[](https://cap4kids.org/philadelphia)

PARENT HANDOUTS

* **[After School/Camps/Mentoring](https://cap4kids.org/philadelphia/parent-handouts/after-school-camps-mentoring/)** [**Behavior/ Counseling/ Addiction**](https://cap4kids.org/philadelphia/parent-handouts/behavior-counseling-addiction/)
* [**Child Abuse**](https://cap4kids.org/philadelphia/parent-handouts/child-abuse/) [**Child Care/Respite Care**](https://cap4kids.org/philadelphia/parent-handouts/child-care-respite-care/)
* [**Domestic/Community Violence/Trafficking**](https://cap4kids.org/philadelphia/parent-handouts/domestic-community-violence/) [**Early Intervention/Development**](https://cap4kids.org/philadelphia/parent-handouts/early-intervention-development/)
* [**Education Resources**](https://cap4kids.org/philadelphia/parent-handouts/education-resources/) [**Employment/Job Training**](https://cap4kids.org/philadelphia/parent-handouts/employment-job-training/)
* [**Food/ Nutrition/ Breastfeeding**](https://cap4kids.org/philadelphia/parent-handouts/food-nutrition-breastfeeding/) [**Housing/Utilities**](https://cap4kids.org/philadelphia/parent-handouts/housing-utilities/)
* [**Immigration/Refugee Services**](https://cap4kids.org/philadelphia/parent-handouts/immigration-refugee-services/) [**Legal Services**](https://cap4kids.org/philadelphia/parent-handouts/legal-services/)
* [**Literacy**](https://cap4kids.org/philadelphia/parent-handouts/literacy/) [**Low Cost Health Care/Insurance**](https://cap4kids.org/philadelphia/parent-handouts/low-cost-health-care-insurance/)
* [**Parenting Resources**](https://cap4kids.org/philadelphia/parent-handouts/parenting-foster-care-adoption/) [**Physical Health Resources**](https://cap4kids.org/philadelphia/parent-handouts/physical-health-resources/)
* [**Pregnancy Resources and Infants**](https://cap4kids.org/philadelphia/parent-handouts/pregnancy-resources-and-infants/) [**Safety/Quit Smoking Resources**](https://cap4kids.org/philadelphia/parent-handouts/safety-resources/)
* [**Shelters**](https://cap4kids.org/philadelphia/parent-handouts/shelters/) [**Special Needs/Autism**](https://cap4kids.org/philadelphia/parent-handouts/special-needs-autism/)
* [**Teen Resources**](https://cap4kids.org/philadelphia/parent-handouts/teen-resources/)

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COVID-19 Info

[**Philadelphia COVID-19 Helpline 1-800-722-7112 and info**](https://cap4kids.org/philadelphia/philadelphia-covid-19-helpline-1-800-722-7112/)

Helpline and info for questions related to COVID-19. Click here [**www.phila.gov/2020-03-14-greater-philadelphia-coronavirus-helpline-opened-by-health/**](https://www.phila.gov/2020-03-14-greater-philadelphia-coronavirus-helpline-opened-by-health/). Updates also here [**www.phila.gov/programs/coronavirus-disease-2019-covid-19/**](https://www.phila.gov/programs/coronavirus-disease-2019-covid-19/)

Download this amazing document that lists **Resources For families in Philly** including: FREE 24 hour a day video Lactation support app (Pacify); baby items (food, formula, diapers); WIC info; and things to do at home with your children as well as the COVID hotline. Click here for [**English**](https://cap4kids.org/philadelphia/files/2020/03/FamilyResources_COVID.pdf) and Spanish (coming soon)

[**Information for Employees Affected by COVID-19**](https://cap4kids.org/philadelphia/information-for-employees-affected-by-covid-19/)

If you are employed in Pennsylvania and are unable to work because of Coronavirus disease ([**COVID-19**](https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx)), you may be eligible for Unemployment or Workers’ Compensation benefits. Click here for info [**www.uc.pa.gov/Pages/covid19.aspx**](http://www.uc.pa.gov/Pages/covid19.aspx)

[**PA Department of Health COVID-19 Info**](https://cap4kids.org/philadelphia/pa-department-of-health-covid-19-info/)

Click here for statewide response and info [**www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx**](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx)

[**Philly COVID-19 Handouts English/Spanish**](https://cap4kids.org/philadelphia/philly-covid-19-handouts-englishspanish/)

Handouts in [**English**](https://cap4kids.org/philadelphia/files/2020/03/COVID-Handout.pdf) and [**Spanish**](https://cap4kids.org/philadelphia/files/2020/03/COVID-info-Spanish.pdf) for families.

[**Free Meals and Safe Play spaces in Philly**](https://cap4kids.org/philadelphia/free-meals-and-safe-play-spaces-in-philly/)

Click here for locations and info [**www.phila.gov/2020-03-14-find-free-meals-and-safe-spaces-for-students-while-schools-are-closed/**](https://www.phila.gov/2020-03-14-find-free-meals-and-safe-spaces-for-students-while-schools-are-closed/)

[**PA Crisis Text Line**](https://cap4kids.org/philadelphia/pa-crisis-text-line/)

**For Mental health crisis** at this time individuals can text **PA to 741-741 (crisis text line)**

[**PBS-How to talk to your kids about COVID**](https://cap4kids.org/philadelphia/pbs-how-to-talk-to-your-kids-about-covid/)

Click here for resource [**www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus**](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)

[**KidsHealth info on COVID-19 (info, talking to children, more)**](https://cap4kids.org/philadelphia/kidshealth-info-on-covid-19-info-talking-to-children-more/)

Click here for great info to use [**https://kidshealth.org/en/parents/coronavirus-landing-page.html?ref=search**](https://kidshealth.org/en/parents/coronavirus-landing-page.html?ref=search)