

Services provided in the Cape May County area

Cape Assist

Substance Abuse Prevention & Treatment
3819 NJ Ave. Wildwood NJ 08260 Ph. (609) 522-5960
www.capeassist.org

Cape Counseling

Mental Health, Drug & Alcohol Services
128 Crest Haven Rd CMCH NJ 08210 Ph. (609) 465-5999
www.capecounseling.org

Cape May County Council for Young Children

Quality Care Services, INC
PO Box 47 100 East Main St. Ph. (609) 536-2021
cmccyc@qualityinc.org

CARA (Coalition against Rape & Abuse)

Domestic Violence Services
PO Box 774 CMCH NJ 08210 Ph. (609) 522-6489
(Must call ahead for groups)
www.cara-cmc.org

CFK - Caring for Kids, Inc.

Parents as Teachers Home-Visitation program and more,
31 E Mechanic Street CMCH NJ 08210
Ph. (609) 675-5400 or (609) 408-5220
www.caringforkidsnj.com
Food Pantry at Seaville United Methodist Church
3100 Rt. 9 Seaville NJ Tuesdays 10am-2pm

Family Promise Cape May County

Homeless Program for Families
P.O. Box 200 CMCH NJ 08210
Ph. (609)-846-7862 X 8 or (609)-350-4875
www.FamilyPromiseCMC.org

Family Success Center/ Atlantic Cape Support Organization

1046B RT 47 Rio Grande NJ 08242 Ph. (609) 778-6226
ACFSO Ph. 609-972-3715

Healthy Families (at Holy Redeemer)

Home Parenting Visitation Services
1801 N RT 9 Swainton NJ 08210 Ph. (609) 463-6037

Rutgers Southern Regional Child Care Resource & Referral Agency

Serving Families & Childcare Providers
1065 RT 47 Suite A, Rio Grande NJ 08242 Ph. 609-898-5500
<https://rctac.camden.rutgers.edu>
Prenatal Yes- 609-536-8352










Mom's Quit Connection (609) 206-1076

Cape May County Department of Human Services (609) 465-1055
Cape May County Board of Social Services (609) 886-6200

Centralized Intake- The Connection
Linking Families to Service
Free, Caring and Confidential
1-800-611-8326

April 2019

National Child Abuse Prevention Month / Community Activities in Cape May County, NJ

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“Don’t stop when you are tired. STOP when you are DONE!”</p>	<p>1 Start a band with your child using their favorite song and homemade instrument</p>	<p>2 Food Pantry CFK at Seaville UMC 10am-2pm CFK 24/7 Dads 4:30pm-6:00pmpm</p>	<p>3 Reverse roles with your Child. Allow he/she to see another’s perspective</p>	<p>4 </p>	<p>5 You are AMAZING You are IMPORTANT You are SPECIAL</p>	<p>6  National Love Our Child Day!!</p>
<p>7 The greatest happiness is family happiness </p>	<p>8 Introduce your child to the library & sign –up for a library card @ CMC library 30 Mechanic St. CMCH Lower Branch 2600 Bayshore Rd. Villas Cape May County 110 Ocean St. CMNJ</p>	<p>9 Food Pantry CFK at Seaville UMC 10AM-2PM CFK 24/7 Dads 4:30pm-6:00pmpm</p>	<p>10 Fill your phone with resource contacts that tell you what service they offer i.e. 609-729-2234 One Stop Wildwood: Reason to call, Career Counselling</p>	<p>11 Prenatal Yes Yoga, Exercise & Solutions 1:00pm-3:00pm</p>	<p>12 Dress In Blue Day Wear blue for Prevention of Child Abuse</p>	<p>13 Start your conversations with your child with a strength based statement. i.e. You have done a great job setting the table and it is now time to focus on eating your meal.</p>
<p>14 Try participating in a community event or resource fair in your community or at your child’s school.</p>	<p>15 </p>	<p>16 Food Pantry CFK at Seaville UMC 10AM-2PM CFK 24/7 Dads 4:30pm-6:00pmpm</p>	<p>17 Explore positive discipline methods to improve your stress and child’s behaviors</p>	<p>18 Spend time reading with your child </p>	<p>19 Enjoy a walk with your family!!</p>	<p>20 </p>
<p>21 Schools Closed Enjoy your week spending time with your children</p>	<p>22 Sharing a meal together is important for open communication & knowing what’s going on in our love one’s life!</p>	<p>23 Food Pantry CFK at Seaville UMC 10am-2om CFK 24/7 Dads 4:30pm-6:00pm</p>	<p>24 Annual Community BABY SHOWER 11am-4pm Glenwood Ave School Wildwood 11:00am-4:00pm </p>	<p>25 CFK Easter Egg Hunt 11:00am-2:00pm Prenatal Yes Yoga, Exercise & Solutions 1:00pm-3:00pm</p>	<p>26 </p>	<p>27 Taking time to read to your child is fundamental and nurturing.</p>
<p>28 Never say, “I can’t” Always say, “I’ll try”</p>	<p>29 </p>	<p>30 Food Pantry CFK at Seaville UMC 10am-2om CFK 24/7 Dads 4:30pm-6:00pm</p>	<p>Surprise them with a hug Look at old photos together</p>	<p>Eat right & feel amazing</p>	<p>Families in need of food or diapers contact Caring for Kids (609) 675-5400</p>	<p>Mistakes are proof that you are TRYING!</p>

Together Making a Blue-Ribbon World for our Children

Since the first proclamation in 1983, National Child Abuse Prevention Month has been celebrated in April to show active support for our families, and to take a stand against the heartache and tragedy of child abuse and neglect.

The Blue-Ribbon Campaign mobilizes us in the belief of brighter futures: blue representing our hope and our help to truly make a Blue-Ribbon World for all our children.

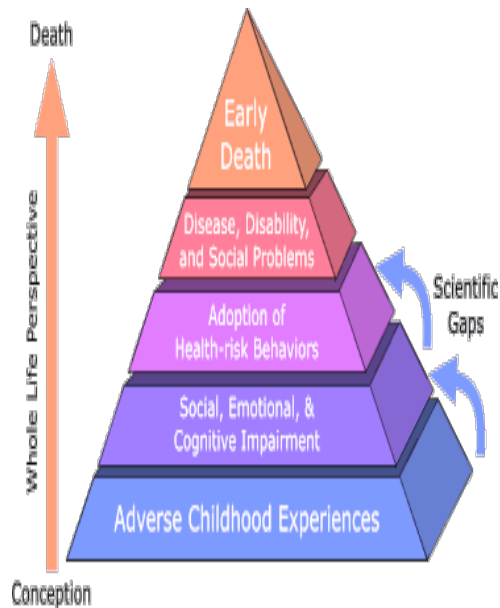
Want to Show Kids You Care? Here are a few things you can do:

→ Dress in Blue: DRESS IN BLUE DAY
FRIDAY APRIL 12th, 2018

Show our children they are a priority. Join others in the county – children, parents, schools and businesses – to show our ongoing support for happy childhoods and bright tomorrows. Wear blue clothing and/or accessorize with blue items or a blue ribbon.



- Listen with your heart to the small voice of a child.
- Nurture a child.
- Be an advocate.
- Reach out to your neighbors.
- Report all signs of abuse/neglect (1-877-652-2873)



Major Findings

(National Center for Chronic Disease Prevention & Health Promotion)

Childhood abuse, neglect, and exposure to other traumatic stressors which we term **Adverse Childhood Experiences (ACE)** are common. Almost two-thirds of study participants reported at least one ACE, and more than one of five reported three or more ACE. The short- and long-term outcomes of these childhood exposures include a multitude of health and social problems.

The Ace Study uses the ACE Score, which is a count of the total number of ACE respondents reported. The ACE Score is used to assess the total amount of stress during childhood and has demonstrated that as the number of ACE increase, the risk for the following health problems increases in a strong and graded fashion.



Caring for Kids
31 E. Mechanic Street
Cape May Court House, N.J. 08210
Ph. (609) 675-5400 or (609) 408-5220
www.caringforkidsnj.com

Caring for Kids is proud to be the states very first Blue Ribbon Affiliate, having earned the PAT Quality Endorsement in October 2015. This endorsement affirms fidelity to the Parents as Teachers model and services of the highest quality.



Parents as Teachers
Model Affiliate

Prevent Child Abuse New Jersey (PCANJ)

103 Church Street, Suite 210
New Brunswick, NJ 08901
1-800-CHILDREN
www.PreventChildAbuseNJ.org

