**Free pregnancy, baby and toddler supports during COVID-19**

April 15, 2020 Sarah Peterson [**Office of Children and Families**](https://www.phila.gov/departments/office-of-children-and-families/), [**Board of Health**](https://www.phila.gov/departments/board-of-health/), [**Department of Public Health**](https://www.phila.gov/departments/department-of-public-health/)

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We will continue to update this list as more resources become available.

* English [**Español**](https://www.phila.gov/2020-04-15-recursos-para-mujeres-embarazadas-bebes-y-ninos-pequenos-durante-covid-19/) [**中文**](https://www.phila.gov/2020-04-15-free-pregnancy-baby-and-toddler-supports-during-covid-19-zh/) [**Pусский**](https://www.phila.gov/2020-04-15-free-pregnancy-baby-and-toddler-supports-during-covid-19-ru/) [**Français**](https://www.phila.gov/2020-04-15-aide-gratuite-a-la-grossesse-pour-les-bebes-et-les-enfants-en-bas-age-pendant-le-covid-19/)

Are you pregnant or caring for an infant or toddler? Read on for the Philadelphia Department of Public Health’s list of resources and free supplies available to you and your family during COVID-19.

***Please note, the organizations listed are adapting operations daily to the COVID-19 crisis to ensure families’ health and safety. Call organizations before your visit to confirm their hours, updated services, and available resources.***

**Breastfeeding Support**

* [**Pacify**](https://www.pacify.com/) is a free, mobile app that gives you on-demand access to professional lactation (breastfeeding) experts who can help you with feeding your baby.
	+ Download the Pacify app for [Apple iPhone](https://apps.apple.com/us/app/pacify-helping-new-parents/id981698864) or [Android](https://play.google.com/store/apps/details?id=io.pacify.android.patient) devices — available in English or Spanish versions.
	+ Enter the enrollment code **PHILLY** at signup for free 24/7 access.

**Free Baby Food and Diapers**

* Residents can visit one of the sites below to pick up free food and baby supplies. Many sites require appointments, so make sure to check the list and call ahead.

[**Click here for a map of free baby supply sites**](https://www.google.com/maps/d/u/0/viewer?mid=1PniBn1BOB67DJ5PeI8gARGgInsiKXMsi&ll=40.01567054392147%2C-75.13906740000004&z=11)

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| **Organization** | **Neighborhood** | **Supplies Offered** | **Hours** | **Address** | **Phone Number** | **Eligibility** | **Appointment Needed?** |
| Philadelphia Interfaith Hospitality Network | Northwest Philadelphia | Food and diapers | Tuesday and Thursday: 1–4 p.m; Saturday: 12–2 p.m. | 7047 Germantown Ave. (19119) | 215-247-4663 x 8 | Open to public | Yes, call for appointment |
| Catholic Social Services – Casa del Carmen | North Philadelphia | Food, diapers and formula | Monday to Wednesday:  9 a.m.–12 p.m. | 4400 North Reese St. (19140) | 267-331-2500 | Open to public | Yes, call for appointment |
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| Catholic Social Services – Southwest | Southwest Philadelphia | Food and diapers | Monday, Wednesday and Friday: 10 a.m.–1 p.m. | 6214 Grays Ave. (19142)  | 215-724-8550 | Open to public | Yes, call for appointment |
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| Catholic Social Services – Northeast | Northeast Philadelphia | Food and diapers | Monday and Wednesday:  9 a.m.–12 p.m. | 7340 Jackson St. (19136)  | 215-624-5920 | Open to public | Yes, call for appointment |
| Catholic Community Services | Northeast Philadelphia | Food and diapers | Tuesday and Thursday: 10 a.m.–1 p.m. | 10125 Verree Rd. Suite 200 (19116) | 215-760-4101 | Open to residents in Police Districts 2,7 and 8 | Yes, call for appointment |
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| Feast of Justice | Northeast Philadelphia | Food and diapers | Wednesday: 5–7 p.m.; Saturday: 2–4 p.m.  | 3101 Tyson Ave. (19149) | 215-268-3510 | Open to public | No, walk ups welcome |
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| St. Cyprian Food Pantry | West Philadelphia | Diapers | Monday and Wednesday 9:30–11:15 a.m. | 525 S Cobbs Creek Pkwy. (19143) | 267-241-9640 | Open to public | Yes, call for appointment |
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| Mighty Writers – West | West Philadelphia | Food and diapers | Monday to Friday: 12–1 p.m. (begins Monday, April 20) | 3520 Fairmount Ave. (19104) |  | Open to public | No, walk ups welcome |
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| Mighty Writers – El Futuro | Center City / South Philadelphia | Food and diapers | Monday to Friday: 12–1 p.m.(begins Monday, 4/20) | 1025 S. 9th St. (19147) |  | Open to public | No, walk ups welcome |
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| Archdiocesan Pastoral Center | Center City | Diapers | Tuesday from 1 p.m.-3 p.m. and Friday from 10 a.m. – 12 p.m. (begins Tuesday, 4/21) | 222 N 17th St. (19103) | 267-262-8904 | Open to public | Yes, call for appointment  |
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* + The [**Philadelphia Women, Infants and Children (WIC)**](http://northwic.org/) program provides eligible caregivers with an EBT card they can use to purchase food and formula. To enroll in Philadelphia WIC: [**apply online**](https://www.pawic.com/OnlineApplication.aspx), email **phillywic@northwic.org**, or call 215-978-6100.

**Free Cribs**

* [**Maternity Care Coalition**](https://maternitycarecoalition.org/cribs-for-kids/in-need-of-a-crib/) delivers free Pack n’ Play cribs to families so their babies have a safe space to sleep. Call 215-989-3589 or fill out the [online form](https://maternitycarecoalition.org/cribs-for-kids/in-need-of-a-crib/https%3A/maternitycarecoalition.org/cribs-for-kids/in-need-of-a-crib/) to request a crib delivery.

**Online / Virtual Pregnancy and Family Support Programs**

We know that COVID-19 adds another layer of uncertainty to the experiences of pregnancy and having an infant or toddler. The following programs offer support by phone or video for pregnant people and families with infants and toddlers. Services may include: information and support, referral to resources, educational workshops, and no-contact baby supply delivery for clients.

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| **Organization** | **Eligibility** | **Phone Number** | **Email** |
| [PDPH Healthy Start](https://www.phila.gov/programs/healthy-start/) | Those pregnant or parents with children under 18 months and living in the following zip codes: 19104, 19131, 19151, 19143, 19142, 19145, 19139. | 215-386-1298 | Courtney.Hill@ifsinc.org |
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| PDPH MOM Parents as Teachers (PAT) Program | This program is for all parents and caretakers of children ages 0–5. | 215-685-3773 | Phila.mom.program@gmail.com |
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| [Maternity Care Coalition (MCC)](https://maternitycarecoalition.org/get-help/) | MCC has many programs for families. Call to learn which program fits your interests and eligibility. | 215-972-0700 |   |
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| [Nurse-Family Partnership (NFP)](https://nurseledcare.phmc.org/programs/philly-nfp.html)  | NFP is for first time parents who are less than 27 weeks pregnant, live in Philadelphia, and meet certain income requirements. Call for eligibility. | 215-287-2114 |   |
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| [Mabel Morris (MM)](https://nurseledcare.phmc.org/programs/mabel-morris.html) | This program is for all parents and caretakers of children ages 0–5. | 215-731-2019 |   |
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| [Education Leading to Employment and Career Training (ELECT)](https://www.philasd.org/face/programs-services/elect/) | ELECT is for all pregnant and parenting students under 22 years of age. | 215-400-4250 or text 215-866-2248 | ELECT@philasd.org |
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| [Parent Child+ West Philadelphia](https://www.parentchildplus.org/location/philadelphia/) | This program is for families with children ages 16 months–4 years of age. | 267-666-8661 | **mallison@phmc.org**  |
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| [Parent Child+ North Philadelphia](https://www.parentchildplus.org/location/philadelphia/) | This program is for families with children ages 16 months–4 years of age. | 267-361-7877  | amukhtar@phmc.org  |
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| [Parent Child+ South and Southeast Philadelphia](https://www.parentchildplus.org/location/philadelphia/) | This program is for families with children ages 16 months–4 years of age. | 215-219-8985 | lguzman@phmc.org |
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| [Philadelphia Infant Toddler Early Intervention Program](https://dbhids.org/my-city-my-place/childrens-services/early-intervention) | This program offers support for families with children ages 0–3 with possible developmental delay or disability. | 215-685-4646 | Birthto3EI@phila.gov  |