A RESOURCE GUIDE

“Walking With Moms in Need”

You are not alone.

Pregnant • Parenting • Looking for Support

WELCOME, MOM

If you are pregnant or parenting and need help, please know that you and your child are loved, valued, and supported. Reaching out for help is a sign of strength.

“God loves you, and so do we!”



A GUIDE TO SUPPORT

Inside this guide you will find organizations that may offer practical, emotional, parenting, pregnancy, housing, and other support.

Please contact organizations directly to learn about current services, eligibility, and availability.

OUR LADY OF GUADALUPE
PARISH SHRINE
ST. LAWRENCE CHURCH
ST. LUKE'S CHURCH
PARISH
LINDENWOLD, NJ

NATIONAL RESOURCES

Support that may be available beyond your local community.

Good Counsel Homes – Homeless Mothers

Phone: (800) 723-8331 — National Line, 24/7
116 Heulings Ave Riverside NJ 08075
https://www.goodcounselhomes.org/
How they can help: Temporary housing for pregnant mothers; budgeting and vocational assistance; parenting, nutrition, spirituality and chastity education; health and AIDS education; and post-abortion healing.

Acenda Integrated Health

Phone: (844) 422-3632 — Acenda Access Center | Hours: M-F: 8:30a.m. – 4p.m. | After hours: Call 211
www.acendahealth.org | Cost: Medicaid or with referral
Address: Glassboro: 42 Delsea Dr S, Glassboro, NJ 08028
Woodbury: 404 Tatum St, Woodbury, NJ 08096
How they can help: Nonprofit behavioral and mental health services serving southern New Jersey. Glassboro offers therapy, medication management and mental health urgent care. Woodbury offers specialized community behavioral health services. Adoption help. Referral for ultrasound. Cost: Only for reunification of baby & mother.

ATLANTIC COUNTY

Pregnancy and family support resources.

Jersey Shore Women's Center

Phone: Mgr. Sue Becker (609) 568-6551 Ext. 103 | Text: (609) 626-0421
Admin@JerseyShoreWomensCenter.org
Address: 335 E. Jimmie Leeds Rd, Building 200, Suite 200, Galloway, NJ 08205
Hours: M-TH: 12-8p.m. | Fri: 10-8 | Sat: 8:30-5:30p.m. | Sun: Closed
https://www.facebook.com/JerseyShoreWomensCenter
How they can help: Ultrasound, adoption info. NO cost.

Crisis Pregnancy Services

Phone: Chuck (609) 965-8022 | christinethornley@crisispregnancyservices.com
Address: 1307 White Horse Pike, Egg Harbor City, NJ
Hours: M-W-F: 12 to 4p.m. or by appt. | After hours: by appt.
https://optionline.org/
Donations accepted on website
How they can help: Maternity supplies; medical referrals; baby-care items; nursery equipment; strollers and highchairs; baby food, formula and diapers; pregnancy testing and confirmation; information and referrals regarding abortion, adoption and pregnancy options; parenting education, encouragement and support; fatherhood and single-mom studies. Ultrasound – mobile unit. NO cost.
Transportation: Not usually but can assist with uber or bus at times.
After-hours help: Text "HELPLINE" to 313131 or use Option Line online.

CAMDEN COUNTY

Local pregnancy, parenting, and family support.

Options for Her

Phone: (856) 795-0048

Address: 329 Marlton Pike, Cherry Hill Township, NJ 08002

https://optionsforher.org/contact/

How they can help: Free pregnancy testing and ultrasounds; medical referrals; education on fetal development, and adoption; adoption referrals; post-abortion healing workshops; social worker; parenting classes; financial, social-service and housing referrals. 2 mobile ultrasound units.

Hours: Monday–Friday, 9:00 a.m.–5:00 p.m. | Saturday, 9:00 a.m.–12:00 p.m.

Helpers NJ – Helpers of God's Precious Infants

Phone: (609) 870-7073 | info@helpersnj.org | Monday-Friday: 1-6p.m.

Address: 138 N Broadway, Suite A, Gloucester City, NJ 08030

https://www.helpersnj.org/

How they can help: Free education and life-skills resources; programs that can provide baby items and necessities; adoption information and referrals; accompaniment to medical and social-service appointments, court dates and job interviews; assistance with housing, food, medical care, utilities and transportation; support for fathers and post-abortion assistance. Clothes up to 24 months, pack and plays, car seats, high chairs, bath tubs and toys.

1st Way National Life Center

Phone: (856) 854-8100 | Monday-Friday: 10-12p.m., Monday-Thursday: 2:30-4p.m.

Address: 528 Richey Ave, West Collingswood, NJ 08107

https://1stlifecenter.com/

How they can help: Call for hours. Free confidential pregnancy support; adoption referrals to Catholic Charities; post-abortion healing referrals; infant supplies and housing information.

Blackwood Center for Counseling

Audrey Taormina, Licensed Professional Counselor

Phone: (856) 466-8788

Address: 108 West Maple Ave., Lindenwold, NJ 08021

Hours: Monday–Thursday, 10:00 a.m.–6:00 p.m.

Services: Virtual visits and phone calls. Accepts insurance and offers a sliding scale.

Saint Vincent De Paul Food Pantry

(856) 627-8824 for distribution days | Food distribution: 10-12p.m.

Corner of 100 S. Ave & White Horse Pike, Lindenwold NJ across from St. Lawrence Church

CAPE MAY COUNTY PREGNANCY CARE CENTERS

Options for Her

https://optionsforher.org/
321 West Ave Ocean City NJ 08226
(609) 398-9449 | Hours: please call
Free Services Offered:
Pregnancy Services: Free pregnancy testing; professional referrals
Education: Earn while you learn DVDs about pregnancy, parenting, and life skill (participation earns baby items and other necessities)
Post-services: Maternity and infant supplies; adoption referrals; STD/STI information; support for men.

CUMBERLAND COUNTY PREGNANCY CARE CENTER

Cornerstone Women's Resource Center (Services in Cumberland County)

567 Salem-Quinton Rd Salem NJ 08079
(856) 935-0300 and (856) 453-0030 | info@cornerstonewrc.org
https://cornerstonewrv.org/
Fully equipped Mobile Unit Schedule
Schedules are subject to change due to many reasons. For up-to-the-minute information, please check our FB page for updates or call the office at (856) 935-0300
Bridgeton, NJ
Walmart (Carll's Corner Area – Rt 77)
Call for appointment
Vineland.Millville, NJ
Cumberland Mall is (behind Olive Garden)
Call for appointment
Free Services Offered:
Pregnancy Services: Pregnancy testing, ultrasounds, options education; medical referrals, pregnancy and parenting education; pregnancy loss recovery
Education: Trauma Healing Group, Get Real Healthy Relationships
Adoption: Referrals provided
Other services: Housing referrals, materials assistance

GLOUCESTER COUNTY PREGNANCY CARE CENTERS

(Alphabetical by town)

True Women's Resource Center

133 Ganttown Rd, Turnersville, NJ 08012
(856) 374-2445 or text (856) 214-1997
https//truewomenscenter.com/
Hours:
Friday: 9am to 5p.m. | Tuesday: 9am to 8p.m. | Thursday: 9am to 6pm. | Saturday: 10am to 2p.m. (2nd and 4th)
Free Services Offered:
Pregnancy services: Pregnancy testing/ultrasound verification, Mobile Unit travels to various sites, medical consultation with Board Certified OB/GYN physician
Education: Earn while you learn DVDs about pregnancy, parenting and life skill (participation earns baby items and other necessities); abortion risks and procedures; types of adoptions
Adoption Services: Referrals provided
Post Abortion Healing: Confidential support and counseling; 7-week program available
Other services: STD/STI information

1st Way National Life Center

686 N Borad St. Woodbury NJ 08096
(856) 848-1819
https://1stwaylifecenter.com/
Call for hours
SERVICES OFFERED
Pregnancy Services: Pregnancy testing, ultrasound referrals, medical referrals
Post Abortion Services: Referrals to center for Post Abortion Healing
Adoption Services: Referrals to Catholic Charities, and Bethany Christian Services
Post Abortion Services: Referral to Project Rachel and other programs other services - Infant supplies; housing information, legal referrals, shelter placement

SALEM COUNTY PREGNANCY CARE CENTER

Cornerstone Women's Resource Center

567 Salem-Quinton Rd Salem NJ 08079 (see Cumberland County)
(856) 453-0030
https://cornerstonewrc.org/
Monday to Thursday: 9am – 4pm
FREE SERVICE OFERRED:
Pregnancy services: Pregnancy testing, ultrasound referrals, medical referrals
Education: Earn while you learn DVDs about pregnancy, parenting and life skill (participation earns baby items and other necessities)
Adoption: Referrals provided
Other services: Housing referrals. Material assistance

CATHOLIC FAMILY RESOURCES

CATHOLIC CHARITIES OF SOUTH JERSEY

(856) 342-4162 | 1845 Haddon Ave Camden 08103 (Best option to go to center)
sylvia.loumeau@camdendiocese.org | https://catholiccharitiessouthjersey.org/
Services offered:
1. Food and clothing
2. Housing assistance
3. Adoption Service
4. Domestic violence support
5. And more

VITALITY

A healthcare Ministry of the Diocese of Camden

VITALity

631 Market St. Camden NJ 08102
(856) 583-6120
Nicole.keefer@camdendiocese.org
https://vitality.camdendiocese.org/
1. VITALity Parish Nurse Ministry offers health promotion and education during pregnancy.
2. Parish nurse promotes health advocacy helping to empower moms to leads healthier lives and choose healthy lifestyles for them and their babies.

COMMUNITY & FAMILY SUPPORT

Additional services that may help with practical needs.

GUADALUPE FAMILY SERVICES

509 State st. Camden NJ 08102
Open by appointment only: (856) 365-8081
Incamdenforcamden@gmail.com
https://guadalupefamilyservices.org/
Free Services: bi-lingual professional social services with clinical and community resources, professional counseling, youth programs, charitable assistance, therapy, diaper program

SSJ Neighborhood Center

904 N 25TH St. Camden NJ 08105
connect@ssjnc.org | (856) 338-8220
Free services:
Food pantry, English classes, sewing and crocheting groups, community gardening, computer access

Center for Family Services

151-153 N. Broad St. Woodbury NJ 08096 | SERV Sexual Violence Domestic Hotline 24/7 (866) 295-7378
https://www.centerffs.org/
Open 24 hours, 7 days a week
Free services: Temporary residential shelter for women and mothers with children

YOU DESERVE SUPPORT

You deserve support, compassion, and someone willing to walk alongside you.

“You don’t have to do this alone.”

Whether you need a listening ear, pregnancy resources, baby supplies, housing information, parenting support, or help finding other services, reaching out is a good first step.

A LITTLE ENCOURAGEMENT

You and your child are precious.

Please contact the organizations in this guide to learn about current services, eligibility, and availability.