Overcome challenges, achieve lasting change.

CEO's programs are designed to be stepping stones to long-term success. They focus on education, skill-building, and connecting people to the resources they need.

Changing lives, improving our community.

Every year, we help over 13,000 people achieve lasting change in their lives.

About CEO

CEO creates partnerships and develops opportunities for social and economic growth and empowerment in individuals, families and communities.

Family & Education Support

Employment & Financial Education

Healthy Homes

Health & Wellness

Early Childhood Education

Your personalized roadmap to success

2331 Fifth Avenue, Troy, NY 12180
(518) 272-6012 • info@ceoempowers.org
www.ceoempowers.org

Facebook.com/CEOcap
Twitter.com/CEOcapNY
Healthy Homes
Helping people maintain safe, comfortable housing through repairs and improvements offered at no cost.

- **EmPower NY**
  Offers energy-efficiency related services including replacement of inefficient lighting and appliances.
  **ELIGIBILITY:** Income-eligible Capital Region residents with high energy and heating usage.
  **CONTACT:** ext.

- **HOME**
  Provides home safety repairs and upgrades to help occupants of distressed dwellings remain in their homes.
  **ELIGIBILITY:** Income-eligible Rensselaer County residents in select locations. Dwellings must be owner-occupied. Please call for details.
  **CONTACT:** ext.

- **Weatherization**
  Provides energy conservation and health and safety measures, including: insulation, air sealing and repair, or replacement of heating systems.
  **ELIGIBILITY:** Income-eligible Rensselaer County residents living in a 1-4 unit home.
  **CONTACT:** ext.

Family & Education Support
Creating partnerships with families, schools and the community in support of the educational and healthy development of children and adolescents.

- **Family Support Services**
  Helps families with children who face social, emotional, or behavioral challenges. Includes the Wit’s End Support Group. Please contact us for meeting-related information.
  **ELIGIBILITY:** Rensselaer County residents.
  **CONTACT:** ext.

- **Foster Grandparent Program**
  Offers seniors, ages 55 and older, an opportunity to share their wealth of experience and skills with youth throughout the Capital Region and beyond.
  **ELIGIBILITY:** 55 years of age or older; eligible for an hourly stipend if income-qualified.
  **CONTACT:** ext.

Employment & Financial Education
Career readiness and financial literacy support for individuals looking to gain and maintain financial stability.

- **Internship and Volunteer Opportunities**
  Provides hands-on learning experiences for students, professionals and retirees looking to make a positive impact on their community. Internships are unpaid.
  **ELIGIBILITY:** Anyone!
  **CONTACT:** ext.

- **Volunteer Income Tax Assistance (VITA)**
  Offers free income tax preparation services.
  **ELIGIBILITY:** Must be income-eligible.
  **CONTACT:** ext.

- **YouthBuild**
  Gives youth the opportunity to continue their education and develop job skills. Youth may earn a stipend to support participation.
  **ELIGIBILITY:** Income-eligible youth age 16-24 living in Troy or Rensselaer.
  **CONTACT:** ext.

Early Childhood Education
Educational opportunities for our youngest residents, from 6 weeks old to their transition into Kindergarten.

- **Early Head Start**
  Provides a development program specifically for the very young; ages six weeks to three years. Locations in Hoosick Falls, Lansingburgh, Schodack, Rensselaer and Troy.
  **ELIGIBILITY:** Income-eligible Rensselaer County residents.
  **CONTACT:** ext.

- **Head Start**
  Provides children and families with comprehensive child development services for children ages 3 to 5. Locations in Hoosick Falls, Lansingburgh, Schodack, Rensselaer and Troy.
  **ELIGIBILITY:** Income-eligible Rensselaer County residents.
  **CONTACT:** ext.

- **Stepping Stones 2 Day Care**
  Offers affordable, educational day care services; meals included. Located in North Greenbush.
  **ELIGIBILITY:** Open to all Capital Region residents.
  **CONTACT:** ext.

- **Universal Pre-Kindergarten**
  Delivers integrated educational programming for 3 and 4 year olds to prepare them for kindergarten.
  **ELIGIBILITY:** Children who will be 4 years old by December 1st of the program year and who reside in a participating school district.
  **CONTACT:** ext.

Health & Wellness
Supporting the well-being of each individual through health education, nutrition, and prenatal programs.

- **Babies in Waiting**
  Offers specialized home visitation services to pregnant women, postpartum and new parents to prepare for their child’s birth.
  **ELIGIBILITY:** Pregnant women eligible for Early Head Start.
  **CONTACT:** ext.

- **Community Health Project**
  Helps individuals and families access health education resources and preventive care.
  **ELIGIBILITY:** Identified CDPHP® members.
  **CONTACT:** ext.

- **Food Pantry**
  Provides an emergency 3-day supply of nutritious food. Available twice a month according to need. Located at 2328 Fifth Avenue in Troy.
  **ELIGIBILITY:** Rensselaer County residents.
  **CONTACT:** ext.

- **WIC: Women, Infants & Children**
  Provides vouchers for healthy food and infant formula, as well as breastfeeding support services, to women who are pregnant, breastfeeding, or postpartum, and to children up to age five.
  **ELIGIBILITY:** Income eligible New York State residents.
  **CONTACT:** ext.

We are always looking for ways to partner with community members to improve the lives of Rensselaer County residents. Call us today to collaborate: (518) 272-6012