
- developmentalpediatrics.communitycare.com/

We offer high level clinical diagnostic services to help parents gain the knowledge and capability to care for their children. Our core services consist of diagnostic and consultative medical service from experienced clinicians. Our staff is comprised of experienced developmental pediatricians, a pediatric neurologist, nurse practitioners and a masters-level testing specialist. We also have excellent nurse clinicians who are specially trained and highly experienced in working with children and families of special need.

FOOD ASSISTANCE

COHOES CAP PANTRY (ACAP)

- 145 Remsen Street, Cohoes
- 518-237-9202 or 518-237-9201
- Open Monday, Wednesday and Friday from 8:30AM - 12PM and 12:45PM - 4:30PM
- albanycap.org

Provides food and nutritional support to eligible families and residents in Cohoes, Green Island and Watervliet.

CONNECT CENTER FOR YOUTH FOOD PANTRY

- 49 Johnson Avenue, Cohoes
- 518-687-1999
- Open Tuesday and Thursday from 10AM - 2PM
- www.connectcenterforyouth.org/pantry

HOLY TRINITY PARISH FOOD PANTRY

- 1 St. Marie's Lane, Cohoes
- 518-257-2501
- Open Tuesdays and Thursdays from 10AM - 12PM
- www.holytrinitycohoes.org/food-pantry

The Food Pantry is located in the Parish Center and is open Tuesday and Thursday from 10AM to Noon. The Pantry is available to residents of Cohoes and Watervliet and proof of residency (current bill, rent receipt, etc.)is required for new applicants. The food pantry provides non-perishable food items, as well as toiletries and paper products; occasionally fresh fruit and vegetables are available. Clients may come every 30 days for food and must call 518-257-2501 before coming in. Pick up is at the Simmons Avenue entrance off the parking lot.

MATTHEW 25 MINISTRIES OF THE UNITED CHURCH OF COHOES - FREE WEEKLY MEAL

- 123 Mohawk Street, Cohoes
- 518-237-0278
- cohoeseco@gmail.com

A free meal is offered every Saturday evening at the United Church of Cohoes. Doors open at 4pm and the meal is served 4:30PM - 5:30PM. The Clothing Room is open during the meal for shopping.

ST. AMBROSE FOOD PANTRY

- 347 Old Loudon Road, Latham
- 518-785-1951
- Open by appointment only. Please call to schedule an appointment. Open M-W-TH, 10 a.m.-12:30 p.m.
- regionalfoodbank.net/agencies st-ambrose-food-pantry/

Provides quality food items to households experiencing food insecurity. Must be a resident of Lathem or a family of three or more in Cohoes.

UNITED CHURCH OF COHOES FOOD PANTRY

- 123 Mohawk Street, Cohoes
- 518-237-0278
- Open Mondays, Wednesdays and Fridays from 10AM - 12PM
- regionalfoodbank.net/agencies/united-church-of-cohoes-food-pantry/

FARMERS' MARKET NUTRITION PROGRAM

- www.health.ny.gov/prevention/nutrition/fmnp/

The Farmers' Market Nutrition Program (FMNP) provides payment assistance to women with infants and children up to age 5 through the WIC program, for the purchase of locally grown, fresh fruits and vegetables. This program runs from June to November 30th.

myBenefits

- www.mybenefits.ny.gov/mybenefits/begin

myBenefits is New York State Department of Health website that allows individuals to identify their eligibility for Food Assistance programs, check their EBT balance, register as a new user, identify local available resources.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

- www.ny.gov/services/apply-snap
- SNAP Retail Locator: www.fns.usda.gov/snap/retailer-locator
- 800-342-3009

Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food. SNAP helps low-income working people, senior citizens, the disabled and others feed their families.

GRIEF AND BEREAVEMENT RESOURCES

THE COMMUNITY HOSPICE

- 455 New Karner Road, Albany
- 518-724-0242
- www.communityhospice.org/services/grief-support/

Short-term individual grief support sessions are available for children as well as groups. Please call for more information. After hours crisis bereavement services/grief counseling: 518-724-0200.

The Community Hospice provides short-term counseling services for children & teens after the loss of a loved one. Email and online applications are not monitored 24/7.

PEDIATRIC SUPPORT SERVICES:

- hospicegriefservices.com/children-and-teens

THE HOPE CLUB OF THE CAPITAL REGION– AMERICAN CANCER SOCIETY

- One Penny Lane, Latham
- 518-220-6960
- www.cancer.org

Support community for anyone whose life has been touched by cancer. There is no cost to become a member and all services and programs are free.

HOTLINES

HEARS LINE

- Hours: M-F; 8:30AM - 8PM
- 1-888-55HEARS (1-888-554-3277)
- ocfs.ny.gov/programs/cwcs/hears.php

The HEARS family line assists parents and families by providing resources and referrals to a variety of services. Caring representatives guide families to services including food, clothing, housing, medical and behavioral health care services, parenting education and child care.

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) CAPITAL REGION

- PO Box 2138, Ballston Spa, NY, 12020
- 518-200-4737
- https://namicapitalregionny.org/

Call NAMI Helpline - 1-800-950-NAMI (6264)
OR 516-200-4737

Both Helplines are available daily from 10am-10pm. Please see the website for a full list of resources and support services available.

988 SUICIDE AND CRISIS LIFELINE

- https://988lifeline.org/
- Call or text 988

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

UNITED WAY 2-1-1 NORTHEAST REGION

A free service that connects callers to critical health and human services in their community. Find the resources you need! If you're unable to find a service, please dial 2-1-1 for assistance.

HOUSING RESOURCES

ALBANY COMMUNITY ACTION PARTNERSHIP

- 333 Sheridan Avenue, Albany
- 518-463-3175
- info@albanycap.org
- www.albanycap.org

ALBANY COUNTY DEPARTMENT OF SOCIAL SERVICES

- 162 Washington Ave, Albany
- 518-447-7300
- Hours: M-F; 8:30AM - 12PM; 1PM - 4:30PM
- www.albanycounty.com/departments/social-services

Please consider calling the dedicated emergency hotline as an alternative to visiting the building in-person: 518-447-7595

CARES OF NY, INC.

- 5 Pine West Plaza Suite 503, Albany
- 518-489-4130
- caresny.org/housing/

CARES has provided housing and case management services for vulnerable populations in Albany for nearly 20 years. Our portfolio of housing includes: owning and operating 24 apartments for formerly homeless households, case managing a 70-unit rental assistance program in partnership with Albany Housing Authority, and coming soon 15 new apartments on two sites owned and operated by CARES for formerly homeless individuals and families. CARES' housing model is one of supportive housing and housing first.

COHOES HOUSING AUTHORITY

- 100 Manor Sites, Cohoes
- 518-235-4500
- www.cohoeshousing.org

Created by the NYS legislation to provide homes for lower income families. All families must meet eligibility requirements with respect to income and are selected in accordance with the approved Cohoes Housing Authority Occupancy Policy and the Housing Act of 1939 mandated by Congress.

EQUINOX, INC.

- www.equinoxinc.org/page/emergency-shelter-17
- 500 Central Ave, Albany
- 518-432-7865

Equinox Domestic Violence Shelter is open to all victims of domestic violence and their dependent children and victims of elder abuse. Individualized counseling, support groups, and case management are offered.

HOMELESS AND TRAVELERS AID SOCIETY (HATAS)

- 138 Central Avenue, Albany
- 518-463-2124
- http://hatas.org/

Prevents, reduces and combats homelessness within the NYS Capital Region. They address the short term need for shelter, food and basic support while not losing sight of the more permanent needs.

HOMELESS SHELTERS DIRECTORY

- www.homelessshelterdirectory.org

The Homeless Shelter Directory provides listings for homeless shelters, housing, outreach centers, women's shelters, food pantries and more.

INTERFAITH PARTNERSHIP FOR THE HOMELESS (IPH)

- 176 Sheridan Avenue, Albany
- 518-434-8021
- www.iphny.org

IPH is a leader in providing services for the homeless and low income community in the Capital Region. They provide pathways to a better future.

JOSEPH'S HOUSE

- www.josephshousetroy.org/services/emergency-shelters
- 518-495-0663

Joseph's House provides emergency shelters for both single adults and families with children. Guests receive personal care items, meals, and case management services. Homeless street outreach, rapid rehousing, re-entry programs, and permanent supported housing services are also offered.

LEGAL AID SOCIETY OF NORTHEASTERN NEW YORK

- www.lasnny.org
- 833-628-0087

New York Legal Aid Society of Northeastern New York assists individuals being evicted from housing, or if their house is in foreclosure, as well as community legal education.

MARILLAC FAMILY SHELTER

- 195 Washington Avenue Extension, Albany
- 518-869-1960
- www.st-cath.org/marillac-family-shelter

Provides temporary residential shelter and supplemental services to families who have lost their homes. Supplemental services are available for families making the transition from a shelter back into the community.

NATIONAL GRID: PAYMENT ASSISTANCE PROGRAMS

National Grid has programs that can help in the short term and in extended circumstances.

- 1-800-642-4272
- nationalgridus.com/upstate-NY-home/bill-help/grant-programs

HOME ENERGY ASSISTANCE PROGRAM (HEAP):

The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

- 518-447-2518
- energy@albanycountyny.gov

ENERGY AFFORDABILITY PROGRAM (EAP):

National Grid's Energy Affordability Program (EAP) provides income eligible customers with a monthly bill credit. Consumer Advocates: Consumer Advocates can help to determine your eligibility and the right program for your needs.

- 1-866-305-1915
- www.nationalgridus.com/NY-Home/monthly-bill-credits/energy-affordability-program

NEW YORK STATE HOUSING AND SUPPORT SERVICES (HHS)

- otda.ny.gov/programs/housing/

Housing and Support Services (HSS) administers an array of programs to address the problems of homelessness in the State.

SECTION 8 - HOUSING CHOICE VOUCHER (HCV) PROGRAM

- www.nyshcr.org/Programs/Section8HCV/
- 833-791-2748

The Section 8 Housing Choice Voucher (HCV) Program enables the lowest income households in New York State to rent or purchase decent, safe housing in the private housing market by providing rental and homeownership assistance. The program also provides assistance to senior citizens and disabled persons on fixed incomes, displaced families, and homeless individuals with disabilities.

ST. ANNE'S INSTITUTE

- stanneinstitute.org/community-partnerships-for-youth-empowerment/
- 518-437-6581

St. Anne's Institute offers runaway and homeless youth, under the age of 18, temporary shelter and services including counseling, referrals, family reconnections, case management, and transitional planning for sustainable housing.

TRINITY ALLIANCE

- 15 Trinity Place, Albany
- 518-449-5155
- trinityalliancealbany.org

Houses homeless and people who are at risk of becoming homeless by providing affordable housing with the support of our clients through case management.

UNITED TENANTS OF ALBANY, INC.

- 255 Orange Street, Albany
- 518-436-8997 x 3 for housing hotline
- utalbany.org
- Open Monday - Thursday from 10AM - 3:30PM Additional times by appointment only.
- Closed daily for lunch from 12PM - 1PM

Support tenants through guidance of rights, help with landlord issues, and support navigating housing systems.

MEDICAL AND DENTAL CARE

ALBANY COUNTY DEPARTMENT OF HEALTH DENTAL SERVICES

- 518-447-4587

Services for Infants and Children. Offers preventive care and dental treatments for children up to age 18. Please call for information.

ALBANY COUNTY DEPARTMENT OF HEALTH IMMUNIZATION PROGRAM

- 518-447-4589

Vaccines are provided against childhood diseases for infants and children to meet school and child care requirements.

ALBANY & TROY LIONS CLUB

- 518-512-2722
- info@albanytroylions.org
- albanytroylions.org/helping.htm

Helps dozens of people get eye exams and eyeglasses every year, as well as those who are hearing impaired.

BUILDING BLOCKS

- 800-853-6104
- 315-853-6090
- www.buildingblockscny.com

Established in 2004, Building Blocks is a multi-service developmental and educational organization founded on the principle of helping children and adults reach their greatest potential. We are comprised of therapy and educational professionals with a united focus on offering the highest level of care.

COHOES FAMILY CARE

- 55 Mohawk Street, Suite 105, Cohoes
- 518-235-4274
- www.sphp.com/location/cohoes-family-care

Offers a full range of health care services for the entire family, as well as the MOMS Program to support pregnant women through enhanced casework and nursing services. Most insurance is accepted.

CHILDREN'S HEALTH HOMES OF UPSTATE NEW YORK (CHUNNY)

- 855-209-1142
- www.childrenshealthhome.com
- mvarvaro@childrenshealthhome.org (Michelle Varvaro – Community and Provider Relations Specialist)

Free assistance is available for qualifying Medicaid recipients ages 0-21 years old.
Qualifying conditions include chronic medical, behavioral or developmental conditions such as ADHD, asthma, depression, diabetes, complex trauma and many more.

HEALTHY CAPITAL DISTRICT (HCD)

- www.healthycapitaldistrict.org
- 518-462-7040

Healthy Capital District works to increase access to coverage, provides health planning, expertise, and supports health prevention programs across the capital region.

LifePlan CCO NY

- 939 NY-146 Bldg. 300, Clifton Park
- 845-391-5081
- lifeplanccony.com/about

LIFEPlan is a Care Coordination Organization (CCO) formed in 2018 along with six other CCOs in New York State to meet the needs of people with intellectual and developmental disabilities (IDD). We collaborate with service providers through a Health Home model. We have one goal–to connect people to the spectrum of services they need to live full, meaningful lives.

THE SMILE LODGE - PEDIATRIC DENTISTRY

- 713 Pierce Road, Clifton Park
- 518-373-1181
- www.smilelodge.com

Most insurances including Medicaid are accepted. Please call or refer to the website for additional information.

WHITNEY YOUNG MEDICAL AND DENTAL CARE HAS MANY LOCATIONS THROUGHOUT THE CAPITAL REGION.

- www.wmyhealth.org

WHITNEY YOUNG ALBANY DENTAL SERVICES

- 900 Lark Drive, Albany
- 518-465-6330
- www.wmyhealth.org/services/dental-care/

Offering low-cost dental services. Monday through Friday between 8AM and 4:45PM

WHITNEY YOUNG WATERVLIET HEALTH CENTER

- 1804 Second Avenue, Watervliet
- 518-833-6900

Providing medical and dental care. Accepts most health insurances, including Medicare and Medicaid. A sliding fee scale is offered for those who are under-insured and uninsured. Assistance is available for patients seeking to apply for health insurance.

HELP WITH HEALTH INSURANCE

- www.health.ny.gov/health_care/medicaid/how_do_i_apply.htm

YOU MAY APPLY FOR MEDICAID IN THE FOLLOWING WAYS:

- Through NY State of Health: The Official Health Plan Marketplace
  - Enrollment Assisters offer free personalized help.
  - To speak with the Marketplace Customer Service Center call 855-355-5777 (TTY: 1-800-662-1220)
- Through a Managed Care Organization (MCO)
- Call the Medicaid Helpline 800-541-2831
- Through your local department of Social Services Office

MENTAL HEALTH / COUNSELING RESOURCES

ALBANY COUNTY DEPARTMENT FOR CHILDREN, YOUTH AND FAMILIES (DCYF) - CHILDREN'S MENTAL HEALTH CLINIC

- 112 State Street, Albany
- 518-447-4550
- www.albanycountyny.gov/departments/children-youth-and-families/children-s-mental-health-division

Provide outpatient therapy for children and youth. Can provide emergency appointments for children ages 5-18.

ALBANY MED PEDIATRIC PSYCHIATRY AND PSYCHOLOGY

- 2 Clara Barton Drive, Albany
- 518-262-5511
- www.albanymed.org/specialty/pediatric-psychiatry-and-psychology/

Specializing in treating patients who have psychiatric disorders, behavioral issues, traumatic injuries, and illnesses affecting mood and behavior. Services range from helping children cope with life issues to providing support to children and families during hospital stays. Comprehensive mental health evaluations and treatment for children and adolescents in an outpatient setting. Multiple insurances accepted.

ALBANY PSYCHOLOGICAL ASSOCIATES

- 1740 Western Avenue, Albany
- 518-464-4440
- www.albanypsych.com

Offer private psychological evaluations for all ages as well as ongoing counseling support. Most insurances are accepted.

APTIHEALTH

- Telephonic Support: 888-454-3827
- Support@aptihealth.com
- www.aptihealth.com

Provides virtual behavioral healthcare for patients ages 5 and up.

AR MENTAL HEALTH COUNSELING

- 17 1st Street, Suite 205, Troy
- 518-810-9452

We offer a range of counseling services to couples, families, and individuals. Our practice is conveniently located in downtown Troy. We are proud to provide our services in both English, Spanish, and Portuguese for a more meaningful experience.
Insurances accepted: UnitedHealthcare, Oxford Health Plans, Cigna, Aetna, Empire Blue Cross Blue Shield -including BlueCard Network access, UMR, Oscar, UHC Student Resources.

CAPITAL COUNSELING

- 363 Ontario Street, Suite 3, Albany
- 518-462-6531
- https://capitalcounseling.org capital-counseling-albany/

Supports individuals, couples, families, adolescents and children with a broad range of emotional and behavioral health issues.

CAPITAL DISTRICT BEHAVIORAL HEALTH

- 20 Century Hill Drive, Suite 202, Latham
- 518-785-7283
- www.cdbehavioralhealth.com

Provides services across all ages, from childhood to older adulthood, and assesses and treats a wide range of mental health issues and difficulties. Sessions are available for individuals, couples and families. Most insurances accepted.

CAPITAL DISTRICT PSYCHIATRIC CENTER, CHILD AND ADOLESCENT OUTPATIENT SERVICES

- 75 New Scotland Avenue, Albany
- 518-549-6929
- omh.ny.gov/omhweb/facilities/cdpc/index.htm

CDPC has outpatient treatment services for children, adolescents, and adults.

CHARLIE HEALTH

- 866-484-8218
- www.charliehealth.com

Provides intensive outpatient online mental health services to teens and young adults.

CHELSEA PLACE PSYCHOLOGICAL SERVICES

- 6 Chelsea Place, Suite 202, Clifton Park
- 518-982-1886
- www.chelseaplacepsych.com

Offers individual and group counseling as well as a range of specialized assessment services.

COUNSELING CENTER AT LASALLE

- 391 Western Avenue, Albany
- CounselingCenter@lasalle-school.org
- 518-242-4731 x240
- lasalle-school.org/programs-services/counseling-center-at-lasalle/

Outpatient services to youth (ages 5-26) along with their families, struggling with a wide range of behavioral and mental health concerns. Accepts Medicaid, CDPHP, MVP, Beacon Health, The Empire Plan, Value Options, and Fidelis Health Care. Fee for service and sliding scale available upon request.

CROWN - SMHA PSYCHIATRY & COUNSELING SERVICES ACROSS THE LIFESPAN

- 4 Atrium Drive, Suite 100, Albany
- 518-374-0295
- smha-crown.com

Counseling for individual, couples, marital and family counseling, as well as medication management.

ELLIE MENTAL HEALTH

- 1182 Troy Schenectady Road, Suite 204, Latham
- 518-400-5180
- elliementalhealth.com

Ellie Mental Health provides support for a wide range of mental disorders and common mental health issues at their Latham clinic. They provide individual as well as group and family therapy. Current insurances accepted: Aetna, CDPHP, Cigna, Highmark, Medicare, MVP and Optum. Please call or visit the website for additional information.

ELLIS OUTPATIENT CHILD AND ADOLESCENT PSYCHIATRY DEPARTMENT

- 624 McClellan Street - Suite 202 2nd Floor, Schenectady
- 518-382-2290
- www.ellismedicine.org/services/mental-health.aspx

Offers child and adolescent outpatient mental health services as well as short-term inpatient care for teens in crisis.

- Crisis/Inpatient Services - 518-243-4000
- Adult Outpatient Mental Health Services : 518-243-3300

EVOLVE PSYCHIATRY

- 63 Shaker Road, Suite 203, Albany
- 518-675-3097
- albany.evolvepsychiatry.com

FOUR WINDS CHILD AND ADOLESCENT OUTPATIENT PROGRAM

- 30 Crescent Avenue, Saratoga Springs
- 518-584-3600 x3153
- www.fourwindshospital.com/about_four_winds/saratoga/adolescent_outpatient_treatment.html

FREEDOM FIRST PSYCHOLOGICAL SERVICES

- 3 Lear Jet Ln Ste 104N, Latham
- 518-560-4277
- freedomfirstpsych.com

Provide therapy and evaluation services. Please refer to the website for additional information.

GC COUNSELING

- 2809 Wehrle Dr #4, Williamsville
- 716-783-4591
- https://gc-counseling.com/

Serving clients remotely across New York State.
At GC Counseling, we believe that healing happens in safe, supportive spaces—where you're free to show up exactly as you are. Whether you're navigating anxiety, depression, trauma, life transitions, or simply feeling overwhelmed by everyday life, we're here to walk alongside you.
Insurances Accepted - Blue Cross Blue Shield, Highmark BCBC of WNY, United Health Care, Univera, and Independent Health.

HARMONY COUNSELING

- 16 North Greenbush Road, Suite 205, Troy
- 350 Northern Boulevard, Suite 307, Albany
- 518-279-6992
- Tracy@Harmony16.com
- https://harmony16.com/

Harmony Counseling is a mental health treatment practice specializing in holistic mental health and trauma treatment serving Rensselaer and Albany Counties and beyond, offering professional service with an unconditional positive regard for all clients.
Insurances accepted: CDPHO, Aetna, Fidelis, Highmark Blue Cross Blue Shield, and MVP. Other insurances can be applied toward an out-of-network deductible.

KARNER PSYCHOLOGICAL ASSOCIATES

- 2280 Western Avenue, Guilderland
- 518-456-5056
- https://www.karnercare.com/

Provides the highest quality therapeutic experience across a broad range of specialties.
Additional offices located in Clifton Park and Saratoga. Insurances accepted - CDPHP, MVP, Blue Shield of Northeastern NY, Blue Cross, Fidelis, Value Options, Beacon Health, Aetna, Cigna, and others.

LEGACY BEHAVIORAL HEALTH

- 6 Chelsea Place, Clifton Park
- 844-253-4229
- mylegacynyc.com

Offer counseling services to children, adolescents and adults. Also provide psychiatric services that include a comprehensive assessment and evaluation along with routine medication monitoring. Multiple insurances accepted.

MINDWELL PSYCHOLOGY LLP

- 15 Cornell Road, Latham
- 518-510-3100
- www.mindwellcenter.com/mindwell-albany

MindWell offers culturally sensitive, evidence-based care to support your needs. Individual, group and couples counseling is available as well as psychological assessments for children, adolescents and college-aged youth.

NOTEWORTHY RESOURCES

- 930 Broadway Suite 1, Albany
- https://www.nwralbany.org/
- 518-250-9719

We are dedicated to supporting people with mental health struggles in cultivating strong peer connections, securing essential therapy and resources, and fostering self-advocacy.

NORTHEAST PSYCHOLOGICAL ASSOCIATES

- 435 New Karner Road, Albany
- https://nepsych.com/
- 518-456-2060

Provides assessment and treatment services for adults, adolescents, and children, and a full range of consultative services for professionals, organizations and agencies.

NORTHERN RIVERS SCHOOL BASED BEHAVIORAL HEALTH AT COHOES MIDDLE SCHOOL

- 7 Bevan Street, Cohoes
- 518-426-2687
- www.northernrivers.org/sbbh-locations

School-based behavioral health services are designed to provide a variety of services to school-age children who have social, emotional, or behavioral needs so that they can be successful in school.

NYS OFFICE OF MENTAL HEALTH

- omh.ny.gov
- 518-474-3619

Directory of services by county as well as additional information on wellness and mental health resources.

PINNACLE PLACE BEHAVIORAL HEALTH

- 1 Pinnacle Place, Albany
- 518-689-0244
- pinnaclebehavioralhealth.com

Provides therapy services as well as psychiatric services including medication management. Multiple Insurances accepted - see website for additional details.

PRIDE CENTER OF THE CAPITAL REGION

- 1 Rapp Road, Suite 1, Albany
- 518-462-6138
- https://capitalpridecenter.org/

We are the oldest continuously operating LGBTQ center in the country. Our programs meet the health and human service needs of the LGBTQ community as well as educate and advocate for those needs in the broader Capital Region. Please see the website for additional details.

PSYCHOLOGY WELLNESS PRACTICE

- 139 Vly Road, Albany
- 518-608-4271
- https://pwpractice.com/

An integrated health practice established to provide psychological and wellness services to children, adolescents, adults, and families.

SAMARITAN COUNSELING CENTER OF THE CAPITAL REGION

- 568 Loudon Road, Latham
- 518-374-3514
- www.samaritancounselingcenter.org/

Provide individual and family counseling.

SARATOGA PSYCHOLOGICAL ASSOCIATES

- Offices located in Saratoga, Clifton Park and Albany
- 518-587-0499
- https://saratogapsych.com/

Offer individual, group and family therapy as well as psychological assessments.

SYNERGY COUNSELING

- 10 McKown Road, Suite 206, Albany
- 518-557-8574
- https://synergycounseling.squarespace.com/

Offer individual therapy, couples and family therapy as well as group work. They also offer Yoga Therapy as a specialized treatment for addressing our bodies response to mental, physical, and environmental stressors.

SUNY PSYCHOLOGICAL SERVICES CENTER

- 299 Washington Avenue, Albany
- 518-442-4900
- www.albany.edu/psc

Offers psychological services to children, adolescents and adults in the Capital Region on a sliding fee scale. Private insurance is not accepted. Services are offered on a sliding scale fee, $10 - $45 per session.

UPSTATE COUNSELING

- 125 Wolf Road, Suite 410, Colonie
- 518-517-4535
- upstatecounseling.org

Therapy services include individual counseling, couples/marriage therapy, and family therapy. Serving a variety of populations and issues. Multiple insurances accepted.

SUBSTANCE ABUSE SERVICES

ADDICTIONS CARE CENTER OF ALBANY

- https://www.theacca.net/
- 518-465-5470

Multiple Locations throughout the Capital Region. The ACCA offers residential programs, outpatient programs, family support services and more. Please see the website for additional information and details on programs offered. They accept many insurances including: CDPHP, Fidelis, United Health Care, Optum, Wellcare, MVP, Empire Blue Cross Blue Shield, Beacon and NYS Medicaid.

ALCOHOLICS ANONYMOUS

- 518-463-0906
- http://www.ny-aa.org/

For people who want to stop drinking but cannot quit or have little control over the amount they drink.

ALANON, ALATEEN, AL-ANON ADULT CHILDREN

- 518-292-0577
- 1-888-4AL-ANON
- Al-anon.alateen.org

CONIFER PARK

- 79 Glenridge Road, Glenville
- 800-989-6446
- Intake: 800-926-6433
- www.coniferpark.com

Private, inpatient chemical dependency treatment facility with multiple locations in the Capital Region that offer outpatient treatment, including one on Sixth Avenue in Troy, NY. Participates in many commercial insurance companies.

COUNSELING CENTER AT LASALLE

- 391 Western Avenue, Albany
- 518-242-4731 x240
- CounselingCenter@lasalle-school.org
- lasalle-school.org/programs-services/counseling-center-at-lasalle/

Addiction services for both youth and family are offered. AcceptsMedicaid, CDPHP, MVP, Beacon Health, The Empire Plan, Value Options, and Fidelis Health Care. Fee for service and sliding scale available upon request.

HOPE HOUSE, INC.

- 879 Madison Ave, Albany
- 518-427-8207
- Hours: M-F; 8AM -5PM
- www.hopehouseinc.org

Extensive therapy programs are fully immersed in caring and servicing the special needs of those struggling with addiction. Providing services in the Capital District and Troy.

NARCOTICS ANONYMOUS

- (315) 847-3842
- abcdrna.org/

SAMHSA (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION)

- 1-800-662-HELP (4357) - National Hotline
- 1-800-487-4889
- findtreatment.gov

Free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

SOBER.COM

- sober.com

A free app to help you stop drinking, track sobriety, connect with a supportive community, and build new habits for a healthier life.

ST. PETER'S ADDICTION RECOVERY SERVICES

- 1300 Massachusetts Avenue, Troy
- 518-452-6700 (general line for all services)
- 833-688-3480
- www.sphp.com/find-a-service-or-specialty/addiction/

St. Peter's Health Partners offers programs for adolescents (ages 13-18) with alcohol and substance abuse problems. We strive to help these individuals and their families attain a healthy and satisfying lifestyle free of alcohol and drugs. This program addresses the problems adolescents face with their peers and in their families and school environment.

OUTPATIENT CENTER IN COHOES (ST. PETER'S)

- 55 Mohawk Street, Cohoes
- 518-235-1100
- Walk-in Hours: M-F; 8:30AM -11:30AM

  Offering individual and group counseling and Ancillary Withdrawal (detox) services during.

WHITNEY YOUNG ADDICTION TREATMENT SERVICES

- Harry and Jeanette Weinberg Treatment Center
- 10 Dewitt Street, Albany
- Outpatient Clinic: 518-463-3882
- OTP: 518-463-3882
- www.wmyhealth.org

TRANSLATION SERVICES

ADVANCE TRANSLATIONS LLC

- 41 State Street, Suite 604-01, Albany
- Hours: M-F; 7AM - 5PM
- 518-726-7663
- info@advancetranslations.org
- advancetranslations.org

Remote and in-person translation and interpretation services. Contact the company for prices and information.

ALL LANGUAGE TRANSLATIONS LLC

- 600 Franklin Street, Suite 113 Schenectady, NY 12305
- Hours: M-F; 8AM - 4PM
- albanytranslation99@gmail.com
- 518-914-9175 OR 518-372-6804
- alllanguagetranslations.org

TARJIMLY

- team@tarjim.ly
- www.tarjimly.org

Free online translation services; paid monthly subscription for advanced features like 3-way conference calls. Free services include: Mobile App, Unlimited Sessions, On-Demand Volunteers, Internet Calling, Text Messaging, Voice Notes, HIPAA Eligible. Now part of Clear Global.

TRANSPORTATION

CDTA

- www.cdta.org/cdta-fares

CDTA offers countless options for getting around the Capital Region. From Navigator, to discounted corporate programs to reduced fares.

MEDICAID TRANSPORTATION

- www.health.ny.gov/health_care/medicaid/members/medtrans_overview.htm

The Medicaid Transportation program ensures Medicaid members can get to and from their medical appointments at no cost to them. We arrange non-emergency transportation, such as pre-scheduled trips to primary care and the dentist. For emergency medical services, please call 911. We do not provide trips to non-medical locations like pharmacies, gyms, schools, or grocery stores.

Trips are arranged at the most medically appropriate, cost-effect level of service. These include public transit, taxi/livery, ambulette, ambulance (ALS/BLS), and personal vehicle mileage reimbursement. Members generally travel using the same mode they use for daily living.

The Department contracts with a transportation broker, Medical Answering Services (MAS). They schedule the trips, manage contact centers, conduct utilization review, and perform other administrative functions for the Medicaid Transportation program.

STAR

- www.cdta.org/star-program

STAR is Special Transit Available by Request; a Para-transit service offering transportation alternatives to people whom at certain times cannot use, or have substantial limits using, the CDTA fixed-route bus system because of a disability or impairment. CDTA provides eligibility through STAR's Paratransit service to individuals who live outside of the STAR service area, but they can only receive STAR service for travel within the service area.
It is equivalent to CDTA's fixed route bus system. It operates within 3/4 of a mile of a CDTA's fixed route bus system on the same days and times that CDTA's fixed route bus system operates. For example, if a CDTA bus operates from 6AM - 7 PM, Monday- Friday along a specific route, then STAR is available from 6AM - 7PM, Monday- Friday within 3/4 of a mile on either side of that route. It is a shared ride, providing origin to destination rides for work, appointments, shopping and social activities.

WIC (WOMEN, INFANTS AND CHILDREN)

ALBANY WIC PROGRAM

- 920 Lark Drive, Albany
- 518-432-9387
- Hours: M-F; 7:30AM - 4:30PM
- www.albanymed.org/specialty/wic/

Provides access to healthy foods for growth and development and promotes food nutrition through education to pregnant, postpartum, or nursing women, and for infants and children under the age of 5 who demonstrate a need as determined by WIC guidelines.

ALPHA PREGNANCY CENTER

- 159B Remsen St., Cohoes
- 518-279-7673
- Monday, Tuesday, Thursday, Friday: 8:30AM - 1:30PM
- Wednesday: Call for appt.
- alphacare.org/locations/#cohoes

Alpha Pregnancy Care Center promises to continue to support you as you navigate the next steps in your journey.

NYS CHILD CARE ASSISTANCE PROGRAM (CCAP) THROUGH LOCAL DEPARTMENT OF SOCIAL SERVICES

- ocfs.ny.gov/programs/childcare/ccap/help.php#CCAP-apply
- Albany County DSS for CCAP: 518-447-7435

NYS CCAP helps eligible families with some of the cost of child care services. CCAP funding is managed through local Departments of Social Services and has eligibility requirements.

NYS HEAD START AND EARLY HEAD START

NYS Head Start and Early Head Start promotes school readiness and child development to low-income families with children from birth to five years of age. Eligibility based on income and may be specific to each program.

- For more information: www.benefits.gov/benefit/1928

LOCATE A HEAD START OR EARLY HEAD START PROGRAM:

- eclkc.ohs.acf.hhs.gov/center-locator
- 1-866-763-6481

ALBANY COUNTY OPPORTUNITY, INCORPORATED (FOR COHOES HEAD START):

- 518-463-3175

SPINDLE CITY VINEYARD CHURCH

- 121 Remsen Street, Cohoes
- 518-237-8381
- Last Wednesday of every month (except December) from 10AM - 2PM.
- spindlecityvineyard.com/

Offers free cleaning supplies, laundry supplies, feminine products and toiletries.

SWINBURNE HEALTH CENTER

- 526 Central Avenue – Swinburne Building
- 518-465-9387
- Hours: M-F; 7:30AM - 4PM
- 7:30AM - 7PM second Tuesday of each month
- www.wmyhealth.org/services/wic/

Services include WIC Electronic Benefits Transfer (EBT) cards for the purchase of healthy, nutritious foods such as milk, yogurt, eggs, whole grains, fruit and vegetables,nutrition information, breastfeeding support and education, linkage to other Whitney Young Health programs and services and referrals to other family services.

Produced by the Cohoes City School District in cooperation with Capital Region BOCES Engagement & Development Services.