

CLOTHING

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

Doors of Hope

Rtes 43 & 150
West Sand Lake
(518) 674-4048
M, T, W, F, Sat
9:30am-4pm
Thurs: 9:30am-7pm

The Gathering Place

24 Albany Ave
Nassau
(518) 766 - 4164
T & Th: 12-7pm,
Wed & Fri: 10am-4pm
Saturday: 10am-1pm

Unique Boutique

2431 6th Ave, Troy
(518) 272-2352
Mon-Thurs: 9am-5pm
Friday: 8am-4pm

Nassau Resource Ctr.

15 Church St, Nassau
(518) 766-9014
M,T,F: 9am-12pm
Thursday: 7-8:30pm

First Baptist

82 3rd St, Troy
518-273-8561
Tues: 5-6pm

Circles of Mercy— Catherine's Closet

11 Washington St,
Rensselaer
(518) 462-0899
Mon-Fri: 10am-2pm,
Tues: 10am-5pm

Bethany Hospitality

27 State St, Troy
(518) 273-3529
W & Sat: 9:30-11:30

HOUSING ASSISTANCE

Troy Housing Authority (518) 271-8353

M, W-F 9am-4:pm
T 9am-12pm

Home ownership opportunities

TRIP (518) 272-8289

415 River Street, Troy
Weekdays 8:30am-4:30pm

Home heating assistance

H.E.A.P. (518) 270-3935

CRISIS CENTERS & HOTLINES

Sexual Assault & Crime

Victims Assistance (518) 271 - 3257

Child Abuse Hotline..... (800) 342 - 3720

Psychiatric Crisis (518) 270 - 2800

Poison Control..... (800) 222 - 1222

Unity House

Domestic Violence Hotline .. (518) 272 - 2370

National Suicide Prevention

Lifeline (800) 273 - 8255

DSS Adult Protective..... (518) 687 - 3700

SELF HELP & SUPPORT GROUPS

AIDS Council (518) 434- 4686

Al-Anon..... (518) 292 - 0577

Alcoholics Anonymous (518) 463 - 0906

Gamblers Anonymous..... (518) 292 - 0414

Gay & Lesbian

Community Council (518) 462 - 6138

Gilda's Club

Cancer Support (518) 782 - 9833

Narcotics Anonymous (518) 448 - 6350

EMERGENCY SHELTER

Joseph's House (Weekdays, 24 hours)

74 Ferry Street, Troy (518) 272-2544

FURNITURE

Furniture will be provided free of charge with a referral from a helping agency

T.A.U.M.

392 2nd, Troy

(518) 274-5920

Tues-Thur. 10-5pm

Emergency: Dial 911

Albany Police, Fire & Paramedics

Non-Emergency: 211

United Way: Dial 211

When you need help to access human service agencies.

Rensselaer County Resource Guide

2010

*Where to Find Help When You
Need It*



Food Pantries for the Capital District, Inc.
Help Us Feed the Hungry
(518) 458 - 1167

Updated February, 2010
Continuous Updates at foodpantries.net

COMMUNITY MEALS

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

BREAKFAST

Daily 9-10am **Bethany Hospitality**
27 State St, Troy

LUNCH

Daily 12-12:45 **Bethany Hospitality**
27 State St, Troy

Thur-Fri 11-2pm **Trinity Damien Center**
392 2nd St, Troy

Saturday 12-2pm **Faith & Love**
(2nd & 4th Sat.)
85 Washington Ave,
*Open Sept.-June Rensselaer

Mon-Fri 12-1pm **Salv. Army - Cohoes**
(Last week of mo.)
300 Ontario St, Cohoes

DINNER

Monday 4-5pm **Salvation Army - Troy**
410 River St, Troy

Monday 6-8pm **Trinity Damien Center**
392 2nd St, Troy

Tuesday 6-7pm **First Baptist**
82 3rd St, Troy

Wednesday 4-5pm **St. Mary's**
196 3rd St, Troy

4-6pm **The Open Table**
1401 1st Ave, Watervliet

4-6pm **Victorious Life Church**
1838 5th Ave, Troy

Thursday 4-5pm **St. Mary's**
196 3rd St, Troy

DINNER (cont.)

Thursday 6-7pm **YWCA**
21 1st St, Troy

Friday 4-5pm **Salvation Army Troy**
410 River St, Troy

Saturday 6:30pm **Trinity Church**
(Last Sat. of Month)
1336 1st Ave, Watervliet

Sunday 2-3pm **Lansingburgh Hot Meals**
(Oct - May)
570 3rd Ave, Troy

M, W, F 3:30-5pm* **Lansingburgh Kids Café**
(Sept.-June)
501 4th Ave, Troy

* Meals provided for children 18 years and younger

FOOD ASSISTANCE

Information about the Food Pantry that serves your neighborhood

Food Pantries for the Capital District (518) 458 -1167

Food Stamps eligibility prescreening and application information
N.O.E.P. (518) 272 - 2352

Information about the Women, Infants, and Children's Program (WIC)

WIC (518) 272 - 6159

SOCIAL SERVICES

Programs available through Rensselaer County Department of Social Services

Rensselaer DSS (518) 270 - 8655

NYS Office Of Health Insurance

(Child Health Plus, Family Health Plus)
(518) 473-4679

MEDICAL ASSISTANCE

Rensselaer County Health Department (518) 270-2655
9am-5pm

Capital District Psychiatric Center (518) 447-9611
75 New Scotland Ave,
Albany 24 hr Assistance

Whitney M. Young, Jr. Health Services (518) 833-6900
6 102nd St, Troy **M, T, Th - 7:45 – 6 pm**
W - 7:45 - 5:30 pm
F - 7:45 - 5pm

Troy Damien Center (518) 274-5920
392 2nd St, Troy x206
(HIV Support)

Cancer Services Program (518) 454-4034
(Free Cancer Screening)

Medicaid (518) 270-3928

SENIOR SERVICES

Department for the Aging (518) 270-2730

EPIC NYS Senior Prescription Plan (800) 332-3742

Home Delivered Meals (518) 270 - 2739
Meal delivery for homebound seniors (60+)

LEGAL ASSISTANCE

Legal Aid Society (518) 462-6765
NYS Div. of Human Rights (518) 474-2705
The Legal Project (518) 435-1770

OTHER

Social Security (800) 772-1213
National Grid
Consumer Advocate (518) 433-3840
CDTA (518) 482-8822