

CUC PATIENT NEWSLETTER

{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

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

Check here for
benefits that
your family could
qualify for!



Tax/Benefits
Resources



Food



Insurance



Utilities



Employment/
Job training



Housing

Newborn/Infant Resources



Find help from
Pregnancy to
Preschool



PhillyLovesFamilies.com



Pacify

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

Register to Vote
or
Apply for a Mail-
In Ballot Here



Drug &
Alcohol
Programs



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 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 Resources



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