



Our newest program—  
*Cooperative Parenting—  
Shielding Your Child From  
Conflict*

*Pro-Life, Pro-Family Educational Programs and Support Services*

- ◆ **B.A.B.E. (Beginnings and Birth Education) Program:** 5-week childbirth preparation course designed for teens and young adults. Taught by Certified Childbirth Educators. **FREE.**
- ◆ **Infant Care Program:** 5 week course covering the basic care of infants (Birth to 12 mo.) **FREE.** Meets mandate requirements.
- ◆ **Free and confidential pregnancy tests\*** and education regarding all aspects of pregnancy, abortion, and abortion alternatives, including adoption and parenting. \*Alight Care Center is **not** a medical facility and may not offer medical advice or medical diagnosis. Pregnancy verification is solely by self-testing.
- ◆ **Maternity, infant & toddler clothing and baby supplies:** **FREE** of charge & part of Alight's "**Learn & Earn**" Program. Clothing for infant through Toddler 5, cribs, playpens, strollers and more.
- ◆ **Diaper Program:** **FREE** diapers (one package per child per month) offered to pre-registered clients showing a financial need. **Program Hours: Tuesdays 7 PM to 8:30 PM & Wednesdays 10:30 to 2 PM.**
- ◆ **Car Seat Program in conjunction with Troy Police Department. FREE.**
- ◆ **Parenting Program:** 8-week course using the Active Parenting™ curriculum. Offered to adults and teens who are parenting children from toddlers to teenagers. **\$35** non-refundable registration fee. Payment Plans available. Meets mandate requirements.
- ◆ **Anger Management Program:** 10-week course for men and women, age 18 and over. **\$40** non-refundable registration fee. Payment Plans available. Meets mandate requirements.
- ◆ **Cooperative Parenting & Divorce Program "Shielding Your Child From Conflict":** 5-week (8-hour) course for those who are parenting common children in separate households (separated, divorced, or involved in a custody dispute). **\$65** fee per individual—(includes Parent Guidebook). Payment Plans are available. A non-refundable **\$25** deposit is due at the intake. Meets mandate requirements.
- ◆ **Peer Counseling:** Caring counselors providing educational and emotional support.
  - **Crisis pregnancy issues**
  - **Post-abortion counseling & Support Group**
  - **Additional support for clients involved in an educational program**
- ◆ **24-Hour Crisis Pregnancy Hot Line : (518) 270-5540**

**Alight Care Center is located at: 500 Federal Street, Suite 200, Troy, NY 12180**

Please call **(518) 270-5540** for an appointment or further information.  
Appointments preferred, walk-ins are welcome.

**Find us on the web at: [www.alight.org](http://www.alight.org)**

**Office Hours: Monday & Wednesday 10 a.m. to 3 p.m.  
Tuesday & Thursday 6 p.m. to 8:30 p.m.**