

TEEN DIRECTORY 2009 - 2010



FIRST CALL FOR HELP

2009-2010



609-729-2255

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ALCOHOL AND DRUGS

ADDICTION RECOVERY SYSTEMS

(Must be 18 years old)

609-463-0500 • 1200 Route 9 South, CMCH, NJ 08210

609-601-8611 • 408 Bethel Rd, Bldg. B, Somers Pt, NJ 08244

The outpatient Addiction Treatment Services Program of Addiction Recovery Systems is designed to offer comprehensive addiction treatment to patients and their families when the severity of the addictive disease does not require residential treatment.

www.arsrg.com

ADDICTIONS TREATMENT, PREVENTION, & REFERRAL

1-800-ALCOHOL

ALATEEN

1-856-547-0855

Call for more information on Alateen and time and location of meetings in Cape May County

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

THE PURPOSE OF ALATEEN IS TO BRING YOUNG PEOPLE TOGETHER TO:

- Share experience, strength, and hope with each other
- Discuss their difficulties
- Learn effective ways to cope with their problems
- Encourage one another
- Help each other understand the principles of the Al-Anon program

ALCOHOLICS ANONYMOUS

Cape Atlantic Intergroup

609-641-8855

1-800-604-4357 24 HOUR HOTLINE

32 Black Horse Pike/Verona Blvd.

P.O. Box 905, Pleasantville, NJ 08232

CAPE ASSIST

609-522-5960

3819 New Jersey Ave., Wildwood, NJ 08260

Cape Assist is Cape May County's substance abuse prevention expert. Cape Assist maintains a vast library of free literature, videos and resources on a variety of topics relating to substance abuse.

www.capeassist.org

CAPE COUNSELING SERVICES

609-465-4100

609-465-5999 CRISIS

Crest Haven Complex, CMCH, NJ 08210

Provides a full range of counseling, therapeutic, and in-home services for mental health and substance abuse clients.

DRUG ABUSE AND ADDICTION ASSESSMENT

1-800-229-7708 24 HOUR HELPLINE

FAMILIES OF ALCOHOLICS – AL-ANON

1-856-547-0855

116 White Horse Pike

Haddon Heights, NJ 08035

LIGHTHOUSE AT MAYS LANDING

1-800-852-8851

609-625-4900

5034 Atlantic Ave., Mays Landing, NJ 08330

Lighthouse is a drug and alcohol treatment center that specializes in providing compassionate and effective rehabilitation services. 24 Hour referral and assessment line.

MARYVILLE ADDICTION TREATMENT CENTER

1-856-629-0244

1903 Grant Ave., Williamstown, NJ 08094

Accepts clients with no insurance.

www.info@maryville.org

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION (NCADI)

1-800-729-6686

1-800-662-HELP 24 HOUR HOTLINE

P.O. Box 2345, Rockville, MD 20847-2345

NCADI distributes a wide range of free information on alcohol & drugs. Materials are available in English and Spanish. They also operate a computerized database and provide free materials. The toll free, 24 hour hotline can tell you how and where to get help for alcohol and other drug problems.

NIDA (NATIONAL INSTITUTE OF DRUG ABUSE)

301-443-1124

6001 Executive Boulevard, Room 5213

Bethesda, MD 20892-9561

www.nida.nih.gov

SEABROOK HOUSE

1-800-761-7575

133 Polk Lane, P.O. Box 5055, Seabrook, NJ 08302-5055

Seabrook House has been helping families find the courage to recover from alcoholism and drug addiction since 1974. The nonprofit, Seabrook, New Jersey based facility assists patients in restoring their lives by embracing a way of life based upon the 12 Step principles to recovery. Seabrook House provides detoxification and inpatient rehabilitation for adults and women with dependant children. In addition, Seabrook House offers professional Family Intervention services to families attempting to help a loved one that does not want help. The family education and counseling services of Seabrook House have been nationally recognized. To contact Seabrook House, please visit the organization's web site at www.seabrookhouse.org or call the 24-hour help line.

STUDENT COALITION AGAINST TOBACCO

609-399-1290

High school students committed to promoting the value of living a tobacco-free life. Tobacco-free assemblies and also community education available. A nationwide organization in 14 states.

IF YOU THINK YOU MIGHT HAVE A PROBLEM WITH DRUGS OR ALCOHOL, TAKE THIS TEST.

CRAFT

A brief screening test for adolescent substance abuse.

1. Have you ever ridden in a car driven by someone (including yourself) that was high or had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?
3. Do you ever use alcohol or drugs while you are by yourself alone?
4. Do you ever forget things you did while using alcohol or drugs?
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use?
6. Have you ever gotten into trouble while using alcohol or drugs?

Two or more YES answers suggest a serious problem.

Please call Cape Assist at 609-522-5960 or the HELPLINE 1-800-238-2333 for more information or a referral.

CLUBS & ACTIVITIES

BOYS SCOUTS OF AMERICA

1-856-327-1700

Southern NJ Council, 4468 South Main Rd., Millville, NJ 08322

Provides support services to community organizations using scouting programs including training program, planning registration service, district and council activities, audio-visual aids, outdoor programs and information services.

CENTER FOR COMMUNITY ARTS

609-884-7525

712 Lafayette St., Cape May, NJ 08204

Offers arts and humanities programs for all ages including a youth arts program during the summer and on Saturday nights during the school year. Programs are in Cape May, Wildwood and Villas. A volunteer-run radio station, WCFA-LP 101.5 FM, trains teens and older to operate radio equipment and make on-air announcements.

www.centerforcommunityarts.org

GIRLS SCOUTS OF THE SOUTH JERSEY PINES

1-856-697-3900 or 1-800-582-7692

2944 Victoria Ave., P.O. Box 948, Newfield, NJ 08344-0948

In an all girl environment, girls 5-17 learn leadership skills and develop self-confidence through educational and recreational activities. Serves Atlantic, Burlington, Cape May, Cumberland, Gloucester, and Salem Counties.

RUTGERS COOPERATIVE EXTENSION OF CAPE MAY COUNTY

609-465-5115

Fax: 609-465-5953

335 Courthouse-S. Dennis Rd., CMCH, NJ 08210

4-H YOUTH DEVELOPMENT PROGRAM

Provides "learn-by-doing" activities to enable youth to develop knowledge, attitudes, and skills needed to become competent, caring and contributing citizens.

www.rcre.rutgers.edu

CHURCH YOUTH GROUPS

CAPE MAY COURT HOUSE

- First Baptist Church
609-465-5511
- First United Methodist Church of Cape May Court House
Crossfire Youth Ministries
609-465-7087
1 Church St, CMCH, NJ 08210
CrossFireYouth@inbox.com

LOWER TOWNSHIP

- Seashore Community Church of the Nazarene
609-886-6196
446 Seashore Rd, Erma, NJ 08204
Wed. 7PM Youth Worship & Bible Study
Plus other ministries, events, concerts and retreats

THE WILDWOODS

- Crest Community Church
609-522-1618
- Cornerstone Assembly of God at St. Simeon's Church, North Wildwood
609-522-8389
- First Baptist Church, Wildwood
609-522-2981

CRISIS AND EMERGENCY NUMBERS

CAPE COUNSELING SCREENING & CRISIS CENTER

609-465-5999

24 hours a day – 7 days a week

CAPE COUNSELING SERVICES

609-465-4100

609-465-5999 CRISIS

Crest Haven Complex

Cape May Court House, NJ, 08210

Provides a full range of counseling and therapeutic services for mental health and substance abuse clients. Psychiatric services, in-home services, medication assessment and monitoring.

NATIONAL RUNAWAY HOTLINE

1-800-RUN-AWAY

EMPLOYMENT

ATLANTIC CAPE MAY CAREER CENTERS, INC. JOB CONNECTION

609-729-2234

3810 New Jersey Avenue, Wildwood, NJ 08260

Provides job training and related services for the general public in Atlantic and Cape May counties.

www.wnjpin.pin

Please visit www.youthworks.info

CAPE MAY COUNTY ONE-STOP CAREER CENTER

609-729-0997

3810 New Jersey Avenue, Wildwood, NJ 08260

Open Monday-Friday 8:30 AM till 4:30 PM

Provides employment services: jobs referred, employment counseling. Public access to One-Stop computers for posting resumes and searching for jobs; assistance in registering for services; review of applicant's job qualifications, experience, readiness, abilities, etc.; vocational counseling to veterans and other applicants; referral to employers with appropriate job openings; referral to other agencies for job training and supportive services (health, housing, legal, etc.); assistance in writing and entering resumes in America's Talent Bank; public access to computers featuring job bank, resume bank, directories of training and services, etc., fax, copiers, phones available on a limited basis for use in job search; certification for tuition-free training at any community college or state college (on space available basis); orientation and referral to Self-Employment Assistance program. There is also an onsite computer lab called The Workforce Learning Link which provides GED preparation, English as a second language and PC/keyboarding to job seekers.

EMPLOYMENT SERVICES NETWORK

(A Division of Jersey Cape DTOC, Inc.)

609-889-6803

Robins Nest Plaza, Units 7, 8,

1121 Route 47, Rio Grande, NJ 08242

Employment programs providing career guidance, assessment, work readiness training, work experience and job placement to eligible Cape May County youth through the following programs:

- ODOSY (Opening Doors to Out-of-School Youth) provides employment services for eligible Cape May County youth, ages 16-21, who have dropped out of high school and are unemployed or underemployed. Support is provided to youth not only for finding a job, but also for obtaining a GED and pursuing job training or post-secondary education. All services promote progress toward successful employment in a career.
- PREP (Preparing to Reach Employment Potential) provides eligible high school seniors with supports necessary to ensure graduation, make informed career choices and develop the skills necessary to take steps toward rewarding, enjoyable careers. Students have the opportunity to sample various work opportunities, be exposed to a variety of work readiness and life skills topics and explore careers and the training/education necessary to achieve their goals.

EDUCATION

CAPE MAY COUNTY TECHNICAL HIGH SCHOOL

609-465-2161 Ext. 642 CONTACT: Susan Jurusz

188 Crest Haven Road, CMCH, NJ 08210

These courses are offered by the Cape May County Technical School District FREE OF CHARGE to students 16 years of age and older, who do not have a diploma and are not currently enrolled in high school, and who want to improve their reading, writing, science, history, English and math skills.

- Adult Literacy Program – Help with reading or speaking English.
- Adult Basic Education – Help with English, reading, and math skills.
- G.E.D. Test Preparation Program – Helps prepare an individual to successfully meet the GED test requirements and be eligible for a New Jersey State High School Diploma.
- English as a Second Language – For students who need help with their spoken and written English whose native language was not English.

www.capemaytech.com

COLLEGES

Atlantic Cape Community College

Atlantic City

609-343-4800

CMCH

609-463-3958

Mays Landing

609-343-5000

Free health career training courses for out of school youth ages 18-21	609-343-5682
Cumberland County College	1-856-691-8600
Rowan University	1-856-256-4000
Stockton State College	609-652-1776
Thomas Edison State College	1-888-442-8372

LIBRARIES

Avalon, 235 32nd St.	609-967-7155
Cape May, Ocean and Hughes Street	609-884-9568
Cape May Court House, 30 W. Mechanic St.	609-463-6350
Lower Township, 2600 Bayshore Rd., Villas	609-886-8999
Ocean City, 1735 Simpson Ave.	609-399-2434
Sea Isle City, 125 John F. Kennedy Blvd.	609-263-8485
Stone Harbor, 9508 2nd Ave.	609-368-6809
Upper Township, 2050 Rt. 631, Petersburg	609-628-2607
Wildwood Crest, 6301 Ocean Ave.	609-522-0564
Woodbine, 800 Monroe St.	609-861-2501

N.J. FINANCIAL AID HOTLINE 1-800-792-8670

Information on state and federal grants; referrals to other dept. on related issues
www.hesaa.org

RUTGERS COOPERATIVE EXTENSION OF CAPE MAY COUNTY

PHONE: 609-465-5115 FAX: 609-465-5953

335 Courthouse-South Dennis Rd., CMCH, NJ 08210

FAMILY AND COMMUNITY HEALTH SCIENCES PROGRAM

Helps individuals and families use and apply research based information that will enable them to make informed decisions and acquire needed skills to improve the quality of their lives and community.

www.rcrc.rutgers.edu

SCHOOL BASED YOUTH SERVICES OF LOWER CAPE MAY REGIONAL

609-884-3475 #361

687 Route 9 South, Cape May, NJ 08204

Supportive, recreational, mental health and substance abuse services to students and teens living in the Lower Cape May Regional School District.

STUDENT FINANCIAL AID/FEDERAL STUDENT AID INFO. CENTER

1-800-433-3243

(M-F, 8am-8pm EST)

Provides information on federal student aid, assistance in filling out the FAFSA form, make corrections, plus information and referrals.

www.studentaid.ed.gov

FAMILY SERVICES

ALCOVE

609-484-1133

950 Tilton Rd., Suite 108, Northfield, NJ 08225

The Alcove is a peer support group for children ages 3-18 and their families who are grieving the death of a loved one. Children and teens who come to the Alcove generally lost a brother, sister, mother, father, grandparent or other loved one. They receive care and support in a safe place where they can express themselves through their play, art, storytelling and music.

www.thealcove.org

AMERICAN RED CROSS

609-465-7382

34 East Mechanic St., CMCH, NJ 08210

Provides services to military families, disaster relief; health and safety training and blood services.

ATLANTIC CAPE FAMILY SUPPORT ORGANIZATION

609-729-2034

3819 New Jersey Ave., Wildwood, NJ 08210

Provides support, education and advocacy for families with emotionally and/or behaviorally challenged children in Atlantic and Cape May Counties.

CAPE ATLANTIC INK

609-390-4448

200 S. Shore Rd., Unit 4, Marmora, NJ 08223

A non-profit organization that provides solutions together with children, youth and their families, in partnership with the community, that facilitate desired changes in their lives and enhance the ability of children with emotional difficulties to live and thrive in the community.

www.capeatlanticink.org

CAPE MAY COUNTY REBEL

609-522-5960

Reaching Everyone by Exposing Lies

c/o Cape Assist, 3819 New Jersey Ave., Wildwood, NJ 08260

A new teen coalition dedicated to telling the truth about the lies and manipulation of the tobacco companies and the dangers of smoking. Also committed to empowering teens to make positive decisions. Open to all county youth in 5th-12th grades

www.njrebel.com or www.capeassist.org

CAPE MAY COUNTY YOUTH SHELTER

609-465-5045 24 hours Ages: 12-17

151 Crest Haven Road, CMCH, NJ 08210

Temporary shelter care to youth placed by Juvenile/Family Crisis Intervention, Family Court, or DYFS. The shelter provides a safe place to stay while family conflicts, counseling or educational needs are worked on.

THE CARES INSTITUTE (UMDNJ)

1-856-566-7036

Free group for children ages 6-14 who have been exposed to domestic violence or community violence and their non-offending parents or caregivers who have been victims.

www.caresinstitute.org

CHILD ABUSE REPORTING HOTLINE

1-877-NJ-ABUSE

CHILD FIND OF AMERICA, INC.

1-800-I-AM-LOST

Hours: M-F 9am-5pm

P.O. Box 277, New Paltz, NY 12561-0277

Provides outreach, problem solving and discussion of options with teens at risk and their parents to both prevent and resolve parental abductions, runaways and throwaways. Provides appropriate resources and referrals to teens at risk and their parents. Performs online searches for runaways and abducted children. Offers telephone mediation for issues related to parental abductions in an effort to return children to a safe and legal environment. Educates and raises community awareness about missing children issues.

COALITION AGAINST RAPE & ABUSE (CARA)

609-522-6489

Toll Free 1-877-294-2272

The Coalition Against Rape and Abuse (CARA) offers free and confidential individual counseling to youth from ages 13 and up. CARA also offers free presentations to schools, church youth groups and centers. Topics include: Domestic Violence, Safety Awareness, Sexual Assault, Self-Esteem, Harassment, Anger, Information, Resources and Referrals.

www.CARA.CMC.ORG

CONTACT CAPE/ATLANTIC

609-463-4564 (CMC) or 609-823-1850 (AC)

P.O. Box 296, Somers Point, NJ 08244

Telephone reassurance and community support for the elderly and disabled. Providing over 64,000 calls a year to homebound, isolated individuals. Reassurance calls are made every day of the year.

www.contactcapeatlantic.org

COVENANT HOUSE

609-348-4070

929 Atlantic Avenue, Atlantic City, NJ 08401

In addition to food, shelter, clothing, and immediate crisis care, Covenant House provides a variety of services to homeless, runaway and throwaway youth including medical care, educational and vocational programs, drug abuse treatment and prevention programs, legal aid services, recreation programs, mother/child programs, transitional living programs, life-skills training and street outreach.

www.covenanthousenj.org

DOMESTIC ABUSE HOTLINE-WOMANSPACE

1-800-572-7233

FAMILIES MATTER BEHAVIORAL HEALTH, INC.

609-886-8666

Families Matter Behavioral Health, Inc. provides intensive in-community service to children and families throughout Southern New Jersey. The purpose of these interventions is to strengthen families, promote stability, and preserve the family constellation within the community setting. Families Matter Behavioral Health also provides comprehensive outpatient mental health and recovery services to individuals, couples and families. The outpatient facility is located on Bayshore Road in the Villas.

FAMILY COURT ASSESSMENT TEAM

609-465-1373 Hrs: 8:30am-4:30pm

134 Crest Haven Road, CMCH, NJ 08210

Provides services for family assessments, client advocacy, individual substance abuse evaluation, and mental status evaluation. Case conference with community representatives, family conference, coordination of services, family counseling, interim drug and alcohol counseling to improve family functioning and strengthening the family unit.

THE GLBT NATIONAL HOTLINE

1-888-843-4564 Mon-Fri 4pm-midnight; Sat. Noon-5pm

The hotline offers peer counseling and referrals.

www.GLBTnationalhelpcenter.org

GLBT YOUTH HOTLINE

1-800-246-7743 Mon-Fri 8pm-midnight Eastern Time

Hotline offers peer counseling and referrals for youth to age 25.

HEALTHY COMMUNITY COALITION

609-729-8697

3819 New Jersey Ave., Wildwood, NJ 08260

A county-wide partnership focusing on reducing substance abuse by promoting positive youth development. The coalition is a community initiative of Cape Assist.

HEALTHY FAMILIES

609-463-6082

Parenting support for first time moms with newborns. Tip Program – Assists moms with no home in getting stable and providing them with parenting skills.

HOMELESS HOTLINE

CAPE MAY COUNTY BOARD OF SOCIAL SERVICES

609-886-1325 OR

1-800-886-1325 AFTER 4:30pm

4005 Route 9 South, Rio Grande, NJ 08242

Serves Cape May County area nights, weekends and holidays; emergency shelter for homeless persons; telephone number available to accept collect calls.

JUVENILE/FAMILY CRISIS INTERVENTION UNIT

609-465-1374

Hrs: M-F 8:30am-4:30pm

Ages 12-17

134 Crest Haven Road, CMCH, NJ 08210

Provides crisis response services after hours, weekends and holidays. Assists families in crisis through family counseling and/or referrals to appropriate agencies in the community. NO FEE FOR SERVICES.

JUVENILE FIRESETTERS HELPLINE

1-800-357-5230

NATIONAL RUNAWAY SWITCHBOARD

1-800-RUNAWAY

Nationwide toll free confidential crisis line for runaway, homeless youth and their families. Provides solution focused crisis intervention, information, referrals to local and national service providers. Confidential message service between youth and guardians. Confidential conference calls between youth and guardians. Home Free program collaboration with Greyhound provides tickets to reunify runaway youth between the ages of 12-20 and their parents or legal guardians. Online services include: crisis emails, anonymous bulletin board, and Switched-On, our youth focused blog. Free information and prevention materials, including Let's Talk: Runaway Prevention Curriculum.

www.1800RUNAWAY.org

NINELINE

1-800-999-9999

TTY# 800-999-9915

5 Penn Plaza, NY, NY 10001

Nineline is a national crisis line for youth and their families, and adults in crisis. It is a 24/7 hotline and offers information and referral and crisis counseling regarding homeless, runaway, and throwaway youth, drug and alcohol abuse, commercial sexual exploitation or human trafficking, domestic violence, gang involvement, peer relationships, family relationships, mental health issues, basic needs: food, clothing, and shelter.

www.nineline.org help@nineline.org

PEI KIDS

609-695-3739

231 Lawrence Rd., Lawrenceville, NJ 08648

Program that works with children who were victims of sexual abuse or witnessed inappropriate sexual acts.

www.peikids.org

PREVENT CHILD ABUSE NEW JERSEY

1-800-CHILDREN

PUERTO RICAN ACTION COMMITTEE (PRAC)

609-861-5800

604 Franklin St., Woodbine, NJ 08270

Identifies and addresses the needs of Hispanic and low income people developing strategies and programs to facilitate socio-economic growth and self-sufficiency. Also provides translation and transportation services to the underserved and emergency care for those confronted with issues of potential eviction, inability to pay utility bills, lack of money for food, abused and/or neglected children, and non-employment/disability.

www.pracnj.com

SAFE SCHOOLS HOTLINE

609-465-2800

A Cape May County program funded by Crime Stoppers geared toward identifying groups or individuals who may be a potential threat to a school. Geared toward protecting safety of school community and helping individuals engaging in self-destructive or violent behavior. Callers may remain anonymous.

THE SALVATION ARMY

1-856-696-5252

P.O. Box 316, Vineland, NJ 08362-0316

Provides short term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture and medical, dental and optical needs; residential camping program for children 7-12 years of age.

SOUTH JERSEY LEGAL SERVICES

609-465-3001

Fax 465-9018

1261 Route 9 South, P.O. Box 785, CMCH, NJ 08210

Legal services in areas consumer, housing, family, social security and public assistance for persons of low income.

UNITED WAY FIRST CALL FOR HELP

609-729-2255

County-wide information and referral service for residents and visitors.

YOUTH ADVOCATE PROGRAM

1-856-691-1540

Mentoring for children and adolescents.

YOUTH LEADERSHIP COUNCIL

609-729-8697

3819 New Jersey Ave., Wildwood, NJ 08260

The youth and leadership council is the youth network of the Healthy Community Coalition. The council is dedicated to promoting the positive aspects of youth and are key planners in the Annual Peer Leadership Conference.

HEALTH & MEDICAL

AMERICAN CANCER SOCIETY

1-800-ACS-2345

609-465-9587

2 Stone Harbor Blvd., CMCH, NJ 08210

Resources are available to answer questions about cancer and support groups.

www.cancer.org

CAPE REGIONAL MEDICAL CENTER

609-463-2367 General information & Volunteer Services

Fax: 609-463-4044

2 Stone Harbor Blvd, CMCH, NJ 08210

Unless otherwise indicated call the number above for dates and to register.

- CPR – Learn risk factors, healthy heart living, CPR and Heimlich maneuver for adults, infants and children. Student receives participation card. Fee \$35.00
- CPR Recertification – For those previously certified in CPR who need certification update. Fee \$25.00
- Medical Explorers – A program to help young adults, ages 15-21, learn about health care professions. Meets first Tuesday of the month in various depts. of the hospital. Sept. thru May @ 7pm. Fee \$10.00
- Safe Sitter – One-day course for boys and girls age 11-13. Learn choking and rescue breathing for infant and child, accident management, safety for the sitter, child development and the business of babysitting. Fee required 609-463-2367.

CENTER FOR THE TREATMENT OF EATING DISORDERS

1-800-624-2268 NJ Eating Disorders Helpline

570 W. Mount Pleasant Ave., Livingston, NJ 07039

Free information and referrals for people with eating disorders, their families and friends.

COMMUNITY HEALTH CARE, INC.

609-465-0258

Medical/Dental care provided to non-insured clients

COUNSELING AND SERVICES FOR EATING DISORDERS

1-856-810-0100

EATING DISORDERS ASSOCIATION OF NJ

1-800-522-2230

Referral information for medical nutritional and psychological services. Free information on eating disorders and support groups throughout New Jersey for sufferers, family and friends.

HEALTH DEPARTMENT OF CAPE MAY COUNTY

609-465-1200

6 Moore Rd., CMCH, NJ 08210

The Department offers a variety of health and medical services:

- **SEXUALLY TRANSMITTED DISEASE CLINIC**
609-465-6835
- Free testing and treatment for STD every Tuesday, walk-ins 4:30-6:00 pm
- **AIDS COUNSELING AND TESTING**
(Appt) 609-465-1194 or 609-465-6835
- **FAMILY PLANNING CLINIC**
609-465-1194
Confidential services with charges based on teen's income not family income. Services are birth control (including provision of methods and supplies), family planning counseling, and pregnancy testing.
- **WELL CHILD HEALTH CLINIC**
609-465-6840
Ages 0-18; with no insurance or Medicaid. Immunizations and well child examinations.

- BLOOD PRESSURE, LIPIDS, CHOLESTEROL & DIABETES SCREENING
609-465-1204
- CANCER SCREENING
609-465-1047
Cervical, Breast, Prostate, Colorectal
- EARLY INTERVENTION/SPECIAL CHILD HEALTH
609-465-1202
Children with developmental disorders
- NATIONAL SEXUALLY TRANSMITTED DISEASE HOTLINE
1-800-227-8922 Monday thru Friday 9am-6pm

HOPE PREGNANCY CENTER

609-886-7022

P.O. Box 767, Rio Grande, NJ 08242

Pregnancy tests, Biblical counseling, accurate information on fetal development and abortion procedures, risks and options, post-abortion counseling, maternity and baby clothes, ongoing support, referrals for prenatal care, adoption, resources, education.

www.hopepregnancycenternj.org

New Jersey AIDS/HIV/STD Hotline

1-800-624-2377

If you have any questions about HIV/AIDS, STDs, or Hepatitis call this hotline 24 hours a day/7 days a week. All calls are free and confidential. A health care professional is available to provide information and referrals.

OTHER HEALTH INFORMATION

New Jersey AIDS Hotline

1-800-624-2377

South Jersey AIDS Alliance

609-523-0024

Cape Counseling, Screening & Crisis

Services -24hrs. 7 days.....

609-465-5999

Juvenile Diabetes Foundation.....

1-800-533-2873

Lyme Disease Hotline

1-800-792-8831

OVEREATERS ANONYMOUS

609-239-0022

www.southjerseyoa.org

PREGNANCY HOTLINE

1-800-238-4269 Open 24 hrs.

Information and counseling to pregnant women. Referrals to free pregnancy test facilities and foster and adoption centers.

SOUTH JERSEY AIDS ALLIANCE

609-347-1085

19 Gordon's Alley, Atlantic City, NJ 08401

www.southjerseyaidsalliance.org

VOLUNTEERS IN MEDICINE

609-463-2846

Tuesdays and Thursdays 4-7 PM

PARKS & MUSEUMS

CAPE MAY COUNTY PARK AND ZOO

609-465-5271

Main Park, 707 Route 9 North, CMCH, NJ 08210

Zoo Hours – 10am-4:45pm (summer)

10am-3:45pm (winter)

Closed Christmas Day, Park closes at dusk

SOUTH PARK

609-886-6273

1301 Bayshore Rd., Del Haven, NJ

NORTH PARK

609-390-8773

1099 Shore Rd., Palermo, NJ, Wildlife Estate

HISTORIC COLD SPRING VILLAGE

609-898-2300

720 Rte. 9, Cape May, NJ 08204

Take a step back in time when you visit this historic village. Craft shows and historic reenactments are a few of the many things offered throughout the year. Early American Village depicting the "age of homespun." Special events every weekend. Many family activities weekends.

www.hcsv.org

MID-ATLANTIC CENTER FOR THE ARTS (MAC)

609-884-5404

1048 Washington Street, Cape May, NJ 08204

THE NATURE CENTER OF CAPE MAY

609-898-8848

1600 Delaware Ave., Cape May, NJ 08204

Volunteers welcome

NEW JERSEY AUDUBON SOCIETY

Research and Education Center.....609-861-0700

600 Route 47 North, CMCH, NJ 08210

Cape May Bird Observatory609-884-2736

Cape May Point, NJ 08204

www.birdcapemay.org

WETLANDS INSTITUTE

609-368-1211

1075 Stone Harbor Blvd., Stone Harbor, NJ

Explore the wildlife of Cape May County by visiting our aquarium, turtle room, exhibits, nature trail and more. Stop by the institute to see what is going on.

www.wetlandsinstitute.org

RECREATION CENTERS

AVALON

609-967-3066

Girls and boys basketball, soccer (seasonal sports), aerobics, open REC hours Mon-Thur 6:30 pm-9pm, Fri. 4pm-9pm, Sat. 10am-4pm.

CAPE MAY

609-884-9565

Dance program (Sept-May), swim classes, swim teams, aerobics (land and water), basketball leagues, gymnastics, open REC (including pool) Sat.5-7, and Sun. 1-3, senior citizen swim, lap swim, licensed pre-school, summer day camp, mom & tot classes.

*NOTE: Some classes require a moderate fee.

DENNIS TOWNSHIP

609-861-1045

Basketball, Open REC

LOWER TOWNSHIP

609-886-7880 Ext. 0

Basketball, baseball, judo, weight-lifting, open REC, soccer, cheerleading, wrestling, yoga (must be 16 years of age).

MIDDLE TOWNSHIP

609-465-8743

NORTH WILDWOOD

609-522-2955

Hockey (Roller Rink), basketball, soccer, flag football, skate park, yoga, aerobics, boat ramp, parking lot, open REC. *NOTE: Times and listings updated every month. Call ahead or visit

www.NorthWildwood.com

OCEAN CITY

609-525-9304

Seasonal sports, open REC

OCEAN CITY CIVIC CENTER

609-525-9304

SEA ISLE CITY

609-263-0050

Seasonal sports

Great summer opportunity! Counselor in Training Program – Volunteer. 13-15 yrs.
Summer only ...This could be a great resume booster.

STONE HARBOR

609-368-1210

Many things are done in cooperation with Avalon.

WILDWOOD

609-522-5837

WILDWOOD CREST

609-523-0202 Open REC

609-522-0084 Swim Center

Crest Pool offers open swim. Call for hours.

SUPPORT GROUPS

The following groups meet at Cape Regional Medical Center,
Stone Harbor Blvd., CMCH

ALANON

1-856-547-0855

24 HRS

ALCOHOLICS ANONYMOUS

1-856-547-0855

24 HRS.

CANCER SUPPORT GROUP

609-463-2298

CARDIAC

609-463-2620

GILDA'S CLUB

609-926-2699

700 New Road, Linwood, NJ 08221

Provides social and emotional support for anyone touched by cancer, including men, women, teens and children, and their friends and families. Free to members.

www.gildasclubsouthjersey.org

GRIEF CAMP

For children who have lost a parent and/or sibling.

www.comfortzonecamp.org

VOLUNTEER OPPORTUNITIES

AGENCIES THAT NEED YOUR HELP!

AMERICAN RED CROSS

609-465-7382

34 East Mechanic St., CMCH, NJ 08210

ANIMAL ALLIANCE OF CAPE MAY COUNTY

609-884-8830

The mission of Animal Alliance of Cape May County is to promote the well being of Cape May County animals and help end the euthanasia of pets through aggressive spay/neuter and educational initiatives. Call us for volunteer opportunities at the spay/neuter clinic or other animal related projects.

www.animalalliancecmc.org

ANIMAL WELFARE SOCIETY

609-465-3403

40 Rt. 47 South, CMCH, NJ 08210

BIG BROTHERS/BIG SISTERS

609-653-8250

HABITAT FOR HUMANITY

609-463-0244

Volunteers help in building decent homes.

LITERACY VOLUNTEERS ASSOCIATION CAPE ATLANTIC, INC.

609-383-3377

Trained, certified volunteer tutors provide free instruction to adult learners in literacy and English-language skills.

SADD (Students Against Drunk Driving)

609-399-1290

UNITED WAY OF CAPE MAY COUNTY

609-729-2002

Has many agencies that are in touch with local community needs.

Don't forget, volunteering doesn't always have to be done in a formal way. Commit to help an older person with lawn care, or help them with their errands. If someone in your neighborhood has just lost a loved one, stop by to chat, you may be the only friendly face they see all day.

OTHER NUMBERS

AREA NEWSPAPERS

ATLANTIC CITY PRESS

609-463-6710

1 South Main St., CMCH, NJ

CAPE MAY STAR & WAVE

609-884-3466

600 Park Blvd., West Cape May, NJ

CAPE MAY COUNTY HERALD

609-886-8600

1508 State Hwy. No. 47, Rio Grande

SENTINEL LEDGER

609-399-5411

112 E. 8th St., Ocean City

SHOPPE

609-886-4112

2503 Bayshore Rd., Villas

SHOUT

609-886-8600

1508 State Hwy, No. 47, Rio Grande



MILITARY

AIR FORCE

1-800-257-1212

www.airforce.com

ARMY

1-888-550-ARMY

www.goarmy.com

ARMY NATIONAL GUARD

609-465-3491

www.NationalGuard.com

COAST GUARD

609-898-6900

www.uscg.mil

MARINE CORPS.

609-889-9024

www.Marines.com

NAVY

609-484-8121

www.Navy.com

RADIO STATIONS

WTKU (98.3).....609-601-9830

WAYV (95.1 OR 102.3).....609-484-WAYV OR 370-WAYV

WJSE (102.7)609-927-1027

WGBZ (105.5 OR 99.3) 609-569-9938

RESOURCE NUMBERS

ASSOCIATION FOR CHILDREN OF NEW JERSEY

1-973-643-3876

DOMESTIC VIOLENCE HOTLINE

1-800-572-SAFE

EDUCATIONAL INFO. AND RESOURCE CENTER (ERIC)

1-856-582-7000

FAMILY HELP-LINE

1-800-THE KIDS

A toll free hotline established by the Task Force on Child Abuse and Neglect to answer questions on child abuse and its prevention and to make referrals to other agencies that can help with parenting needs.

NEW JERSEY CHILD ASSAULT PREVENTION (CAP)

609-748-9773

THE NEW JERSEY TASK FORCE ON CHILD ABUSE AND NEGLECT

609-292-0888

PARENTS ANONYMOUS

1-800-843-5437

PREVENT CHILD ABUSE-New Jersey

1-800-CHILDREN

STATE CENTRAL REGISTRY

1-877-NJABUSE

A toll free hotline to report instances of child abuse and neglect. Calls can be made anonymously, although as much information as possible about the abuse should be provided (such as the child's name and address).

ADDITIONAL RESOURCES

ADVOCACY

- The Brady Center to Prevent Handgun Violence
www.bradycenter.org
- Fight Crime: Invest in Kids
www.fightcrime.org
- Human Rights Campaign
www.hrc.org
- The National Organization for Women
www.now.org/issues/violence

DOMESTIC VIOLENCE/VIOLENCE AGAINST WOMEN

- The American Bar Association Commission on Domestic Violence
www.abanet.org/domviol/
- Faith Trust Institute
www.cpsdv.org or (206)834-1903
- The Family Violence Prevention Fund
www.endabuse.org
or call the National Domestic Violence Hotline at 1-800-799-SAFE
- National Coalition Against Domestic Violence
www.ncadv.org
- Rape, Abuse & Incest National Network (RAINN)
www.rainn.org or 1-800-656-HOPE

GAY AND LESBIAN YOUTH

- The Gay, Lesbian, and Straight Education Network
www.glsen.org or call (212)727-0135
- National Youth Advocacy Coalition
www.nyacyouth.org
or 202-319-7596, 800-541-6922
- Trevor Helpline for Suicide Prevention
www.thetrevorproject.org
1-866-4U-TREVOR

HATE CRIMES

- The Anti-Defamation League
www.adl.org
- Facing History and Ourselves National Foundation
www.facing.org

SAFE SCHOOLS

- Center for the Study and Prevention of Violence
www.cpsv.org
or 1-888-960-9600

STATISTICS

- Center for Prevention of Violence
www.colorado.edu/cspv
or (303)492-1032
- US Department of Justice, and Delinquency Prevention
www.ojjdp.ncjrs.org

OTHERS

- Boys and Girls Club of America
www.bgca.org
- The Bureau for At-Risk Youth
www.at-risk.com or 1-800-99-YOUTH
- Stop the Violence, Face the Music Counseling Hotline
(toll fee) 1-800-647-STOP
- US Department of Education, National Center for Education Studies
www.nces.gov
- Youth Service America
www.ysa.org

HOTLINE NUMBERS

NATIONAL ADOLESCENT SUICIDE HOTLINE

1-800-621-4000

NATIONAL CHILD ABUSE HOTLINE

1-800-4-A-CHILD

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

NATIONAL DRUG & ALCOHOL TREATMENT HOTLINE

1-800-662-HELP

NATIONAL RUNAWAY HOTLINE

1-800-621-4000 • www.nrscrisisline.org

NATIONAL SUICIDE HOTLINE

1-800-SUICIDE

PROJECT INFORM HIV/AIDS TREATMENT HOTLINE

1-800-822-7422

THINK BEFORE YOU POST SHARING AND POSTING PERSONAL INFORMATION ONLINE

DID YOU KNOW?

Webcam sessions and photos can be easily captured, and users can continue to circulate those images online. In some cases people believed they were interacting with trusted friends but later found their images were distributed to others or posted on web sites. You may come across offensive or inappropriate images and videos while surfing the web.

CAUTION

1. Use webcams or post photos online only with your parents' and guardians knowledge and supervision.
2. Ask yourself if you would be embarrassed if your friends or family saw the pictures or video you post online. If the answer is yes, then you need to stop.
3. Be aware of what is in the camera's field of vision and remember to turn the camera off when it is not in use.
4. Be careful about posting identity-revealing or sexually provocative photos. Don't post photos of others—even your friends—without permission from your friends' parents or guardians. Remember—once such images are posted you give up control of them and you can never get them back.

WHAT TO REPORT

- Anyone you don't know who asks you for personal information, photos or videos
- Unsolicited obscene material from people or companies you don't know.
- Misleading URL's on the internet that point you to sites containing harmful materials rather than what you are looking for.
- Anyone who wants to send you photos or videos containing obscene content of individuals 18 or younger.
- Online enticement for offline sexual activities. (No one should be making sexual invitations to you online — and it's an especially serious crime for adults to do it.)

10 TIPS FOR CYBER BULLYING FOR TEENS

1. Don't give out your personal information online, whether in instant message profiles, chat rooms, blogs or on web sites.
2. Don't tell anyone your email or instant messaging passwords, even your friends.
3. If someone sends a mean or threatening message, do not respond. Save it and show it to a trusted adult, and keep telling until they take action.
4. Don't open or read messages by cyber bullies.
5. Tell your school if it is school related. Schools have a bullying solution in place.
6. Don't erase the messages. They may be needed to take action.
7. Protect yourself. Never agree to meet with the person or with anyone you meet online.
8. If bullied through chat or instant message, the 'bully' can often be blocked.
9. If you are threatened with harm, inform the local police.
10. Don't be a cyber bully, because you just may find yourself on the other end of the cyber bullying down the road.

DATING VIOLENCE

COALITION AGAINST RAPE AND ABUSE (CARA)

The Coalition Against Rape and Abuse (CARA) offers free and confidential individual counseling to youth from ages 13 and up. CARA also offers free presentations to schools, church youth groups and centers. Topics include: Domestic Violence, Safety Awareness, Sexual Assault, Self-Esteem, Harassment, Anger, Information, Resources and Referrals.

For more information, contact CARA at
609-522-6489 or Toll Free 1-877-294-2272

COMMON CLUES THAT INDICATE A TEENAGER MAY BE EXPERIENCING DATING VIOLENCE:

- Physical signs of injury
- Use of drugs/alcohol
- Truancy, dropping out of school
- Pregnancy
- Failing grades
- Emotional outburst
- Indecision
- Isolation
- Changes in mood or personality

EARLY WARNING SIGNS THAT YOUR DATE MAY EVENTUALLY BECOME ABUSIVE:

- Shows hypersensitivity
- Believes in rigid sex roles
- Blames others for his problems or feelings
- Cruel to animals or children
- Verbally abusive
- Abused former partners
- Extreme jealousy
- Controlling behavior
- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive Anger
- Isolates you from friends and family
- Uses force during an argument

United Way of Cape May County
609-729-2255