

CUC PATIENT NEWSLETTER

{Winter 2025}

St Christopher's Outpatient Resources

CUC Walk In Sick
Monday- Saturday
8:30-11 AM
Monday- Friday
1:00-3:30 PM

Social Workers
215-427-5449
215-427-3553

Community Health Workers
215-427-3815

Check here for benefits that your family could qualify for!



Tax/Benefits Resources

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



Food



Insurance



Utilities



Employment/
Job training



Housing



Immigration Resources

Drug & Alcohol Programs



NEXT Distro:
FREE Overdose Prevention Supplies



Register to Vote & Apply for a Mail-In Ballot



Newborn/Infant Resources

CUC Lactation Consultants

215-427-6455



PhillyLovesFamilies.com

Find help from Pregnancy to Preschool



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

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

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



Mount Sinai Parenting Center

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 2-8 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