



## FAMILY RESOURCES

[cap4kids.org/philadelphia/](http://cap4kids.org/philadelphia/): A wonderful, up to date, resource for social, emotional, and educational challenges. This site has all kinds of specific educational materials and local and national contact information to help you advocate for yourself, your family and your child.

### FOOD SUPPORT

St Francis Inn Ministry	Serving 3 meals each week Marie's Closet Thrift Shop	stfrancisinn.org	215-925-4584	2441 Kensington Ave Phila, PA 19125
Share Food Program	Emergency food relief Supplemental food program	sharefoodprogram.org	215-223-2220	2901 W Hunting Park Ave Phila, PA 19129
Philabundance	Emergency food, Social services Government assistance	philabundance.org	215-339-0900	3616 S Galloway St Phila, PA 19148
Mitzvah Food Project	Choice food program Incentives for healthy eating	jewishphilly.org	215-832-0500	2100 Arch St Phila, PA 19103
Why Hunger	Connect to food pantries, summer meals, soup kitchens	whyhunger.org	800-5HUNGRY	
United Way	Food pantry database, locate local resources by zip code	211sepa.org		
Rachel's Way	Dairy-free and gluten-free food pantry	rachelway.org	484-804-5293	500 W Germantown Pike Plymouth Meeting, PA 19462
Philly Food Finder	Search for low-cost groceries, SNAP/ WIC, food pantries, soup kitchens	phillyfoodfinder.org		

### EMOTIONAL HEALTH

Suicide Prevention Center	Counseling services & support	med.upenn.edu/suicide/	215-686-4420	1101 Market St #7 Phila, PA 19107
Einstein Crisis Response	Mental health emergencies, 24/7 psychiatric coverage	Einstein.edu/mental-health	215-951-8300	1 Penn Blvd 3 <sup>rd</sup> Fl Phila, PA 19144
Postpartum International	24/7 support hotline	postpartum.net	800-944-4773	



**INTIMATE PARTNER VIOLENCE**

Women Against Abuse	Women/children safe havens, transitional housing, legal assistance	womenagainstabuse.org	215-386-1280 866-723-3014	100 S Broad St Phila, PA 19110
Women in Transition	Women/children, bilingual, telephone & in-person counseling	helpwomen.org	215-751-1111	718 Arch St 401N Phila, PA 19106
Women of Change	Housing, women/teen/youth programs	projecthome.org	215-564-0901	2042 Arch St Phila, PA 19103
Gaudenzia	Women/children/adolescent residential & recovery services	gaudenzia.org	215-471-2017	111 N 49 <sup>th</sup> St Phila, PA 19139
Lutheran Settlement House	Bilingual program, adult education & career development, senior services	lutheransettlement.org	215-426-8610	1340 Frankford Ave Phila, PA 19125

**ADDICTION RESOURCES**

Alcohol Rehab Guide	Alcohol addiction resources	alcoholrehabguide.org	844-558-4422
Al-Anon	Fellowship for families & friends of alcoholics	al-anon.alateen.org	215-222-5244
Alcoholics Anonymous	Enter your zip code to find a meeting near you	aa.org	215-535-9609
Livengrin Counseling Center	Sustainable drug addiction recovery	livengrin.org	215-638-5200
Rehab After Work	Outpatient treatment center	rehabafterwork.pyramidhealthcarepa.com	800-238-4357
Smoking Cessation	Program @ Penn Medicine	pennmedicine.org	800-789-7366
Smoke Free Philly	Philadelphia Department of Public Health	smokefreephilly.org	800-QUIT-NOW

**TWO LOCATIONS. ONE GREAT PLACE FOR KIDS.**

1740 South Street, Suite 200 | Philadelphia, PA 19146 | 215.735.5600

33 Rock Hill Road, Suite 170 | Bala Cynwyd, PA 19004 | 610.257.9000

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