



**Office of Preschool**

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**Community Resources for Preschool Families**

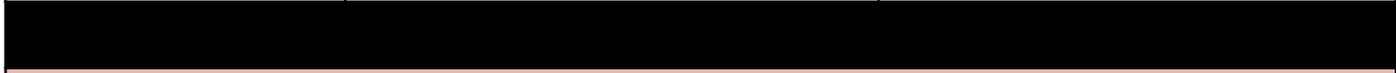
As a preschool program, we believe children learn best when they can explore, grow, and discover in a caring community. Families play an important role in this journey, and we are committed to supporting you as your child learns and thrives. One way we do this is by sharing helpful resources that connect families with community programs and services.

Below, you'll find a list of community resources for preschool families. If you'd like more support, or if you're looking for something not listed here, please reach out to our preschool social workers, Catherine Briggs, [cbriggs@chclc.org](mailto:cbriggs@chclc.org) and Lauren McCall, [lmccall@chclc.org](mailto:lmccall@chclc.org)

**Disclaimer:** *The resources listed are provided for your reference. Our preschool does not endorse or take responsibility for the services, programs, or organizations included below. Families are encouraged to review and decide which resources best meet their needs.*

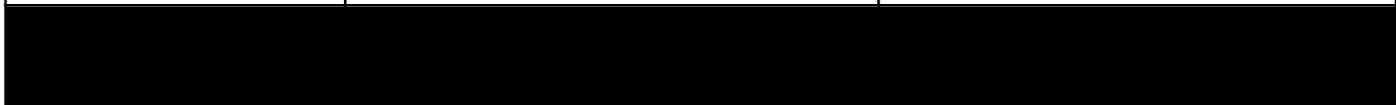
Overarching Health Resources		
Resource	Description	Contact Information
Camden Resource Net	Provides a wide range of information about support, resources, and services for families in Camden County, New Jersey.	<a href="https://www.camdenresourcenet.org/">https://www.camdenresourcenet.org/</a>
Findhelp.org	Connects people to helpful programs that improve outcomes for families, children, veterans, students, and employees. It is built on a comprehensive platform on the nation's largest and most engaged social care network.	<a href="https://www.findhelp.org/">https://www.findhelp.org/</a>
The Cooperative	The Cooperative is the state-licensed maternal and child health consortium which coordinates and supports maternal-fetal and newborn care throughout the seven-county region of Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem counties.	<a href="https://www.thecooperative.org/">https://www.thecooperative.org/</a>

Camden County Health Services	The Camden County Department of Health and Human Services website shares links that provide comprehensive details on health services designed to enrich families' overall lives.	<a href="https://www.camdencounty.com/service/health-human-services/">https://www.camdencounty.com/service/health-human-services/</a> On left navigation panel click on Health Services and Screenings to access Child Health Services: <ul style="list-style-type: none"> <li>• <a href="https://www.camdencounty.com/service/health-human-services/child-health-services/">https://www.camdencounty.com/service/health-human-services/child-health-services/</a></li> </ul>
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**Food Assistance**

<b>Resource</b>	<b>Description</b>	<b>Contact Information</b>
Food Bank of SJ	The Food Bank of South Jersey works with more than 300 partners across Burlington, Camden, Gloucester and Salem counties to provide food to those in need. If in need, a zip code can be entered and a nearby food distribution site will be located.	<a href="https://foodbanksj.org/zip-code-locator/">https://foodbanksj.org/zip-code-locator/</a>
Camden County Food Pantry List	PDF list of food pantries in Camden County.	<a href="https://www.bccrcdc.org/wp-content/uploads/2022/04/Food-Pantry-List-for-Camden-County.pdf">https://www.bccrcdc.org/wp-content/uploads/2022/04/Food-Pantry-List-for-Camden-County.pdf</a>
Cathedral Kitchen	The Cathedral Kitchen is a service center and the largest emergency meal provider in South Jersey that provides: <ul style="list-style-type: none"> <li>• Meal and Outreach programs,</li> <li>• a comprehensive Social Services program that connects those in need to critical supports,</li> <li>• a Culinary Arts Training program that readies economically marginalized individuals for sustained employment in living wage jobs,</li> <li>• a social enterprise program that provides jobs to Camden residents.</li> </ul>	<a href="https://cathedralkitchen.org/">https://cathedralkitchen.org/</a>



## Health and Nutrition

Resource	Description	Contact Information
MyPlate	<p>MyPlate is a visual reminder to make healthy choices from each of the five groups. MyPlate.gov offers tips and resources that support healthy dietary patterns</p> <p>Help your preschooler eat well, be active and grow up healthy!</p>	<p><a href="https://myplate4chatbot.stg.platform.usda.gov/eat-healthy/what-is-myplate">https://myplate4chatbot.stg.platform.usda.gov/eat-healthy/what-is-myplate</a></p> <p><a href="https://www.myplate.gov/life-stages/preschoolers">https://www.myplate.gov/life-stages/preschoolers</a></p>
Eat Right	Preschoolers are about 3 to 5 years old, a great time to introduce kids to basic nutrition education and age-appropriate kitchen tasks.	<a href="https://www.eatright.org/for-preschooler">https://www.eatright.org/for-preschooler</a>
Healthy Children	The specific nutritional choices you and your children make are crucial. Good nutrition is essential to good health and the American Academy of Pediatrics encourages parents to think of their nutritional decisions as health decisions	<a href="https://www.healthychildren.org/english/healthy-living/nutrition/pages/default.aspx">https://www.healthychildren.org/english/healthy-living/nutrition/pages/default.aspx</a>
Bright Wheel	Discover engaging nutrition activities for preschoolers that teach healthy eating habits. Simple, hands-on ideas perfect for early childhood programs.	<a href="https://mybrightwheel.com/blog/nutrition-activities-for-preschoolers">https://mybrightwheel.com/blog/nutrition-activities-for-preschoolers</a>

## Mental & Behavioral Health

Resource	Description	Contact Information
Castle Program	The Children Achieving Success through Therapeutic Life Experiences (CASTLE) program offers comprehensive mental health services geared to help children who have emotional, behavioral, or psychiatric disorders.	<a href="https://www.virtua.org/locations/pediatric-behavioral-health-castle-camden">https://www.virtua.org/locations/pediatric-behavioral-health-castle-camden</a> .
Care Solace	Care Solace quickly connects the community to available mental health providers, substance use treatment, and social services matched to the identified needs.	<a href="https://www.caresolace.com/site/chpsd">https://www.caresolace.com/site/chpsd</a>

Center for Family Services	Center For Family Services offers a comprehensive continuum of care and a broad range of services to best meet the current and changing needs across the New Jersey community: such as community and connection, counseling and behavioral health, early childhood connection, family support and prevention -The Get Help tab is an easy way to find out about services that best meet the identified needs. Based on the responses to the questionnaire, a list of programs available in New Jersey will come up that may be of help.	<a href="https://www.centerffs.org/">https://www.centerffs.org/</a>
PerformCare	PerformCare New Jersey is the single point of access to a wide array of behavioral health, intellectual and developmental disability services, as well as substance use treatment for youth and families throughout New Jersey.	<a href="https://www.performcarenj.org/index.aspx">https://www.performcarenj.org/index.aspx</a>
Camden County Family Support Organization	The Mission of the Camden County Family Support Organization (CCFSO) is to assist caregivers and families of children who have developmental, social, emotional, educational, behavioral, medical or mental health issues as well as those living with substance use or involved in juvenile justice navigate the many systems they will encounter through the child's life.	<a href="https://www.camdenfso.org/">https://www.camdenfso.org/</a>
Center for Counseling and Education	Therapists work together to provide comprehensive counseling services for children, adolescents, adults, and families.	<a href="https://cfcenj.com/">https://cfcenj.com/</a>



**Medical Services**

Resource	Description	Contact Information
Rowan Community Health Center	The Rowan-Virtua Community Health Center is a patient-focused, free clinic funded entirely by student efforts and donations. It is staffed by physicians in the Rowan-Virtua SOM family, as well as medical student volunteers. The clinic's main goal is to ensure accessibility to high quality health care in underserved areas and promote healthy living.	<a href="https://som.rowan.edu/oursom/community/rchc.html">https://som.rowan.edu/oursom/community/rchc.html</a>
CAMcare	CAMcare Health Corporation is a Federally Qualified Healthcare Center (FQHC). There are seven convenient locations to provide easier access to care.	<a href="https://www.camcare.net/">https://www.camcare.net/</a>

Camden County College Dental Hygiene Clinic	The preventive services of cleanings, x-rays, plaque control, fluoride treatments, sealants, and nutritional counseling are offered. The Clinic is open to the public and is under the supervision of a licensed dentist. Services are performed by students who are monitored by licensed hygienists.	<a href="https://www.camdencc.edu/about-1/community-offerings/dental-clinic/">https://www.camdencc.edu/about-1/community-offerings/dental-clinic/</a>
Cherry Hill Free Clinic	Provides free primary care to the uninsured and underinsured.	<a href="https://www.cherryhillfreeclinic.org/">https://www.cherryhillfreeclinic.org/</a>
Nemour's Children's Health	Nemour's goal is to keep children well, beyond medicine. Besides providing world-class clinical care, they are addressing the social, economic, behavioral and environmental factors that affect kids every day.	<a href="https://www.nemours.org/locations/new-jersey-pediatric-specialty-care-deptford.htm">https://www.nemours.org/locations/new-jersey-pediatric-specialty-care-deptford.htm</a>
CHOP Specialty Care (Children's Hospital of Philadelphia)	The CHOP Specialty Care Center & Surgery Center in Voorhees, NJ, provides convenient, easy access to services and staff from The Children's Hospital of Philadelphia. A range of outpatient specialty medical and surgical services and ancillary testing to families in South Jersey are offered. All care is provided by physicians who are members of the Hospital's attending physician staff.	<a href="https://www.chop.edu/locations/specialty-care-surgery-center-voorhees">https://www.chop.edu/locations/specialty-care-surgery-center-voorhees</a>
CHOP ENT (Children's Hospital of Philadelphia)	At Children's Hospital of Philadelphia (CHOP), children with everyday illnesses and uncommon conditions of the ears, nose and throat are cared for in the Division of Otolaryngology — also known as Ear, Nose and Throat (ENT). We diagnose and treat everything from ear infections (otitis), sore throats, tonsillitis and sinus problems to more complex hearing and speech disorders, airway problems, lymphatic malformations and tumors of the head and neck.	<a href="https://www.chop.edu/centers-programs/division-otolaryngology-ear-nose-and-throat">https://www.chop.edu/centers-programs/division-otolaryngology-ear-nose-and-throat</a>
Chop Main Numbers (Children's Hospital of Philadelphia)	Direct numbers to the specialties such as: neurology, allergy, dermatology	800-879-2467

## Family Fun!

Resource	Description	Contact Information
Cherry Hill Events Page	Cherry Hill Township provides a calendar of upcoming events.	<a href="https://www.chnj.gov/1117/Events">https://www.chnj.gov/1117/Events</a>
Cherry Hill Recreational Page	Cherry Hill Township provides recreational programs that allow enrollment for children in the community.	<a href="https://www.chnj.gov/127/Recreational-Programs">https://www.chnj.gov/127/Recreational-Programs</a>
Cherry Hill Library	Offers social opportunities, such as storytime, lego building, STEAM activities, etc.  Free Museum Passes	<a href="https://chplnj.org/kids/">https://chplnj.org/kids/</a>  <a href="https://chplnj.org/museum-passes/">https://chplnj.org/museum-passes/</a>
CH Macaroni Kid	Fun events in the Cherry Hill Community	<a href="https://cherryhill.macaronikid.com/">https://cherryhill.macaronikid.com/</a>
Great Parks and Playgrounds in Cherry Hill	Parks and playgrounds guide- Names, Addresses, and amenities are listed.	<a href="https://cherryhill.macaronikid.com/articles/605a251e5feb2d4a298343c6/great-parks-and-playgrounds-in-cherry-hill">https://cherryhill.macaronikid.com/articles/605a251e5feb2d4a298343c6/great-parks-and-playgrounds-in-cherry-hill</a>

## Inclusive Opportunities for all Learners

Resource	Description	Contact Information
Special Olympics New Jersey	Young Athletes program for children ages 2 to 7.	<a href="https://www.specialolympics.org/programs/united-states/new-jersey">https://www.specialolympics.org/programs/united-states/new-jersey</a>
We Rock the Spectrum	WRS provides children with a fun and motivational environment to help them in the areas of strength, movement, sensory processing, communication, positive behavior modification, social interactions, and self-care skills.	Mount Laurel location: <a href="https://werockthespectrummountlaurel.com/">https://werockthespectrummountlaurel.com/</a>  Audubon location: <a href="https://werockthespectrumbaudubon.com/">https://werockthespectrumbaudubon.com/</a>
Marlton Rec Council Sports Unity Program	The Sports Unity Program provides the opportunity for athletes with special needs to participate in organized sports. (Starts at age 5)	<a href="https://www.marltonreccouncil.org/sportsunity">https://www.marltonreccouncil.org/sportsunity</a>

Jakes Place/Challenge Grove Park	Jake's Place is an all-inclusive playground which allows children and adults of all abilities to play and interact together.	<a href="https://www.buildjakesplace.org/">https://www.buildjakesplace.org/</a> Address: 101 Bortons Mill Road, Cherry Hill