

# CUC PATIENT NEWSLETTER

## St Christopher's Outpatient Clinic Resources

**CUC Phone Number:**  
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**  
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**  
866 723 3014

Check here to see if you qualify for benefits!



**FREE Tax Prep with cwfphilly.org**  
Claim your Child Tax Credit!

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

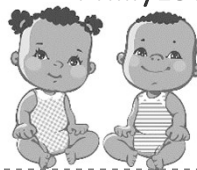


Movicare Medical Transportation



## 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:



**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