

Peace Be With You
Pregnancy Care
Related Resources



**The Archdiocese of Philadelphia
The Office for Life and Family**

Seven Themes of Catholic Social Teaching

Life and Dignity of the Human Person

Call to Family, Community, and Participation

Rights and Responsibilities

Option for the Poor and Vulnerable

The Dignity of Work and the Rights of Workers

Solidarity

Care for God's Creation



UNITED STATES CONFERENCE OF
CATHOLIC BISHOPS

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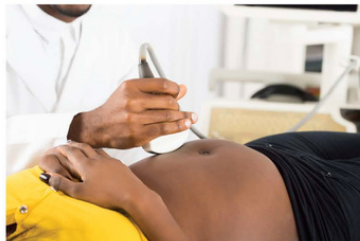
Servicios en español

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- A Woman's Concern.....61-62
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Maternity Home.....27

PHILADELPHIA LOCATIONS



AlphaCare empowers pregnant women and families by providing health and social services, and serving as a bridge to community resources. Since 1981, we have provided free services to more than 14,000 families in Philadelphia.



FREE MEDICAL SERVICES

- Pregnancy tests
- Ultrasounds
- Prenatal education
- Childbirth classes
- Breastfeeding support
- Assistance obtaining ongoing medical care

SOCIAL SERVICES

- Resources for education and employment
- Referrals for job placement and legal services
- New mothers' community group
- Baby clothing, supplies and equipment

COMMUNITY RESOURCES

- Mobile Medical Unit
- Speakers available for schools, professional and civic groups
- Referral network with health, community and social service agencies

EMOTIONAL HEALTH AND WELL-BEING

Trauma healing workshop • Abortion aftercare • Grief support for miscarriage



CATHOLIC SOCIAL SERVICES

Pregnancy Support Centers

Services include pregnancy and parenting counseling and education, free pregnancy tests, food pantries, diaper pantries, baby boutiques, community baby showers, housing assistance, adoption services, health literacy, educational workshops, and other supportive services. We believe strongly in a Culture of Life where every life is respected and protected. For more information, visit <https://cssphiladelphia.org/services/beautiful-beginnings/>

Bucks County Family Service Center

100 Levittown Parkway
Levittown, PA 19054
215-945-2550
Katherine Baumgardner

Casa del Carmen Family Service Center

4400 N. Reese Street
Philadelphia, PA 19140
267-331-2500
Meghan Sidorski

Delaware County Family Service Center

130 E. 7th Street
Chester, PA 19013
610-876-7101
Camille Crane

The Cenacle at Padre Pio Center

1527 Church St
Philadelphia, PA 19124
267-453-0090 or 267-331-2472
Fredeswinda Rodriguez

Northeast Family Service Center

7340 Jackson St.
Philadelphia, PA 19136
215-624-5920
Beth Wood

Southwest Family Service Center

6214 Grays Street
Philadelphia, PA 19142
215-724-8550
Lola DeCarlo-Coles

1-888-LIFE-AID



Birthright of Philadelphia

7986 Oxford Ave

Philadelphia, Pennsylvania, 19111

Phone: 215-728-0385

Birthright of Coatesville

529 E. Lincoln Highway

Coatesville, Pennsylvania, 19320

Phone: 610-384-3020

Birthright of West Chester

112 South High Street

West Chester, Pennsylvania, 19382

Phone: 610-436-0773

Birthright of Pottstown

327 King St.

Pottstown, Pennsylvania, 19464

Phone: 610-327-2626

Birthright of Wilmington

1311 N. Scott St

Wilmington, Delaware, 19806

Phone: 302-656-7080

Birthright of Freehold

41 East Main St., Suite 2

Freehold, New Jersey, 07728

Phone: 732-462-2888

Birthright of Toms River

10 Lafayette Avenue

Toms River, New Jersey, 08753

Phone: 732-349-0154

Services

Friendship, love and hope

Information about:

Pregnancy

Childbirth

Adoption

Prenatal Care

Community Programs

Parenting skills

Child Care

Referrals for:

Medical Support

Financial Resources

Housing, Legal

Social Assistance

Professional Counseling

Free Resources:

Pregnancy Tests

Maternity and Baby Items

24/7 Free Helpline:

1-800-550-4900

Live Chat through our website

THE CENACLE

AT THE PADRE PIO CENTER



The Cenacle is a community-based family center supporting pregnant women, new parents, caregivers, and families in Frankford, Philadelphia. Offering case management, weekly community meals, parenting classes, support groups, and material goods. All services are offered in both English and Spanish.

[267-453-0090](tel:267-453-0090)

1527 Church St

Philadelphia Pa, 19124



COMMUNITY
Women's Center
OF AMERICA

Free Pregnancy Testing

Objective, medically accurate information

**Think you're pregnant? NOT SURE WHAT TO DO?
CONSIDERING ABORTION? We can Help.**

Prueba de embarazo gratis.

Informacion objetiva, precisa de vista medica.

**Piensa que esta embarazada? NO SABE QUE HACER?
CONSIDERANDO EL ABORTO? Nosotros podemos ayudar.**

Serving the Philadelphia & Bucks County Areas and Beyond!

Crisis Pregnancy Services

Pregnancy Testing
Ultrasounds
Counseling

Advocacy

Emergency Housing
Legal Assistance
Health Care Help
Adoption Support

Ongoing Support

Material Needs
Emotional Support
Community
Goal Setting
Life Skills

Outreach

Raise Awareness
Tell The Stories
Advocate for Life

Make **your** choice. Live **your** life.

215-826-8090

Lifeline



NEW MOMS & DADS!

FOR PREGNANT OR PARENTING

Contact:
Roxanne Green, MPH
215-342-7660
8540 Verree Rd,
Philadelphia, PA 19111

- PARENTING EDUCATION
- PREGNANCY EDUCATION
- ACCESS TO RESOURCES
- PREGNANCY TESTING
- CASE MANAGEMENT

FREE SERVICE



Every Good Gift is a job training ministry for young single women who are pregnant or parenting a young child. We share the love of Christ and help mothers gain the basic skills needed for jobs that will support mother and child(ren). Part-time jobs are available at our Glenside and Kensington locations.

Shop Every Good Gift for event favors, gift baskets, gifts for any occasion - and help families thrive. www.everygoodgift.org





*A Home for
Pregnant
Women and
Their Children
Located in
Philadelphia*



Guiding Star Ministries Maternity Home provides shelter and assistance to pregnant women and their children. We offer practical and material assistance as well as spiritual and emotional support to empower mothers and their children, enabling them to cultivate meaningful relationships, develop life skills and achieve their goals.

guidingstar.org

People for People, Inc.

HOPE

PREGNANCY CENTER



"I think I'm pregnant and I don't know what to do..."

We know that an unplanned pregnancy can be stressful and even a little scary. You may be thinking about how a baby will affect your future, career, finances, or your family. We understand and hope to be able to provide you with positive options and support services as you make your decision.

The HOPE Center is a part of People For People, Inc., a non-profit organization, which provides several programs that you are able to participate, if eligible, such as:

- Earning your GED
- Earning an Associates or Bachelors Degree from our partner university, Eastern University
- Obtaining a certificate in a trade/vocational specialty
- Daycare
- Charter School
- Mentoring program

Services*

Pregnancy Test & Verification
Ultrasound Imaging
Medical Consultation
Pregnancy Options Counseling
Post-abortion Counseling
Workshops and Classes:

- Pregnancy and Nutrition
- Open Forums: From A-Z
- Stress and Anger Management
- Abstinence and STI Prevention
- Parenting for New Moms and Dads
- Self-esteem and Healthy Relationships

All of our services are FREE and confidential with immediate results.

*providing
Hope
That Brings
Healing*

www.HopePregnancyCenters.org



716 N. Broad Street
Philadelphia, PA 19130
Ph: 267-546-3600
Fax: 215-763-1993

Info.HopeCenter@peopleforpeople.org

If a **prenatal diagnosis is poor**, you are not alone.

There is help.

Lily's Gift

is here to help you.

Lily's Gift offers unique insight and sensitivity regarding difficult issues such as:

- maintaining hope when a diagnosis is poor
- sorting through medical decision making
- grieving the loss of the anticipated baby
- stillbirth and neonatal critical care

For more information, visit
www.LilysGift.org or
www.benotafraid.net

For support please contact:
Sr. Kathleen Schipani at (215) 587-3530 or
Kathleen Bevenour at (215) 587-3595
LilysGiftLuke12.27@gmail.com



Project Rachel is a post-abortion healing ministry.

For confidential help: 844-772-2435

ProjectRachel@chs-adphila.org

<https://walkingtogetherphilly.org/>



Sponsored by :
Catholic Social Services
and the Office for Life and Family
ARCHDIOCESE OF PHILADELPHIA



THE ST. RAYMOND
NONNATUS FOUNDATION
CARES.
LEARN MORE AT
NONNATUS.ORG
215-870-9913



Sp Adobe Spark


The St. Raymond Nonnatus Foundation for Freedom, Family, and Faith is a Catholic nonprofit 501c3 headquartered in Philadelphia founded by the Mercedarian Religious Order in 2015. The foundation offers pastoral support for individuals and families in crisis and is a pro-life organization.

***Schedule a free pastoral consultation by emailing
director.srnf@gmail.com.***

Learn more at www.Nonnatus.org.

Phone: 215-870-9913

BUCKS COUNTY LOCATIONS



Finding
yourself
Pregnant?



Crisis Pregnancy Center

2062 W. MAIN STREET, JEFFERSONVILLE, PA 19403
610-630-9630

78 SECOND AVENUE, SUITE 4, COLLEGEVILLE, PA 19426
610-489-0083

121 N. WAYNE AVENUE, SUITE 102, WAYNE, PA 19087
484-803-8504

65 WEST STREET, B-203, WARMINSTER, PA 18974
267-275-4097

152 CHURCH STREET, PHOENIXVILLE, PA 19460
484-566-3894

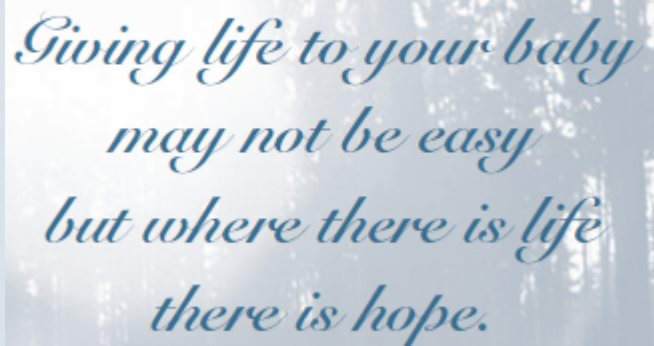
24 hour phone line: 484-571-5540
www.ababysbreath.org

*A Baby's Breath
Services*

- Free Ultrasound Services & Pregnancy Tests
Because you may not know!
- Pregnancy Counseling
Because you might need to talk to someone about being pregnant.
- Free Parenting & Prenatal Classes
Because we help you become responsible parents.
- Baby Store
Because earning points to acquire baby items will help you to achieve your goals.
- HOUSING for moms
Because choosing life sometimes leaves you homeless.
- INDEPENDENCE program
Because life doesn't have to end with a crisis pregnancy.
 - Financial incentives for choices that support true freedom
 - Free Natural Family Planning classes
 - Loving Our Life support for singles

The Rose Garden

for prospective adoptive parents
Because adoption is a loving option.



*Giving life to your baby
may not be easy
but where there is life
there is hope.*

¿Te
encuentras
Embarazada?



Crisis Pregnancy Center

*"...para ayudar a una madre a ver
a su hijo tomar su/su primer aliento."*

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Servicios para el aliento de un bebé

- Servicios gratuitos de ultrasonido y pruebas de embarazo
¡Porque puede que no lo sepas!
- Consejería de embarazo
Porque es posible que deba hablar con alguien sobre estar embarazada.
- Clases gratuitas para padres y prenatales
Porque te ayudamos a convertirte en padres responsables.
- Tienda de bebe
Puedes ganar puntos para adquirir artículos de bebé te ayudará a lograr tus objetivos.
- Vivienda para mamás
Porque elegir la vida a veces te deja sin hogar.
- Programa de Independencia
Porque la vida no tiene que terminar con un embarazo de crisis.
 - *Incentivos financieros para opciones que apoyen la verdadera libertad*
 - *Clases gratuitas de planificación familiar natural*
 - *Amando nuestro soporte de vida para solteros*
- El jardín de rosas
(para los futuros padres adoptivos)
Porque la adopción es una opción amorosa.

*Darle vida a tu bebé
no es fácil,
pero donde hay
vida hay esperanza.*



CATHOLIC SOCIAL SERVICES

Pregnancy Support Centers

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Camille Crane

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Beth Wood

Southwest Family Service Center

6214 Grays Street
Philadelphia, PA 19142
215-724-8550
Lola DeCarlo-Coles

1-888-LIFE-AID

Pregnancy & Sexual Health Resource Center(s)

ChoiceOne 

women helping women

Services Free & Confidential

800.497.TEST

Free and Confidential Pregnancy-Related Services Include (but are not limited to): Pregnancy test, pregnancy verification ultrasound, counseling, medical and prenatal care referrals, postpartum depression, and abortion recovery.

Other services include sexually transmitted infection (STD, STI) screening & treatment, parenting sessions, family aid of material assistance (diapers, formula, baby equipment, etc.), mentorship, and friendship.

**Spanish speaking mentors and counselors are available at all locations.*

Two easy locations with discrete access:

2222 Trenton Road
Levittown, PA 19056

1764 Brunswick Avenue
Lawrenceville, NJ 08648

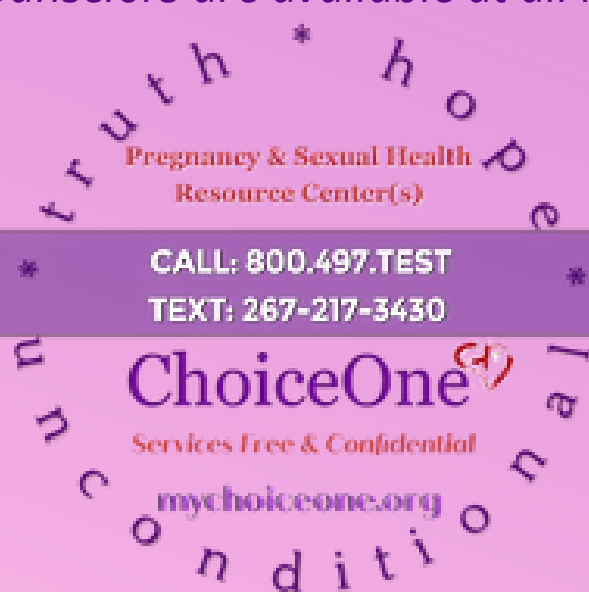
Pregnancy & Sexual Health
Resource Center(s)

CALL: 800.497.TEST
TEXT: 267-217-3430

ChoiceOne 

Services Free & Confidential

mychoiceone.org





COMMUNITY
Women's Center
OF AMERICA

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Objective, medically accurate information

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Crisis Pregnancy Services

Pregnancy Testing
Ultrasounds
Counseling

Advocacy

Emergency Housing
Legal Assistance
Health Care Help
Adoption Support

Ongoing Support

Material Needs
Emotional Support
Community
Goal Setting
Life Skills

Outreach

Raise Awareness
Tell The Stories
Advocate for Life

Make **your** choice. Live **your** life.

215-826-8090



YOUR GO-TO RESOURCE

We're your shame-free, judgment-free, go-to place for unplanned pregnancy solutions.

OUR PROMISE TO YOU

We know that each person's situation is unique. You will never be judged or pressured by our staff. We are here to listen, answer questions, and support you in any way we can.

We are here to empower and equip you no matter what circumstances bring you through our doors.

All our services are available to anyone regardless of race, color, religion, sex, gender identity, sexual orientation, national origin or disability.

CONFIDENTIAL + FREE OF CHARGE

Services include but are not limited to:

Pregnancy testing

Options consultations

Abortion information

Limited obstetrical ultrasounds

STI testing and treatment for Gonorrhea and Chlamydia

Pregnancy support

Parenting classes and education

Support for men

Abortion recovery

Sexual health education

Referrals



256 Trumbauersville Rd

Quakertown, PA

Call | (215) 538-7003

Text | (215) 876-3110



**For pregnant women, mothers and fathers- Ages 16 and up
Bensalem, PA**

How we can help

- Pregnancy and parenting counseling
- Parenting, pregnancy and life skill classes
 - Educational literature
- Assistance in accessing resources such as WIC and car seats through referrals
 - Free pregnancy tests
- Support with baby clothes, diapers, formula and other baby items until child's 1st birthday

We also offer **free maternity housing** to women 18 years and older on a first come first serve basis. Women can call to schedule a phone interview.

Se Habla Español

Contact us at 215-245-8039 to schedule an appointment!

www.smocmaternityhome.org




SMOC Maternity Home



smoc_homeforcrisispregnancies

CHESTER COUNTY LOCATIONS



Finding
yourself
Pregnant?



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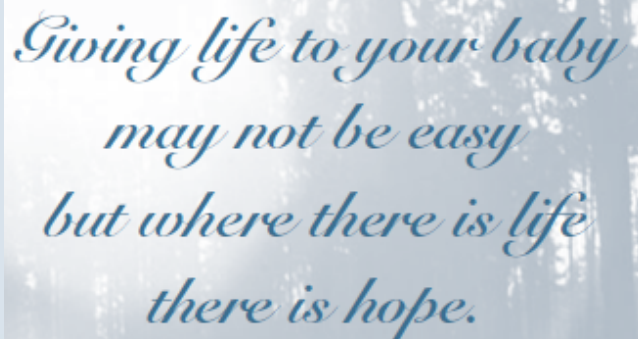
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- HOUSING for moms
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- Consejería de embarazo
Porque es posible que deba hablar con alguien sobre estar embarazada.
- Clases gratuitas para padres y prenatales
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- Tienda de bebe
Puedes ganar puntos para adquirir artículos de bebé te ayudará a lograr tus objetivos.
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Porque elegir la vida a veces te deja sin hogar.
- Programa de Independencia
Porque la vida no tiene que terminar con un embarazo de crisis.
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 - *Amando nuestro soporte de vida para solteros*
- El jardín de rosas
(para los futuros padres adoptivos)
Porque la adopción es una opción amorosa.

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Birthright of Philadelphia

7986 Oxford Ave

Philadelphia, Pennsylvania, 19111

Phone: 215-728-0385

Birthright of Coatesville

529 E. Lincoln Highway

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Birthright of Wilmington

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Wilmington, Delaware, 19806

Phone: 302-656-7080

Birthright of Freehold

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Freehold, New Jersey, 07728

Phone: 732-462-2888

Birthright of Toms River

10 Lafayette Avenue

Toms River, New Jersey, 08753

Phone: 732-349-0154

Services

Friendship, love and hope

Information about:

Pregnancy

Childbirth

Adoption

Prenatal Care

Community Programs

Parenting skills

Child Care

Referrals for:

Medical Support

Financial Resources

Housing, Legal

Social Assistance

Professional Counseling

Free Resources:

Pregnancy Tests

Maternity and Baby Items

24/7 Free Helpline:

1-800-550-4900

Live Chat through our website



*Confidential + free of charge
Services include*

but are not limited to:

- Pregnancy testing
- Options consultations
- Pre-abortion screening and abortion information
 - Limited ultrasounds
 - Sexual health education
- Community and medical referrals
- Parenting and Prenatal Classes
 - Budgeting Classes
 - One on one life coaching
 - Anger management classes
 - And more

Chester County Women's Services

1028 E. Lincoln Hwy

Coatesville, PA 19320

610.383.0930

helpforyou@ccconnectcare.org

<https://ccconnectcare.org/>



Genesis

Women's Clinic

Our Services

- Pregnancy Testing
- STD Testing & Treatment
- Ultrasound Exam

Client Advocacy

Our counseling services include:

- Options counseling
- Adoption counseling (Agency Referrals)
- Assistance in developing parenting skills
- Relationship counseling
- Post-Abortion counseling

Material Assistance

Free material assistance for new mothers and mother of young children include:

- Diapers
- Formula
- Baby Food
- Clothing
- Kids Accessories

888 E. High Street, Pottstown, PA 19464

610-970-8089

301 Gay Street, Phoenixville, PA 19460

610-933-0509

info@genpcc.org
<https://genpcc.org/>



ST. AGNES NURSES CENTER



**WE ARE HERE
TO MEET YOUR
HEALTH CARE
NEEDS.**

.....
*Donations gratefully
accepted.*

- Health screenings
- Physical exams, including work, school, & driver's license
- Follow-up care & medications
- Lab tests
- Women's Health & Pediatrics
- Nutrition counseling
- Referrals

**Interpreters available for
Spanish-speaking clients.*

At St. Agnes Nurses Center, we provide basic medical attention and primary care services to low-income and uninsured residents in the West Chester, Pennsylvania area.

Our staff includes dedicated nurses, nurse practitioners, registered dietitians, and interpreters.



CLINIC HOURS

WEDNESDAY

4:00 PM – 6:00 PM

SATURDAY

10:00 AM – 12:00 PM

610-696-1972 | STAGNESNURSESCENTER@GMAIL.COM
233 WEST GAY STREET | WEST CHESTER, PA 19380



ST. AGNES NURSES CENTER CENTRO DE ENFERMERIA DE SANTA INES



**ESTAMOS AQUI
PARA ATENDER
SUS
NECESIDADES DE
SALUD.**



*Agradecemos sus
donaciones.*

Exámenes de salud
Exámenes físicos, incluyendo el
trabajo, la escuela, y de licencia de
conducir
Seguimiento de la atención y los
medicamentos
Las pruebas de laboratorio
La salud de las mujeres y pediatría
Asesoramiento en nutrición
Referencias

**Interpretes disponibles para
los clientes que hablan
español.*

En el Centro de Enfermería de Santa Ines hemos de proporcionar servicios basicos de atencion medica y servicios de atencion primearia de bajos ingresos y sin seguro medico a los residentes en el area de West Chester PA

Nuestras persona dedicadas incluyen enfermeros, enfermeros avanzados, dietistas registrados, y los interpretes.



HORARIO DE LA CLINICA

MIERCOLES
4:00 PM – 6:00 PM

SABADO
10:00 AM – 12:00 PM

610-696-1972 | STAGNESNURSESCENTER@GMAIL.COM
233 WEST GAY STREET | WEST CHESTER, PA 19380

DELAWARE COUNTY LOCATIONS



amnion

PREGNANCY CARE MEDICAL CENTER

All of Amnion's services are FREE and confidential

Drexel Hill

2251 Garrett Rd
Drexel Hill, PA 19026



Services include:

Pregnancy testing

Ultrasounds

Counseling

Parenting Education

Post Abortion Healing

Material Assistance

STD Testing

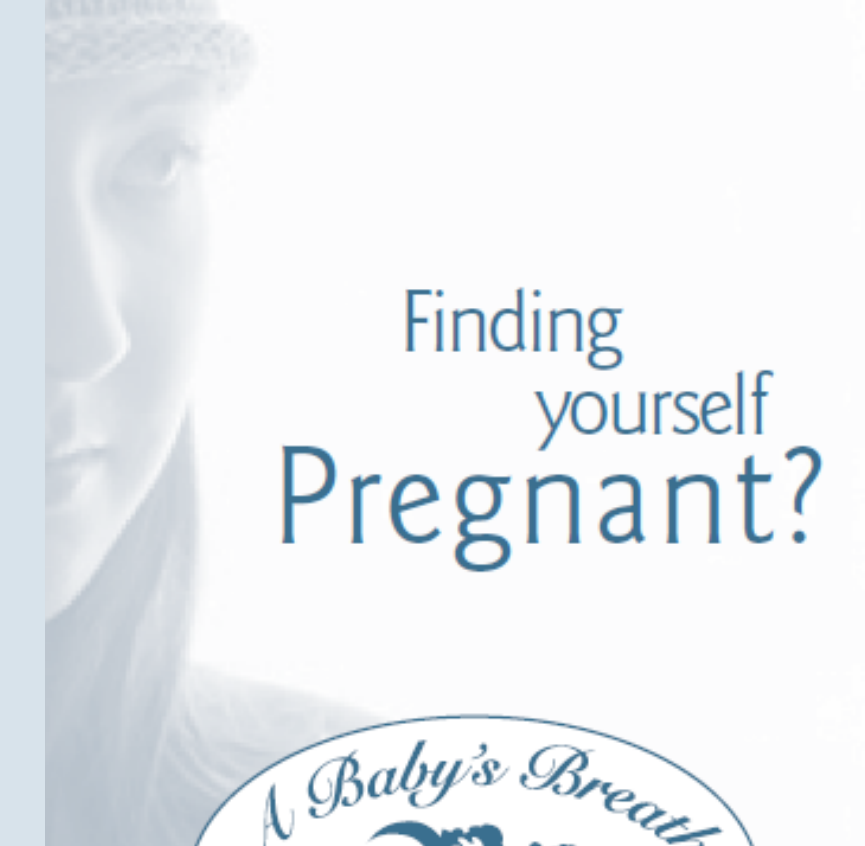
Referral Services

610-622-9957

Norristown

832 DeKalb St
Norristown, PA 19401





Finding
yourself
Pregnant?



Crisis Pregnancy Center

2062 W. MAIN STREET, JEFFERSONVILLE, PA 19403
610-630-9630

78 SECOND AVENUE, SUITE 4, COLLEGEVILLE, PA 19426
610-489-0083

121 N. WAYNE AVENUE, SUITE 102, WAYNE, PA 19087
484-803-8504

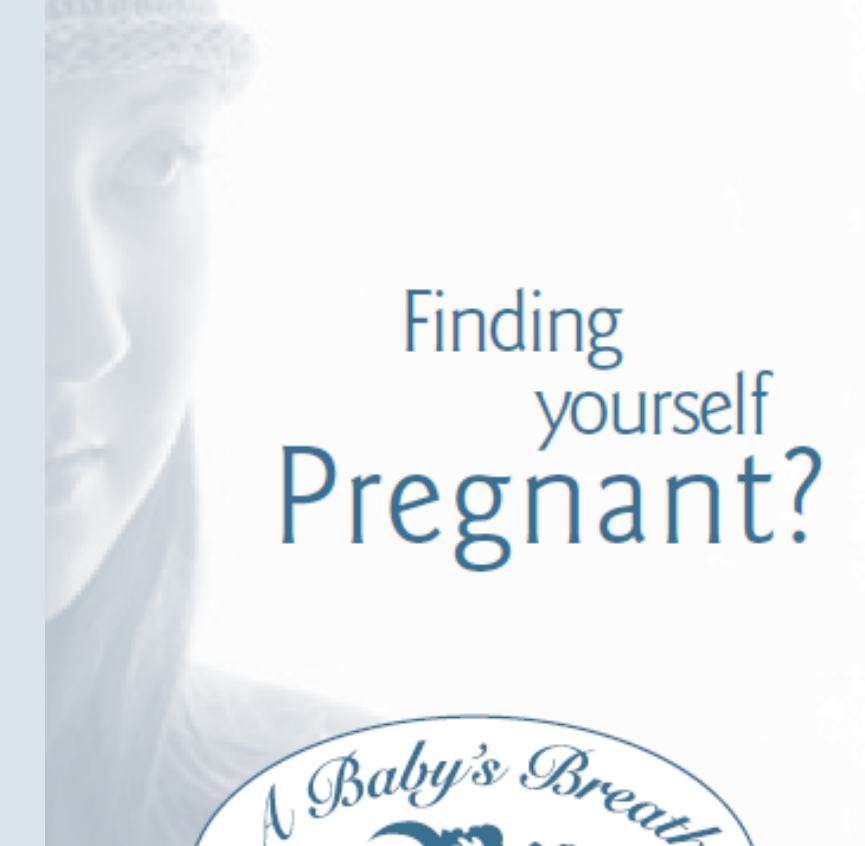
65 WEST STREET, B-203, WARMINSTER, PA 18974
267-275-4097

152 CHURCH STREET, PHOENIXVILLE, PA 19460
484-566-3894

24 hour phone line: 484-571-5540
www.ababysbreath.org

*A Baby's Breath
Services*

- Free Ultrasound Services & Pregnancy Tests
Because you may not know!
- Pregnancy Counseling
Because you might need to talk to someone about being pregnant.
- Free Parenting & Prenatal Classes
Because we help you become responsible parents.
- Baby Store
Because earning points to acquire baby items will help you to achieve your goals.
- HOUSING for moms
Because choosing life sometimes leaves you homeless.
- INDEPENDENCE program
Because life doesn't have to end with a crisis pregnancy.
 - Financial incentives for choices that support true freedom
 - Free Natural Family Planning classes
 - Loving Our Life support for singles
- The Rose Garden
for prospective adoptive parents
Because adoption is a loving option.



*Giving life to your baby
may not be easy
but where there is life
there is hope.*



¿Te
encuentras
Embarazada?



Crisis Pregnancy Center

**"...para ayudar a una madre a ver
a su hijo tomar su/su primer aliento."**

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www.ababysbreath.org

Servicios para el aliento de un bebé

- Servicios gratuitos de ultrasonido y pruebas de embarazo
¡Porque puede que no lo sepas!
- Consejería de embarazo
Porque es posible que deba hablar con alguien sobre estar embarazada.
- Clases gratuitas para padres y prenatales
Porque te ayudamos a convertirte en padres responsables.
- Tienda de bebe
Puedes ganar puntos para adquirir artículos de bebé te ayudará a lograr tus objetivos.
- Vivienda para mamás
Porque elegir la vida a veces te deja sin hogar.
- Programa de Independencia
Porque la vida no tiene que terminar con un embarazo de crisis.
 - Incentivos financieros para opciones que apoyen la verdadera libertad
 - Clases gratuitas de planificación familiar natural
 - Amando nuestro soporte de vida para solteros
- El jardín de rosas
(para los futuros padres adoptivos)
Porque la adopción es una opción amorosa.

*Darle vida a tu bebé
no es fácil,
pero donde hay
vida hay esperanza.*



CATHOLIC SOCIAL SERVICES

Pregnancy Support Centers

Services include pregnancy and parenting counseling and education, free pregnancy tests, food pantries, diaper pantries, baby boutiques, community baby showers, housing assistance, adoption services, health literacy, educational workshops, and other supportive services. We believe strongly in a Culture of Life where every life is respected and protected. For more information, visit <https://cssphiladelphia.org/services/beautiful-beginnings/>

Bucks County Family Service Center

100 Levittown Parkway
Levittown, PA 19054
215-945-2550
Katherine Baumgardner

Casa del Carmen Family Service Center

4400 N. Reese Street
Philadelphia, PA 19140
267-331-2500
Meghan Sidorski

Delaware County Family Service Center

130 E. 7th Street
Chester, PA 19013
610-876-7101
Camille Crane

The Cenacle at Padre Pio Center

1527 Church St
Philadelphia, PA 19124
267-453-0090 or 267-331-2472
Fredeswinda Rodriguez

Northeast Family Service Center

7340 Jackson St.
Philadelphia, PA 19136
215-624-5920
Beth Wood

Southwest Family Service Center

6214 Grays Street
Philadelphia, PA 19142
215-724-8550
Lola DeCarlo-Coles

1-888-LIFE-AID

Delaware County Pregnancy Center



We help families before, after, and during pregnancy by offering confidential, high-quality care and support for moms, dads, and extended family members in a safe, loving, and non-judgmental atmosphere. To schedule an appointment for yourself or a friend, call 610-872-2229.

Limited Medical Services

- Pregnancy Verification
- Pregnancy Confirmation Ultrasound Exam
- Pregnancy Options Counseling
- Prenatal Vitamins for Pregnant and Breastfeeding Mothers
- For Abortion-Pill Reversal Process, please contact C.O.L. Family Services at 1-877-558-0333
- Sexual Health Consultations

Peer Counseling Services

- The Art of Marriage
- The Art of Money Management
- The Art of Parenting
- The Healing Arts for Post Abortive Women
- Christmas in July Summer Parenting Small Groups
- Holiday Parenting Education Small Group

Educational and Support Services*

- Parenting Skills Classes
- Nurturing Your Newborn Classes
- Informational Resources about Adoption, Abortion, Pregnancy and more
- Community Resource Referrals for Housing, Legal Services, Financial Services, Health Care, and more.

*The Baby Boutique Material Assistance Program is available to all clients.

**Delaware County
Pregnancy Center**
2508 Edgmont Avenue
Chester, PA 19013
Phone: 610-872-2229
info@dcpcchester.org
<https://dcpcchester.org/>



Mothers' Home is a residential shelter located in Darby, PA which provides a safe haven for vulnerable, pregnant women in a crisis who choose life as a sacred gift.

Mothers' Home provides shelter for up to 28 women during their pregnancy and the first 6 months after their babies are born.

Mothers' Home encourages the residents to celebrate the joy of new life while also preparing to become independent young women and caring mothers. We focus on the physical, emotional, intellectual, social, sexual, and spiritual dimensions of each resident's life. To do this, we promote empowerment and self-sufficiency by providing our residents:

- Counseling services
- Pre and postnatal health education
- Childbirth and development classes
- Parenting classes
- Job readiness training
- Housing search assistance
- Educational classes on budgeting, legal, and nutrition
- Initial personal and baby supplies
- Supportive relationships

51 N. MacDade Blvd
Darby, PA 19023

(610) 583-4663
contact@mothershome.org
<http://www.mothershome.org/>

MONTGOMERY COUNTY LOCATIONS



amnion

PREGNANCY CARE MEDICAL CENTER

All of Amnion's services are FREE and confidential

Drexel Hill

2251 Garrett Rd
Drexel Hill, PA 19026



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Referral Services

610-622-9957

Norristown

832 DeKalb St
Norristown, PA 19401





Finding yourself Pregnant?

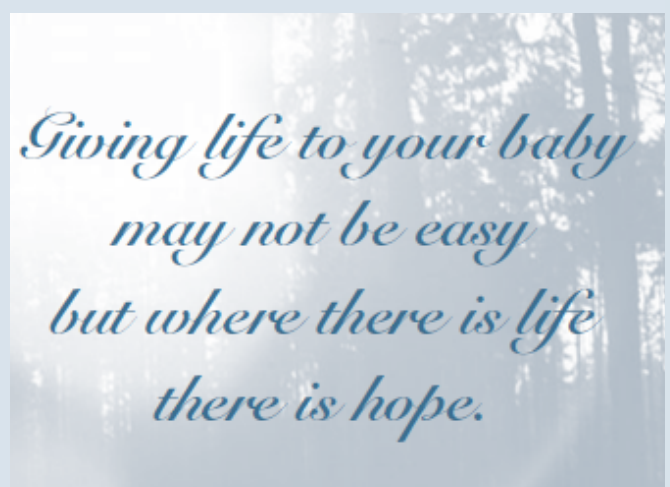


A Baby's Breath Services

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Because you may not know!
- Pregnancy Counseling
Because you might need to talk to someone about being pregnant.
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Because we help you become responsible parents.
- Baby Store
Because earning points to acquire baby items will help you to achieve your goals.
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Because choosing life sometimes leaves you homeless.
- INDEPENDENCE program
Because life doesn't have to end with a crisis pregnancy.
 - Financial incentives for choices that support true freedom
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 - Loving Our Life support for singles

The Rose Garden

*for prospective adoptive parents
Because adoption is a loving option.*



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may not be easy
but where there is life
there is hope.*

Crisis Pregnancy Center

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484-566-3894

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Crisis Pregnancy Center

*"...para ayudar a una madre a ver
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www.ababysbreath.org

*Servicios para el
aliento de un bebé*

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¡Porque puede que no lo sepas!
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- Vivienda para mamás
Porque elegir la vida a veces te deja sin hogar.
- Programa de Independencia
Porque la vida no tiene que terminar con un embarazo de crisis.
 - *Incentivos financieros para opciones que apoyen la verdadera libertad*
 - *Clases gratuitas de planificación familiar natural*
 - *Amando nuestro soporte de vida para solteros*
- El jardín de rosas
(para los futuros padres adoptivos)
Porque la adopción es una opción amorosa.

*Darle vida a tu bebé
no es fácil,
pero donde hay
vida hay esperanza.*



Birthright of Philadelphia

7986 Oxford Ave

Philadelphia, Pennsylvania, 19111

Phone: 215-728-0385

Birthright of Coatesville

529 E. Lincoln Highway

Coatesville, Pennsylvania, 19320

Phone: 610-384-3020

Birthright of West Chester

112 South High Street

West Chester, Pennsylvania, 19382

Phone: 610-436-0773

Birthright of Pottstown

327 King St.

Pottstown, Pennsylvania, 19464

Phone: 610-327-2626

Birthright of Wilmington

1311 N. Scott St

Wilmington, Delaware, 19806

Phone: 302-656-7080

Birthright of Freehold

41 East Main St., Suite 2

Freehold, New Jersey, 07728

Phone: 732-462-2888

Birthright of Toms River

10 Lafayette Avenue

Toms River, New Jersey, 08753

Phone: 732-349-0154

Services

Friendship, love and hope

Information about:

Pregnancy

Childbirth

Adoption

Prenatal Care

Community Programs

Parenting skills

Child Care

Referrals for:

Medical Support

Financial Resources

Housing, Legal

Social Assistance

Professional Counseling

Free Resources:

Pregnancy Tests

Maternity and Baby Items

24/7 Free Helpline:

1-800-550-4900

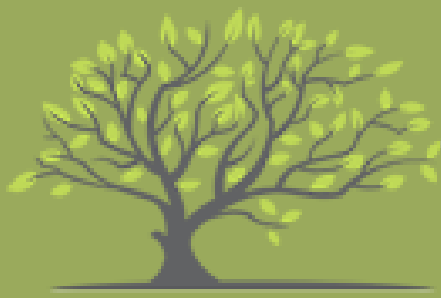
Live Chat through our website



Every Good Gift is a job training ministry for young single women who are pregnant or parenting a young child. We share the love of Christ and help mothers gain the basic skills needed for jobs that will support mother and child(ren). Part-time jobs are available at our Glenside and Kensington locations.

Shop Every Good Gift for event favors, gift baskets, gifts for any occasion - and help families thrive. www.everygoodgift.org





Genesis Women's Clinic

Our Services

- Pregnancy Testing
- STD Testing & Treatment
- Ultrasound Exam

Client Advocacy

Our counseling services include:

- Options counseling
- Adoption counseling (Agency Referrals)
- Assistance in developing parenting skills
- Relationship counseling
- Post-Abortion counseling

Material Assistance

Free material assistance for new mothers and mother of young children include:

- Diapers
- Formula
- Baby Food
- Clothing
- Kids Accessories

888 E. High Street, Pottstown, PA 19464

610-970-8089

301 Gay Street, Phoenixville, PA 19460

610-933-0509

info@genpcc.org
<https://genpcc.org/>



A COMMITMENT TO PRO-LIFE HEALTH CARE

A restorative approach
to reproductive health care

Natural alternatives to
hormonal contraceptives

Modern, effective natural family planning

A safe place for virtue-based health care for teens

Pro-life alternatives to in vitro fertilization

Support for abortion-vulnerable women



Gianna Center of Philadelphia 2705 Dekalb Pike, Suite 207 East Norriton, PA 19401

215-857-9599 • www.phgiannacenter.org



pro-life. catholic. health care for women.

Cradle of Hope



A Home for Single Mothers and Children



Transitional Housing Program

Why do we need Cradle of Hope?

In Philadelphia and surrounding counties, young single mothers with newborn children often face the difficult issue of affordable housing. For these mothers, there is an urgent need to provide transitional housing with support services.

What does Cradle of Hope Do?

Cradle of Hope is a home for single mothers and children which offers housing and support services for six mothers and children up to 12 months in the Greater Philadelphia Area.

How Does it Work?


The residents follow a family centered program in which they are required to plan and cook meals, and do weekly chores. They also attend workshops, Bible study and counseling. The goal is to enable mothers to obtain training/education, employment and permanent housing.

Who Can Apply?

Women age 18 and older who are pregnant or mothers of children ages 0-24 months who are seeking housing are eligible to apply at Cradle of Hope. Contact the Director at: 215-572-5937. Please call to learn more about our interview and placement process.

1657 The Fairway #140
Jenkintown, PA 19046

 215-572-5937

 cradleofhope@gmail.com

 www.facebook.com/cradle1657

 www.cradleofhope.net

Cradle of Hope



Pregnancy Resource Center

Who We Are

The Cradle PRC offers counseling and decision-making support to mothers who are pregnant and are feeling overwhelmed by their pregnancy. For those that are still deciding what to do about the pregnancy, staff and volunteers at Cradle PRC are available to meet with you and help you make an informed decision, making sure

Who We Help

The Cradle PRC offers counseling and referral services for women who think they are pregnant, women who are pregnant and parents of children under 1 who need assistance.

Services Offered

- Pregnancy Testing
- Pregnancy Counseling
- Housing Assistance
- Parenting Classes
- General Family Support
 - Assistance applying for state assistance, subsidized child care, and subsidized housing
- Referrals for other Supportive Services
 - Adoption assistance, birth support groups, doulas, adoption services, anger management, medical care, long term counseling, etc.
- Pantry Services
 - Baby clothes, diapers, & formula

2242 Mt Carmel Avenue
Glenside, PA 19038

☎ 215-758-2791

✉ cradleprc@gmail.com

🌐 www.cradleprc.org

BERKS COUNTY LOCATIONS



We've walked with women for over 50 years!

Services we offer:

- Fertility awareness education*
- STI testing & treatment*
- Pregnancy testing*
- Ultrasound confirmation of pregnancy*
- Evidence-based options education*
- Motherhood support*
- Parenting education & life skills*
- Baby clothes and material goods*



PRAY | VOLUNTEER | DONATE

Connect with us today!



@lifelineofberkscounty



@lifelineberkscounty

life's. choices



Come for help, leave with hope!

FREE & CONFIDENTIAL SERVICES

- Pregnancy Tests
- Confirmation Ultrasound
- Childbirth & Parenting Classes
- Emergency Material Assistance
- Healthy Relationship Mentoring
- Post Abortion, Post Adoption & Miscarriage Support
- STD Testing, Treatment & Referrals
- Educational Presentations (for schools, community groups, churches and more)

*Life's Choices does not refer for nor perform abortions. We are here to give our clients information on their options so that they can make an educated decision.

LIFE'S CHOICES KUTZTOWN

443 W. Main Street
Kutztown, PA 19530
610-683-8000

Monday, Tuesday and Thursday
11am-5pm

Appointments preferred but not required.
Other hours by appointment only.

LIFE'S CHOICES HAMBURG

326 State Street
Hamburg, PA 19526
484-660-3526

Monday, Wednesday and
Friday 10am-4pm

<https://lifeschoicessupport.org/>

**FREE BABY
BUNDLE
PROGRAM!**

EARN WHILE YOU LEARN

www.LifesChicesSupport.org

EWYL is a popular option for our clients. The idea is simple: earn points for attending classes (generally three a session) and redeem these points for items from our client boutique. Choices include diapers, formula, baby clothes and room decor. Pregnant clients can earn a new car seat upon completing our Healthy Start Baby Bundle program. Options are available for clients who do not have young children, including gift cards to local stores.

CLASS OPTIONS:

Childbirth • Prenatal Classes • Breastfeeding • Parenting • Finances and Budgeting • Nutrition and Healthy Living • Healthy Relationships

Classes are free of charge and held one-on-one or in groups with a client representative. Check our website for details, or call (610.683.8000) or email (LifesChoices@hometownu.com) to register! Virtual options available.



Mary's Shelter

Components of Program:

- Temporary housing
- Individual and group counseling
- Assist the young women with coordinating:
 - Prenatal care
 - Formal education
 - Future housing
 - Budget counseling
- On-site classes to help develop:
 - Parenting skills
 - Interpersonal relationship skills
 - Housekeeping skills

Outcomes:

- A healthy pregnancy
- Successful enrollment in and/or completion of high school, current grade level, or GED program
- Active participation and completion of in-house courses on prenatal care, parenting and life skills training
- Referrals to appropriate transitional or permanent housing agencies

615 Kenhorst Blvd

Reading, PA 19611

610-376-1973

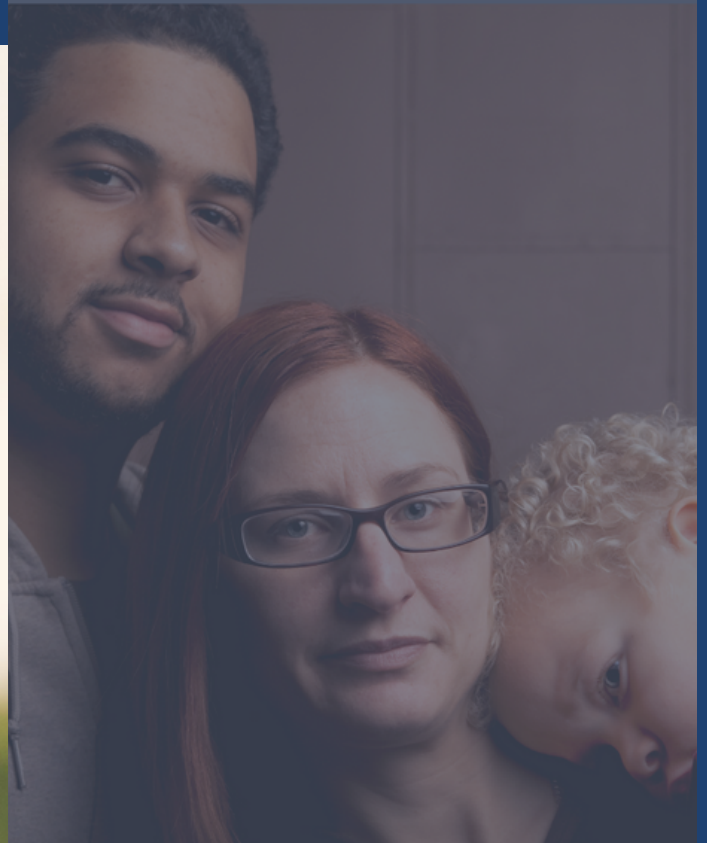
<https://www.marysshelter.org/>



MERCY in time of need,
GRACE for today and
HOPE for the future.

We Offer:

- Free Self-administered Pregnancy Tests
- Confidential Peer Counseling
- Parenting Education
- Emergency Supplies & Clothing
- Information on Sexually Transmitted Diseases and Prevention
- Referrals for Social Services
- Life Skill Classes



105 S. 5th Street
Reading, PA 19602

Phone: 610.376.0828
Text: 484.798.0793

921 Walnut St, Reading, PA 19601
Phone : 610.370.7112

www.mercypregnancycenter.org

LANCASTER COUNTY LOCATIONS

EDUCATIONAL PROGRAM

[YOUR *Whole* SELF]

For teens, adults, and
community members

The Your Whole Self program is a holistic approach to decision-making in all areas of life. Learn how your body works, practice self-care, and improve how you relate to others.

These classes start where you are and help empower you to be the best that you can be.



We're here for you!

Questions?

Call 717.394.1561 for more information and to make an appointment.



1102 Millersville Pike
Lancaster, PA 17603
717.394.1561
PregnancyLancaster.com

HOW WE CAN HELP

WOMEN · MEN · FAMILIES

Programs & Services at AWC



PregnancyLancaster.com | 717.394.1561



Pregnancy & Medical Services



Pregnancy confirmation



Pregnancy options information



Limited ultrasound exams



Limited STI/STD testing



Educational Programs

PARENTING EDUCATION PROGRAM

For anyone pregnant or parenting a child under age one

Our Strong Families parenting education program helps to answer many of the questions you may have about pregnancy, newborn care, and parenting skills to build your confidence as a parent.

COURAGEOUS DADS

For fathers and fathers-to-be

This program helps develop awareness and skills to be a better father and partner through workshops & classes, because strong fathers help build stronger families.

A Woman's Concern

is a nonprofit organization dedicated to empowering our community to make informed decisions.

We know life can be hard. We're here to help you face the unexpected with confidence and strength. We provide compassionate support, education, and medical services—all confidential and at no cost to you.

No insurance needed.

No eligibility requirements.

717.394.1561

PregnancyLancaster.com



Support Services

- Material assistance for those who need it
- Community agency referrals
- After-abortion support & resources



Strong Families

PARENTING EDUCATION PROGRAM

Our parenting education program is designed to prepare moms and dads to meet the physical and emotional needs of their children through focused classes, dedicated support, and material assistance.



In addition to parenting classes, participants build a one-on-one relationship with a trained advocate and gain access to valuable resources including healthy lifestyle workshops, group classes, and more.

ELIGIBILITY Any parent expecting a baby or raising a child under age one

ENROLLMENT Call 717.394.1561, option 2

ParentingLancaster.com

A Woman's Concern also provides no-cost medical care including pregnancy confirmation services, ultrasound exams, pregnancy options information, and STI testing.

Learn more at PregnancyLancaster.com



Familias Fuertes

PROGRAMA DE EDUCACIÓN DE LA CRIANZA DE LOS HIJOS

Nuestro programa de educación de la crianza de los hijos está diseñado para preparar a las mamás y los papás para satisfacer las necesidades físicas y emocionales de sus hijos a través de clases enfocadas, apoyo dedicado, y asistencia material.



Además de las clases de la crianza de los hijos, los participantes construyen una relación personal con un defensor capacitado y obtienen acceso a recursos valiosos que incluyen talleres de estilo de vida saludable, clases grupales, y más.

ELEGIBILIDAD Cualquier padre que esté esperando un bebé o que esté criando a un niño menor de un año

INSCRIPCIÓN Llame 717.394.1561, opción 4

ParentingLancaster.com

A Woman's Concern también brinda atención médica sin costo, incluidos servicios de confirmación de embarazo, exámenes de ultrasonido, información sobre opciones de embarazo y pruebas de ITS.

Obtenga más información en EmbarazadaLancaster.com



"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for Me in earnest, you will find Me when you seek Me. I will be found by you," says the Lord.

— JEREMIAH 29:11-14A



ALIGN
PREGNANCY SERVICES

COLUMBIA

462 Chestnut Street
Columbia, PA 17512
717.684.3400

Columbia@alignpregnancyservices.com

EPHRATA

112 West Main Street
Ephrata, PA 17522
717.733.9440

Ephrata@alignpregnancyservices.com

LANCASTER

408 West Chestnut Street
Lancaster, PA 17603
717.575.0561

Lancaster@alignpregnancyservices.com

LEBANON

132 South 8th Street
Lebanon, PA 17042
717.274.0600

Lebanon@alignpregnancyservices.com

POST-ABORTION SERVICES

132 South 8th Street
Lebanon, PA 17042
717.304.7994

Postabortion@alignpregnancyservices.com



Freedom
to make an

Informed Decision



At Align Pregnancy Services there are well-trained Client Advocates available to serve you.



how we help

OUR SERVICES ARE FREE AND CONFIDENTIAL

- o **Pregnancy tests**
- o **Limited 1st trimester ultrasounds**; if eligible, at our Columbia, Lebanon and Lancaster locations
- o **Pregnancy options education**
- o **Prenatal education** (individualized format)
- o **Parenting skills classes** (small group format)
- o **Convenient community support referrals**
- o **Baby Boutiques** to provide essential items to care for a baby
- o **Post-abortion support**
- o **Bilingual services available**

"I didn't think I'd get pregnant. Now I'm two weeks late."



Come in for a free pregnancy test and talk with a Client Advocate. She'll listen to your concerns and respond to your questions. If you're pregnant, she can help you think through the options of parenting, adoption and abortion so your decision is an informed one.



"I'm gonna be a dad."

Meet with a male Client Advocate and learn what being a father is all about. Discuss how to provide and care for your child, how to interact with your child, and how to relate with your baby's mother.

"I don't want to have an abortion, but how can I afford a baby?"



You can receive practical support during and after your pregnancy. Items such as diapers, clothing, and a crib can be earned through our Earn While You Learn program. Ask about convenient referrals for medical care, financial assistance and community services too.

The best we have to offer:

faith

If believing in yourself has left you hanging and believing in others has let you down, you can talk to us about Who you can believe in and Who you can trust to get you through the highs and lows of life.

hope

When you're in a tough situation, sometimes you just need someone to tell you, "It's gonna be okay." But it can't be empty words. It has to be real. We'll tell you about real hope—hope that'll get you through and bring you out on the other side stronger, wiser, and looking forward to a brighter tomorrow.

love

You love chocolate ice cream. You love sunsets over the ocean. But you really want to love Someone who loves you for who you are—who you really are when no one's looking. We've met Him. We've experienced His love, and it's changed our lives. You can meet Him too. His name is Jesus. Emmanuel, which means "God with us." He wants to be with you too.

FOR MORE INFORMATION:

www.AlignPregnancyServices.com

what do our clients say?



"I decided to take the parenting classes when I got pregnant with my first child. I'm so glad I did! I learned a lot of helpful information and I earned CARE Cash to spend in the Baby Boutique.

Plus I met wonderful women who were so helpful, positive, and understanding!"

- AALIYAH

"Everyone is so easy to talk to. I learned it's ok if I don't have all the answers. They helped me be a more confident father and believe in myself."



- RYAN

"I honestly have no clue what I would do without this program. Without it, I'd feel ashamed, depending on others to provide things my child needs. Instead, it feels special and satisfying to earn diapers, baby clothes, and more for my baby!"



- CAMILLA

COLUMBIA

462 Chestnut Street
Columbia, PA 17512
717.684.3400

Columbia@alignpregnancyservices.com

EPHRATA

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Ephrata, PA 17522
717.733.9440

Ephrata@alignpregnancyservices.com

LANCASTER

408 West Chestnut Street
Lancaster, PA 17603
717.575.0561

Lancaster@alignpregnancyservices.com

LEBANON

132 South 8th Street
Lebanon, PA 17042
717.274.0600

Lebanon@alignpregnancyservices.com

POST-ABORTION SERVICES

132 South 8th Street
Lebanon, PA 17042
717.304.7994

Postabortion@alignpregnancyservices.com

Strengthen Your Family



www.AlignPregnancyServices.com

visit and shop

Bring this brochure to one of our locations and receive

\$20 CARE Cash



Q: What can this buy me?

- 1 week's worth of newborn diapers
- 4 cans of formula
- A new diaper bag
- A new baby bouncer

All items are subject to availability.

\$20 BABY BOUTIQUE CARE Cash

Choices • Accountability
Responsibility • Encouragement

Limit one coupon per adult. Align Pregnancy Services reserves the right to cancel this coupon at any time.

\$20

fatherhood

You can be an active, involved dad and provide for your children too. Our Practical Fatherhood classes equip you with everyday skills that will make a difference in your family's life.

SESSION EXAMPLES:

- Being a Leader
- The Dad Difference
- Situational Discipline
- Respect for Mothers
- Being Consistent

Fact: Children with involved, loving fathers are much more likely to do well in school, have healthy self-esteem, show concern for others, and avoid high-risk behaviors like drug use, skipping school, and criminal activity compared to children who have uninvolved fathers. (www.fatherhood.org)



prenatal AND parenting

Parenting is an exciting and challenging adventure. Our programs help you prepare for your journey and continue confidently.

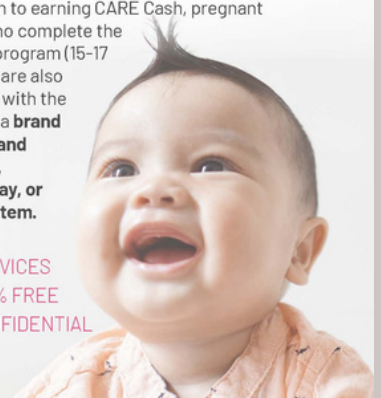
Our classes are available for moms and dads of all ages. Sessions are offered individually or in a group setting.

SESSION EXAMPLES:

- Infant Temperament
- Bonding with Your Unborn Baby
- The Parent-Child Relationship
- Learning through Play
- Testing and Manipulation
- Positive Discipline
- How to Make Your Child Feel Special

In addition to earning CARE Cash, pregnant clients who complete the prenatal program (15-17 sessions) are also rewarded with the choice of a **brand new crib and mattress, pack 'n play, or travel system.**

OUR SERVICES ARE 100% FREE AND CONFIDENTIAL



Each time a client arrives on time and completes their homework, they earn **CARE Cash** to spend in our Baby Boutique.

WHAT OUR CLIENTS ARE SAYING

"I realized that I never really grieved the loss of my child. I needed to learn the truth about my baby's identity, value, and worth to God and to me."

— BRANDI

"During the Bible study the other women laughed and cried with me—and still loved me. I finally understood that God also loves me and has a good plan for my life."

— DARLENE

"I really appreciated your compassion, understanding and openness. It allowed me to speak freely about the situation and my feelings."

— MICHAEL



Post-Abortion Support

"How would you finish the sentence: Abortion is _____? A woman's choice? Life changing? Final? Sin? Death? Selfish? Unforgettable? Crippling? I've heard women and men express all of these conclusions. But the word that fills me with hope for grieving post-abortive people is, 'Abortion is forgivable!' In Psalm 118:5, the psalmist declares, 'In my anguish I cried to the Lord, and He answered me by setting me free.' Abortion IS forgivable. God forgave me. He wants to forgive you too. Reach out for help today." — JENN

"I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for."

— JEREMIAH 29:11 (TM)

CONTACT US

Post-Abortion Services Director

132 South 8th Street
Lebanon, PA 17042
717.304.7994

Postabortion@alignpregnancyservices.com

www.AlignPregnancyServices.com



our services

An abortion experience changes you. Some people don't feel the full impact right away. In fact some have held onto their secret for decades. Others are painfully tuned in to how it has hurt them. There is hope and healing for you.

OUR SERVICES ARE 100% FREE AND CONFIDENTIAL FOR YOU, OUR CLIENT. FEMALE AND MALE CLIENT ADVOCATES ARE AVAILABLE TO MEET WITH YOU.

NO-STRINGS ATTACHED INITIAL CONSULTATION

If you would like to explore whether post-abortion support might be helpful for you, you can schedule a free no-obligation chat with one of our staff. You'll be able to talk in a compassionate, supportive environment. You'll learn what services we offer, and we'll share information about other services available in your community. Our goal is to ensure that you're connected to help that is good for you and your particular situation.

INDIVIDUAL HELP

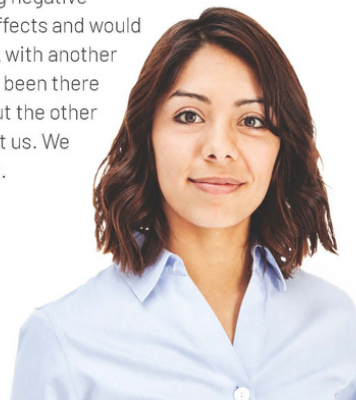
Sometimes sharing your thoughts and feelings with people who've been there is a great benefit. And other times, being in a group just isn't the best fit. We're able to accommodate your needs for either group or individual support services.

GROUP BIBLE STUDY

Many clients find a group format with people who "get it" to be incredibly helpful and healing in their post-abortion journey. You can join one of our Bible studies that are specifically designed to help people who have been impacted by their abortion experience. Groups begin on a regular basis throughout the year. Contact us today to learn about groups that are scheduled in your area.

ESPECIALLY FOR GUYS

Men who experience loss through abortion can feel helplessness, grief, anger, fear in relationships, and more. If you're experiencing negative emotional effects and would like to speak with another guy who has been there and come out the other side, contact us. We can help you.



POST-ABORTION SELF-ASSESSMENT*

TAKE THIS QUICK QUIZ TO HELP YOU SEE IF YOUR ABORTION EXPERIENCE IS IMPACTING YOUR PRESENT DAY LIFE.

ANSWER "TRUE" OR "FALSE" TO THESE STATEMENTS:

1. I can't tell anyone about my abortion. They just wouldn't understand.
2. There are details about the abortion that I cannot remember.
3. I have lost interest in things I used to love since having the abortion.
4. I often feel angry and irritable.
5. I have difficulty maintaining relationships.
6. I use alcohol, drugs or prescription medications once per week or more.
7. I find that I am repeating the same mistakes in my life.
8. I avoid people, places and things that remind me of my abortion.

IF YOU ANSWERED "TRUE" TO ONE OR MORE STATEMENTS, YOU MIGHT FIND IT HELPFUL TO TALK WITH ONE OF OUR STAFF.

*EXCERPTED FROM OUR BIBLE STUDY GROUPS

House of His Creation

Maternity Housing

- Family Living
- Individualized Case Management
- Parenting Options Education
- Financial Literacy
- Basic Independent Living/Life Skills
- Recreational Activities



C4 is HoHC's aftercare program that provides ongoing support for women who have successfully discharged from our maternity home and to any mom living within the community. Women in aftercare after discharge from the Lititz House maternity home will continue to receive:

- Case management services for up to one year
- Supports that help each mother become more capable and competent
- Monthly support groups geared towards helping understand child development milestones/behaviors
- Self care techniques
- Parent and child playgroups
- Parenting classes
- Parenting materials
- Individualized parent support
- Assist parents in gaining other types of support and resources as needed.

301 North Broad Street
Lititz, PA 17543
***There are no**
geographical limitations

(717) 626-0263
mail@hohc.org
<https://www.hohc.org/>



TENFOLD

Tabor & LHOP are now Tenfold

Tabor and **LHOP** officially **merged** to become **Tenfold**: a team committed to sparking the power in all people to achieve equity housing and financial security through a **continuum of services.**

- **EMERGENCY HOUSING**

Unlocking a new beginning toward housing stability

Locations:

- **SUPPORTIVE HOUSING PROGRAMS**

Empowering people to gain new skills so they can obtain and maintain permanent housing through long-term self-sufficiency

Lancaster office
308 East King Street
Lancaster, PA 17602

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Opening doors to equitable housing through our Housing Rights and Resource Center

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York, PA 17401

The Ann B. Barshinger

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417 Poplar St.
Lancaster, PA 17602

- **COMMUNITY INITIATIVES**

Multiplying our impact through collaboration with key community partners

717-397-5182
<https://wearetenfold.org>

- **TENFOLD COMMUNITY LENDING**

Multiplying homeownership opportunities, and increasing the supply of affordable housing through the development of new housing units

LEBANON COUNTY LOCATIONS



"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for Me in earnest, you will find Me when you seek Me. I will be found by you," says the Lord.

— JEREMIAH 29:11-14A



ALIGN
PREGNANCY SERVICES

COLUMBIA

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Postabortion@alignpregnancyservices.com



Freedom

to make an

Informed Decision



At Align Pregnancy Services there are well-trained Client Advocates available to serve you.



ALIGN
PREGNANCY SERVICES

how we help

OUR SERVICES ARE FREE AND CONFIDENTIAL

- o **Pregnancy tests**
- o **Limited 1st trimester ultrasounds**; if eligible, at our Columbia, Lebanon and Lancaster locations
- o **Pregnancy options education**
- o **Prenatal education** (individualized format)
- o **Parenting skills classes** (small group format)
- o **Convenient community support referrals**
- o **Baby Boutiques** to provide essential items to care for a baby
- o **Post-abortion support**
- o **Bilingual services available**

"I didn't think I'd get pregnant. Now I'm two weeks late."



Come in for a free pregnancy test and talk with a Client Advocate. She'll listen to your concerns and respond to your questions. If you're pregnant, she can help you think through the options of parenting, adoption and abortion so your decision is an informed one.



"I'm gonna be a dad."

Meet with a male Client Advocate and learn what being a father is all about. Discuss how to provide and care for your child, how to interact with your child, and how to relate with your baby's mother.

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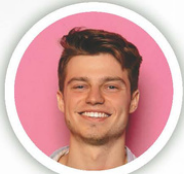


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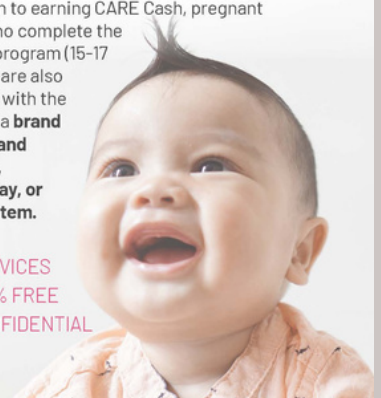
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"How would you finish the sentence: Abortion is _____? A woman's choice? Life changing? Final? Sin? Death? Selfish? Unforgettable? Crippling? I've heard women and men express all of these conclusions. But the word that fills me with hope for grieving post-abortive people is, 'Abortion is forgivable!' In Psalm 118:5, the psalmist declares, 'In my anguish I cried to the Lord, and He answered me by setting me free.' Abortion IS forgivable. God forgave me. He wants to forgive you too. Reach out for help today." — JENN

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CONTACT US

Post-Abortion Services Director

132 South 8th Street
Lebanon, PA 17042
717.304.7994

Postabortion@alignpregnancyservices.com

www.AlignPregnancyServices.com



our services

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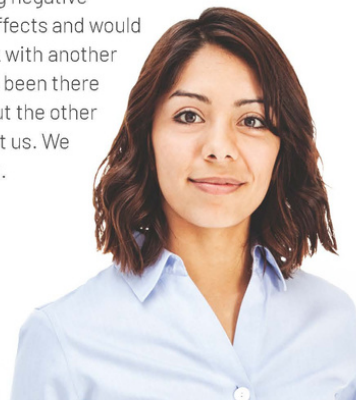
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*EXCERPTED FROM OUR BIBLE STUDY GROUPS

LEHIGH COUNTY LOCATIONS

BRIGHTHOPE

Pregnancy Support Centers

Pregnancy Testing

Not sure if you're pregnant? We can help. We can medically verify your pregnancy with a lab quality test at no cost so you can know for sure. We'll give you space to process the results and answer any questions you may have.

Ultrasounds

An ultrasound is a necessary step to take to confirm your pregnancy. It's an accurate way to date your pregnancy so you have the information needed to make a decision moving forward. Schedule a free ultrasound appointment with us today.

STI Testing

If you have been sexually active with multiple partners, it's important that you get tested for an STI. Our medical staff is here for you to help in any way we can. We offer free and confidential STI services for clients who have a positive pregnancy test. Be informed to protect yourself and your partner.

Allentown Clinic

**2200 Hamilton Street
Suite 103
Allentown, PA 18104**

Easton Clinic

**2204 Northampton St
Easton, PA 18042**



Residential Program

We provide safe, transitional housing for women who are pregnant and experiencing homelessness, as we help them navigate the challenges of motherhood. In this home environment, we provide counseling, intense case management, life skills classes, education support, and agency referrals — with the goal of empowering women to transition to long-term, safe, affordable housing.

Community Outreach

We meet the needs of families in the community who are pregnant and parenting children under 12 months of age by working with the whole family during the vulnerable time period from pregnancy to postpartum. We offer free pregnancy testing, counseling, case management, basic baby necessities, adult hygiene products, consumable goods, and agency referrals.

Admission

The Cay Galgon Life House recognizes that established programs might not be appropriate for all applicants. Therefore, each applicant will be evaluated on a case-by-case basis. The case managers will make every effort to assist pregnant and parenting young women find the program(s) that will best meet their individual needs. Referring agencies can call to determine vacancies. Applicants should follow the procedures listed on our website: <https://caygalgonlifehouse.org/our-services/>

714 West Broad Street Bethlehem, PA 18018
610-867-9546 - info@caygalgonlifehouse.org

NORTHAMPTON COUNTY LOCATIONS

BRIGHTHOPE

Pregnancy Support Centers

Pregnancy Testing

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Ultrasounds

An ultrasound is a necessary step to take to confirm your pregnancy. It's an accurate way to date your pregnancy so you have the information needed to make a decision moving forward. Schedule a free ultrasound appointment with us today.

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Suite 103
Allentown, PA 18104**

Easton Clinic

**2204 Northampton St
Easton, PA 18042**

YORK COUNTY LOCATIONS



TENFOLD

Tabor & LHOP are now Tenfold

Tabor and **LHOP** officially **merged** to become **Tenfold**: a team committed to sparking the power in all people to achieve equity housing and financial security through a **continuum of services**.

- **EMERGENCY HOUSING**

Unlocking a new beginning toward housing stability

- **SUPPORTIVE HOUSING PROGRAMS**

Empowering people to gain new skills so they can obtain and maintain permanent housing through long-term self-sufficiency

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Multiplying our impact through collaboration with key community partners

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Lancaster, PA 17602

York office

116 N. George Street
York, PA 17401

SoWe office

417 Poplar St.
Lancaster, PA 17602

717-397-5182

<https://wearetenfold.org>

NEW JERSEY LOCATIONS



Free pregnancy testing

24-hour hotline

Information concerning all the alternatives

Listening to your problems

Friendships

Housing assistance

Financial assistance

Schooling assistance

Educational assistance

Vocational assistance

Family reconciliation

Prenatal and delivery classes

Skills and craft classes

Parenting classes

Nutritional instruction

Long-term planning

Community agency referrals

Medical referrals

Adoption referrals, if desired

Post abortion counseling

Maternity and baby clothes

Furnishings

Transportation

Bible study

257 West Broad Street

Palmyra, NJ 08065

Office: 856-829-0202

24-Hour Helpline: 1-856-829-0202

Fax: 856-829-4545

Email: dixie@abbapregnancy.com

<http://abbapregnancy.com/index.html>



The goal of ABBA House is to provide a peaceful place for a young woman to prepare for the birth and future of her child and herself. The cost of residency is maintained through voluntary contributions to the ministry. No girl is admitted or refused based on her ability to pay.

All Services of ABBA are FREE

We Care!

Call 24 Hours a Day:

1-856-829-0202

The ABBA house is a group home, located in Cinnaminson, New Jersey. It can house up to 6 girls, ages 12–18, awaiting the birth of their children. It is staffed by full-time houseparents and an alternate.

We offer individual counseling and planning to prepare for the birth of the child and the future of the mother, child, and family. Pre-adoption counsel is available for girls who are considering adoption

Girls admitted are able to continue their education or work toward a GED. Classes are held in the home and taught by volunteer tutors, who are certified teachers or professionals in their field. All instruction is under the supervision of ABBA Christian Academy, and transcripts are received and forwarded.

Girls will learn to handle basic home skills such as laundry, cooking, shopping, and household chores. There are fun activities such as special outings, crafts, childbirth preparation classes, and studies on nutrition and care of a newborn.



Birthright of Philadelphia

7986 Oxford Ave

Philadelphia, Pennsylvania, 19111

Phone: 215-728-0385

Birthright of Coatesville

529 E. Lincoln Highway

Coatesville, Pennsylvania, 19320

Phone: 610-384-3020

Birthright of West Chester

112 South High Street

West Chester, Pennsylvania, 19382

Phone: 610-436-0773

Birthright of Pottstown

327 King St.

Pottstown, Pennsylvania, 19464

Phone: 610-327-2626

Birthright of Wilmington

1311 N. Scott St

Wilmington, Delaware, 19806

Phone: 302-656-7080

Birthright of Freehold

41 East Main St., Suite 2

Freehold, New Jersey, 07728

Phone: 732-462-2888

Birthright of Toms River

10 Lafayette Avenue

Toms River, New Jersey, 08753

Phone: 732-349-0154

Services

Friendship, love and hope

Information about:

Pregnancy

Childbirth

Adoption

Prenatal Care

Community Programs

Parenting skills

Child Care

Referrals for:

Medical Support

Financial Resources

Housing, Legal

Social Assistance

Professional Counseling

Free Resources:

Pregnancy Tests

Maternity and Baby Items

24/7 Free Helpline:

1-800-550-4900

Live Chat through our website

Catholic Charities

Catholic Charities offers a number of services for pregnant women:

Free and confidential counseling

Adoption Planning

Open adoption services

Information and referral to other social services

that can assist you and your baby

Child development information

Parenting skills education

Post-adoption services



Counseling Services:

Family Counseling Services

Pregnancy Counseling

Domestic Violence Support

Substance Abuse Support

Mental Health Resources

1845 Haddon Ave. Camden, NJ 08103

1-856-342-4100

<https://catholiccharitiescamden.org/>

Pregnancy & Sexual Health Resource Center(s)

ChoiceOne 

women helping women

Services Free & Confidential

800.497.TEST

Free and Confidential Pregnancy-Related Services Include (but are not limited to): Pregnancy test, pregnancy verification ultrasound, counseling, medical and prenatal care referrals, postpartum depression, and abortion recovery.

Other services include sexually transmitted infection (STD, STI) screening & treatment, parenting sessions, family aid of material assistance (diapers, formula, baby equipment, etc.), mentorship, and friendship.

**Spanish speaking mentors and counselors are available at all locations.*

Two easy locations with discrete access:

2222 Trenton Road
Levittown, PA 19056

1764 Brunswick Avenue
Lawrenceville, NJ 08648

Pregnancy & Sexual Health
Resource Center(s)

CALL: 800.497.TEST

TEXT: 267-217-3430

ChoiceOne 

Services Free & Confidential

mychoiceone.org





Be Empowered

Know your choices

choices
OF THE HEART

Our free & confidential services are provided by medical professionals & overseen by a licensed physician.

Free Pregnancy Testing
Limited Obstetrical Ultrasound
Pregnancy Options Consultation
Abortion Education
Adoption Information
Parenting Education
Community Referrals
Maternity, Baby Items & Thrift Boutique
For Men & Partners
STD & STI Information
Post Abortion Care

Please call (856) 374-2445 or text 856-214-1997

Monday through Friday 9am-5pm

<https://choicesoftheheart.com/>

Choices Pregnancy Center
133 Ganttown Road
Turnersville NJ 08012
(856) 374-2445

Destination Choice
201 William Dalton Dr
Glassboro, NJ 08028
(856) 374-2445

Choices Thrift Boutique
132 Ganttown Road
Turnersville, NJ 08012
(856) 256-1234



Cornerstone Women's Resource Centers has provided **free, confidential, and caring** services to young women, their families, and the youth of Salem and Cumberland Counties for almost 39 years. Cornerstone's services are in response to the growing need for education and support for at-risk youth and those facing an unintended pregnancy. We are a faith based, pro-life, non-profit organization.

Our services include:

Pregnancy Services

Pregnancy testing; Options Information; Limited Obstetrical Ultrasound; Abortion Risk information; STD/STI Information; Referrals for Adoption, Medical care.

Pregnancy Loss Recovery

Individual programs for miscarriage, still birth, and abortions.

Earn As You Learn

Through chosen sessions on pre-natal care, pregnancy, childbirth, parenting, budgeting, relational issues, and elected Bible studies, clients earn points to 'spend' in our Baby Boutique.

GET REAL Relationship Presentations

GET REAL provides a building foundation for healthy relationships, informed decision making, and sexual integrity while instilling personal value and hope for their future.

Cornerstone is funded by individuals, organizations, churches, and private grants.

You can help by becoming a prayer warrior, a monthly financial donor, sharing your time and talents through volunteering, hosting a baby shower for the boutique, or participating in our events – Annual Fundraising Banquet and the Baby Bottle Boomerang.

567 Salem-Quinton Road, Salem NJ 08079
856-935-0300 (clients) ~ 856-935-0304 (supporters)
cornerstonewrc.org (clients) ~ pathtolifepartners.org (supporters)



Friendship Center For New Beginnings

162 Main Street
Flemington, NJ 08822
(908) 806-4444

<https://www.friendship-center.org/>

What should you expect at our center?

Privacy

When you come to our center you can rest assured that your visit and any information you share with us is completely confidential. We will not share any personal information about you or your visit with anyone outside of our organization unless required by law.



Respect

At our center, you will be met with a caring environment with a professional staff that respects you and your body. We will not judge you, pressure you, or treat you with anything but our best - every time.



Information and Options

At our center, you will receive accurate and honest information on an array of subjects including pregnancy symptoms, abortion, adoption, parenting, STDs, and sexual health.





Unexpected pregnancy comes with a rush of thoughts and feelings. Our staff is committed to providing ethical and confidential services in a caring environment.

If you are facing an unplanned pregnancy, we can help you by providing free and confidential pregnancy resource services.

Services

- Abortion Information*
- Adoption Agency Information & Referrals
- Maternity & Infant Supplies
- Medical Referrals
- Parenting Education
- Post-Abortion Support
- Pregnancy Options Information
- Pregnancy Tests
- STD/STI Information
- Support for Men
- Ultrasound

*Hope Pregnancy Center does not offer or refer for pregnancy terminations or birth control. Information is provided as an educational service and should not be relied on as a substitute for professional and/or medical advice.

NORTH CAPE MAY
123 Fishing Creek Rd.
North Cape May, NJ 08204
(609) 886-7022

HOURS - Wednesday 10am to 3pm

OCEAN CITY
321 West Ave
Ocean City, NJ 08226
(609) 398-9449

HOURS - Tuesdays 10am to 3pm

The Open Door

Pregnancy Center

Services

Pregnancy Testing
Ultrasounds
Parenting Programs
Material Assistance
Post-Abortive
Support
Miscarriage Support
Sexual Integrity
Coaching

Hours

Monday 10:00am - 3:00pm
Tuesday 10:00am - 6:00pm
Wednesday 10:00am - 3:00pm
Thursday 11:00am - 4:00pm

533 Lakehurst Road
Toms River, NJ 08755
CALL: 732-240-5504
TEXT: 732-743-5283

<https://theopendoor.com/>



Cherry Hill

Our Free Compassionate Services Include:

- Lab Quality Pregnancy Testing
- Pregnancy Verification
- Early Pregnancy Medical Consultation
- First Trimester Ultrasound Exams
- Customized Pregnancy Navigation Services
- STD Testing and Treatment for Gonorrhea & Chlamydia (Tuesdays @ 3:30-5:30 PM)
- Neutral Options Counseling
- Registration Packet for Virtua Center for Women
- (New) Maternity Clothes
- Community Resources and Spot On Linkage to Vital Services
- Doula Led Empowered Birth Classes
- Breastfeeding Classes and Support
- Parenting Support Classes
- Fatherhood Support
- Young Moms Club
- Post Abortion Care
- Postpartum Mood Screening
- Adoption Support
- Newborn Baby Kit Basket with Infant Gift Items
- Ongoing Mentoring upon Request

1500 North Kings Highway, Suite 110
Cherry Hill, New Jersey 08034

Call (856)-795-0048
Text (856) 417-6944

Trenton

Our Free Compassionate Services Include:

- Pregnancy Verification
- Ultrasound Examination
- STD Testing (On-Site Treatment not currently offered)
- Counseling/Post-Abortion Counseling
- Resources & Referrals (Financial, Medical, Employment, Housing, Adoption)
- Breastfeeding and Labor & Delivery Classes
- Parenting Skills Classes
- Fatherhood Mentoring
- Young Mom's Support Group
- Material Assistance for Mother and Baby
- Healthy Relationship Support

Visit us online at:
<https://optionsnj.org/>

945 West State Street
Trenton, NJ 08618
Call (732)-362-2256



Pregnant?
STI?

YOU CAN MAKE
~~WRONG~~
STRONG
choices.

SOLUTIONS IS A
licensed medical clinic.

ALL SERVICES ARE FREE AND CONFIDENTIAL:

- Pregnancy Confirmation with Ultrasound
- STI Screening and Treatment
- Options Counseling
- Post-Abortion Support
- Mentoring Programs
- Material Assistance
- Referrals for Support Services:
 - Housing, Food and Prenatal care
 - Legal Assistance and Adoption planning

solutions

health & pregnancy center


It's your choice


837 BROAD STREET
SHREWSBURY, NJ 07702


CALL/text (732) 747-5454



24 HOUR Helpline
1-888-595-TEST

 www.SOLUTIONSHPC.COM

 SOLUTIONSHPC

 SOLUTIONSHPC

DELAWARE LOCATION



Birthright of Philadelphia

7986 Oxford Ave

Philadelphia, Pennsylvania, 19111

Phone: 215-728-0385

Birthright of Coatesville

529 E. Lincoln Highway

Coatesville, Pennsylvania, 19320

Phone: 610-384-3020

Birthright of West Chester

112 South High Street

West Chester, Pennsylvania, 19382

Phone: 610-436-0773

Birthright of Pottstown

327 King St.

Pottstown, Pennsylvania, 19464

Phone: 610-327-2626

Birthright of Wilmington

1311 N. Scott St

Wilmington, Delaware, 19806

Phone: 302-656-7080

Birthright of Freehold

41 East Main St., Suite 2

Freehold, New Jersey, 07728

Phone: 732-462-2888

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1-800-550-4900

Live Chat through our website

Knights of Columbus Ultrasound



Faith in Action

Life

Initiative

Overview

An ultrasound machine offers a woman a “window into the womb” that gives her the ability to see her unborn child, to hear his or her heart beating, and to recognize the miracle of the life within her.

Background

The Knights of Columbus, through the efforts of state and local councils and contributions from its Culture of Life Fund, has funded more than 100 ultrasound machines annually since the start of the initiative in 2009.

Ways to Fund an Ultrasound Machine

Councils have raised funds through “Laps 4 Life,” special collections at parish Masses, baby-bottle boomerang drives, special dinners, raffles, live and silent auctions, car shows, oyster roasts, pancake breakfasts, bingo, donations for a “free” breakfast after Mass, a mailing to council members, and many, many other activities and events.

How it Works

When a Knights of Columbus state and/or local council raises 50% of the cost of an ultrasound machine for a qualified pregnancy center, the Knights of Columbus Supreme Council will provide funds to cover the other 50% of the cost.

Mobile Units, Too!

If a Knights of Columbus council raises the full cost of purchasing and/or modifying a vehicle (i.e. — RV, van, bus, truck, etc.) for use as a mobile ultrasound unit, the Supreme Council will provide up to 100% of the cost of the ultrasound machine to be used in that vehicle.

Qualifying a Pregnancy Center

To qualify a Pro-life pregnancy center, among other requirements, it must be approved by the local Catholic diocese, must have a physician as its medical director, and must operate on a “limited medical model,” using the ultrasound machine to confirm pregnancy.



To learn more about the Ultrasound Initiative,
visit: kofc.org/ultrasound

SISTERS OF LIFE

What if this
pregnancy
doesn't mean
your life is over?

Pregnant?

THERE IS A WAY. YOU ARE NOT ALONE.

Take the first step.
Connect with us.
Free support.

Sisters of Life
Call us: 267.831.3100
Text us: 267.225.7944



WE BELIEVE IN YOU. LET'S WALK THIS TOGETHER.



Catholic Social Services Youth Programs



Catholic Social Services supports children, youth, and their families with compassionate care and educational opportunities that affirm their worth and their potential.

Casa del Carmen Academy Pre-School
 4400 Reese Street Philadelphia, PA 19140
 267-331-2500
 Shari Gold, Director

Casa del Carmen Preschool Academy, a Keystone Stars 4 childcare facility, offers the highest standard of education for 89 young learners in a safe and caring educational environment. The program staff understand the unique needs of families searching for high-quality preschool programs in North Philadelphia, with a bilingual staff that helps to ensure that the needs of the children and parents are understood and met.

Out of School Time

Out of School Time Programs are licensed after school programs in school-based community centers that offer an array of creative after-school activities in the late afternoon aimed at youth development and family support., Programs are educational, social, and recreational in nature, and serve school-aged children and adolescents from the community.

- | | | |
|---|--|--|
| <p>Cayuga OST: Grades K-5
 4344 N 5th Street
 Philadelphia, PA 19140
 Phone: 215-457-4310
 Kamal Bostic-Smith, Director
 Email: kasmith@chs-adphila.org</p> | <p>Mayfair OST, Grades K – 8
 2901 Princeton Ave.
 Philadelphia, PA 19149
 Phone: 215-624-5920
 Brittany Wikiera, Director
 Email: bwikiera@chs-adphila.org</p> | <p>St. Thomas Aquinas, Grades K – 5
 1631 S. 18th Street
 Philadelphia, PA 19145
 Domenic Reda, Director
 Phone: 215-334-0878
 Email: dreda@chs-adphila.org</p> |
| <p>St. Malachy OST: Grades K-5
 1012 W. Thompson Street\
 Philadelphia, PA 19122
 Phone: 610-731-9393
 Erik Ritter, Director
 Email: eritter@chs-adphila.org</p> | <p>Northeast OST, Grades K – 5
 7340 Jackson St
 Philadelphia, PA, US 19136
 Phone: 215-624-5920
 Kara Wisniewski, Director
 Email: kwisniewski@chs-adphila.org</p> | <p>St. Barnabas OST, Grades K – 5
 6334 Buist Avenue,
 Philadelphia, PA 142,
 Phone: 215-474-1926
 Jackie Ritter, Director
 Email: jritter@chs-adphila.org</p> |
| <p>Holy Innocents OST, Grades K – 8
 1301 E. Hunting Park Ave.
 Philadelphia, PA 19124
 Phone: 215-288-8101
 Dee D'Aulerio, Director
 Email: ddaulerio@chs-adphila.org</p> | | |