

Services provided in the Cape May County Area

CFK - Caring for Kids, Inc.

Parents as Teachers Home-Visitation, food & diapers programs
 31 E Mechanic Street CMCH NJ 08210
 Ph. (609) 675-5400 or (609) 408-5220
www.caringforkids.com

Cape Assist

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

Acenda

Mental Health, Drug & Alcohol Services
 128 Crest Haven Rd CMCH NJ 08210 Ph. (844) 422-3632
Acendahealth.org

WIC

6 Moore Rd.
 Cape may Court House 08210 (609)-465-1224

Gatewaycap.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

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

Cape Hope Homelessness

1304 NJ-47 Rio Grande NJ 08204 (609) 997-1794
CapeHopeCares@gmail.com
 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




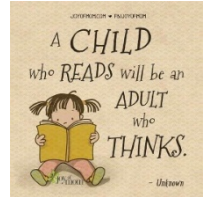


Mom's Quit Connection (609) 206-1076
Cape May County Department of Human Services (609) 465-1055
Cape May County Board of Social Services (609) 886-6200
South Jersey Legal Services (609)-348-4200

Centralized Intake- The Connection

Linking Families to Service
Free, Caring and Confidential
1-800-611-8326

April 2025

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Food Pantry CFK 10am-2pm Food Pantry 31 East Mechanic St CMCH 10am-2pm 24/7 dads 5pm-7pm Caring for Kids office	2 Reverse roles with your Child. Allow he/she to see another's perspective	3  Food Pantry 31 East Mechanic St CMCH 10am-2pm	4 13 th . Annual Community Baby Shower Martin Luther King Center Main St Whitesboro 11Am-3PM	5  National Love Our Child Day!!
6 The greatest happiness is family happiness 	7 Introduce your child to the on-line activities. Stay connected with family and friends via ZOOM, Facebook, Skype	8 Food Pantry CFK 31 East Mechanic St CMCH 10am-2pm 24/7 dads 5pm-7pm Caring for Kids office	9 Explore positive discipline methods to improve your stress and child's behaviors	10 Take care of yourself and family Eat Healthy Food Pantry 31 East Mechanic St CMCH 10am-2pm	11 Dress In Blue Plant A Pin Wheel-Easter Event CFK office 11AM-1PM	12 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.
13 Start a band with your child using their favorite song and homemade instrument	14 Fill in your phone with resource contacts that tell you what service they offer 609-729-2234 One Stop Wildwood: Reason to call, Career Counselling	15 Food Pantry CFK 31 East Mechanic St CMCH 10am-2pm 24/7 dads 5pm-7pm Caring for Kids office	16 	17 pend time reading with your child Food Pantry 31 East Mechanic St CMCH 10am-2pm	18 Enjoy doing crafts with your family!!	19 
20 "Don't stop when you are tired. STOP when you are DONE!"	21 Sharing a meal together is important for open communication & knowing what's going on in our love one's life!	22 Food Pantry CFK 10am-2om Food Pantry 31 East Mechanic St CMCH 10am-2pm 24/7 dads 5pm-7pm Caring for Kids office	23 Time spent playing with children is never wasted.	24 You are AMAZING Food Pantry 31 East Mechanic St CMCH 10am-2pm	25 	26 Taking time to read to your child is fundamental and nurturing.
27 Never say, "I can't" Always say, "I'll try"	28 	29 Food Pantry CFK a 10am-2om Food Pantry 31 East Mechanic St CMCH 10am-2pm 24/7 dads 5pm-7pm Caring for Kids office	30 Play gives children a chance to practice what they have learned	1 Eat right Food Pantry 31 East Mechanic St CMCH 10am-2pm	2 Continue to stay safe Keep up the great work Parents are your children's FIRST TEACHERS	3 Make sure you have books visible for children to pick up and read.

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 11th, 2025

Showing 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.



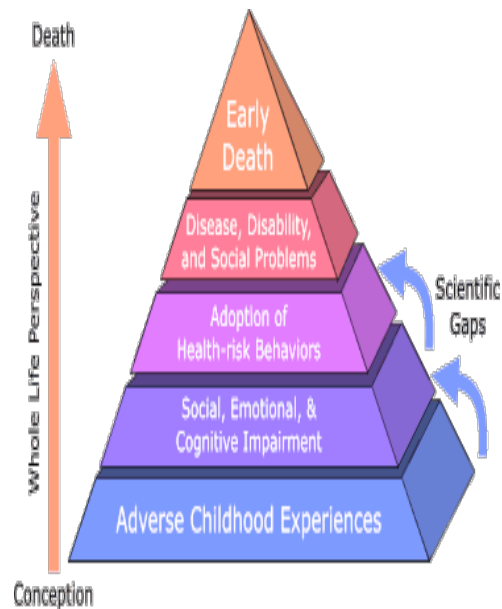
→ Listen with your heart to the small voice of a child.

→ Nurture a child.

→ Be an advocate.

→ Reach out to your neighbors.

→ Report all signs of abuse/neglect (1-877-652-2873)



Tips for family wellness:

1. Cook with your kids.
2. Have regular family nights.
3. Hold family meetings.
4. Look through scrapbooks or photo albums.
5. Volunteer together.
6. Identify free times for activity.
7. Plan a weekly menu and prep meals.
8. Simplify your family's schedule.
9. Take small steps toward health.
10. Encourage everyone in the family to do their part.

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



PAT Quality Endorsement in October 2015 & 2020,
and just completing in 2025
This endorsement affirms fidelity to the
Parents as Teachers model and
services of the highest quality.



Prevent Child Abuse in New Jersey (PCANJ)

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

