

# Ourdes Health System Guide to Area Resources

Your recovery doesn't end when you leave the hospital. Support groups, classes and other resources are available to help you, family members and friends in your return to wellness. For additional resources not listed here, contact the New Jersey Self-Help Group Clearinghouse at 1-800-367-6274 or [www.njgroups.org](http://www.njgroups.org).

## **Basic Needs-Food Banks**

### **Cathedral Kitchen**

Located at **1514 Federal Street in Camden**, Cathedral Kitchen has been providing nutritious meals for impoverished residents since 1976. Dinner is served Monday through Friday from 4 to 5 p.m. Lunch is served on Saturdays from noon to 1:00 p.m. Food is prepared on premises and each hot meal consists of an entrée, side dishes, bread, dessert and beverage. Kitchen staff assists guests with housing and child care. On-site health care is available. Call **856-964-6771**.

### **Food Bank of South Jersey**

The Food Bank of South Jersey, located at **1501 John Tipton Boulevard, Pennsauken**, supports families in need in Burlington, Camden, Gloucester and Salem counties with food distribution and nutrition education classes. To find out more about the Food Bank of South Jersey, call **856-662-4884** or visit [www.foodbanksj.org/](http://www.foodbanksj.org/).

### **Catholic Charities Family Service and Community Center**

1845 Haddon Avenue, Camden. Call **856-342-4193**.

9 North Georgia Ave., Atlantic City. Call **609-345-3448**.

1304 Rt. 47 South, Unit C1, P.O. Box 232, Rio Grande. Call **856-308-9166**.

46 Central Ave, Bridgeton. Call **856-200-0654**.

1200 North Delsea Drive, Suite 1, Westville. Call **856-308-9166**.

114 State St., Penns Grove. Call **856-299-1296**.

### **Evangelism Today Christian Church**

1658 Mount Ephraim Avenue, Camden. Call **856-541-7977**.

### **Gatekeeper Ministries International**

3600 Earle Street, Pennsauken. Call **856-406-6101** or visit

<http://www.kingdomimpactministries.net>

### **Jewish Community Relations Council**

1301 Springdale Road, Cherry Hill. Call **856-424-1333**.

### **Parkside United Methodist Church**

1418 Kaighns Avenue, Camden. Call **856-964-2254**.

### **Rutgers Cooperative Expanded Food and Nutrition**

101 Cooper Street, 2<sup>nd</sup> Fl. Camden. Call **856-225-6169**.

**The Salvation Army Ray & Joan Kroc Corps Community Center**

1865 Harrison Avenue, Camden. Call **856-379-6900**

**Twin Oaks (formerly Family Service and Steininger Behavioral Care Services) Community Services Food Pantry**

Food shouldn't have to be a choice. With food pantries in Westampton (770 Woodlane Road, Suite 16) and Berlin (128 Berlin-Cross Keys Road), Twin Oaks provides community members with basic food, clothing and household provisions. Call **609-267-5928**.

**Catholic Charities of the Diocese of Trenton Community Food Pantry**

Pre-packed food bags provide three meals per day for three days for each household member. 801 Burlington Avenue, Delanco. Call **856-764-6940**.

**Burlington Township Food Pantry**

The Burlington Township Food Pantry offers food assistance to those in need who live, work or worship in Burlington Township. Regular food distribution hours are every Wednesday from 9 a.m. to 11:00 a.m. at 1200 North Route 130, Burlington, Contact the Burlington Township Food Pantry at **1-888-847-3278** for emergency food assistance

**Cathedral of Love Community Church**

139 Beverly-Rancocas Road, Willingboro. Call **609-835-4141**.

**Christian Caring Center**

378 Lakehurst Road, Browns Mills. Call **609-893-0700**.

**Fountain of Life Center**

2035 Columbus Road, Burlington. Call **609-499-2131**.

**Fishes and Loaf Food Pantry at Riverside Moravian Church**

228 East Washington Street, Riverside. Call **856-461-0132**.

**Harvest of Hope at Rose of Sharon Lutheran Church**

42 Chesterfield-Jacobstown Road, Wrightstown. Food pantry Call **609-758-3680**.

**Colonial Manor Methodist Church**

56 Elberne Ave, West Deptford. Food pantry is open Saturdays 10 a.m. to noon. Call **856-845-**

**Clayton Baptist Church**

110 South Delsea Drive, Clayton. Food pantry is open Thursdays 10 a.m. to 11:30 a.m. Call **856-881-5454. 5926**.

**New Life in Christ Ministries, Inc.**

895 Delsea Drive, Malaga. Food pantry is open every third Saturday 9 to 11:30 a.m. Call **856-694-2010**.

**Cherry Hill Food Pantry**

The Cherry Hill Food Pantry is supported by an Ecumenical group of 11 congregations that have joined together to help combat hunger on a local level serving clients primarily in the Cherry Hill, Haddonfield, Marlton and Mt. Laurel areas on Tuesdays 6:00PM - 7:30PM; Thursdays 11:00AM - 1:00PM . Located at 1463 Brace Road, Cherry Hill, NJ. Call **(856) 428-0300** or visit <https://cherryhillfoodpantry.com/>

### **JFCS Betsy & Peter Fischer Food Pantries**

The JFCS Betsy & Peter Fischer Food Pantries provide non-perishable food and personal care items to food-insecure households in Camden, Burlington, and Gloucester Counties. JFCS has three food pantry locations to serve the needs of the community. **All are welcome to receive food from our our pantries, but appointments are necessary.** Call **856-424-1333** or visit <https://jfcssnj.org/betsy-peter-fischer-food-pantries/>

### **CAMDEN COUNTY FOOD PANTRIES**

#### **Main Office**

1301 Springdale Road, Suite 150 Cherry Hill, NJ

#### **Family Assistance Center:**

1309 West Route 70, Cherry Hill, NJ 08003

### **BURLINGTON COUNTY FOOD PANTRY**

1000 Lenola Road, Tall Oaks Corp.

Center Building One, Suite 100

Maple Shade, NJ

### **Basic Needs-Housing**

#### **State of New Jersey Department of Community Affairs**

The state Homeless Prevention Program provides limited financial assistance to low- and moderate-income tenants and homeowners in imminent danger of eviction or foreclosure due to temporary financial problems beyond their control. Funds are used to disburse payments in the forms of loans and grants to landlords and mortgage companies on behalf of eligible households in danger of homelessness.

- **Camden County:** Camden County Council on Economic Opportunity, 538Broadway, Camden, NJ Call **856-964-6887**
- **Burlington County:** Burlington County Community Action Program, 1 Van Sciver Parkway, Willingboro. Call **609-835-4329 x 4721.**

This state Housing Assistance Office oversees programs that prevent homelessness and help people move out of temporary shelters and into stable, permanent housing. The office administers housing assistance programs such as the Homelessness Prevention Program (HPP), the Housing Choice Voucher Section 8 Program (Section 8) and the State Rental Assistance Program (SRAP). Call **609-292-4080.**

### **New Jersey Housing Resource Center**

The NJHRC is a free online tool that lists affordable housing and helps people with disabilities find housing options. Call **1-877-428-8844** or visit [www.nj.gov/njhrc](http://www.nj.gov/njhrc).

### **Burlington County Community Action Program**

BCCAP provides a multitude of housing services, including providing affordable rental housing to low-income families; temporary, safe housing for homeless families with children and supportive services through intensive case management; housing counseling; and housing acquisition and rehabilitation. Dickens Community Service Center: 1 Van Sciver Parkway, Willingboro, NJ Call **609-835-4329, ext. 4026** Main Office **(609) 386-5800** (Main Office) Visit: <https://www.bccap.org/housing-programs/>

### **Twin Oaks Community Services Housing Assistance**

Everyone deserves a decent, affordable home to live in and build a future. Twin Oaks provides assistance with permanent supportive housing, intensive supportive housing for adults transitioning out of hospitals, group homes, supported apartments and transitional emergency housing. To learn more, call **1-800-963-3377**.

### **Diocese of Camden Housing Services Corporation**

The mission of The Diocesan Housing Services Corporation of the Diocese of Camden, Incorporated (DHSC) is to provide quality affordable housing to low- to moderate-income households in New Jersey's 6 southern counties (Atlantic, Camden, Cape May, Cumberland, Gloucester, and Salem). Call **856-756-7900** or visit [www.camendiocese.org/index.php/housing-services-home](http://www.camendiocese.org/index.php/housing-services-home).

### **Catholic Charities**

- **Housing and Residential Assistance Services**  
Provides assistance to eligible residents of Burlington and Camden counties with utility payments, security deposits, back rent and mortgage payments.  
**Camden County:** 1845 Haddon Avenue, Camden. Call **856-342-4100**.  
**Burlington County:** 801 Burlington Avenue, Delanco, Call **856-764-6940**.
- **24-Hour Emergency Shelter Hotline**  
In cooperation with CONTACT of Burlington County, the homeless hotline provides the only emergency homeless response system in Burlington County. Following short-term placements in shelters or motels, referrals are provided to consumers to help meet ongoing housing needs.  
801 Burlington Avenue, Delanco. Call **856-764-6940. Hotline Number – 6122**
- **Free Store/Thrift Shop**  
Residents in need can "shop" for gently-used clothing and household items.  
**Camden County:** Call **856-342-4100**.  
**Burlington County:** 801 Burlington Avenue, Delanco. Call **856-764-6940**.
- **Project HOPE**

The mission of Project H.O.P.E. is to improve the health and well-being of homeless persons and others in need with Primary Health Care, Behavioral Health Care, Linkage to Community Services, and Social Work Services. Located at 519 West Street, Camden. Call (856) 968-2320 or visit <http://projecthopecamden.org/location/>

- **Holiday/Seasonal Assistance**

Provides consumers with assistance during Easter, Back-to-School time, Thanksgiving and Christmas.

**Camden County:** 1845 Haddon Avenue, Camden. Call **856-342-4104**.

**Burlington County:** 801 Burlington Avenue, Delanco. Call **856-764-6940**.

### Addictions

#### **Alcoholics Anonymous**

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership. Call Alcoholics Anonymous South Jersey **Office: 856-486-4446 & 24 hour hotline: 856-486-4444** or visit <http://www.aasj.org/> for more information about meetings in South Jersey.

#### **Narcotics Anonymous**

Narcotics Anonymous is a nonprofit fellowship of men and women for whom drugs and alcohol had become a major problem. Recovering addicts meet regularly to help each other stay clean. The group meets Tuesdays and Saturdays from 8 to 9:30 p.m. at Lourdes Medical Center of Burlington County, 218 Sunset Road, Willingboro. Click here to learn about meetings in South Jersey: <http://www.narcoticsanonymousnj.org/meetings/>. Or Call **732-933-0462**.

### Catholic Charities of the Diocese of Trenton

- **Delaware House Mental Health Services**

Provides a wide range of psychiatric rehabilitation groups and activities for adults experiencing a mental illness who require a more intensive environment in order to reach their maximum potential for independent living. Programs are also available for adults experiencing a mental illness with substance abuse issues.

25 Ikea Drive, Westampton Administration: **609-267-9339** For services: **1-800-360-7711**

- **Delaware House Outpatient Services**

Provides ongoing follow-up psychiatric care and therapy for adults experiencing a mental illness, including substance abuse issues.

25 Ikea Drive, Westampton Administration: **609-267-9339** For services: **1-800-360-7711**

- **Delaware House Personal Recovery Program**

Provides substance abuse treatment for adults who also experience mental illness.

25 Ikea Drive, Westampton Administration: **609-267-9339** For services: **1-800-360-7711**

- **Roads to Recovery**

A consumer-operated service that provides transportation to consumers who need to attend AA, NA, Gambler's Anonymous, etc., meetings.

25 Ikea Drive, Westampton **856-469-1293**

**Behavioral Health (Counseling and Psychotherapy)**

**Twin Oaks Community Services** (formerly Family Service and Steininger Behavioral Care Services)

Provides caring behavioral health services to vulnerable adults, children and families throughout New Jersey. Call **1-800-963-3377** to find help.

**Catholic Charities of the Diocese of Camden**

Catholic Charities' Behavioral Health Counseling Services ministers to those who may have exhausted their personal resources to overcome barriers to personal happiness by providing them professional psychotherapy, supportive services and opportunities for growth and healing.

Therapists work with adults and children. There is a fee for services; if you do not have health insurance, you will be offered a fee that is affordable based on your income. 1845 Haddon Avenue, Camden. Call **856.342.4100**.

**Catholic Charities of the Diocese of Trenton**

- **FACS (Family and Community Services)** Provides a wide range of counseling and psychotherapeutic services to individuals, couples and families experiencing emotional stress such as marital discord, depression, anxiety and parent-child conflict. Other services provided include additional services and parenting education workshops. 25 Ikea Drive, Westampton **1-800-360-7711** (clients) **609-267-9339**(current clients)
- **IFSS (Intensive Family Support Services)** Provides single-family consultation, psycho-educational and family support groups, respite care, advocacy and service linkage to families of persons experiencing serious mental illness. 1409 Kings Highway North, Cherry Hill, NJ Call. **856-482-8747**
- **Delaware House Residential Services** Offers a wide range of options from highly structured, supervised group homes to family home care placements and more independent living, including supportive housing. 25 Ikea Drive, Westampton NJ **609-267-9339**
- **PACT (Program of Assertive Community Treatment)** Community-based intensive mental health and recovery service for the most seriously and chronically disabled adults experiencing a mental illness. 5 Terri Lane, Suite #5, Burlington Township **609-386-4737**
- **Riverbank Self-Help Center** A consumer-run facility that promotes consumer empowerment, advocacy and self-help while providing a wide range of wellness and recovery activities for adults experiencing a mental illness. 114 Delaware Avenue, Burlington **609-239-1786**

- **Riverbank Transportation** Consumer-operated service that provides transportation to mental health consumers who would like to return to work but lack the transportation to do so. 25 Ikea Drive, Westampton Call. **856-469-1293** or **609-267-9339**

### **Domestic Violence**

#### **Providence House Domestic Violence Services of Catholic Charities**

Provides comprehensive services for victims of domestic abuse and their children free of charge at outreach offices and emergency safe houses in Burlington and Ocean Counties. Providence House Domestic Violence Services assists victims of domestic abuse and their children with: emergency shelter, a 24 hour hotline, counseling services, a comprehensive children's program, a parenting support group and a program specifically designed to assist victims age 50 and older. These services are offered at no cost to individuals and are invaluable to victims and their children who are struggling to break free from the cycle of violence in their homes. 383 West State Street, Trenton, NJ 08607-1423. Call **1-800-360-7711** (Access, Help and Information Center) **609-394-5181** (Central Administrative Services) or visit

<https://www.catholiccharitiestrenton.org/domestic-violence-services/>

- **24-Hour Hotline**

Burlington County: **1-877-871-7551** or **609-871-7551**

Ocean County: **800-246-8910** or **732-244-8259**

#### **PALS (Peace—A Learned Solution) of Catholic Charities**

Helps children ages 3 to 12 who have been exposed to domestic abuse to heal through various forms of creative arts.

595 Rancocas Road, Westampton, NJ Hotline: **1-877-871-7551(toll free)** Office: **609-871-7551**

Outreach office: **856-824-0599 ext. 244**

### **Crisis Response**

#### **CONTACT of Burlington County**

Provides 24/7 compassionate crisis response for the people in our community. CONTACT offers confidential, non-judgmental support to help people find their way. CONTACT is part of the National Suicide Prevention Lifeline and the provider for Sexual Assault Services in Burlington County. CONTACT's —care calls to the homebound protect the frail elderly while TeenLine offers a safe place for youth. Call **856-234-5484** or visit <http://contactburlco.org/services/>

- **Available 24/7**

**856-234-8888**

**866-234-5006**

#### **Twin Oaks Community Services**

A psychiatric emergency can be a frightening experience. A psychiatric emergency can include feelings of hopelessness, self-harm, harm to others, psychosis, depression and anxiety. **Call 1-800-963-3377** or visit <https://oaksintcare.org/>

### **Bereavement and Grief**

#### **Samaritan Healthcare and Hospice**

Grief is a natural, healthy and universal emotion. It helps us accept a loss and begin to heal. Even though grief may be a universal reaction, it is also an intensely personal experience that each of

us feels—and deals with—in our own way. Feelings like loneliness, anger, guilt confusion and fear can all be present at once. But you don't have to go through grief alone. The Samaritan Center for Grief Support can help you or your organization cope with loss and trauma. Support groups are available for both adults and children. Call 24/7: **(855) 337-2808** or visit <https://samaritannj.org/>

### **Widow and Widowers**

The loss of a spouse brings many challenges. What to do about meals, holidays and feelings like you are alone in the world? Share your feelings at the Widow and Widowers Support Group sponsored by Jewish Family and Children's Service Main Office located at 1301 Springdale Road, Suite 150 Cherry Hill, NJ 08003 Call **856-424-1333** for more information.

### **Moorestown Visiting Nurse Association**

The Community Counseling Center of the Moorestown VNA holds a variety of free grief support groups. All groups are led by professionals and provide the opportunity to share stories and feelings in a comfortable and supportive atmosphere. All groups are held at the Moorestown VNA, 300 Harper Drive, Moorestown, NJ 08057. Call **856-552-1300** to register or visit <https://www.moorestownvna.org/services/hospice/grief-support>

- **Expressions for Children** -Grief support through art activities. Held on select Monday and Wednesday Evenings
- **Growing Through Grief** (For Adults) Held on select Thursday Afternoons and select Monday Evenings
- **Pathways Through Grief** (Drop-in discussion group for adults) Held on select Thursday Evenings.
- **LGBTQ Grief Support Group** (For Adults) Held on the 3rd Monday evening of each month.
- **Lumberton Leas Grief Support Group** (for Adults) Select Wednesdays 10:30am-12noon 180 Woodside Drive, Lumberton

### **Hispanic Family Center**

The Hispanic Family Center works with women, children and families to provide support to strengthen families through proven workforce development initiatives and training opportunities, as well as prevention and health education services. the Hispanic Family Center offers therapeutic, community building and educational programs in a non-stigmatizing environment. Located at 35-47 S. 29th Street, Camden, NJ. For more information call (856) 541-6985 or visit <http://www.hispanicfamilycenter.com>

### **Health/Disease**

#### **Catholic Charities Emergency Services**

When funding is available, eligible consumers can receive financial assistance with medications and medical supplies needed to maintain health and well-being. 801 Burlington Avenue, Delanco. Call **(856) 764-6945**



### **Lourdes Diabetes Program**

Recognized by the American Diabetes Association, the Lourdes Diabetes Program helps patients with diabetes manage their care through interactive discussions and support. Classes are held days, nights and weekends in a variety of locations in the community. Classes are available in Spanish as well. To learn more or to register, call **1-877-533-4222**.

### **Alzheimer's Support Group**

The Delaware Valley chapter of the Alzheimer's Association offers peer- and professionally led groups for caregivers and others dealing with Alzheimer's disease. All support groups are facilitated by trained individuals. Many locations offer specialized groups for children, individuals with younger-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. Meetings are held throughout South Jersey. Call 24/7 Helpline **1-800-272-3900** or visit <https://www.alz.org/delval>

### **South Jersey Eye Center**

The nonprofit South Jersey Eye Center provides free and low-cost eye care to the poor, low-income, uninsured and underinsured in Camden City and surrounding areas. Its Mobile Vision Clinic provides care at schools, senior centers, health fairs, day care centers and other locations. The practice is headquartered at 400 Chambers Avenue in Camden. Call **856-365-1811**.

- In cooperation with Catholic Charities of the Diocese of Trenton, the Mobile Vision Clinic visits 801 Burlington Avenue in Delanco quarterly. Examinations are by appointment. Call **856-764-6940**.

### **Lourdes Bariatric Support Group**

Our Lady of Lourdes Medical Center's comprehensive bariatric program includes a monthly support group. Each month there is a different topic and/or speaker who will discuss topics such as diet, exercise, and healthy living behaviors. The group is held on the 2nd Monday of each month at LourdesCare at Cherry Hill, located at 1 Brace Road. Call **609-472-4603** for more information.

### **Lourdes Stroke Support Group**

Lourdes Stroke Support Group provides encouragement, education and socialization for stroke survivors and caregivers. Group meets at Our Lady of Lourdes Medical Center the third Thursday of every month in the Rehabilitation Department Dayroom Call **856-668-8430**.

### **Lourdes Liver Transplant Support Group**

Meeting topics include medications, nutrition, post-transplant health conditions and more. Participants can be awaiting a transplant or already transplanted. Patients from all area hospitals welcome. Contact Nona Dawson Land at [Dawson-LandN@lourdesnet.org](mailto:Dawson-LandN@lourdesnet.org) for more information.

### **Lourdes Caregiver Support Group**

The challenges of providing care to an adult loved one often leave caregivers feeling stressed and alone. Lourdes Specialty Hospital hosts a monthly meeting for caregivers of adults to share resources and support call **1-888-LOURDES (1-888-568-7337)** to register or more information.

### **Lourdes SpeakEasy Breast Cancer Support Group**

SpeakEasy meets at Lourdes Medical Center of Burlington County, 218A Sunset Road, Willingboro, the first Tuesday of the month from 7 to 9 p.m. Call **856-662-5474** to learn more.

### **Mesothelioma Guide**

This organization works on restoring hope for patients with mesothelioma (a type of cancer typically caused by asbestos exposure) and their loved ones with resources, answers and information over a wide spectrum of free assistance options to improve their lives. To learn more, visit <https://www.mesotheliomaguide.com/mesothelioma/>, call **1-888-385-2024** or email [webmaster@mesotheliomaguide.com](mailto:webmaster@mesotheliomaguide.com). You also may mail the organization at 496 Delaney Ave., Suite 500, Orlando, FL 32801.

### **Urologic Cancer Support Group**

New Jersey Urology hosts a support group for patients and their families to discuss their cancer diagnosis and treatment options. Participants are encouraged to share experiences and develop coping skills related to living with cancer. Meetings are held in Mount Laurel, Voorhees and Cherry Hill. For more information or to register, call **877-388-2778**.

### **American Cancer Society Road to Recovery Program**

Road to Recovery is a volunteer-based program that provides transportation for patients in active cancer treatment, or appointments that support active treatment and cancer-related surgery. Patients will not be transported to diagnostic appointments or other medical appointments. Patients must have no other means of transportation or are unable to drive themselves. To learn more, contact the American Cancer Society at **1-800-227-2345**

### **Holistic Health**

#### **Yoga and T'ai Chi**

The Lourdes Wellness Center offers affordable yoga and t'ai chi classes for all levels. Visit [www.lourdeswellnesscenter.org](http://www.lourdeswellnesscenter.org) for more information.

### **Nutrition**

The Lourdes Wellness Center offers a variety of affordable nutrition classes, as well as individual counseling. Visit [www.lourdeswellnesscenter.org](http://www.lourdeswellnesscenter.org) for more information.

### **Lourdes Weight Management Program**

The comprehensive, eight-week, multidisciplinary Weight Management Program will address the many challenges to weight loss and will put you on the path to better health through behavior modification. Lourdes practitioners will teach you how to make healthy choices, eat in a mindful manner, utilize a variety of fitness strategies, manage stress and more to support you during the program.

The program also includes a guided supermarket tour with a dietitian, access to a fitness facility and an optional extra session on the topic of spirituality and behavior change. Class space is limited. Call **1-888-LOURDES (1-888-568-7337)** for class dates and to register.

## **Smoking Cessation**

### **American Lung Association Freedom from Smoking**

Hosted by the Lourdes Wellness Center. Visit

[https://www.lourdesnet.org/blog/lourdes\\_events/freedom-from-smoking-program-13/](https://www.lourdesnet.org/blog/lourdes_events/freedom-from-smoking-program-13/) for meeting dates.

**NJ Quitnet** This free Internet resource provides a comprehensive, individually tailored smoking treatment service. Registrants have access to a peer support group and trained counselors 24 hours a day, seven days a week. Visit [www.nj.quitnet.com](http://www.nj.quitnet.com).

**NJ Quitline** This toll-free telephone service provides free access to trained counselors in 26 languages. Call **1-866 NJ-STOPS**.

## **Family/Parenting**

It's not uncommon for women to have difficulty in the early stages of motherhood. Fortunately, there are people they can turn to for support, advice and counseling.

### **Breastfeeding Support**

- Our Lady of Lourdes Medical Center Mother/Baby Unit: **856-757-3688** or **856-757-3035**.
- Our Lady of Lourdes Lactation Consultant: **856-757-3314**
- La Leche League of Haddonfield: **732-232-2182** or visit <http://lalecheleagueofhaddonfield.blogspot.com/>
- National Breastfeeding Helpline: **1-800-949-9662**

### **Successful Breastfeeding Class**

Held at Our Lady of Lourdes Medical Center. Visit

[https://www.lourdesnet.org/blog/lourdes\\_events/successful-breastfeeding-class-34/](https://www.lourdesnet.org/blog/lourdes_events/successful-breastfeeding-class-34/) for dates and to register.

### **Infant and Child CPR Class**

Held at Our Lady of Lourdes Medical Center. Visit

[https://www.lourdesnet.org/blog/lourdes\\_events/infant-and-child-cpr-22/](https://www.lourdesnet.org/blog/lourdes_events/infant-and-child-cpr-22/) for dates and to register.

## **Senior Services**

### **Senior Behavioral Health Program at Lourdes Medical Center of Burlington County**

The 20-bed program utilizes a short-term treatment approach for older adults who are experiencing behavioral and/or emotional problems. These may include delusions or hallucinations, recurrent thoughts of suicide, social withdrawal, increased forgetfulness and confusion, loss of interest in hygiene, changes in sleeping patterns/insomnia, aggressive behavior/agitation, paranoia and refusal to take medications. call **609-835-3400**.

## **Special Needs**

### **Values into Action**

Provides independent support coordination and planning throughout New Jersey. Values into Action – NJ supports people with disabilities, one person at a time, on their own terms. This includes assistance in developing an essential life plan, as well as help with community and civic engagement, employment, health, housing and personal relationships. To learn more, visit [www.valuesintoactionnj.org](http://www.valuesintoactionnj.org) or call **856-985-6801**.

### **Allies Inc.**

Allies is a nonprofit agency dedicated to providing housing, healthcare, meaningful employment and recreational opportunities to people with special needs. To learn more, visit [www.alliesnj.org](http://www.alliesnj.org) or call **609-689-0136**.

### **Supportive Employment Program**

25 Ikea Drive. Westampton, NJ **609-267-9339**

### **Veterans Services**

#### **Catholic Charities of the Diocese of Trenton**

- **Veterans Counseling Program**

- Confidential counseling to both active and retired military service members and their families in a community-based program. No referrals necessary. 202 Davis Station Road, Cream Ridge. Call **1-800-360-7711**.

- **Veterans Intervention Program**

Confidential counseling focused on recovery from substance dependence for active and retired military service members and their families. No referrals necessary. 39 N. Clinton Avenue, Trenton. Call **1-800-360-7711**.

### **Other**

#### **Parkside Business and Community in Partnership**

For residents and businesses in the Parkside neighborhood of Camden. Meets in community locations, including at Our Lady of Lourdes Medical Center. Contact Miosha Lawrence, [mlawrence@pbcip.org](mailto:mlawrence@pbcip.org) or **856-964-0440**.

#### **Free Tax Prep by Catholic Charities of the Diocese of Trenton**

Provides free tax preparation February through April by appointment only.

**Burlington County:** 801 Burlington Avenue, Delanco. Call **856-764-6940**.

**Ocean County:** 200 Monmouth Avenue, Lakewood. Call **732-363-5322**.