

Saratoga County



Children with Special Health Care Needs

*A Community Guide:
Helping families grow strong together!*



INDEX

1. BALLSTON SPA AREA (pages 4-5)

- ❖ Ballston Spa
- ❖ Ballston Lake
- ❖ Burnt Hills
- ❖ Charlton
- ❖ Galway
- ❖ Malta
- ❖ Milton

2. CLIFTON PARK AREA (pages 6-8)

- ❖ Clifton Park
- ❖ Halfmoon
- ❖ Waterford

3. NORTHERN SARATOGA AREA (pages 9-10)

- ❖ Corinth
- ❖ Day
- ❖ Edinburgh
- ❖ Gansevoort
- ❖ Hadley
- ❖ Moreau
- ❖ South Glens Falls
- ❖ Wilton

4. SARATOGA (pages 11-13)

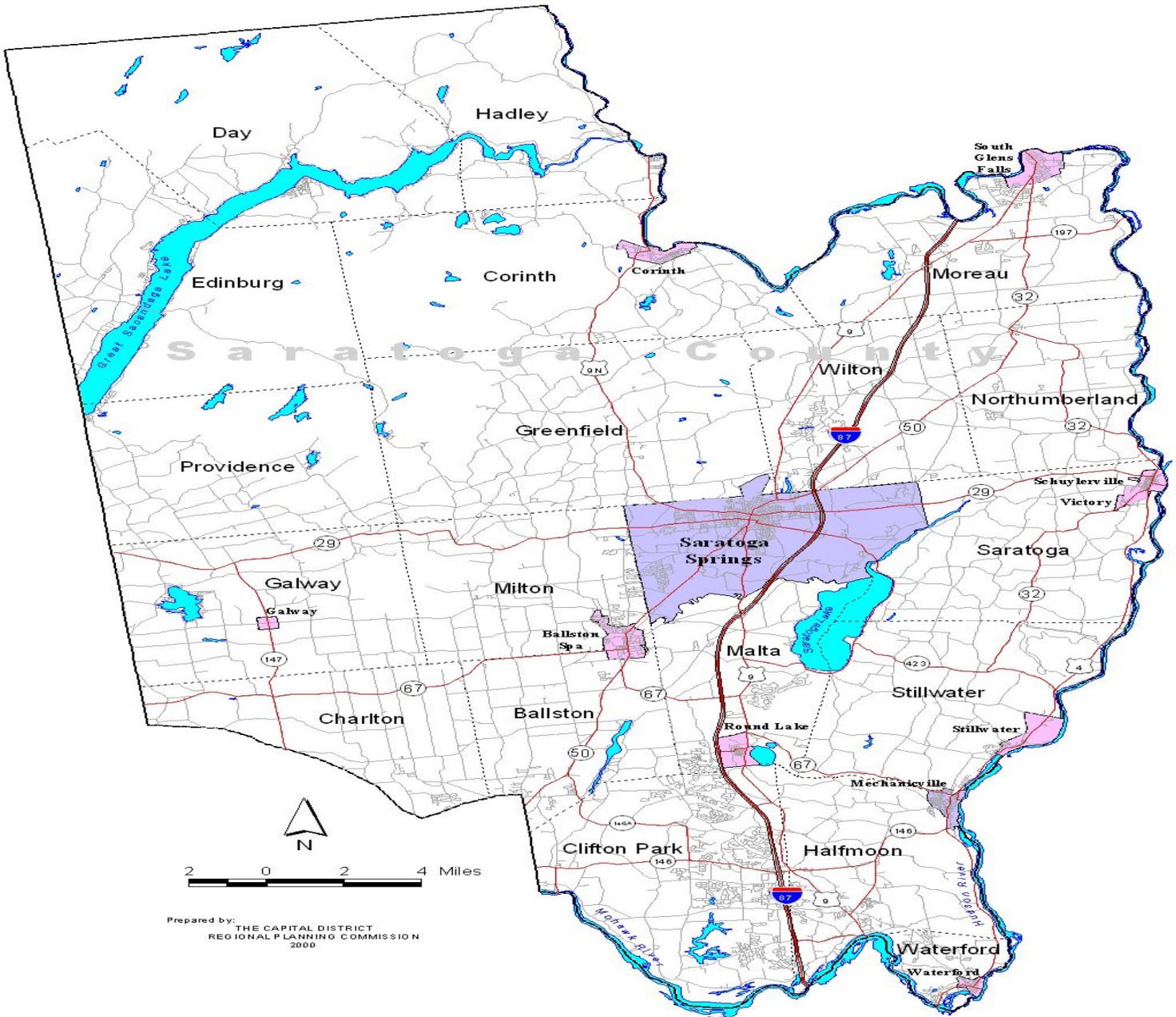
- ❖ Greenfield
- ❖ Saratoga Springs
- ❖ Schuylerville

5. STILLWATER/MECHANICVILLE AREA (pages 14-15)

6. GENERAL RESOURCES

- ❖ Daycares/Preschools (page 15)
- ❖ Financial/Medical (page 16)
- ❖ Books (pages 17-18)
- ❖ Helpful phone numbers (page 19)
- ❖ Sources in Saratoga County ~ (pages 20)
- Help with Personal/Family Emergencies (page 21)
- ❖ Online resources (pages 22-23)
- ❖ Housing/Clothing (page 24)
- ❖ Parenting (page 25)

SARATOGA COUNTY MAP



******Please look at your neighboring town's community activities; they may also offer something of interest to you and your family.**

****** Also call your Town, especially during the summer, they generally all offer some form of summer activities that can range from swim lessons to Arts & Crafts.**

BALLSTON SPA AREA

Ballston Spa, Burnt Hills/Ballston Lake, Charlton, Galway, Malta, Milton

Burnt Hills- Ballston Lake School District
50 Cypress Drive, Glenville NY
Kerstin King 399-9141 x 5036

Ballston Spa School District
70 Malta Avenue, Ballston Spa NY
Patricia Heidelmark 884-7195

Galway School District
5317 Sacandaga Road, Galway NY
Linda Jackowski 882-5042

Ballston Spa/Galway Headstart
Milton Terrace Primary School
100 Wood Road, Ballston Spa NY
884-2899 ext 360



Socialization

Town of Ballston Community Library

2 Lawmar Lane, Burnt Hills, 399-8174

<http://burnthills.sals.edu/>

They offer several activities for toddlers and preschoolers such as toddler time, preschool story time and bedtime stories. Call or check out the website for details.

Malta Community Center

1 Bayberry Dr, Malta, 899-4411

They hold playgroups for children 15-36 months. Call for details.

Galway Library

5264 Sacandaga Rd, Galway, 882-6385

www.galwaypubliclibrary.org

They offer several programs for the children, call for program details.

Ballston Area Community Center

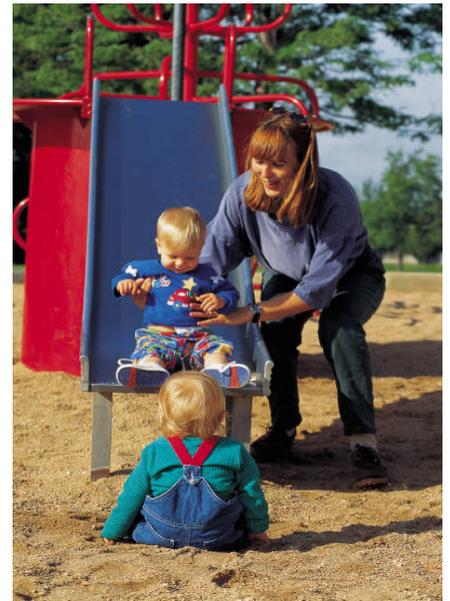
9 Scott Street, Ballston Spa, 885-3261

They hold a toddler open gym, call for details and other programs. This would benefit a child who needs gross motor help as well as socialization.

Glenville YMCA

127 Droms Road, Glenville, 399-8118

Call for programs for all ages.



CLIFTON PARK AREA

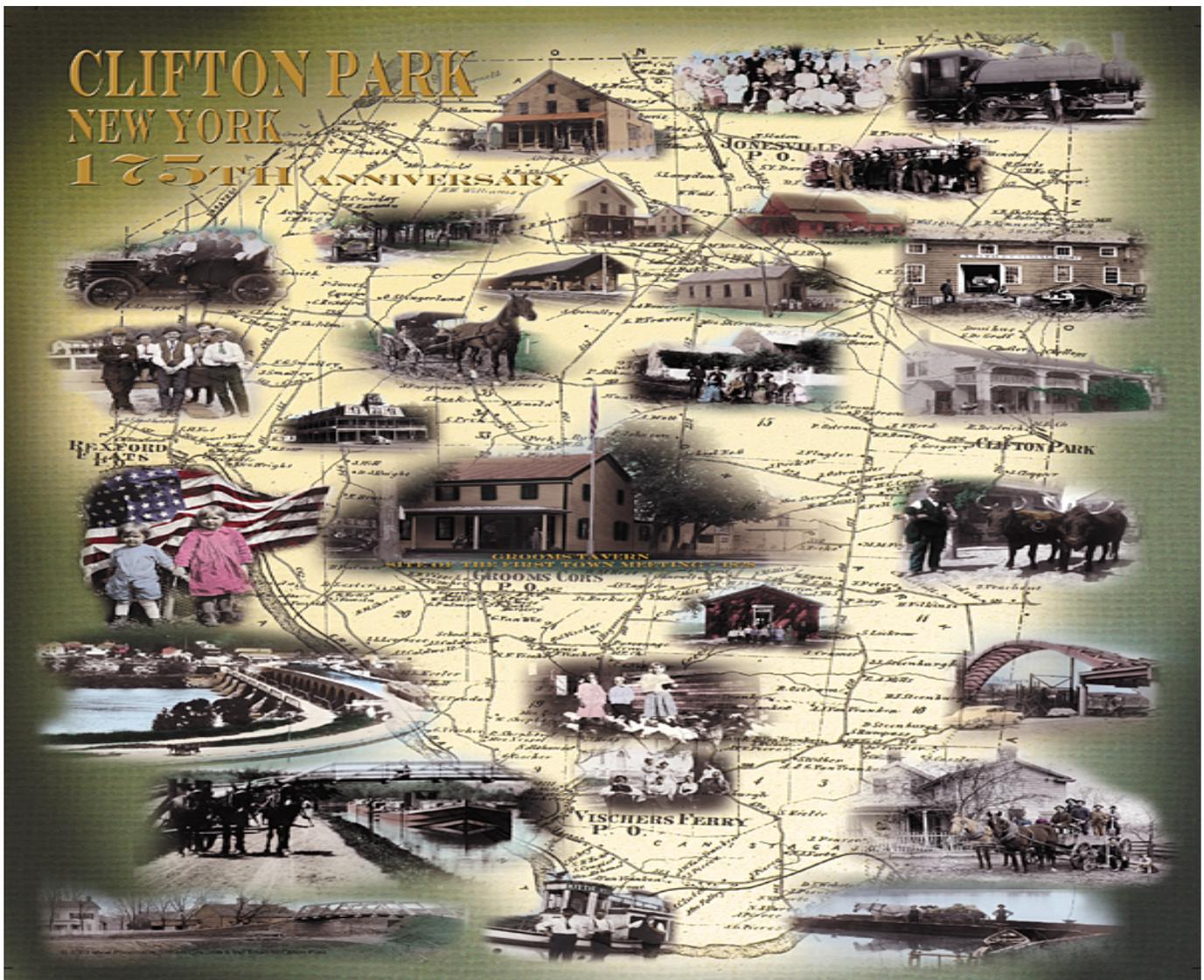


Clifton Park, Halfmoon, Waterford

Waterford - Halfmoon
125 Middletown Road, Waterford NY
Susan Wulczyn 237-0800 x 3315

Shenendehowa
5 Chelsea Place, Clifton Park NY
Joseph Nicolella 881-0600 x68303

Clifton Park and Waterford/Mechanicville Headstart
38 Saratoga Avenue, Mechanicville NY
664-6416



SOCIALIZATION



Clifton Park-Halfmoon Public Library

47 Clifton Country Rd, Clifton Park, **371-8622**

They offer several activities for children of all ages such as: Lap sit for tots, parent/child library time, 2-6 year old story times and 3-6 year old movie times. Call or check the web site for details.

<http://www.cphlibrary.org>

MOPS- Mothers of Preschoolers

Parkside Community Church: MOPS is for all mothers with children from birth through kindergarten. Childcare is provided! 1st and 3rd Wednesday of the month.

Contact, Heather Johnson at 399-8203

Round Lake Public Library

P.O. Box 665

31 Wesley Ave, Round Lake, **899-2285**

Offer toddler (2-3½ y.o.) story times. They offer other activities as well, call for details.

www.roundlakelibrary.org

Kindermusik of Clifton Park

29A Ponderosa Drive, Clifton Park

Contact, Paula Walentowicz at **373-1489** for details



Michael's Crafts

48 Crossings Blvd, Clifton Park, **373-9820**. They offer craft times for the kids. Call for details.

Lowe's Hardware

1691 Route 9, Clifton Park, **348-2940**. They offer craft time with the kids.

Call for details.

Waterford Public Library

117 Third Street, Waterford, **237-0891**. Call for children programs offered.

www.waterfordlibrary.net

LANGUAGE AND MOTOR



My Gym

19 Clifton Country Rd, Clifton Park, **371-1577**, call for children programs offered
www.my-gym.com

- ✦ They offer classes for kids 3 months to 9 years old.

Kidscare/Thomas Nicolla Consulting Services

711 Troy-Schenectady Rd, Latham, **786-1665**, call for children programs offered

- ✦ They offer several playgroups that range from 4 months to 7 years
- ✦ Talk with the staff and see if your health insurance covers any part of it!
- ✦ They also offer parent-training sessions called “The Hanen Program For Parents: It Takes Two to Talk.” This program helps parents by offering support from other parents in the group, and classes are informative and personal. *It Takes Two to Talk*, is for those parents who are concerned about their child’s speech development.

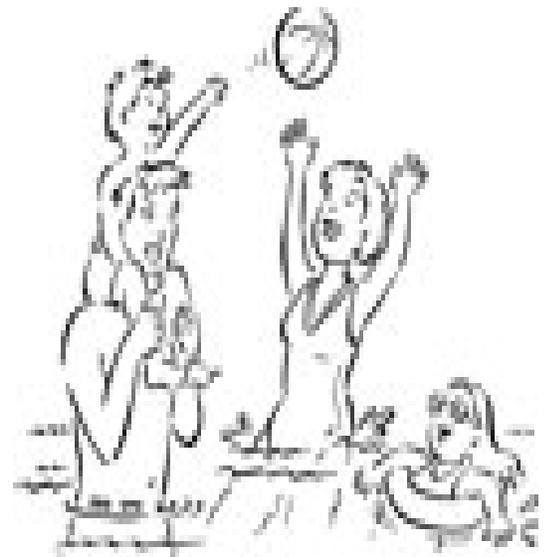
YMCA of the Capital District

1 Wall Street, Clifton Park, **371-2139**, call for children programs offered.
www.cdymca.org

- ✦ Activities such as swimming, sports, dance, gymnastics, etc. available
- ✦ Preschool program
- ✦ Scholarships available

Lauren Herbs, Speech & Language Pathologist

Providing parents with strategies for child language development. (518) 428-0325.



NORTHERN SARATOGA AREA

Corinth, Day, Edinburgh, Gansevoort, Hadley, Moreau, South Glens Falls, Wilton



Hadley- Luzerne

27 Ben Rose Park, Lake Luzerne NY
Laurie Rosatti, Social Worker 696-2112 x 111



South Glens Falls

6 Bluebird Road, South Glens Falls NY
Lisa Quinn, CSE 793-9702
Robert Lemieux, CPSE 793-9702



Edinburgh

4 Johnson Road, Edinburgh NY
Jeff Frank 863-8412, Ext. 225



Corinth

105 Oak Street, Corinth NY
Lisa Meade, CSE
Dee Williams, CPSE
654-9005, Ext. 3447

Corinth Headstart

331 Main Street, Corinth NY
654-7090 or 654-2710





SOCIALIZATION



Crandall Library

251 Glen Street, Glens Falls, 792-1509. They run several programs for children and their families. www.crandalllibrary.org

Corinth Free Library

89 Main Street, Corinth, 654-6913. Call for children programs offered. www.corinth.sals.edu

Hadley-Luzerne Free Library

19 Main Street, Lake Luzerne, 696-3423. Call for children programs offered. <http://hadluz.sals.edu>

Hyde Museum

161 Warren Street, Glens Falls, 792-1761. They offer several different types of crafts/activities for children/toddlers each week.

World Awareness Children's Museum

174-176 Glen Street, Glens Falls, 793-2773. Call for children programs offered. www.worldchildrensmuseum.org

Lowe's in Queensbury

Corner of Bay and Quaker, 798-9050. Call about craft days for kids.

Moreau Recreation Center

144 Main Street, South Glens Falls, 792-6007. Call for children programs offered.

Northville Public Library

341 South Third Street, Northville, 863-6922. Call for children programs offered. Edinburgh and Day families can use this library.

Fortune Cookies

Contact Janice Wakeley, 798-0788.

For adopted Chinese children to interact in a playgroup and learn Chinese language. Call for more details.

MOTOR AND LANGUAGE

Movers and Shakers (for children 2-3 ½ years)

Located at For the Love of Children (children up to 5 years), 10 Mountain Ledge Drive, Wilton, 587-5077

- Groups planned and overseen by a Pediatric Speech-Language Pathologist
- Love of Music classes, Yoga for Children, My ABC's, Toddler Storytime
- Daily play in Gross Motor (Mon-Fri)

Glens Falls Rehab Center

25 Willowbrook Road, Queensbury, 926-2000. Call Kathy Speck for details.

- Obtain referral from your Pediatrician to receive PT/OT/Speech services through your insurance.
- They offer parent training sessions "The Hanen Program For Parents: It Takes Two to Talk." This program helps parents by offering support from other parents in the group, and classes are informative and personal. *It Takes Two to Talk*, is for those parents who are concerned about their child's speech development.

The Fun Spot at Skateland

Rte 9, Queensbury, 792-8989, call for more details.

- The little ones can skate or bring their favorite ride on toy (no bikes) for fun pedaling around the rink. Strollers are welcome.

Glens Falls YMCA: socialization/motor

600 Glen Street, Glens Falls, 793-3878, call for children programs offered. www.glensfallsymca.org

- Several activities such as swimming, sports, dance, gymnastics.
- Preschool program available.



SARATOGA

Greenfield, Saratoga Springs, Schuylerville

Schuylerville
Committee on Special Education
14 Spring Street, Schuylerville NY
Lynn Mastrianni 695-3255 x 3247

Saratoga Springs
3 Blue Streak Boulevard, Saratoga Springs NY
Robert Kelly 583-4727

Saratoga Head Start
40 New Street, Saratoga Springs, NY
587-3158



SOCIALIZATION

Saratoga Springs Public Library

49 Henry Street, Saratoga Springs, **584-7860**.
Call for children programs offered.

They offer parenting programs, toddler & preschooler story times and activities, etc.

www.sspl.org



Geyser Road Elementary School

Geyser Road, Saratoga, **584-7699**. Call for details.
Read a story, do a project and have a snack. Preschoolers only.

Saratoga Children's Museum

69 Caroline Street, Saratoga, **584-5540**, call for programs offered.
The museum offers free time for you and your child to play and imagine together.
They may also offer times for preschoolers and tots to interact and socialize. It is a very family friendly atmosphere.

For the Love of Music

8 Mountain Ledge Drive, Wilton, **583-7144**.
Call Karey Hall Trimmings for details

An educational enrichment program that fosters the joy of music, movement, and play in young children and their parents.

Karey is a NYS certified music teacher who offers classes for parents/caregivers and babies, parent/caregivers and toddlers, and preschoolers.

www.theloveofmusic.net



Schuylerville Public Library

52 Ferry Street, Schuylerville, **695-6641**. Call for children programs offered.

They offer a literacy program as well as several other helpful resources for parents.

www.sals.edu/schuylerville.shtml

MOTOR/LANGUAGE



Stepping Star Gymnastics and Dance

86A Congress St, Saratoga, **584-5153**. Call for details.

They offer both structured and unstructured gymnastics times for preschoolers, toddlers and school age children. They also offer dance. www.steppingstar.com



YMCA Playgroups

262 Broadway, Saratoga, **583-9622**, call for details
20 Old Gick Rd, Saratoga, **587-3000**, call for details

Several activities such as swimming, sports, dance, gymnastics, etc. are available.

They also have a preschool program
www.ymcasaratoga.org

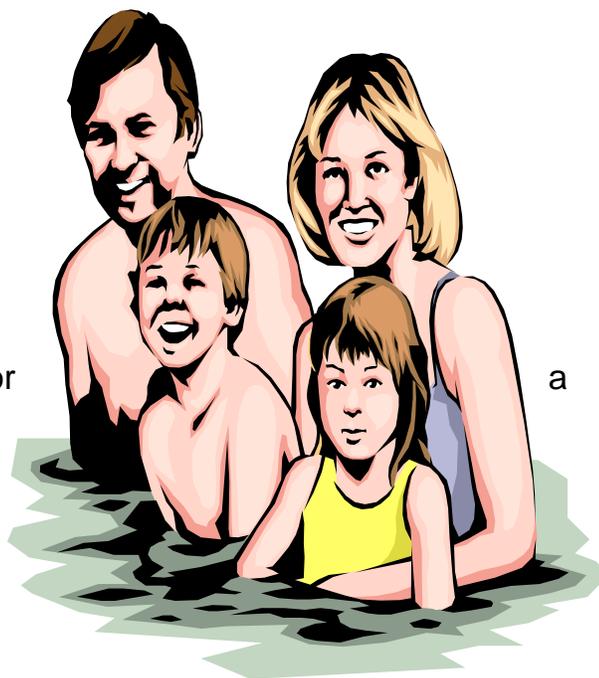
Aqua Tots

Wesley Healthcare Center,
131 Lawrence Street, Saratoga Springs, **691-1451**.
Call for dates and times.

A new parent-child aquatic wellness program.

Parent/guardian accompany their child into the pool for fun 6-week exercise program.

www.wesleyhealthcare.com



STILLWATER / MECHANICVILLE



Mechanicville Elementary School
25 Kniskern Street, Mechanicville, NY
Steven Marra 664-7336



Stillwater Central Schools
334 North Hudson Avenue, Stillwater NY
373-6100



Mechanicville and Waterford Headstart
38 Saratoga Avenue, Mechanicville NY
664-6416

SOCIALIZATION

Mechanicville District Public Library

190 N. Main Street, Mechanicville, 664-4646.

Call for children programs offered.

<http://mechanicville.sals.edu>

Stillwater Free Library

P.O. Box 485, 72 Hudson Avenue, Stillwater, 664-6255.

Call for children programs offered.

<http://stillwater.sals.edu>

Mechanicville Area Community Services Center, Inc

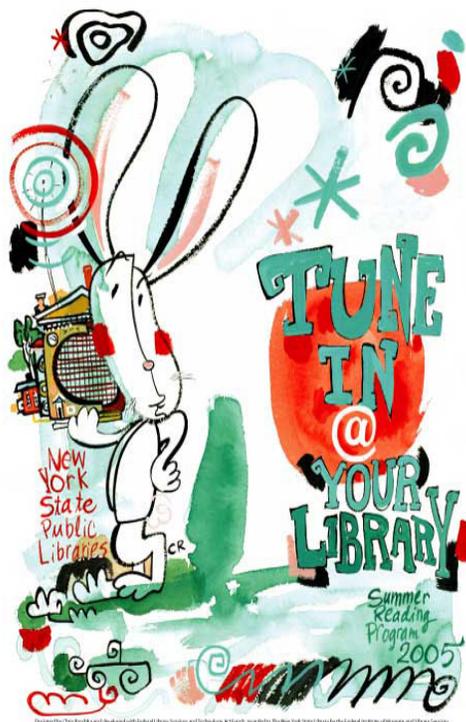
6 South Main Street, Mechanicville, 664-8322.

They have programs and services to help meet the needs of the community's families and youths. Call for details.

<http://mechanicvilleacsc.org/>

Stillwater Area Community Center

On Palmer in Stillwater, 664-2515 ext. 10, Roseanne, Youth. They have programs and services to help meet the needs of the community's families and youths. Call for more details.



GENERAL RESOURCES (begins next page)

- Daycare/Preschool information and assistance
- Financial/Medical information and assistance
- Helpful phone numbers
- Parenting: helpful websites and books for separation anxiety, child development, help with behavior concerns, etc.





DAYCARE/PRESCHOOL INFORMATION AND ASSISTANCE

Daycare Assistance

Saratoga County- **884-4283**

Please call about the childcare assistance program.

-They offer special programs to help families pay for childcare costs.

Capital District Child Care Coordinating Council, Inc.

91 Broadway, Menands, NY 12204 - 426-7181 x 315 or 325 or 1-800-521-5437

Simply call the numbers listed and they will mail you a list of family daycares, childcare centers, and nursery or preschools in your area. Spanish speaking staff available. www.cdcccc.org

Warren and Washington County BOCES

1051 Dix Avenue in Hudson Falls, **746-3400**, call for details.

www.wswheboces.org

-They offer a free nursery school/preschool program (Building C)

-This program would work best for families in the Northern part of Saratoga County

Southern Adirondack Child Care Network (SACCN)

Warren, Washing and Essex County. 88 Broad Street, Glens Falls, NY 12801

They are a not-for-profit childcare resource and referral organization.

Call **798-7972 or 1-800-807-3224** for childcare listings.

-This program would work best for families in the Northern part of Saratoga County

Head Start- Family Education Program

Administrative office, Saratoga County EOC, P.O. Box 3476, 64 Hamilton Street, Saratoga Springs. Call **587-3158** to obtain the number for the Head Start program in your area.

-Early Headstart (birth to age 3) and Preschool (4 years of age)

❖ Home based and center based services for child development and family needs

“Preschool Connections”

Call **664-5066** to get placed on the mailing list to receive this free newsletter.

-Preschool Connections is published every three months by Helping Hands School that provides up to date information about issues related to raising young children of all abilities. Each newsletter contains a calendar of events; recommended books for children; parent resources; health and development news; Q&A about child development; recommendations for web sites, videos, and other media; and articles about parenting and education.



MEDICAL

Saratoga Care Family Health Centers

61 Rowland Avenue, Ballston Spa, (888) 242-1418, call for assistance

- A Saratoga Care Coordinator will help you obtain health insurance for you and your family.

Saratoga County Public Health

31 Woodlawn Avenue, Saratoga Springs,

- They offer well child/immunization clinics for children who live in Saratoga County and are not covered by medical insurance. You must bring your immunization records.
- Please call, **584-7460**, to make an appointment and to find the clinic closest to you.
- The Physically Handicapped Children's Program provides information, referrals, and financial assistance to children with special health care needs. PHCP also offers other services such as the diagnosis & Evaluation Program, Orthodontic Program, and Out of State Care. For more information, please call 584-7460, ext. 360.



Dentists Accepting Medicaid

Amsterdam Dental Care, 1130 Riverfront Center, Amsterdam, **842-4420**

Dr. Mohmid Baghaei-Rad, 5010 State Highway 30, Amsterdam, **842-9850** **(Oral Surgery Only)*

Dr. Dean Bartlett, 500 Glenn Street, Glens Falls, **793-8511**

Dr. Michael Braff (Pediatric Dentistry), 921 Nott Street, Schenectady, **370-5506** **(2-5 years old only)*

Center Health Care Dental (Disabled Only), 314 Manning Blvd, Albany, **437-5731**

Dr. A.N. Finkel, 451 Hoosick Street, Troy, **274-4311**

Dr. William Greene, 214 Center Street, Corinth, **654-2688**

Hudson Headwaters Dental Department, 3761 Main Street, Warrensburg, **623-3918**

New Dimensions Dental, 40 Wall Street, Amsterdam, **843-2575 or 842-5080**

Oral Health Care, 1092 Route 9, Queensbury, **798-9561**

Dr. Pathare, 175 Maxwell Road, Latham, **786-6282**

Pediatric Dentistry, 532 Moe Road, Clifton Park, **373-1181** and
88 Broad Street, Glens Falls, **798-9966**

Seton Dental Care (a.k.a. Whitney Young), 147 Hoosick Street, Troy, **268-5750**

Small Smiles Dentistry of Albany, Small Smiles Plaza, 1838 Central Ave, Albany, **464-0402**

St. Clare's Hospital Dental Health Center, 600 McClellan Street, Schenectady, **382-2270**

Stillwater Family Health and Dental Care, 351 No. Hudson Avenue, Stillwater, **664-3242**

BOOKS

Caring for Your Baby and Young Child: Birth to Age 5, by The American Academy of Pediatrics, Stephen P. Shelov (Editor), Robert E. Hannemann (Editor), Catherine D. De Angelis (Editor), Bantam Doubleday Dell Publishing, Paper, Revised edition, 1998

The Complete Idiots Guide to Parenting a Preschooler and Toddler, Too, by Keith Boyd, MD, Kevin Osborn, Macmillan General reference, 1997

Games to Play With Toddlers, by Jackie Silberg, Linda Greigg (Illustrator), Gryphon House, 1993

How Should I Feed My Child? : From Pregnancy Through Preschool, by Sandra K. Nissenberg (Editor), Margaret I. Bogle, Edna P. Langholz (Contributor), Audrey C. Wright (Contributor), Chronimed Publishing, 1993

Magic tools for Raising Kids (tools for everyday parenting) by Elizabeth Crary, Rebekah Strecker (Illustrator), Parenting Press, 1995

101 Ways to Make Your Child Feel Special, by Vicki Lansky, NTC/Contemporary Publishing, 1991

Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work, by Gale Pryor, Harvard Common Press, 1997

Twenty-Five Things every New Mother Should Know, by William Spears (Contributor), Martha Spears, Linda Zeidrich (Editor), Harvard Common Press, 1995

Sleep Better by Mark Durand

This book offers good information and strategies of how to get your child to sleep and keep himself asleep. The book is geared for children who have disabilities, but strategies are appropriate for all children.

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinko

This is an excellent book about dealing with a young child with a difficult temperament.

Raising Your Spirited Child Workbook, by Mary Sheedy Kurcinko, Harpercollins, 1998

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W. Greene

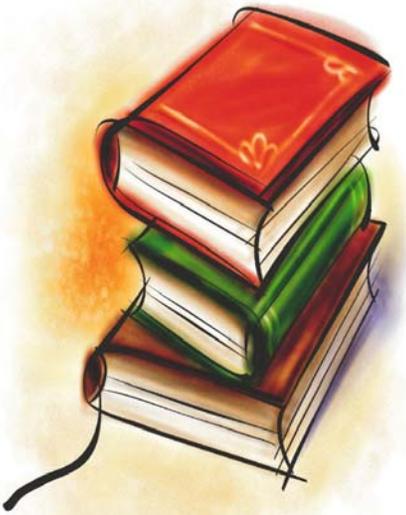
What to Expect the First Years, 2nd Edition, by Heidi Murkoff, Sandee Hathaway, Arlene Eisenberg Also check out the other books in the *what to expect series*

The Children's Literature Connection

Contact Karen Beil, 3048 New Williamsburg Drive, Schenectady, NY 12303-5324

- This organization connects families with writers, teachers, librarians, etc.
- Mail a letter to Karen to obtain information on The Children's Literature Connection

**Other helpful and respect authors are Spock and Brazelton. You can search the web or call your local library to borrow books by these authors.



Helpful Phone Numbers

AIDS Council of NENY	434-4686/753-0703
Alcohol Services, Saratoga County	587-8800
Ballston Area Community Center	885-3261
Big Brothers/Big Sisters	581-1487
Birthright ~ Crisis Pregnancy	885-4117
Capital District Beginnings	233-0544
Catholic Charities	587-5000
Child Abuse Hotline	(800) 342-3720
Child Care Coordinating Council	426-7181
Child Health Plus/Family Health Plus	580-2021/(800) 698-4543
Child Support	(888) 208-4485
CAPTAIN	371-1185
Center for Autism & Related Disabilities	442-2574
Clover Patch Programs	384-3059
Consumer Credit Counseling	482-0203
Cornell Cooperative Extension-Saratoga County	885-8995
Daycare Assistance	884-4144
Department of Labor	884-4170
Dept. Of Social Services	884-4144
Domestic Violence/Rape Crisis	584-8188/587-2336
Down Syndrome Resource Center, Inc.	391-2581
Employment and Training	884-4170
EOC/Community Services	587-3158
Extra Helpings/Food Pantry	587-3158
Food Stamps	884-4155
Four Winds	584-3600
Franklin Community Center	587-9826
Friendship House Day Treatment Center	587-7190
Growing Up Healthy Hotline	(800) 522-5006
Headstart	587-2584
HEAP (Home Energy Assistance Program)	884-4146
Helping Hands School	664-5066
Housing Assistance:	
<input type="checkbox"/> Mastrianni's Office (Sec. 8 Rental Assistance)	372-8846
<input type="checkbox"/> Mechanicville Housing Authority	664-9897
<input type="checkbox"/> Saratoga County Rural Preservation	885-0091
<input type="checkbox"/> Saratoga Springs Housing Authority	584-6600
IRS (Internal Revenue Service)	(800) 829-1040
Labor Standards	457-2730
Legal Aid	587-5188
Literacy Volunteers	583-1232
Medicaid/Family and Child Health Plus	884-4148
NYS Disability Benefits	(800) 353-3092
Planned Parenthood ~ Clifton Park	383-1783
Planned Parenthood ~ Saratoga Springs	584-0041
Poison Control	(800) 222-1222
Prevention Council	581-1230
Public Health Services	584-7460
Red Cross	584-2510
Salvation Army	584-1640
Saratoga Center For the Family	587-8008
Saratoga County Mental Health	584-9030
Saratoga Hospital	587-3222
Saratoga Mentoring (works with youth)	581-1487
Social Security Administration	(800) 772-1213
Traveler's Aid	463-2124
Unemployment Insurance	(888) 209-8124
Veterans' Office	884-4115
"We Care" Information and Referral Service	371-2273/(800) 924-4636
WIC	587-8848
Worker's Compensation	(877) 632-4996
YMCA ~ Clifton Park	371-2139
YMCA ~ Saratoga Springs	583-9622
Youth Bureau	884-4180

Sources in Saratoga County for Help with Personal/Family Emergencies

New York State Electric and Gas

6 Werner Rd, Clifton Park, (800) 572-1111
Monday – Friday, 7 am-7 pm
In case of high bills or shut-off

National Grid

1125 Broadway, 3rd Floor, Albany, 449-8000
In case of high bills or shut-off

Saratoga County Economic Opportunity Council

40 New St, PO Box 5120, Saratoga Springs, 587-3158
Food pantry, weatherization program, extra helpings program, emergency services and other community programs.

CAPTAIN - Saratoga County Information and Referrals

17 Town Hall Plaza, Clifton Park, 371-1185 OR (800) 924-4636

Catholic Charities of Saratoga

142 Regent Street, Saratoga Springs, 587-5000

The Salvation Army

27 Woodlawn Avenue, PO Box 652, Saratoga Springs, 584-1640





Online Resources-websites

Websites for language development, speech development and sign language:

<http://www.weetalk.net/learn.htm>

<http://www.helpforkidspeech.org/>

<http://www.nidcd.nih.gov/health/voice/speechandlanguage.asp>

<http://www.babycenter.com/general/toddler/toddlerdevelopment/12293.html>

<http://www.babysigns.com/>

<http://www.topbabypages.com/babysign.html#BABY%20SIGNING%20LINKS>

<http://www.blankees.com/baby/speech/>

http://www.kidsource.com/ASHA/language_tips.html

http://members.tripod.com/Caroline_Bowen/devel1.htm

Websites for motor development

<http://www.theraproducts.com>

Wonderful website, great information on all areas of development

Sensory integration concerns

<http://www.out-of-sync-child.com>

<http://www.sifocus.com>

Financial websites

<http://www.scaany.org>

Great website to connect you with resources

<http://www.freecycle.org>

Great website to find free stuff from bikes, books, furniture, etc.



Online Resources-websites

Separation Anxiety

http://kidshealth.org/parent/pregnancy_newborn/home/separation_anxiety.html

General Parent Resource Websites

<http://www.babycenter.com>

- ❖ For new and expectant parents. Website has both information as well as products.

<http://www.acs.ucalgary.ca/~bkbrown/index.html>

- ❖ Children's literature web guide. Great resource for children's/young adult's books.

<http://www.drtoy.com>

- ❖ Great kids website. Use the kids page and click on the kids links.

<http://www.sesameworkshop.org>

- ❖ Great *Sesame Street* website for pre-school children and parents to do together.

<http://www.kidshealth.org>

- ❖ Wonderful health resource-sections for parents, teens and kids. Info on infections, behavior and emotions, food and fitness, and growing up healthy. Also has some cool games and animations.

<http://www.kidsource.com>

- ❖ Has recalls on toys and clothing. It is also a great parent resource for education and healthcare information.

<http://www.npin.org>

- ❖ National Parenting Information Center
- ❖ Great resource with information on early childhood learning, children with special needs, health and nutrition, gifted children and much more.

<http://www.parentsoup.com>

- ❖ Information covered ranges from before pregnancy to parenting teenagers

<http://www.pbs.org/kids>

- ❖ Great website for kids

<http://www.pbs.org/parents>

- ❖ Great website for parents

<http://www.ccesaratoga.org>

- ❖ Cornell Cooperative extension website. This is a wonderful site for families.



Housing/Shelters

Shelters of Saratoga, emergency shelter for adults only and listing of available apartments
14 Walworth Street, 581-1097, call for details

CAPTAIN, Youth Shelter, PO Box 2453, Malta, 584-6042, call for details

Rural Preservation Co. Veteran's Shelter, 36 Church Ave, Ballston Spa, 885-0091, call for details

Saratoga Domestic Violence Services, 480 Broadway, Saratoga, 583-0280, call for details

Clothing Resources



Glens Falls Area

Bargain Box, 84 Main Street, So. Glens Falls, 761-6848

Mommie and Me, 206 Glen Street, Glens Falls, 798-8422

Yesterday's, 258 Main Street, Hudson Falls, 747-2928

Malta

Cire' Fine Consignments, 2737 Route 9, Malta, 583-8052

Mechanicville

Kimberley's Bargain Shop, 44 North Main Road, Mechanicville, 664-2445

Saratoga Springs/Wilton

Reruns Consignment, 1 Phila Street, Saratoga Springs, 583-9153

Saratoga Day Habilitation/ARC, 64 Congress Street, Saratoga Springs, 583-3305

Franklin Community Center, 101 Washington Street, Saratoga Springs, 587-9826

Salvation Army, 21 Woodlawn Avenue, Saratoga Springs, 584-1640

*Breakfast 8-10 am and Emergency Food Pantry 9:30 am – 12 noon on Mon, Wed, Fri

Saratoga Hospital Guided Flower Shop, across from the hospital

Parenting

Before Baby Basics

A four hour class series for moms and dads to learn techniques to calm and soothe babies, help babies sleep longer, plus other topics based on “The Happiest Baby on the Block”.

Call Bellevue Women’s Hospital @ 346-9410 for details.

Families Together in New York State, Inc.

“Families Together” is a helpful publication that addresses the needs of families with emotional, behavioral and/or social challenges. Call for details.

737 Madison Avenue, Albany, NY 12208

<http://www.FTNYS.org>

What To Do Through Two:

A 2-part workshop designed to help all who parent or care for children ages birth to 24 months.

Held at Bellevue Woman’s Hospital, 2210 Troy Road, Niskayuna
346-9410, call for details.

<http://www.bellevuewoman.org>

Community Cradle

Goal is to promote health for women, infants, children and families.

2 Ecomm Square, Albany, NY 12217, call **426-1153** for details

<http://www.crisny.org/not-for-profit/mincr>



ECDC ~ Early Childhood Direction Center

Resource center that assists parents with children in the EI & CPSE programs (birth to 5 years). They provide training and parents rights information.

1979 Central Avenue, Albany, NY 12205

Contact Ellen Burns, Program Coordinator @ 464-6356

Support Group for Twins

Provides formal meetings on third Tuesday of every month with changes in location.

Two play groups: one for children under the age of 2 and one for children over the age of 2. They do different activities throughout the year.

Contact people (in this area):

Patty Valero: 348-2190

Kim Waxman: 377-8518

Capital District contact number: 373-8738

Schenectady area contact number: 346-7570

