

Guidance and Counseling Services



Parent Resource List

Web-Posted: Parent Resources

Resource List for Parents

Parent Education/Family Support

- **Families Matter**
2735 Bay Drive
Villas, NJ 0825 (609)886-8666
- **Caring for Kids (0-5 years of age) - www.caringforkidsnj.com**
31 E. Mechanic Street
Cape May Court House, NJ 08210 (609)675-5400
- **Parent Education Group**
Cape Counseling Services
1046B Route 47
Rio Grande, NJ 08242 (609) 465-6031
- **Healthy Families**
Cape May County – Holy Redeemer (609) 463-6082
- **Family Success Center**
1046B Rte 47
Rio Grande, NJ 08242 (609) 778-6226
- **2-1-1 Non-Emergency Hotline (Helps locate legal services, financial assistance, child care etc)**
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Child Health Services

- **NJ Family Care (federal & state funded health insurance program)**
(800) 701-0710
- **Early Intervention/Child Health Services**
↓ Cape May County Health Department
<http://www.nj.gov/health/fhs/eis/index.shtml>
(609) 465-1202

Child Health Clinic (appointment only) (609) 465-6840
- **Complete Care, Inc. – Cape May Community Health Center**
410 N Route 9
Cape May Court House, NJ 08210 (609) 465-0258
- **Volunteers in Medicine**
Route 9
Cape May Court House, NJ 08210 (609) 463-2VIM
- **Perform Care** (877) 652-7624

Transportation Services

- Access Link (800) 955-2321
- Cape May County Fare Free Transportation (609) 889-3700

Domestic Violence Services

- Coalition Against Rape and Abuse (CARA) (609) 522-6489

Child Care Services

- New Jersey Cares For Kids (NJCK) – subsidy program for low income families
Cape May County Quality Care Network (856) 898-5500
1065 Route 47 South
Rio Grande, NJ 08242

Youth Programs

- PAL
643 Washington Avenue
Cape May, NJ 08204 (609) 884-9518
- Girl Scouts of Southern New Jersey (800) 582-7692 ext. 152
- Boy Scouts of Southern New Jersey (856)327-1700
- Big Brothers/Big Sisters (609) 653-8250
- 4 H Of Cape May County (609) 465-5115

Emergency Support

- Salvation Army (609) 231-5565
- Cape Counseling's Family Center (609) 465-2082
- Seashore Community Church of the Nazarene – <http://www.angelfoodministries.com>
(609) 886-6196
- Cape Human Resources (609) 465-4531
- Puerto Rican Action Committee (PRAC) (609) 861-5800
- Low Income Home Emergency Assistance Program (LIHEAP)
(800) 510-3102
- Verizon Lifelink Discount Plan Service (888) 337-3339
- Family Promise (homeless services) (609) 350-4875

Counseling Services

- **Nancy Crafts Counseling**
Cape May Court House, NJ 08210 (609) 465-7788
- **Shore Counseling**
Cape May Court House, NJ 08210 (609) 465-4448
- **Cape Counseling**
Cape May Court House, NJ 08210 (609) 465-4100
- **Families Matter**
Villas, NJ 08251 (609) 886-8666
- **Coalition Against Rape & Abuse (CARA)** (609) 522-6489

Contact the school counselor if additional referrals are needed.

*Cape May County
& State Resources
from the 2013-14
Student-Parent Handbook*

**Lower Township
Elementary Schools**

Student - Parent
Handbook

2013-14



CAPE MAY COUNTY RESOURCES

2013-14 SY

Alcoholics Anonymous, Wildwood Area (522-6677)

Cape Counseling Services of Cape May County, Crest Haven Complex, Cape May Court House, New Jersey 08210 (465-4100). Counseling to adults, children and families; group and individual therapy.

Cape May County Intervention Unit, Social Service Building, Rio Grande, NJ 08242 (886-4012). Crisis intervention counseling for adolescents and their families in non-abuse/neglect situations.

Cape May County Primary Pediatric Care Clinic (465-1206 or 465-1204 for the nurse) - For income eligible families with no insurance coverage or Medicaid coverage.

Oasis Youth Services Program of Cape May County, Crest Haven Complex, Cape May Court House, N. J. 08210 (465-5045). Temporary shelter of juveniles awaiting court disposition for non-delinquency offenses. Service must be sought through Juvenile Intake.

Coalition Against Rape and Abuse (CARA), P.O. Box 774, Cape May Court House, New Jersey 08210 (522-6489). Services to victims of sexual assault and domestic violence; 24-hour hotline crises response (Toll Free – 24 hours = 1-877-294-2272), counseling and advocacy, information and referral, community outreach on domestic violence and sexual assault prevention, accompaniment and arrangement for protective shelter for victims of domestic violence and their children in Cape May County. Their website is www.cara-cmc.org.

Community Dental Health Center (729-0088) - Dental Services for children from low income eligible families and for those receiving government assistance.

Operation Junction (726-1404) Screening and counseling for alcohol and drug abusers.

First Call For Help, (729-2255). Information and referral to public and private social service agencies, 24 hours a day.

STATEWIDE RESOURCE HOTLINE

2013-14 SY

ALA - Call (800-604-4357) 24 hour alcohol counseling and information.

CITIZENS ACTION LINE - (Toll-Free Number 800-311-DYFS). This number can be used 24 hours per day by the general public, DYFS clients, or foster parents to ask questions or express concerns about DYFS services or case handling. The number provides easy access information about DYFS or help in resolving concerns.

DCP&P OFFICE OF CHILD ABUSE CONTROL - (877-652-2873). This hotline number may be called to report any situation where a child is being abused or neglected or other family emergencies. Cape May County Office = 609-463-9652.

HOTLINE - (201-442-1362) Weekdays - answers questions on development, behavior and problems of young children.

CAPE MAY COUNTY LAWYERS REFERRAL SERVICE - (609-463-0313)

LEGAL HELP - If you need legal help, but cannot afford a lawyer you may ask for help from Legal Aid Services in your area (Cape May County = 465-3001).

NARCOTICS ANONONYMOUS of New Jersey – 800-992-0401

NEW JERSEY PROJECT CHILD FIND - (800-322-8174). Weekends-identification and referral of un-served handicapped children.

NEW JERSEY SELF-HELP CLEARING HOUSE – (800-367-6274). Provides information on the self-help mutual aid groups in New Jersey.

PARENTS ANONYMOUS - (800-353-4720). Parenting Group providing mutual support and childcare for meetings thru Cape Counseling.

SOCIAL SERVICES/WELFARE - (609-886-6200). Weekdays - information about local emergency assistance. 4005 Route #9, Rio Grande, NJ 08242.

RUNAWAY HOTLINE - (800-231-6946) 24 hours - relays messages to and from runaways.

RUNAWAY SWITCHBOARD - (800-621-4000) 24 HOURS

SOCIAL SECURITY - (800-772-1213). Weekdays - information about filing a claim and services.

WOMEN'S REFERRAL CENTRAL - (800-322-8092). 24 hour information and referral on New Jersey's programs and help for women.