

CUC PATIENT NEWSLETTER

{Spring-Summer 2024}

St Christopher's Outpatient Resources

CUC Walk In Sick

Monday- Friday
8:30-10:30 & 1:00-3:00 PM

Social Workers

215-427-5449
215-427-3553

Lactation Consultants

215-427-6455

Community Health Workers

215-427-3815

Legal Services through Legal Clinic for the Disabled

amcdermott@lcdphila.org
aetheredge@lcdphila.org

215-427-5343

Public Benefits	Protection from Abuse Orders
Medical Assistance	Food stamps
Disability Benefits	Custody/Support
SSI Immigration	Power of Attorney
Landlord/Tenant Issues	Utilities



FREE information about education, mental health, housing, immigration and MORE!!
cap4kids.org/philadelphia



Food



Insurance



Utilities



Teen



Employment/
Job training



Tax/Benefits



Housing

Drug And Alcohol
Programs



NEXT Distro:
FREE Overdose
Prevention Supplies



Newborn/Infant Resources



PhillyLovesFamilies.com

Find help from
Pregnancy to Preschool



Pacify:
24/7 FREE (code- PHILLY)
virtual lactation support

Mental/Behavioral Health Resources



- **Philly Hopeline:** Access free mental health counseling
Call or text: 1-833-PHL-HOPE
- For mental health **crisis**, text PA to 741-741 or use
CBH crisis hotline 215-686-4420
- **Community Behavioral Health** (CBH): cbhphilly.org 215-413-3100
- **Kooth-** FREE online Mental Health service for Philly High School
Students 24/7. us.kooth.com/philasd

More at:



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Deep connections with your child strengthens their inner resilience, builds their sense of safety in the world, & sets them up for healthy relationships as they grow. Through relationships, children learn how to think, understand, communicate, behave, express emotions and develop social skills.

Uninterrupted (cell phone free) attention is one of the strongest ways to build your relationship. This could be a screen-free dinner, a quiet walk or sharing a book.



Here are positive parenting resources and fun ways to bond with your child!!

BrightbyText: Free Parenting TIPS
Text BRIGHT to 274 448

Free Library of Philadelphia:
freelibrary.org



Parenting Resources



Art-Reach.org
\$2 tickets for families with an Access Card to museums, gardens and live shows

Healthychildren.org
AAP pediatrician-run parenting website

Teen Job Info



Summer Camps



Early Education Resources



- **Childlink:** For learning concerns ages 0-2 years, call 215-685-4646
- **Elwyn:** For learning concerns ages 3-5 years, call 215-222-8054
- **Khan Academy Kids:** Free, fun, educational app for 2-7 year olds



School Resources



GreatPhillySchools.org
Information about the highest quality child care/preschool programs in Philadelphia, including location, program cost, safety, and accreditation



Tutoring



Education Resources

Physical Health Resources



Philadelphia Recreation Program Finder



Prescribe Outside



Find family-friendly outdoor activities