

Alpha Pregnancy Care Centers

Elizabeth Chamberlain, Executive Director

Kathleen Rosecrans, Center Director

Alpha started in 1989, by several concerned Christians from varied backgrounds who wanted to provide help to women in crisis pregnancies. Over the years programs have been added to increase effectiveness in providing support and help to women as they make their pregnancy decision. Alpha has locations in Albany, Amsterdam, Clifton Park, Cohoes, and Schenectady.



Pregnancy Counseling

Both professional and trained Peer Counselors provide individual and confidential counseling. This includes information on a woman's options: education on abortion, adoption, parenting, and available resources. Our Peer Counselors will work one on one with clients who need support through difficult pregnancy circumstances.

Parenting Classes

Weekly Parenting Classes are taught by RNs, Paramedics, Physical Therapists, Lactation Educators, the Local Fire Department, or other trained individuals. Our purpose is to provide clients with practical, hands-on education, equipping them with the necessary knowledge and skills to complete a healthy pregnancy, have a positive labor experience, and provide their new family member with excellent care.

Parenting Classes Include:

- Labor and Delivery
- Child Development
- Lactation
- Home safety/Child CPR
- Maintaining healthy relationships and many more helpful topics

Counseling/Support Groups

Adoptive/Post Adoptive

Information and individual counseling is offered to people who choose to consider placing children with another loving family through adoption.

Post Abortive

Individual counseling along with support groups with other women who have suffered emotional pain following an abortion is offered through the year.

Mom and Tot Friendship Connection

New parents meet weekly to build relationships, learn from each other and to discuss issues. Class facilitators help provide perspective and more experience.

Bible studies

Staff or volunteers facilitate Bible studies on a daily basis to provide an environment for clients to learn more about the Gospel of Jesus, His grace, mercy and forgiveness extended to all.

Stork Room

Free clothes/furniture/household items. Clients are able to earn Mommy/ Daddy Dollar credits for purchasing maternity clothes, baby furniture and clothing, and other supplies. Attendance at Bible studies, Parenting classes, support groups, counseling or watching videos all help the new moms and dads earn Mommy/ Daddy Dollar credits to spend in our Stork Room.

Ways to Become Involved

Counselor Training - Have you felt a call on your heart to help people who are hurting? Come to the Alpha Pregnancy Center counselor training and find out how you can lend an ear to a scared pregnant teen, or maybe a prayer for a woman facing regret from a past abortion.

Bible study/Parenting Class/Mom's Group Facilitator

Do you love to share the love of Jesus, or use your experience as a mom to help encourage others? We welcome you to join our team. Training is provided. Classes can be facilitated on a weekly or monthly basis.

Office Assistance - We are always looking for volunteer receptionists. Are you friendly? Can you professionally answer a telephone? Training is provided. Great work environment! Interested in joining a work party? Help stuff envelopes for a mailing while getting to know some other people.

Stork Room - Stork Room volunteers are needed! Help sort, clean or distribute stork room items to clients in need.

Call the Alpha Center at 518-462-2188 for the schedule of counselor training or to register for counselor training.

Albany Main Office

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