

CUC PATIENT NEWSLETTER

{Spring/Summer 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

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

Legal Clinic for the Disabled

Contact for Housing Issues
aetheredge@lcdphila.org
215-427-5343



Food



Insurance



Utilities



Movicare
Medical
Transportation



Housing



Employment/
Job training



Register
to Vote

Summer Fun!



Philly
Summer
Programs



Summer
Camps

#ItsASummerThing
2025



Drug &
Alcohol
Programs



NEXT Distro:
FREE Overdose
Prevention
Supplies



Immigration Resources

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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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.

BrightbyText: Free Parenting TIPS
Text BRIGHT to 274 448

Free Library of Philadelphia:
freelibrary.org



Parenting Resources

Healthychildren.org
AAP pediatrician-run parenting website



Art-Reach.org
\$2 tickets for families with an Access Card to museums, gardens and live shows

Newborn/Infant Resources

CUC Lactation Consultants

215-427-6455



PhillyLovesFamilies.com

Find help from Pregnancy to Preschool



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



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