{Fall/Winter 2024/2025}

# St Christopher's Outpatient Resources

### CUC Walk In Sick

Monday-Friday 8:30-11 AM 1:00-3:30 PM

#### Social Workers

215-427-5449 215-427-3553

### Lactation Consultants

215-427-6455

Community **Health Workers** 

Check here for

benefits that

your family could

qualify for!

215-427-3815

## Legal Services through Legal Clinic for the Disabled

Call or email for Landlord/Tenant Issues aetheredge@lcdphila.org

215-427-5343



FREE information about education, mental health, housing, immigration and MORE!!





cap4kids.org/philadelphia.





Tax/Benefits Resources



Food

Insurance



**Utilities** 





Employment/

Job training

Newborn/Infant Resources



Find help from Pregnancy to Preschool



24/7 FREE (code-PHILLLY) virtual lactation support

**Pacify** 

or Apply for a Mail-In Ballot Here

Register to Vote



PhillyLovesFamilies.com





**NEXT Distro:** 

**FREE Overdose** Prevention **Supplies** 



## 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 fun ways to bond with

**BrightbyText:** Free Parenting TIPS Text BRIGHT to 274 448

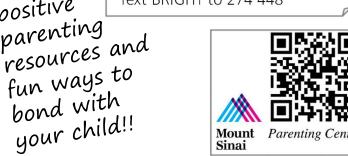


#### Art-Reach.org

\$2 tickets for families with an Access Card to museums, gardens and live shows



**Parenting** Resources



Teen Resources



Summer Camps





Healthychildren.org

AAP pediatrician-run

parenting website

## **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







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









Find family-friendly outdoor activities