

CUC PATIENT NEWSLETTER

St Christopher's Outpatient Clinic Resources

CUC Phone:
215-427-5985

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

Our social work and community health team can help you find resources for your family!

Social Workers
215-427-5449
215-427-3553
Community Health Workers
215-427-3815

Legal services through Legal Clinic for the Disabled

Elizabeth Vandenberg
215-427-5343



- Landlord/Tenant Issues
- Custody/Child Support
- Protection from Abuse Orders
- No-Fault Divorce without Property Division
- Power of Attorney
- Public Benefits/SNAP
- Utilities
- Disability Benefits/SSI
- Education

Philly Domestic Violence Hotline
1 866 723 3014



Check here to see if you qualify for benefits!



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



cap4kids.org/philadelphia



Housing



Employment/
Job training



Food



Insurance



Utilities

Drug & Alcohol Programs



NEXT Distro:
FREE Overdose Prevention Supplies



Immigration Resources



Movicare Medical Transportation

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
Community Behavioral Health (CBH):
cbhphilly.org 215-413-3100

More at:



988
SUICIDE & CRISIS
LIFELINE

Violence Prevention Resources:
Call 211, press option #3

CUC PATIENT NEWSLETTER

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

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.



Philly Summer Programs



Summer Camps



freelibrary.org

Free programs for all ages- storytime, crafts, legos, and more!

Art-Reach.org/access

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



LONGWOOD GARDENS



Register to Vote

Parenting Resources

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

Healthychildren.org
AAP pediatrician-run parenting website



Mount Sinai

Parenting Center



More at:



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
Research location, cost, safety, accreditation for childcare/preschool



After-school Programs



Tutoring



Education Resources

Physical Health Resources



Philadelphia Recreation Program Finder



Prescribe Outside



Find family-friendly outdoor activities