

St. Chris Teen Newsletter

{Spring/Summer 2025}

CUC Walk-In Sick Clinic

****Must come with an adult if younger than 18 years old****

Monday- Saturday

8:30-11 AM

Monday- Friday

1:00-3:30 PM

FREE information about schools, teen jobs, mental health, and MORE!!

cap4kids.org/philadelphia



Lots of Teen Resources @



Hit the books!

High School Prep

College Prep



Education



Tutoring/FREE

Internet



Middle School

Scholarships



Bullying



Out of School

GED/Jobs



Teen

Parents



Find a Job!

Teen Job
Info



Career
Training



Volunteering



Hello Summer!

Philly
Summer
Programs



Camps



Gym Memberships



Free Library of Philadelphia
freelibrary.org

FIND
YOUR
PATH

Philadelphia
Recreation
Program Finder



Sports/Activities



Art/Music

- Project 440, Village of Arts /Humanities, Rock to the Future, Fleisher Art Teen Lounge, Mural Arts, Art Reach, and more!



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Mental/Behavioral Health Resources

****Teens 14 years and older can access mental health care without consent from an adult****

Community Behavioral Health (CBH)

For therapy or psychiatry: cbhphilly.org
215-413-3100

Mindfulness/Meditation

Better cope with emotions, stress, and improve sleep.
Download these apps:



Lots more Mental Health Resources @



Violence/Grief Resources



Philly Domestic Violence Hotline
1 866 723 3014

For mental health crisis,
text PA to 741-741
OR
CBH crisis hotline 215-686-4420

Young Women's Health Info @



Young Men's Health Info @



LGBTQA Teen Resources Info @



Sexual Health Resources

St Christopher's Teen Clinic

Nelson Building
2nd floor
215 427-3803

Reproductive Health/Family Planning visits:

- For teens 13 years and up- they can go by themselves or with an adult
- **Services available:** STI testing and treatment and HIV testing; Starting birth control/birth control refills; Getting Plan B, pregnancy tests, and condoms

Birth Control Info @



Let's talk about PrEP!

-Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed.

Where can you get PrEP?

- Immunology Clinic Nelson Building, 2nd floor 215 427- 5284
- Teen can go by themselves or with an adult

Philly's Sexual Health Website@

