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# Cancer Information and Referral

## Cancer Information and Referral

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### AIMS Diagnostic

13-15 Mechanic Street  
Cape May Court House, NJ 08210  
(P): (609) 465-7800

**Purpose:** Mammography center, ultra sound, X-ray, MRI.

### American Cancer Society South Jersey Region

1851 Old Cuthbest Road  
Cherry Hill, NJ 08034  
(P): (856) 616-1650;  
(908) 596-1892

**Website:** [www.cancer.org](http://www.cancer.org)

**Purpose:** One to one and group support programs, information services, and public education services.

### Atlantic Medical Imaging

421 Route 9 North  
Cape May Court House, NJ 08210  
(P): (609) 463-9500

(F): (609) 465-0918

**Website:** [www.atlanticmedicalimaging.com](http://www.atlanticmedicalimaging.com)

**Purpose:** Full service radiology practice. Specialize in MRI, CT, PET/CT imaging, 3D mammography, ultrasound, DEXA scans, fine needle aspirations, core biopsies, nuclear imaging and X-rays.

### Holy Redeemer Homecare and Hospice

1801 Route 9 North  
Swainton, NJ 08210  
(P): (609) 465-2082

**Website:** [www.holyredeemer.com](http://www.holyredeemer.com)

**Purpose:** Holy Redeemer Homecare & Holy Redeemer Hospice offers a full range of home care services administered by our skilled professional nurses and therapists in conjunction with a physician's plan of treatment. In the comfort of the home, patients can receive personalized care designed to improve their quality of life, restore health, promote independence and reduce hospital readmissions.

## Cancer Information and Referral

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### *Cape May County Department of Health*

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#### Cancer Education and Early Detection (CEED)

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1047

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** The Cancer Education and Early Detection Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County Residents. Women ages 40-64 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

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### *Cape Regional Health System*

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#### Cape Radiology

4011 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Serving the outpatient radiology needs of Cape May County, Cape Radiology offers an array of advanced diagnostic imaging.

**Eligibility:** A physician referral is required.

#### Jane Osborne Center for Women's Health - Cape Regional Medical Commons

223 North Main Street, Suite 103  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** 3D mammography, diagnostic imaging, stereotactic breast biopsy, sentinel lymph node biopsy, true beam radiation therapy, breast reconstruction surgery and breast health navigation.

# Cancer Information and Referral

## Lymphedema Management Program at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** At Cape Regional Medical Center, we offer a number of treatment options to reduce the effects of lymphedema that are individualized and tailored to the needs of each patient.

## Thomas and Claire Brodesser Jr. Radiation Oncology Center at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Cancer screening and diagnosis, cancer staging, pretreatment evaluation, second opinions, nonsurgical cancer treatment, radiation therapy, long-term treatment and monitoring, lifestyle support, lymphedema treatment, rehabilitation, hospice care and medical oncology.

## Child Health and Adolescent Services

## Child Health and Adolescent Services

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### Cape Atlantic I.N.K. Integrated Network for Kids

1413 Cantillon Boulevard  
Mays Landing , NJ 08330

(P): (609) 829-2038;  
After Hours  
Emergency (866) -  
398-1091

(F): (609) 829-2886

**E-Mail:** [info@capeatlanticink.org](mailto:info@capeatlanticink.org)

**Website:** [www.capeatlanticink.org](http://www.capeatlanticink.org)

**Purpose:** To provide care management to children and adolescents with behavioral, developmental, substance abuse and emotional challenges. We support the entire family in this process.

### Department of Children and Families Division of Child Protection and Permanency - Cape May County Office

3150 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 463-9652;  
(800) 531-1259

(F): (609) 463-5210

**E-Mail:** [askdcf@dcf.state.nj.us](mailto:askdcf@dcf.state.nj.us)

**Website:** [www.state.nj.us/DCF](http://www.state.nj.us/DCF)

**Purpose:** Child Protection and Permanency's mission is to ensure the safety, permanency, and well-being of children and support families. CP&P is responsible for investigating allegations of child abuse and neglect and, if necessary, arranging for the child's protection and the family's treatment.

### Healthy Families TIP

Located at Holy Redeemer, 1801 Route 9 North  
Swainton, NJ 08210

(P): (609) 463-6037

**Purpose:** Offer education and support to new parents through home visitation and the use of a parenting curriculum.

**Eligibility:** Pregnant women and parents with a child up to 3 month of age to enroll. If parent is on TANF this program can count as part of work hours.

# Child Health and Adolescent Services

## Lower Cape May Regional (LCMR) School Based Youth Services

687 Route 9 South  
Cape May, NJ 08204

(P): (609) 884-3475  
Ext. 361

(F): (609) 778-6191

**Website:** [lcmrschooldistrict.com/sbys](http://lcmrschooldistrict.com/sbys)

**Purpose:** Recreational, mental health and substance abuse services to teens living in the Lower Township area. Hours: 8 a.m. - 3 p.m. Monday thru Friday.

**Eligibility:** Ages 13-19

## NJ Child Assault Prevention Network

2511 Fire Road, Suite B-10  
Egg Harbor Township, NJ 08234

(P): (609) 748-9773

**Website:** <https://njcap.org/>

**Purpose:** New Jersey Child Assault Prevention (NJ CAP) is a statewide community based prevention program. With a motto "All Children Deserve to be Safe, Strong and Free", the CAP program seeks to reduce children's vulnerability to abuse, neglect and bullying by providing comprehensive prevention workshops for children, parent and school staff. NJ CAP supervises 21 county CAP offices and over 200 program facilitators. The project is sponsored by the NJ Department of Children and Families and supported by school districts across the State. NJ CAP is one of 35 CAP Regional Training Centers of the International Center for Assault Prevention.

## OASIS Youth Service Program

151 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-5045

(F): (609) 465-0565

**E-Mail:** [oasis@centerffs.org](mailto:oasis@centerffs.org)

**Website:** [www.centerffs.org](http://www.centerffs.org)

**Purpose:** OASIS Youth Services Program of Cape May County provides 24-hour emergency shelter to children age 10-18 offering a safe haven for those experiencing a personal or family crisis, as well as runaway, homeless, or abused children. OASIS seeks to provide a caring and healing home while children receive support and work on their future with the goal of family reunification. When this is not possible, we work to connect children with alternative, stable living arrangements.

## Child Health and Adolescent Services

### Quality Care Resource and Referral Services INC- County Councils for Young Children

P.O. Box 47- 100 East Main Street  
Whitesboro, NJ 08252

(P): (609) 536-2021

**Purpose:** Established to create an environment where parents/caregivers come together with family service providers and other members as active partners. The responsibility of the council is to identify/discuss the needs, concerns, aspirations and successes regarding issues that affect the health, education and well-being of parents, infants and children age eight and under. Through this collaboration, strong partnerships will be established that allow us the opportunity to work together developing mutually-established goals and implementing creative strategies.

### Robin Nest, INC- Central Intake Resource Information and Referrals

(P): (609) 407-0040

**Website:** <https://robinsnestinc.org/programs/healthy-families/>

**Purpose:** Healthy Families program provides in-home education and supportive services to new and expectant parents. Home visitors work to link parents to existing social service and health care resources, and promote positive parenting and healthy child growth and development. The program typically lasts from pregnancy through the child's 3rd birthday.

### Robins Nest, INC -Nurse-Family Partnership

42 South Delsea Drive  
Glassboro, NJ 08028

(P): (856) 881-8689

**Website:** <http://www.communityfoundationsj.org/portfolio/robins-nest/>

**Purpose:** Nurse-Family Partnership (NFP), one of our evidence-based programs, is part of our maternal and infant health program platform that is currently offered in Atlantic, Cape May, Cumberland, Gloucester and Salem Counties. NFP uses a home-visitation model to connect first-time mothers with a registered nurse by the 28th week of pregnancy and continues until their child has reached his/her second birthday. Visits are conveniently held at the client's homes.

## Child Health and Adolescent Services

### Rutgers Southern Regional CCR&R- Strengthening Families

1065 Route 47 South, Suite A  
Rio Grande , NJ 08242

(P): (609) 898-5500;  
(856) -401-2044

**Website:** <https://www.rusouthernccrr.org/strengthening-families-initiative-sfi.html>

**Purpose:** The Strengthening Families Initiative (SFI) is a program designed to strengthen families. Rutgers Southern Regional CCR&R works with providers throughout South Jersey to give them tools and resources to help them increase family strengths, enhance child development and reduce the likelihood of child abuse/neglect.

### Sitters at the Shore Care Aware, Inc.

(P): (609) 465-0840

**Website:** [www.sittersattheshore.com](http://www.sittersattheshore.com)

**Purpose:** Child care referral agency referring screened professional sitters.  
Office hours: 8 a.m. - 8 p.m. Monday thru Friday.

### Where Kids Thrive

228 Kings Highway East, Suite 102  
Haddonfield , NJ 08033

(P): (609) 889-8100 (F): (888) 238-6536

**E-Mail:** [admin@wherekidsthive.com](mailto:admin@wherekidsthive.com)

**Website:** [www.wherekidsthive.com](http://www.wherekidsthive.com)

**Purpose:** To provide in-home and center-based counseling and educational services to children and families.

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## ***Before and After School Program***

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### Lower Township Elementary School Daycare Program

Located at David C. Douglas Veterans Memorial School, 2600 Bayshore  
Road  
Villas, NJ 08251

(P): (609) 884-9430 (F): (609) 898-9008  
Ext. 5

**Website:** [lowertwpschools.com/](http://lowertwpschools.com/)

**Purpose:** Provide before and afternoon school child care.

## Child Health and Adolescent Services

### **MASK - Middle Township Elementary #1 Mask Before and After School Program**

216 South Main Street  
Cape May Court House, NJ 08210  
(P): (609) 463-0699

**Purpose:** MASK is a before and after school child care program for Middle Township Students Grade K - 5. The MASK program opens at 6:30 a.m. - 9 a.m. and re-opens from 3 p.m. - 6 p.m. Monday thru Friday. We follow the school's yearly calendar and offer a fun filled summer program.

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### ***Cape Assist***

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#### **Cape Assist**

3819 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 522-5960 (F): (609) 522-4074

**E-Mail:** [Online@capeassist.org](mailto:Online@capeassist.org)

**Website:** [www.capeassist.org](http://www.capeassist.org)

**Purpose:** Prevention and education of drug/alcohol abuse. Peer leadership program, juvenile diversion, parenting work shops and substance abuse counseling/treatment. Hours: 9 a.m. to 4 p.m. Monday thru Friday.

#### **Cape May County Healthy Community Coalition**

3819 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 522-5960 (F): (609) 522-4074

**E-Mail:** [online@capeassist.org](mailto:online@capeassist.org)

**Website:** [www.healthycommunitycoalition.org](http://www.healthycommunitycoalition.org)

**Purpose:** Dedicated to reducing substance abuse in Cape May County. We bring the community members together to create and promote an alcohol, tobacco and drug free environment for our youth.

# Child Health and Adolescent Services

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## *Cape May County Department of Health*

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### Child Health Clinic

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-6835

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provide well child examinations by a health practitioner, screenings for lead exposure and immunizations to children 0-18 who are uninsured or underinsured.

### Early Intervention Service Coordination

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1202;  
609-465-1199

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Enhance the capacity of families to meet developmental and health-related needs of children ages 0-3 who have delays or disabilities by providing quality services and support to families and their children. FOR EARLY INTERVENTION REFERRALS 1-888-653-4463.

**Eligibility:** Cape May County children ages 0-3 years with developmental delays.

# Child Health and Adolescent Services

## Special Child Health Services for Children with Special Needs

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-6841;  
609-465-1199

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Help families meet the needs of their children and assist in accessing community resources. Services are available to any family with a child age 0-21, who is born with or later develops a condition that can impact development, learning or health. We are the single point of entry into the Early Intervention Program, which assists families of children age 0-3. The service coordinator will assist you in obtaining a developmental assessment for your child and help you to access services and community resources. As a team, we will assist in the continual development of an Individual Family Service Plan to address your concerns and ensure that you understand your rights throughout the Early Intervention process.

**Eligibility:** Case Management—Any child age 0-21, who is born with or later develops a condition that can impact on development, learning or health. Service Coordination—Any child age 0-3 with a concern regarding a development delay.

## Women, Infants, Children (WIC)

6 Moore Road  
Cape May Court House, NJ 08210

(P): (609) 465-1224

(F): (609) 465-0432

**Website:** [www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

**Purpose:** WIC (Women, Infants, Children), is a federally-funded program that serves women (pregnant, breastfeeding, or non breastfeeding up to 6 months), infants and children. The WIC Program offers participants checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similar Advance or Isomil Advance. WIC will also cover some specialty formula with State Approval. WIC also provides health care screening and nutrition education.

**Eligibility:** Income based program.

# Child Health and Adolescent Services

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## *Head Start Program*

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### **Gateway Community Action Partnership - Ocean City Head Start Center**

204 East 4th Street  
Ocean City, NJ 08226

(P): (609) 957-6951

**Website:** [www.gatewaycap.org](http://www.gatewaycap.org)

**Purpose:** Head Start is a federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social and emotional development.

**Eligibility:** Federally funded program for income eligible families.

### **Gateway Community Action Partnership - Villas Head Start Center**

25 East Ocean Road  
Villas, NJ 08251

(P): (609) 435-5146

(F): (609) 846-7493

**Website:** [www.gatewaycap.org](http://www.gatewaycap.org)

**Purpose:** Head Start is a federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social and emotional development.

**Eligibility:** Federally funded program for income eligible families.

### **Gateway Community Action Partnership - Wildwood Head Start Center**

2810 Atlantic Avenue  
Wildwood, NJ 08260

(P): (609) 948-3013

**Website:** [www.gatewaycap.org](http://www.gatewaycap.org)

**Purpose:** Head Start is a federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social and emotional development.

**Eligibility:** Federally funded program for income eligible families.

## Child Health and Adolescent Services

### Gateway Community Action Partnership - Woodbine Head Start Center

406 Monroe Avenue  
Woodbine, NJ 08270

(P): (609) 957-6955  
(HS): (856) -497-  
1257 (EHS)

**Website:** [www.gatewaycap.org](http://www.gatewaycap.org)

**Purpose:** Provide an early childhood development program in Atlantic and Cape May Counties for preschool ages 3 years to 5 year old.

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### *Rutgers Cooperative Extension*

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#### 4-H Youth Development Program

355 Courthouse South Dennis Road  
Cape May Court House, NJ 08210

(P): (609) 465-5115 (F): (609) 465-5953

**Website:** [www.cmc4h.com](http://www.cmc4h.com)

**Purpose:** Provide youth the opportunity to develop knowledge and skills in a "learn by doing" environment.

#### Family and Community Health Sciences Program

355 Court House South Dennis Road  
Cape May Court House, NJ 08210

(P): (609) 465-5115 (F): (609) 465-5953

**Website:** [www.njaes.rutgers.edu/fchs](http://www.njaes.rutgers.edu/fchs)

**Purpose:** FCHS translates research into practical advice to help Cape May County Residents stay healthy, enjoy life, be active and reduce healthcare costs. Our areas of emphasis are nutrition, family and parenting. We offer a variety of workshops and publications to help individuals and families make choices that will improve their health and well-being.

## Child Health/Adolescent Services

## Child Health/Adolescent Services

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### *Cape May County Department of Social Services*

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#### **MLTSS (Managed Long Term Services and Support)**

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-9332

**Purpose:** Provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

# Community and Family Care Centers

## Community and Family Care Centers

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### Complete Care Medical & Dental Professionals

3700 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 465-0258 (F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

### Complete Care Medical & Dental Professionals

3 Broadway  
Cape May Court House, NJ 08210

(P): (609) 465-0258 (F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

### Family Service Association

English Creek Avenue, Suite 3  
Egg Harbor Township, NJ 08234

(P): (877) 569-0350

**Website:** <http://fsasj.org/about-us/mission-vision/>

**Purpose:** Improve the quality of life for individuals and families in our community.

### Family Success Center

1046 B Route 47  
Rio Grande, NJ 08242

(P): (609) 778-6226 (F): (609) 886-2353

**Website:** [www.familysuccesscapemay.org](http://www.familysuccesscapemay.org)

**Purpose:** Community gathering place where any resident of Cape May County can go for informational resources and services including family education, housing, employment, health related services and more.

# Community and Family Care Centers

## P.R.A.C. (Puerto Rican Action Committee)

801 Washington Avenue  
Woodbine, NJ 08270

(P): (609) 861-5800

(F): (609) 861-1239

**Website:** [www.pracnj.com](http://www.pracnj.com)

**Purpose:** PRAC identifies and addresses the needs of Hispanic and low income individuals by developing strategies and programs to facilitate socio-economic growth and self sufficiency. Services include Home Energy Assistance Program, Emergency Food Pantry, NJ Share Program, WIC program extension site and referral to other social services in county.

## Salvation Army, Inc.

733 East Chestnut Avenue  
Vineland, NJ 08360

(P): (856) 696-5050

(F): (856) 696-0661

**Website:** [www.salvationarmynj.org](http://www.salvationarmynj.org)

**Purpose:** Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, medical, dental and optical.

## Southern Jersey Family Medical Centers, Inc. - Atlantic City Branch

1301 Atlantic Avenue  
Atlantic City, NJ 08401

(P): (609) 572-0000

(F): (609) 572-0039

**Website:** [www.sjfm.org](http://www.sjfm.org)

**Purpose:** For over 40 years Southern Jersey Family Medical Centers have provided primary health care services to local communities including residents and migrant seasonal farm workers living throughout South Jersey. With 7 primary health care centers, SJFMC is the regions source for high quality health care that reduces the financial and cultural barriers to meet the needs of the community.

## Community and Family Care Centers

### Spanish Community Center - Shore AHEC

Western Division – Administrative Office 303 Sumner Street, Box 61  
Landisville, NJ 08360

(P): (856) 697-2967

(F): (856) 697-0061

**Website:** <https://www.facebook.com/ElCentroHispan/>

**Purpose:** Provides direct services to those in need in Southern New Jersey. Services include HIV/AIDS prevention, education, counseling, translation, drug and alcohol services, bi-lingual therapeutic counseling and Sumner Enrichment Program.

## Community Governmental Agencies

## Community Governmental Agencies

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### Cape May County Department of Aging and Disability Service

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Promote the well-being and inclusion of older persons and those adults with disabilities in Cape May County, by providing information and advocating for services that assist these citizens to maintain independence and quality of life. Hours: 8:30 a.m. - 4:30 p.m. Monday thru Friday.

### Cape May County Department of Health

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1187;  
609-463-6581

(F): (609) 465-6564

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** The Cape May County Department of Health has a goal of improving the health status of our residents. We offer a variety of services including child clinics/services, cancer screenings, sexually transmitted disease clinics, family planning services, lipid screenings, environmental services and health education. We are dedicated to achieving a healthy community by assuring high quality services are accessible to all.

### Social Security Administration

1046 Route 47 South  
Rio Grande, NJ 08242

(P): (800) 772-1213

**Website:** [www.socialsecurity.gov](http://www.socialsecurity.gov)

**Purpose:** Administers social security programs, retirement services, disability and Medicare. Hours: Monday, Tuesday, Thursday, Friday 9 a.m. - 4 p.m.; Wednesday 9 a.m. - 12 p.m..

# Community Governmental Agencies

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## *Cape May County Department of Social Services*

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### **Cape May County Department of Social Services**

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-6200

(F): (609) 889-9332

**E-Mail:** [socialservices@cmcbss.com](mailto:socialservices@cmcbss.com)

**Website:** [capemaycountynj.gov](http://capemaycountynj.gov)

**Purpose:** Work First New Jersey, General Assistance, Food Stamps, Adult Medicaid, Family Medicaid, Emergency Assistance, Adult and Family Services, Certified Home Health Aide, Residential Maintenance/Safe Housing, Adult Protective Services, Housekeeping, Adult Day Services Medical. Hours 8:30 am to 4:30 pm; Monday thru Friday.

## Community Health Services

## Community Health Services

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### AIMS Diagnostic

13-15 Mechanic Street  
Cape May Court House, NJ 08210

(P): (609) 465-7800

**Website:** [www.aimsdiagnostic.com](http://www.aimsdiagnostic.com)

**Purpose:** Mammography center, ultrasound, X-ray and MRI.

### Cape Assist

3819 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 522-5960

(F): (609) 522-4074

**Website:** [www.capeassist.org](http://www.capeassist.org)

**Purpose:** Prevention and education of drug/alcohol abuse. Peer leadership program, juvenile diversion, parenting work shops and substance abuse. Hours: 9 a.m. - 4 pm.

### Epilepsy Foundation of New Jersey - Family Resource Network

1AAA Drive, Suite 203  
Trenton, NJ 08691

(P): (800) 336-5843

(F): (609) 392-5621

**Website:** [www.efnj.com](http://www.efnj.com)

**Purpose:** The Epilepsy Foundation of New Jersey will ensure that people with seizures are able to participate in all life experiences; and will prevent, control and cure epilepsy through services, education, advocacy and research.

### Overeaters Anonymous

Holy Trinity Episcopal Church - 2998 Bay Ave, 30th and Bay Avenue  
Ocean City, NJ 08226

(P): (609) 233-5447

**Website:** [www.aa.org](http://www.aa.org)

**Purpose:** Fellowship of individuals who thru shared experiences, strength and hope are recovering from compulsive overeating. Meet on Tuesday at 5:30 p.m. Please call ahead before attending meetings. Online and phone meetings available if you check our website.

# Community Health Services

## Poison Control NJ

140 Bergen Street, Suite G1600  
Newark, NJ 07103

(P): (800) 222-1222;  
(973) -972-9280  
(Administrative Office)

**Website:** [www.njpies.org](http://www.njpies.org)

## Volunteers in Medicine Clinic

423 Route 9  
Cape May Court House, NJ 08210

(P): (609) 463-2846 (F): (609) 463-2830

**E-Mail:** [info@vimsj.org](mailto:info@vimsj.org)

**Website:** [www.vimcmc.org](http://www.vimcmc.org)

**Purpose:** Provides medical, pediatric and eye care services to financially eligible individuals and families who otherwise have no access to health insurance. Hours: 10 a.m. - 2 p.m. Monday thru Friday.

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## *Cape May County Department of Health*

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## Cape May County Discount Prescription Card

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1200

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Help lower the cost of prescription medication and other health services, regardless of insurance coverage. This discount applies to pet medications as well! These cards are available at Cape May County Department of Health, located at 6 Moore Road in Cape May Court House, NJ 08210.

# Community Health Services

## Family Planning

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1194

(F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provides confidential reproductive healthcare and education. Services include pap smear, sexually transmitted disease testing, pregnancy tests and birth control methods.

**Eligibility:** Women of child bearing age and men 13-45. Services are free to teens 18 and under.

## Physical Therapy

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1196

(F): (609) 463-6783

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Outpatient services for orthopedic and sports injuries, as well as geriatric and pediatric rehabilitation needs.

**Eligibility:** A physician referral required.

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## *Cape Regional Health System*

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## Balance Center

Cape Regional Medical Commons, 223 North Main Street, Suite 102  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Diagnose balance disorders and provide treatment to improve well being, functioning and independence of affected individuals.

## Cape Radiology

4011 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Serving the outpatient radiology needs of Cape May County, Cape Radiology offers an array of advanced diagnostic imaging.

**Eligibility:** A physician referral is required.

## Community Health Services

### Cape Regional Physicians Associates

336 96th Street, Suite 1  
Stone Harbor , NJ 08247

(P): (609) 967-0070

(F): (609) 967-0077

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Family medicine, primary care and internal medicine.

### Cape Regional Physicians Associates

11 Village Drive  
Cape May Court House, NJ 08210

(P): (609) 465-2273

(F): (609) 463-0235

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Adult primary care, internal medicine, endocrinology and neurology.

### Cape Regional Physicians Associates

Unit 9, Cedar Square Shopping Center, 2087 Route 9  
Seaville, NJ 08230

(P): (609) 486-5150

(F): (609) 486-6798

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Primary care and family medicine.

### Cape Regional Physicians Associates

3806 Bayshore Road  
North Cape May, NJ 08204

(P): (609) 898-7447

(F): (609) 898-1912

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Primary care and family medicine.

### Cape Regional Physicians Associates

4011 Route 9 South, Suite 201  
Rio Grande, NJ 08242

(P): (609) 770-7788

(F): (609) 770-7774

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Primary care and family medicine.

## Community Health Services

### Cape Regional Physicians Associates

Cape Regional Medical Commons, 211 North Main Street, Suite 203  
Cape May Court House, NJ 08210

(P): (609) 536-8272

(F): (609) 536-8273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Primary care

### Cape Regional Physicians Associates

210 South Shore Road, Suite 103  
Marmora, NJ 08223

(P): (609) 536-3020

(F): (609) 938-1710

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Family medicine.

### Cardiac and Pulmonary Rehabilitation Program at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Cardiac rehab is a medically supervised program of exercise and education. It is designed for people recovering from angina, heart attack, heart bypass surgery, congestive heart failure, heart valve replacement/repair, angioplasty/stents, and heart transplant.

### Center for Lifestyle Management at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-4043

(F): (609) 463-4044

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Offers an extensive variety of support groups, health literature, educational classes, wellness program and information about healthcare services.

# Community Health Services

## Emergency Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** To provide emergency care by highly skilled medical team certified in emergency care, trauma care, and adult and pediatric life support.

**Eligibility:** Individuals in need of emergency medical care. Our Urgent Care Offices are available for non-emergency visits.

## Imaging Services at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Provides MRI Imaging in a new state-of-the-art facility. The MRI is designed to provide high performance imaging and faster exam times in an open, patient-friendly scanning environment. MRI is used to detect problems of the abdomen, blood vessels, bones and joints, chest, head and brain (including ears) and spine.

**Eligibility:** A physician referral is required.

## Pathology and Laboratory Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** To provide convenient blood draw services and specimen analysis. Available seven days a week.

**Eligibility:** A physician referral is required.

# Community Health Services

## Rehabilitation Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Assists in overcoming limitations caused by injury, illness, psychological or emotional difficulties, developmental delay, and the effects of aging. Their goal is to assist each individual to move from dependence to independence, maximizing personal productivity, well being and quality of life.

**Eligibility:** Individuals who need physical, occupational or speech therapy. A physician referral is required.

## Respiratory Care at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Provides state-of-the-art services for individuals who require treatment for a variety of breathing disorders. The respiratory therapists help diagnose, treat, manage, rehabilitate and provide preventive care.

## Safe Syringe Program at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** If you are a diabetic or other injection-dependent person, proper disposal of “sharps” – syringes and lancets – can be a problem. The Safe Syringe Disposal Program ensures that “sharps” do not hurt your family or the environment. Registration is required.

# Community Health Services

## Sleep Care Center

Hope Medical Commons, 210 South Shore Road, Suite 103  
Marmora, NJ 08223

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Dedicated to the diagnosis and treatment of sleep disorders for adults and children. The Sleep Care Center offers the latest diagnostic technologies with a home-like atmosphere to help you find relief and finally get a good night's sleep.

## Sleep Care Center at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Dedicated to the diagnosis and treatment of sleep disorders for adults and children. The Sleep Care Center offers the latest diagnostic technologies with a home-like atmosphere to help you find relief and finally get a good night's sleep.

## The Wound Care Center - Located on Medical Center campus

302 North Main Street, Route 9  
Cape May Court House, NJ 08210

(P): (609) 463-4260

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Provides inpatients and outpatients with an evidenced-based wound care program, individualized to the needs of the patient.

# Counseling and Behavioral Health Services

## Counseling and Behavioral Health Services

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### Cape Counseling Services

128 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-4100

(F): (609) 465-2588

**Website:** [www.capecounseling.org](http://www.capecounseling.org)

**Purpose:** Provide behavioral health counseling, psychiatric assessment and medication monitoring.

### Catholic Charities - Community & Family Center

Village Shoppes, 1304 Route 47 South  
Rio Grande, NJ 08242

(P): (609) 886-2662

(F): (609) 886-3583

**Website:** [www.catholiccharitiescamden.org](http://www.catholiccharitiescamden.org)

**Purpose:** Emergency assistance including food and clothing. Clothing voucher available. Food pantry hours: Wednesday 8:45 a.m. to 11:30 a.m.

### Coalition Against Rape & Abuse, Inc. (C.A.R.A.)

P.O. Box 774  
Cape May Court House, NJ 08210

(P): (609) 522-6489;  
(877) 294-2272

(F): (609) 463-0967

**E-Mail:** [carasafe1@cara-inc.net](mailto:carasafe1@cara-inc.net)

**Website:** [www.cara-cmc.org](http://www.cara-cmc.org)

**Purpose:** 24-Hour crisis response for sheltering, emergency assistance for basic necessities, counseling, advocacy information and referral, community education and support groups.

# Counseling and Behavioral Health Services

## Families Matter Behavioral Health Services

899 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-8666,  
(877) 733-0400

**Website:** <http://www.familiesmatternj.org/>

**Purpose:** Provide in-home and outpatient behavioral health services to children and families within Southern New Jersey. Services include individual, couples, family and group therapy as well as Intensive Outpatient Program for drug and alcohol abuse. Nurturing Parenting Program available. Hours: 9 a.m. to 8 p.m. Monday thru Thursday and Friday 9 a.m. to 5 p.m.

**Eligibility:** Resident of Southern New Jersey

## Family Court Assessment Team (FCAT)

134 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-1373

(F): (609) 465-8603

**Purpose:** Provides services for family assessment, client advocacy, substance abuse evaluation, family counseling, and drug/alcohol counseling to improve family functioning and strengthen the family unity.

## John Brooks Recovery Center

660 Blackhorse Pike  
Pleasantville, NJ 08232

(P): (609) 345-2020

**Website:** [www.jbrcnj.org](http://www.jbrcnj.org)

**Purpose:** Substance abuse treatment, AIDS counseling and detox services.

## Where Kids Thrive

228 Kings Highway East, Suite 102  
Haddonfield, NJ 08033

(P): (609) 889-8100

(F): (888) 238-6536

**E-Mail:** [admin@wherelkidsthive.com](mailto:admin@wherelkidsthive.com)

**Website:** [www.wherelkidsthive.com](http://www.wherelkidsthive.com)

**Purpose:** To provide in-home and center-based counseling and educational services to children and families.

# Diabetes

# Diabetes

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## *Cape May County Department of Health*

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### **Diabetes, Blood Pressure and Lipids Screening and Education**

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1200 (F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Screen for diabetes, blood pressure and lipids. This includes testing, education and referral.

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## *Cape Regional Health System*

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### **Diabetes Education**

210 South Shore Road  
Marmora, NJ 08223

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Through individual or group classes, patients and family members are taught everything they need to know about exercise, medication, diet, foot care, long term complications, blood glucose monitoring and how to set and achieve healthy goals. Classes meet for two hours each week for four weeks.

**Eligibility:** Individuals with diabetes or family members of diabetics.

### **Diabetes Education at Cape Regional Medical Center**

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Through individual or group classes, patients and family members are taught everything they need to know about exercise, medication, diet, foot care, long term complications, blood glucose monitoring and how to set and achieve healthy goals. Classes meet for two hours each week for four weeks.

**Eligibility:** Individuals with diabetes or family members of diabetics.

# Diabetes

## Safe Syringe Program at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** If you are a diabetic or other injection-dependent person, proper disposal of “sharps” – syringes and lancets – can be a problem. The Safe Syringe Disposal Program ensures that “sharps” do not hurt your family or the environment. Registration is required.

## Diet and Nutrition

## Diet and Nutrition

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### Salvation Army, Inc.

733 East Chestnut Avenue  
Vineland, NJ 8360

(P): (856) 696-5050

**Website:** [www.salvationarmynj.org](http://www.salvationarmynj.org)

**Purpose:** Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, medical, dental and optical needs.

### Spanish Community Center - SHOREAhec

Western Division – Administrative Office 303 Sumner Street, Box 61  
Landisville, NJ 08326

(P): (856) 697-2967

**Website:** [www.spanishcommunitycenter-shorehec](http://www.spanishcommunitycenter-shorehec)

**Purpose:** Provides direct services to those in need in Southern New Jersey. Services include HIV/AIDS prevention, education, counseling, translation, referral, ESL as a Second Language, drug/alcohol services, bi-lingual therapeutic counseling and Summer Enrichment Program. Hours 8:30 am - 4:30 pm Monday thru Friday (evening if needed); Closed 12 p.m. - 1 p.m. for lunch.

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## *Cape May County Department of Aging and Disability Service*

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### "Meals on Wheels"

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Purpose:** Provide meals to older persons in their homes. We also provide meals on weekends and holidays to our clients in most need.

# Diet and Nutrition

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## *Cape May County Department of Health*

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### Early Intervention Service Coordination

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1202; (F): (609) 463-0511  
(609) 465-1199

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Enhance the capacity of families to meet developmental and health-related needs of children birth to age three who have delays or disabilities by providing quality services and support to families and their children. FOR EARLY INTERVENTION REFERRALS 1-888-653-4463.

**Eligibility:** Cape May County children ages 0-3 years with developmental disorders.

### Women, Infants, Children (WIC)

6 Moore Road  
Cape May Court House, NJ 08210

(P): (609) 465-1224 (F): (609) 465-0432

**Website:** [www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

**Purpose:** WIC (Women, Infants, Children), is a federally-funded program that serves women (pregnant, breastfeeding, or non breastfeeding up to 6 months), infants and children. The WIC Program offers participants checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similar Advance or Isomil Advance. WIC will also cover some specialty formula with State Approval. WIC also provides health care screening and nutrition education.

**Eligibility:** Income based program.

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## *Cape May County Nutrition Programs*

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### Howard Stainton Ocean City Senior Center

1735 Simpson Avenue  
Ocean City, NJ 08226

(P): (609) 398-2552

**Website:** <http://www.ocnj.us/index.cfm?fuseaction=content.mapLocation&mapLocationId=40602>

**Purpose:** Serve nutritious weekday meals. Need a ride to the seniorcenter? Call FARE FREE Transportation at (609)-889-3700.

**Eligibility:** Age 60 years and older.

# Diet and Nutrition

## Lower Cape Senior Center

2612 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-5161

**Website:** <http://capemaycountynj.gov/289/Senior-Centers>

**Purpose:** Serve nutritious weekday meals. Need a ride to the seniorcenter? Call FARE FREE Transportation at (609)-889-3700.

**Eligibility:** Age 60 years and older.

## North Wildwood Senior Center

900 Central Avenue  
North Wildwood, NJ 08260

(P): (609) 522-7611

**Website:** <http://capemaycountynj.gov/289/Senior-Centers>

**Purpose:** Serve nutritious weekday meals. Need a ride to the seniorcenter? Call FARE FREE Transportation at (609)-889-3700.

**Eligibility:** Age 60 years and older.

## Upper Township Senior Center

1369 Old Stagecoach Road  
Ocean View, NJ 08230

(P): (609) 390-9409

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Serve nutritious weekday meals.

**Eligibility:** Age 60 years and older.

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## *Food Pantries*

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## Bethel Commandment Church Food Pantry

402 South George Street  
Whitesboro, NJ 08252

(P): (609) 465-0356

(F): (609) 463-5084

**E-Mail:** [inforequest@bccofnj.org](mailto:inforequest@bccofnj.org)

**Website:** [bccofnj.org/page1.php](http://bccofnj.org/page1.php)

**Purpose:** Hours: Tuesday 9 a.m. - 11 a.m.; Thursday 4 p.m. - 6 p.m.

# Diet and Nutrition

## Catholic Charities Food Pantry

Village Shoppes, 1304 Route 47 South  
Rio Grande, NJ 08242

(P): (609) 886-2662

(F): (609) 886-3583

**Website:** [www.catholiccharitiescamden.org](http://www.catholiccharitiescamden.org)

**Purpose:** Emergency assistance including food, clothing. Clothing voucher available. Food pantry hours: Wednesday, 8:45 a.m. - 11:30 a.m.

## Coalition Against Rape & Abuse, Inc. (C.A.R.A.) Food Pantry

800 Route 9 South; P.O. Box 774 (Mailing)  
Cape May Court House, NJ 08210

(P): (609) 522-6489

**Website:** [www.cara-cmc.org](http://www.cara-cmc.org)

**Purpose:** Hours: Monday thru Friday, 9 a.m. - 4:30 p.m.

## Concerned Citizens of Whitesboro Food Pantry

100 East Main Street  
Whitesboro, NJ 08252

(P): (609) 536-8352

**Website:** [www.concernedcitizensofwhitesboro.com](http://www.concernedcitizensofwhitesboro.com)

**Purpose:** Hours: Monday thru Friday, 9 a.m. - 12 p.m.

## Family Success Center Food Pantry

1046 Route 47 South  
Rio Grande, NJ 08242

(P): (609) 778-6225

**Website:** [www.familysuccesscapemay.org](http://www.familysuccesscapemay.org)

**Purpose:** Hours: Tuesday, 1p.m. - 6 p.m.

## First Presbyterian Church of Wildwood - Lazarus House Food Pantry

Pacific and Burk Avenue  
Wildwood, NJ 08260

(P): (609) 522-1500

**Website:** <http://lazarushouseministries.org/>

**Purpose:** Hours: Monday, Wednesday and Friday, 10 a.m. - 12 p.m.

# Diet and Nutrition

## Green Creek Methodist Church Food Pantry

386 Route 47 South ; PO Box 123 (Mailing)  
Green Creek, NJ 08219

(P): (609) 889-0474;  
(609) 889-6196

**Website:** [www.greencreekumc.org](http://www.greencreekumc.org)

**Purpose:** 3rd Wednesday of each month, 5 pm - 6 pm.

**Eligibility:** Call for details of eligibility (609) 889-0474.

## Holy Redeemer Food Pantry

1801 Route 9 North  
Swainton, NJ 08210

(P): (609) 465-2082

**Website:** [www.holyredeemer.com](http://www.holyredeemer.com)

**Purpose:** Hours: Monday, Tuesday and Thursday; 9 a.m. to 12 p.m..

**Eligibility:** Proof of address - photo ID and proof of residency required for registration.

## Holy Spirit Lutheran Church Food Pantry

1220 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-2414

**Purpose:** Hours: 9 a.m. - 12 p.m.; 2nd and 4th Thursday of the month.

**Eligibility:** Proof of address - photo ID and proof of residency required for registration.

## Mobile Pantry of Rio Grande

Village Shoppes, 1304 Route 47 South  
Rio Grande, NJ 08242

(P): (609) 383-8843

(F): (609) 383-0474

**Website:** [www.cfbnj.org](http://www.cfbnj.org)

**Purpose:** Mobile Food Pantry located at the (Catholic Charities 1304 Route 47 South Village Shoppe) parking lot of the Village Shoppes Route 47 South in Rio Grande, New Jersey, on the 2nd Friday of the month; 10 a.m. - 12 p.m. Must Register.

**Eligibility:** Call for details of eligibility (609) 383-8843.

## Diet and Nutrition

### Ocean City Ecumenical Council Community - St. Peters Methodist Church Food Pantry

Alley Between 8th and Central Avenue  
Ocean City, NJ 08226

(P): (609) 398-3131

**Website:** [www.ocecnj.org](http://www.ocecnj.org)

**Purpose:** The entrance is located in the alley between Wesley Avenue and Central Avenue. Hours: Monday thru Friday, 1 p.m. - 3 p.m.

**Eligibility:** Proof of residency and photo ID required.

### Seashore Community Church Food Pantry

446 Seashore Road  
Erma, NJ 08204

(P): (609) 886-6196

(F): (609) 886-6042

**E-Mail:** [seashorechurch@gmail.com](mailto:seashorechurch@gmail.com)

**Website:** [www.seashorecommunity.com](http://www.seashorecommunity.com)

**Purpose:** Hours: Monday, Wednesday and Friday, 10 a.m. - 12 p.m. for perishable items. Wednesday, 10 a.m. - 12 p.m. for non-perishable items.

### St. Barnabas By the Bay Episcopal Church Food Pantry

13 West Bates Avenue  
Villas, NJ 08251

(P): (609) 886-5960

**Website:** <http://www.saintbarnabasvillas.org/Food-Pantry-and-Clothes-Closet.html>

**Purpose:** Food Pantry hours Tuesday, 6 to 7 pm. Thrift Shop Tuesday, Wednesday, Thursday & Saturday 11 am to 3 pm. Friday 11am - 7pm.

**Eligibility:** Proof of residency and photo ID required

### St. Maximilian Kolbe Parish; St. Casimir Church Food Pantry

304 Clay Street  
Woodbine, NJ 08270

(P): (609) 861-5992

**Website:** [www.saintmaxkolbe.com](http://www.saintmaxkolbe.com)

**Purpose:** Hours: Tuesday, Thursday and Saturday, 9:30 a.m. - 12 p.m.

**Eligibility:** Proof of residency and photo ID required.

# Diet and Nutrition

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## *Rutgers Cooperative Extension*

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### Family and Community Health Sciences Program

355 Courthouse South Dennis Road  
Cape May Court House, NJ 08210

(P): (609) 465-5115

(F): (609) 465-5953

**Website:** [njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)

**Purpose:** FCHS translates research into practical advice to help Cape May County Residents stay healthy, enjoy life, be active and reduce healthcare costs. Our areas of emphasis are nutrition, family and parenting. We offer a variety of workshops and publications to help individuals and families make choices that will improve their health and well-being.

## Disability Information

## Disability Information

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### Blind Center of the Jersey Cape

P.O. Box 624  
Cape May Court House, NJ 08210

(P): (609) 624-0931

**E-Mail:** [info@blindcenterjerseycape.org](mailto:info@blindcenterjerseycape.org)

**Website:** [www.blindcenterjerseycape.org](http://www.blindcenterjerseycape.org)

**Purpose:** Various programs offered including drama, music, arts and crafts, exercise and various local guest speakers. Meet at The First United Methodist Church of Avalon, 3344 Dune Drive in Avalon, NJ 08202 on Tuesday and Thursday 10 a.m. - 2 p.m.

**Eligibility:** Open to all blind and visually-impaired residents of Cape May County.

### Cape May County Surrogate's Office

9 North Main Street  
Cape May Court House, NJ 08210

(P): (609) 463-6666

(F): (609) 463-6454

**Website:** [www.capemaycountysurrogate.gov](http://www.capemaycountysurrogate.gov)

**Purpose:** Probate of wills and questions regarding mental incompetency.  
Hours: Monday thru Friday, 8:30 a.m. - 4:30 p.m.

**Eligibility:** Cape May County residents over the age of 18.

### CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2  
Margate, NJ 08402

(P): (609) 823-1850

(F): (609) 823-1938

(Atlantic Cape May  
County)

**E-Mail:** [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

**Website:** [www.contactcapeatlantic.org](http://www.contactcapeatlantic.org)

**Purpose:** Volunteers provide telephone reassurance and community support for the elderly and disabled.

# Disability Information

## NJ Division of Vocational Rehabilitation Services

3810 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 523-0330

(F): (609) 523-0212

**Website:** [www.careerconnections.nj.gov](http://www.careerconnections.nj.gov)

**Purpose:** Assist persons with disabilities or with disabling conditions find and maintain employment. Hours: 8:30am - 4:30 p.m. Monday thru Friday.

**Eligibility:** New Jersey residents; must have some cognitive, physical or mental health condition that presents a barrier to getting or maintaining a job.

## The Arc of Cape May County, Inc.

822 Route 47  
South Dennis, NJ 08245

(P): (609) 861-7100

(F): (609) 861-0591

**Website:** [www.arcofcapemay.org](http://www.arcofcapemay.org)

**Purpose:** Promotes and protects the human rights of individuals with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. The Arc of Cape May County, Inc. is committed to enhancing the quality of life of those individuals and their families through direct services, advocacy, empowerment, education and prevention.

**Eligibility:** Eligibility is determined by the New Jersey Department of Children and Families for individuals under 22 and through the New Jersey Division of Developmental Disabilities for people 22 and over. We have a social/recreational component that is open to any

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## ***Cape May County Department of Aging and Disability Service***

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## Managed Long Term Services and Support (MLTSS)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

**Eligibility:** New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration. Office hours Monday thru Friday, 8:30 am to 4:30 pm.

## Disability Information

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### ***Cape May County Department of Aging and Disability Services***

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#### **Adult Protective Services**

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** To provide services necessary to safeguard a vulnerable adult's rights and resources, and to protect a vulnerable adult from abuse, neglect or exploitation.

**Eligibility:** Individual must be 18 years or older.

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### ***Cape May County Department of Health***

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#### **Early Intervention Service Coordination**

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1202;  
609-465-1199

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Enhance the capacity of families to meet developmental and health-related needs of children ages 0-3 who have delays or disabilities by providing quality services and support to families and their children. FOR EARLY INTERVENTION REFERRALS 1-888-653-4463.

**Eligibility:** Cape May County children ages 0-3 years with developmental delays.

# Disability Information

## Special Child Health Services for Children with Special Needs

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-6841;  
609-465-1199

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Help families meet the needs of their children and assist in accessing community resources. Services are available to any family with a child age 0-21, who is born with or later develops a condition that can impact development, learning or health. We are the single point of entry into the Early Intervention Program, which assists families of children age 0-3. The service coordinator will assist you in obtaining a developmental assessment for your child and help you to access services and community resources. As a team, we will assist in the continual development of an Individual Family Service Plan to address your concerns and ensure that you understand your rights throughout the Early Intervention process.

**Eligibility:** Case Management—Any child age 0-21, who is born with or later develops a condition that can impact on development, learning or health. Service Coordination—Any child age 0-3 with a concern regarding a development delay.

# Educational and Vocational Educational and Vocational

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## Atlantic Cape Community College

341 Court House/South Dennis Road  
Cape May Court House, NJ 08210

(P): (609) 463-4774

(F): (609) 463-3645

**Website:** [www.atlantic.edu](http://www.atlantic.edu)

**Purpose:** Provide education to students of all ages in the community.

## Cape May County One Stop Career Center

3810 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 729-2234

**Website:** [capemaycountynj.gov](http://capemaycountynj.gov)

**Purpose:** Job training, education and employment services. Specific services target unemployed and dislocated workers, youths, veterans, ex-offenders, age 55+ and those who have a physical or mental disability.

## Cape May County Vocational Technical High School

188 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 380-0200  
Ext. 664

(F): (609) 465-3069

**Website:** <http://www.capemaytech.com>

**Purpose:** Provide education to children of high school age.

## CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2  
Margate, NJ 08402

(P): (609) 823-1850  
(Atlantic Cape May  
County)

(F): (609) 823-1938

**E-Mail:** [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

**Website:** [www.contactcapeatlantic.org](http://www.contactcapeatlantic.org)

**Purpose:** Volunteers provide telephone reassurance and community support for the elderly and disabled.

# Educational and Vocational

## Division of Vocational Rehabilitation Services

3810 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 523-0330

(F): (609) 523-0212

**Purpose:** Employment-related services for the disabled. Hours: 8:30 a.m. - 4:30 p.m.

## HYPE Program

The Village Shoppes, 1304 Route 47, Unit WL  
Rio Grande, NJ 08242

(P): (609) 600-1220

**Purpose:** Youth ages 17-24. This program helps with GED/diploma readiness and career planning.

## Jersey Cape Diagnostic Training & Opportunity Center, Inc.

152 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-4177

(F): (609) 465-3899

**Website:** <http://www.jcdtoc.org/contact-jersey-cape-diagnostic-training-and-opportunity-center/>

**Purpose:** Extended employment, community job placement, supported employment, retention and career counseling for individuals with disabilities, in school at risk students, school drop outs and welfare recipients.

## Job Readiness Program

The Village Shoppes, 1304 Route 47, Unit WL  
Rio Grande, NJ 08242

(P): (609) 600-1220

**Purpose:** Employee services and career planning.

## Educational and Vocational

### Literacy Volunteers – Cape-Atlantic, Inc.

743 North Main Street  
Pleasantville, NJ 08232

(P): (609) 383-3377

(F): (609) 383-0234

**E-Mail:** [www.literacyvolunteers@comcast.net](mailto:www.literacyvolunteers@comcast.net)

**Purpose:** Literacy education program that provides free, student-centered training to adults who function at the lowest literacy levels. Hours: Monday thru Thursday 9 a.m. - 4 p.m. and Friday 9 a.m. - 11:30 a.m.

### New Jersey Career Connection Mature Worker (55+) Services

3810 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 729-0997

(F): (609) 729-8455

**Website:** [www.careerconnections.nj.gov](http://www.careerconnections.nj.gov)

**Purpose:** Federally-funded program committed to empowering economically disadvantaged seniors to achieve independence and control of their futures. The aim of Workforce 55+ is to help mature workers to return to the workforce through an "earn while you learn" program. The program partners with community-based, nonprofit organizations and government agencies to provide participants with training to update their skills. Program participants receive counseling, assessments and training to obtain employment.

**Eligibility:** Age 55 and older, seeking employment training, currently unemployed or living on a limited income. To participate in Workforce 55+ you will need photo ID, Social Security card, birth certificate, proof of income. Hours: 8:30 a.m. to 4:30 p.m.

### ODOSY – Opening Doors for Out-of-School Youth

1121 Route 47 Robbins Nest Plaza  
Rio Grande, NJ 08242

(P): (609) 889-6803  
Ext. 213

(F): (609) 889-6807

**Website:** [www.odosy.com](http://www.odosy.com)

**Purpose:** Employment services for income-eligible Cape May County youths ages 16 to 21 who have not completed high school or who are high school graduates, but are unemployed or underemployed (working part time).

## Educational and Vocational

### PREP – Preparing to Reach Employment Potential

1121 Route 47 Robbins Nest Plaza  
Rio Grande, NJ 08242

(P): (609) 889-6803  
Ext. 219

(F): (609) 889-6807

**Website:** [www.cmcrep.com](http://www.cmcrep.com)

**Purpose:** Traveling program that provides comprehensive career counseling services for income-eligible at-risk students attending Cape May County high schools.

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### *Cape Regional Health System*

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### Lifestyle Management at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-4043

(F): (609) 463-4044

**Website:** [www.caperregional.com](http://www.caperregional.com)

## Environmental Health

## Environmental Health

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### Cape May County Department of Mosquito Control

35 North Route 47  
Cape May Court House, NJ 08210

(P): (609) 465-9038

(F): (609) 465-7228

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Manage the mosquito population using an integrated control approach stressing environmental safety, economics, efficacy, research and surveillance in order to protect the health and welfare of the citizens and visitors of Cape May County. Hours: 7 a.m. - 3 p.m.

### The Wetlands Institute

1075 Stone Harbor Boulevard  
Stone Harbor, NJ 08247

(P): (609) 368-1211

(F): (609) 368-3871

**E-Mail:** [admissions@wetlandsinstitute.org](mailto:admissions@wetlandsinstitute.org)

**Website:** [www.wetlandinstitute.org](http://www.wetlandinstitute.org)

**Purpose:** At The Wetland Institute of Stone Harbor, NJ, we promote appreciation, understanding, and stewardship of coastal and wetland ecosystems through programs in research, conservation, and education.

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## *Cape May County Department of Health*

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### Environmental Health

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1209

(F): (609) 465-6564

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Working to protect you and your environment by conducting many environmental and public health programs. Some of these services include year-round and seasonal retail food inspections, recreational bathing facility inspections, campground inspections, seasonal recreational water sampling (Ocean), septic system plan review and inspection (soil witnessing), hazardous material (Haz-Mat) unit and rabies investigation.

## Family Crisis Information and Referrals

## Family Crisis Information and Referrals

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### American Red Cross

850 North Franklin Boulevard  
Pleasantville, NJ 08232

(P): (609) 646-8330

**Website:** [www.redcross.org](http://www.redcross.org)

**Purpose:** Provide service to military, veterans and their families for disaster relief, health and safety training, international aid and blood services.

### Caring for Kids

31 East Mechanic Street  
Cape May Court House, NJ 08210

(P): (609) 675-5400;  
(609) 4085220

**E-Mail:** [caringforkids@comcast.net](mailto:caringforkids@comcast.net)

**Website:** [www.caringforkidsnj.com](http://www.caringforkidsnj.com)

**Purpose:** Home visitation providing parenting support and classes. Linking families with resources by matching individuals and needs with caring community partners.

### Catholic Charities - Community and Family Center

1304 Route 47 South Village Shoppes  
Rio Grande, NJ 08242

(P): (609) 886-2662

(F): (609) 886-3583

**Website:** <http://catholiccharitiescamden.org/?staff=cape-may-county>

**Purpose:** Emergency assistance including food and clothing. Clothing vouchers are available. Food pantry hours: Wednesday, 8:45 a.m. - 11:30 a.m. Prepared meals available Monday thru Friday, 8:30 a.m. - 4 p.m. Office hours: 8:30 a.m. to 4 p.m. Monday thru Friday.

## Family Crisis Information and Referrals

### Department of Children and Families Division of Child Protection and Permanency - Cape May County Office

3150 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 463-9652; (F): (609) 463-5210  
(800) 531-1259

**E-Mail:** [askdcf@dcf.state.nj.us](mailto:askdcf@dcf.state.nj.us)

**Website:** [www.state.nj.us/dcf](http://www.state.nj.us/dcf)

**Purpose:** Child Protection and Permanency's mission is to ensure the safety, permanency, and well-being of children and support families. CP&P is responsible for investigating allegations of child abuse and neglect and, if necessary, arranging for the child's protection and the family's treatment.

### Family Promise of Cape May County

505 Town Bank Road  
North Cape May, NJ 08204

(P): (609) 350-4875;  
(609) -846-7862

**Website:** <http://www.familypromisecmc.org/>

**Purpose:** Provide shelter, meals and case management for homeless families.

### Native American Advancement Corporation

304 Clay Avenue  
Woodbine, NJ 08270

(P): (609) 861-5992

**Website:** [www.savenergynj.com](http://www.savenergynj.com)

**Purpose:** Weatherization and energy assistance to home owners in need.

### Puerto Rican Action Committee (P.R.A.C.)

801 Washington Avenue  
Woodbine, NJ 08270

(P): (609) 861-5800 (F): (609) 861-1239

**Website:** [www.pracnj.com](http://www.pracnj.com)

**Purpose:** PRAC identifies and addresses the needs of Hispanic and low income individuals by developing strategies and programs to facilitate socio-economic growth and self sufficiency.

# Family Crisis Information and Referrals

## Salvation Army, Inc.

733 East Chestnut Avenue  
Vineland, NJ 08360

(P): (856) 696-5050

**Website:** [www.salvationarmynj.org](http://www.salvationarmynj.org)

**Purpose:** Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, medical, dental and optical. Hours: 8:30 a.m. - 4 p.m. Monday thru Friday.

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## *Cape May County Department of Social Services*

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### Cape May County Department of Social Services

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-6200

(F): (609) 889-9332

**E-Mail:** [socialservices@cmcbss.com](mailto:socialservices@cmcbss.com)

**Website:** [capemaycountynj.gov](http://capemaycountynj.gov)

**Purpose:** Provide many services such as Work First New Jersey, General Assistance, Food Stamps, Adult Medicaid, Family Medicaid, Emergency Assistance, Adult and Family Services. Hours 8:30 am to 4:30 pm; Monday thru Friday.

### Homeless Hotline

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-1325;  
Hotline - (877) 886-1325

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Emergency placement of homeless population when weather conditions pose a danger. Office hours: Monday thru Friday, 8:30 a.m. - 4:30 p.m. Please call the hotline outside of the office hours.

## Family Crisis Information and Referrals

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### *State of New Jersey Department of Children and Families*

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#### Mobile Response and Stabilization Services

(P): (877) 652-7624

**Website:** <http://www.nj.gov/dcf/families/csc/mobile/>

**Purpose:** Mobile response and stabilizations services are available 24 hours a day, seven day a week, to help children and youth who are experiencing emotional or behavioral crises. The services are designed to defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situation (such as a foster home, treatment home or group home) in the community.

# Health Screenings

# Health Screenings

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## *Cape May County Department of Health*

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### **AIDS Counseling and Testing**

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1193 (F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provide HIV testing and counseling.

### **Cancer Education and Early Detection (CEED)**

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1047 (F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** The Cancer Education and Early Detection Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County Residents. Women ages 40-64 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

### **Diabetes, Blood Pressure, and Lipids Screening and Education**

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1200 (F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Screen for diabetes, blood pressure and lipids. This includes testing, education and referral.

# Health Screenings

## Sexually Transmitted Diseases Clinic (STD)

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1193

(F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Testing is available for Chlamydia, Gonorrhea, Syphilis and HIV. Certain other screenings are also available. Hepatitis A and B vaccines are available after sexually transmitted disease screening. Most treatments are available. Hours: Monday, 9 a.m. - 12 p.m. by appointment only; Tuesday, 1:30 p.m. - 5:30 p.m. walk in.

## HIV/AIDS Counseling and Testing

## HIV/AIDS Counseling and Testing

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### Access One

730 Shore Road  
Somers Point, NJ 08244

(P): (609) 927-6662  
Ext. 6

(F): (609) 927-2942

**E-Mail:** [info@njaccessone.com](mailto:info@njaccessone.com)

**Website:** [www.accessoneinc.com](http://www.accessoneinc.com)

**Purpose:** Providing case management services and coordinating and arranging for the provision of primary medical care services for individuals infected and affected by HIV/AIDS.

### John Brooks Recovery Center

1315 Pacific Avenue  
Atlantic City, NJ 08232

(P): (609) 345-2020

**Website:** [www.jbrcnj.org](http://www.jbrcnj.org)

**Purpose:** Substance abuse treatment, AIDS counseling, DWI and detox services.

### South Jersey AIDS Alliance

603 Franklin Avenue  
Woodbine, NJ 08270

(P): (609) 861-2631

(F): (609) 861-2731

**Website:** [www.southjerseyaidsalliance.org](http://www.southjerseyaidsalliance.org)

**Purpose:** Community service organization providing HIV case management, transportation assistance, food bank, delivered meals and support groups for individuals living with HIV/AIDS

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## *Cape May County Department of Health*

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### AIDS Counseling and Testing

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1193

(F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provide HIV testing and counseling.

# Home Health Agencies

## Home Health Agencies

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### Atlantic Cape Home Care

1028 Asbury Avenue  
Ocean City, NJ 08226

(P): (609) 399-4788

(F): (609) 525-0242

**E-Mail:** [atlanticcapehomecare@comcast.net](mailto:atlanticcapehomecare@comcast.net)

**Website:** [www.atlanticcapehomecare.com](http://www.atlanticcapehomecare.com)

**Purpose:** Provides professional home health aides under the supervision of an RN. The company is owned and operated by certified senior advisors. A case manager is available 24/7.

### Compassionate Care Hospice

518 South Shore Road  
Marmora, NJ 08223

(P): (609) 390-9792;  
Hotline 24 hours 1-  
877 677-6380

(F): (609) 390-5979

**Website:** [www.cchnet.net](http://www.cchnet.net)

**Purpose:** Provides compassionate, holistic care to terminally ill patients and their families. Patient and family receive personalized care designed to meet physical, emotional and spiritual needs. To help people have a safe home life with comfort, independence and dignity. Office Hours: Monday thru Friday, 8:30 a.m. - 5 p.m. 24 hour Hot Line available 1-877-844-4774.

### Crest Haven Nursing and Rehabilitation Center Hospice- Transitional Center (TLC)

12 Moore Road - DN 619  
Cape May Court House, NJ 08210

(P): (609) 465-1260

(F): (609) 465-4870

**Website:** [www.capemaycountygov.net](http://www.capemaycountygov.net)

**Purpose:** 8 bed palliative care unit dedicated to hospice level care. It is a respite hospice unit, meaning it is for short term stays of hospice in the community for symptom management, care giving training or respite care. The unit is also available for straight respite care of clients in the community whose caregiver at home is going away for a short period of time or who requires a needed rest. Stays may be longer than 30 days, however the concept is for short stays.

# Home Health Agencies

## Holy Redeemer Home Care and Hospice

1801 Route 9 North  
Swainton, NJ 08210

(P): (609) 465-2082

**Website:** [www.holyredeemer.com](http://www.holyredeemer.com)

**Purpose:** Holy Redeemer Homecare & Holy Redeemer Hospice offers a full range of home care services administered by our skilled professional nurses and therapists in conjunction with a physician's plan of treatment. In the comfort of home, patients can receive personalized care designed to improve their quality of life, restore health, promote independence and reduce hospital readmissions.

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## *Cape May County Department of Aging and Disability Service*

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### Jersey Assistance for Community Caregiving (JACC)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** JACC is a state program that offers assistance to individuals requiring care that currently have a caregiver. Assistance includes care management, home health aide, adult medical day care, medical supplies, respite care, etc. JACC has clinical and financial eligibility criteria.

**Eligibility:** New Jersey residents, 60 years of age and older, and Non-Medicaid Eligible. Income restrictions.

### Managed Long Term Services & Support (MLTSS)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** To provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

**Eligibility:** New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

# Home Health Agencies

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## *Cape May County Department of Social Services*

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### **MLTSS (Managed Long Term Services and Support)**

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-9332

**Purpose:** Provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

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## *Cape Regional Health System*

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### **Home Health Care - Managed by Bayada**

1940 Route 9 North  
Cape May Court House, NJ 08210

(P): (609) 465-1205

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Provide medical care and supportive services to disabled and homebound adults, as well as to people recovering from serious illness or injury.

# Hospitals and Rehabilitation

## Hospitals and Rehabilitation

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### Ancora Psychiatric Hospital

301 Spring Garden Road  
Hammonton, NJ 08037

(P): (609) 561-1700

**Website:** [www.state.nj.us](http://www.state.nj.us)

**Purpose:** Provides in-patient psychiatric care to seriously mentally ill adults in New Jersey.

### Bacharach Institute for Rehabilitation

3860 Bayshore Road  
North Cape May, NJ 08204

(P): (609) 770-7804

(F): (609) 770-7853

**Website:** [www.bacharach.org](http://www.bacharach.org)

**Purpose:** Outpatient Physical Therapy Center. Hours: Monday thru Thursday, 8 a.m. - 6 p.m.; Friday 8 a.m. - 4 p.m.

**Eligibility:** A physician referral required.

### Bacharach Institute for Rehabilitation

601 South Route 9  
Cape May Court House, NJ 08210

(P): (609) 463-9944

(F): (609) 463-9334

**Website:** [www.bacharach.org](http://www.bacharach.org)

**Purpose:** Outpatient Physical Therapy Center. Hours: Monday, Wednesday, Thursday; 8:30 a.m. - 4:30 p.m.; Tuesday, Friday 8:30 a.m. - 2:30 p.m.

**Eligibility:** A physician referral required.

### Bacharach Institute for Rehabilitation

1555 Haven Avenue  
Ocean City, NJ 08226

(P): (609) 814-1000

(F): (609) 814-9268

**Website:** [www.bacharach.org](http://www.bacharach.org)

**Purpose:** Outpatient Physical Therapy Center. Hours Monday, Wednesday, Thursday 8 am to 5:30 pm; Tuesday & Friday 8 am to 2:30 pm.

**Eligibility:** A physician referral required.

# Hospitals and Rehabilitation

## Bacharach Institute for Rehabilitation

61 West Jimmie Leeds Road  
Pomona, NJ 08240

(P): (609) 652-7000

(F): (609) 748-3586

**Website:** [www.bacharach.org](http://www.bacharach.org)

**Purpose:** Bacharach Institute for Rehabilitation is one of the region's most awarded acute medical rehabilitation hospitals, specializing in stroke, spinal cord injury, brain injury, physical therapy and more. At Bacharach, patients relearn the activities of daily living and regain function and independence.

**Eligibility:** A physician referral required.

## Children's Hospital of Philadelphia

3401 Civic Center Boulevard  
Philadelphia, PA 19104

(P): (800) 879-2464

**Website:** [www.chop.edu](http://www.chop.edu)

**Purpose:** Devoted primarily to inpatient care. Special units: newborn/infant intensive care unit; family special delivery unit; cardiac care facilities; radiology suite including MRI and PET.

## Deborah Heart and Lung Center

200 Trenton Road  
Brown Mills, NJ 08015

(P): (800) 555-1990

**E-Mail:** [ask@deborah.org](mailto:ask@deborah.org)

**Website:** [www.demanddeborah.org](http://www.demanddeborah.org)

**Purpose:** Provide the necessary facilities, equipment, medical staff and financial resources required to deliver the highest quality inpatient and outpatient services for the diagnosis and treatment of heart, lung and vascular disease.

# Hospitals and Rehabilitation

## HealthSouth Rehabilitation Hospital of Vineland

1237 West Sherman Avenue  
Vineland, NJ 08360

(P): (856) 696-7100

(F): (866) 713-9074

**Website:** [www.healthsouthvineland.com](http://www.healthsouthvineland.com)

**Purpose:** Our hospital provides care for those who are ready to be discharged from a hospital but not ready to return home. Anyone who is limited functionally from an injury or illness can benefit from rehabilitation. Inpatient only.

## Inspira Medical Center

1505 West Sherman Avenue  
Vineland, NJ 08360

(P): (856) 641-8000

**Website:** [www.inspirahealthnetwork.org/vineland](http://www.inspirahealthnetwork.org/vineland)

**Purpose:** Provide quality health services that contribute to the improved health and well being of all we serve.

## Shore Medical Center

100 Medical Center Way  
Somers Point, NJ 08244

(P): (609) 653-3500

**Website:** [www.shoremedicalcenter.org](http://www.shoremedicalcenter.org)

**Purpose:** Formerly Shore Memorial Hospital, is full-service acute care community hospital located in Somers Point, New Jersey, serving Atlantic and Cape May Counties. Provides hospital services for the community.

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## *AtlantiCare*

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## AtlantiCare Regional Medical Center - Atlantic City Campus

1925 Pacific Avenue  
Atlantic City, NJ 08401

(P): (609) 345-4000

**Website:** [www.atlanticare.org](http://www.atlanticare.org)

**Purpose:** Provide hospital services.

# Hospitals and Rehabilitation

## AtlantiCare Regional Medical Center - Mainland Campus

65 West Jimmy Leeds Road  
Pamona, NJ 08240

(P): (609) 652-1000

**Website:** [www.atlanticare.org](http://www.atlanticare.org)

**Purpose:** Provide hospital services.

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## *Cape Regional Health System*

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### Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Cape Regional Health System is located in the county seat of Cape May Court House and is the southern-most gateway to advanced care in the state of New Jersey. Serving an expanding local population and more than 1 million seasonal visitors with a variety of inpatient and outpatient services. Our mission is provide the highest quality healthcare to our community.

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## *Cooper University Health Care*

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### Cooper University Hospital

1 Cooper Plaza  
Camden, NJ 08103

(P): (800) 826-6737

**E-Mail:** [mycoopersupport@cooperhealth.edu](mailto:mycoopersupport@cooperhealth.edu)

**Website:** [www.cooperhealth.org](http://www.cooperhealth.org)

**Purpose:** Cooper University Health Care's mission is "to serve, to heal, to educate" and it has been a leading health system in South Jersey since 1887. Cooper operates tertiary (specialist) care hospital; a leading cancer center; a children's hospital; three urgent care centers; and more than 100 outpatient offices throughout South Jersey and Pennsylvania.

# Housing Services

## Housing Services

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### Cape May Housing Authority

639 Lafayette Street  
Cape May, NJ 08204

(P): (609) 884-8703

(F): (609) 884-9028

**E-Mail:** [cmha@capemayha.org](mailto:cmha@capemayha.org)

**Website:** [www.capemayha.org](http://www.capemayha.org)

**Purpose:** 85 units for elderly, families and disabled individuals.

### Catholic Charities Financial Assistance

(P): (856) 342-4100

**Website:**

[www.needhelppayingbills.com/html/camden\\_catholic\\_charities\\_assi.html](http://www.needhelppayingbills.com/html/camden_catholic_charities_assi.html)

**Purpose:** People of all backgrounds and religions may receive help paying bills to avoid a disconnection of services.

### CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2  
Margate, NJ 08402

(P): (609) 823-1850

(F): (609) 823-1850

(Atlantic Cape May  
County)

**E-Mail:** [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

**Website:** [www.contactcapeatlantic.org](http://www.contactcapeatlantic.org)

**Purpose:** Volunteers provide telephone reassurance and community support for the elderly and disabled.

### Habitat for Humanity

4 Moore Road - DN 3020 (Mailing Address)  
Cape May Court House, NJ 08210

(P): (609) 463-0244

(Voice Mail)

**Website:** [www.habitatcapemay.org](http://www.habitatcapemay.org)

**Purpose:** Work in partnership with persons and families to provide decent housing through no-interest mortgage and volunteer-built houses to those who need them.

# Housing Services

## Haven House at St. John of God

676 Townbank Road (Behind St. John Newman of God Church)  
North Cape May, NJ 08204

(P): (609) 884-4548

(F): (609) 884-4313

**Purpose:** Provide affordable housing to senior community members.

**Eligibility:** Age 62 years and older with eligibility requirements for admission.

## Lifeline Program

(P): (800) 792-9745

(F): (609) 588-7122

**Website:** [www.state.nj.us/health/seniorbenefits/index.shtml](http://www.state.nj.us/health/seniorbenefits/index.shtml)

**Purpose:** The program offers \$225 to persons who meet the Pharmaceutical Assistance to the Aged and Disabled (PAAD) eligibility requirements or who receive Federal Supplemental Security (SSI). This includes utility customers as well as tenants whose utility bills are included in their rent. Lifeline benefits are provided for only electricity and natural gas.

## Low Income Home Energy Assistance Program (HEAP)-Cape Human Resources Inc.

P.O. Box 152 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (800) 510-3102;  
(609) 889-2699

**Purpose:** Federally funded program that provides subsidies every winter to help low income families pay their home heating cost. The program typically runs from November 1st - March 31st, although it may be extended if necessary. LIHEAP funds can be used for the payment of home oil, natural gas, electric heating, propane and kerosene. Households whose heating costs are included in their rent may also be eligible for these funds. The amount of the benefit will be determined by income and household size.

## Housing Services

### New Jersey Department of Community Affairs – Division of Housing

1601 Atlantic Avenue, 7th floor  
Atlantic City, NJ 08401

(P): (609) 441-3334

**Website:** [www.njconsumeraffairs.gov](http://www.njconsumeraffairs.gov)

**Purpose:** Protects the public from fraud, deceit and misrepresentation in the sale of goods and services.

### New Jersey Housing & Mortgage Finance Agency

P.O. Box 18550  
Trenton, NJ 08650

(P): (609) 278-7400

**Website:** <http://www.nj.gov/dca/hmfa/about/contact/>

**Purpose:** Implements programs to advance rehabilitation, construction and financing of affordable housing.

### New Jersey Statewide Heating Assistance and Referral Energy Service, Inc. (NJSHARES)

1901 North Olden Avenue  
Ewing, NJ 08618

(P): (866) 657-4273

(F): (609) 883-6364

**E-Mail:** [info@njshares.org](mailto:info@njshares.org)

**Website:** <http://www.njshares.org/>

**Purpose:** Provide assistance to individuals and families living in New Jersey who are in need of temporary help in paying their energy bills. To qualify for NJ SHARES, a person or family must be facing a financial crisis and not be eligible for welfare. Recipients must also have a history of good-faith payments of their electric bills. Eligibility is determined by New Jersey SHARES' local social service agencies located throughout the state.

### NJ Comfort Partners

(P): (888) 657-8326

**Website:** [www.njcleanenergy.com/residential/programs/comfort-partners/comfort-partners](http://www.njcleanenergy.com/residential/programs/comfort-partners/comfort-partners)

**Purpose:** Free energy saving and energy education program for qualified low-income customers. The program helps you save energy and money and helps make your home more energy-efficient.

# Housing Services

## Ocean City Housing Authority

204 4th Street  
Ocean City, NJ 08226

(P): (609) 399-1062

(F): (609) 399-7590

**Website:** [www.oceancityha.org](http://www.oceancityha.org)

**Purpose:** Low income housing for elderly and families.

## Payment Assistance for Gas and Electric (PAGE)

(P): (732) 982-8710

**Website:** [www.njpoweron.org](http://www.njpoweron.org)

**Purpose:** Benefits homeowners and renters who are New Jersey residents, have not have received USF in the past 6 months or HEA within the last heating season, are facing a crisis situation that includes a documented notice of overdue payment for gas and/ or electric service and have a past history of making regular payments toward their utility bills.

## Puerto Rican Action Committee-PRAC

801 Washington Avenue  
Woodbine, NJ 08270

(P): (609) 861-5800

(F): (609) 861-1239

**Website:** [www.pracnj.org](http://www.pracnj.org)

**Purpose:** PRAC identifies and addresses the needs of Hispanic and low income individuals by developing strategies and programs to facilitate socio-economic growth and self sufficiency.

## Sandman Towers

3700 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 729-0220

**Website:** <http://wildwoodhousing.org/housing-developments-sandman.php>

**Purpose:** Provide affordable housing to senior community members.

**Eligibility:** Age 62 years and older with eligibility requirements for admission.

# Housing Services

## Universal Service Fund (USF) Program

P.O. Box 806 101 South Broad Street  
Trenton , NJ 08625

(P): (609) 633-6286

**E-Mail:** [energyassistance@dca.state.nj.us](mailto:energyassistance@dca.state.nj.us)

**Website:** <http://www.nj.gov/dca/divisions/dhcr/contact/>

**Purpose:** Help make energy bills more affordable for low income customers. The goal of the USF Program is to ensure that income eligible New Jersey utility customers pay no more than 6% of their annual income for their natural gas and electric service combined. The program is administered by the New Jersey Department of Community Affairs.

## Wildwood Housing Authority

P.O. Box 1379 3700 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 729-0220

(F): (609) 729-4168

**Website:** [www.wildwoodhousing.org](http://www.wildwoodhousing.org)

**Purpose:** Develop and operate each project for the purpose of providing decent, safe, and sanitary housing for eligible families in a manner that promotes serviceability, economy, efficiency, stability of the projects and the economic and social well-being of the tenants. There are two housing developments in Wildwood, The Sandman Towers (Elderly 62 or older or age 50+ disabled housing) and Commissioner Court (Family Housing).

## Winter Termination Program

(P): (800) 624-0241

(F): (609) 898-0731

**Website:** <http://www.state.nj.us/bpu/assistance/programs/#nbr5>

**Purpose:** This program is in effect from November 15 - March 15. The program prevents residential gas and electric customers who participate in the Lifeline, Home Energy Assistance Program (HEAP), Work First New Jersey/Temporary Assistant to Needy Families (WFNJ/TANF), Federal Supplemental Security Income (SSI), Pharmaceutical Assistance to the Aged and Disabled (PAAD) from having their gas or electric service disconnected during the winter months. The program is administered by the Board of Public Utilities.

**Eligibility:** Persons unable to pay utility bills due to a financial hardship.

# Housing Services

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## *Cape May County Department of Social Services*

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### Homeless Hotline

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-1325;  
Hotline - (877) 886-  
1325

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Emergency placement of homeless population when weather conditions pose a danger. Office hours: Monday thru Friday, 8:30 a.m. - 4:30 p.m. Please call the hotline outside of the office hours.

# Legal Services and Consumer Affairs

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## Bar Association of Cape May County

P.O. Box 425  
Cape May Court House, NJ 08210

(P): (609) 463-0313 (F): (609) 463-1656

**E-Mail:** [cmcba.ed@gmail.com](mailto:cmcba.ed@gmail.com)

**Website:** <http://www.cmcba.org/>

**Purpose:** Legal referral.

## Better Business Bureau of New Jersey, Inc.

1262 A Whitehorse-Hamilton Square Road #202  
Hamilton, NJ 08690

(P): (609) 588-0808 (F): (609) 588-0546

**E-Mail:** [info@newjersey.bbb.org](mailto:info@newjersey.bbb.org)

**Website:** [www.newjersey.bbb.org](http://www.newjersey.bbb.org)

**Purpose:** Works to combat consumer fraud and to maintain ethical business practices through self-regulation.

## Board of Public Utilities

44 South Clinton Avenue  
Trenton, NJ 08625

(P): (800) 624-0241

**Website:** <http://www.bpu.state.nj.us/>

**Purpose:** Consumer protection agency.

## Cape May County Chamber of Commerce

13 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-7181 (F): (609) 465-5017

**Website:** [www.chamber.capemaycountychamber.com](http://www.chamber.capemaycountychamber.com)

**Purpose:** Provide information to the general public as well as tourist information and activities.

# Legal Services and Consumer Affairs

## Cape May County Consumer Affairs

Social Service Building at 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2905

**Website:** <http://capemaycountynj.gov/402/Consumer-AffairsWeights-Measures>

**Purpose:** Consumer protection agency.

## Cape Mediation Services

9 North Main Street  
Cape May Court House, NJ 08210

(P): (609) 463-0323

**Purpose:** Resolve disputes referred by the Municipal and Family Courts. The mediator acts as a facilitator helping parties resolve their differences or help reach amicable solutions.

## Community Food Cupboard

St. Peter's Methodist Church, 8th and Central Avenue  
Ocean City, NJ 08226

(P): (609) 398-3191

**Website:** [www.ocecnj.org](http://www.ocecnj.org)

**Purpose:** Gathers and distributes an emergency food supply to help those in need. The Cupboard is completely staffed and maintained by volunteers.

## Court Appointed Special Advocates (CASA) of Atlantic & Cape May Counties, Inc.

321 Shore Road  
Somers Point, NJ 08244

(P): (609) 601-7800

(F): (609) 601-7900

**Website:** <http://atlanticcapecasa.org/>

**Purpose:** Recruiting, training and supervising volunteers to advocate for children in the foster care system.

## Legal Services and Consumer Affairs

### Division of Youth and Family Services (DYFS), Division's Action Line

P.O. Box 717 50 East State Street  
Trenton, NJ 08625

(P): (800) 331-3937

(F): (609) 984-0507

**Website:** <http://www.nj.gov/dcf/reporting/how/index.html>

**Purpose:** Resource for DYFS clients, foster parents, family or members of the public having problems with the division's policies or procedures.

### New Jersey Department of Labor and Workforce Development— Division of Wage and Hour Compliance

P.O. Box 389  
Trenton, NJ 08625

(P): (609) 292-2305

(F): (609) 695-1174

**Website:** [www.nj.gov/labor](http://www.nj.gov/labor)

**Purpose:** Enforces labor laws dealing with conditions of employment and methods of the payment of wages.

### New Jersey Division of Consumer Affairs

124 Halsey Street  
Newark, NJ 07102

(P): (800) 242-5846

(F): (973) 273-8035

**E-Mail:** [askconsumeraffairs@dca.lps.state.nj.us](mailto:askconsumeraffairs@dca.lps.state.nj.us)

**Website:** [www.njconsumeraffairs.gov](http://www.njconsumeraffairs.gov)

**Purpose:** Protects the public from fraud, deceit and misrepresentation in the sale of goods and services.

### Public Defender

201 South Main Street  
Cape May Court House, NJ 08210

(P): (609) 465-3101

(F): (609) 465-3830

**Website:** <http://www.state.nj.us/defender/regional/capemay.shtml>

**Purpose:** Provides public defender services.

# Legal Services and Consumer Affairs

## South Jersey Legal Services

1261 Route 9 South P.O. Box 785  
Cape May Court House, NJ 08210

(P): (609) 465-3001

(F): (609) 465-9018

**Website:** <https://www.lsnj.org/sjls/offices.htm>

**Purpose:** Legal services in areas of consumer, housing, family, social security and public assistance for persons of low income and senior citizens.

## Maternal Health

## Maternal Health

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### Complete Care Medical & Dental Professionals

3 Broadway  
Cape May Court House, NJ 08210

(P): (609) 465-0258 (F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

### Complete Care Medical & Dental Professionals

3700 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 465-0258 (F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

### Hope Pregnancy Center

321 West Avenue  
Ocean City, NJ 08226

(P): (609) 398-9449

**E-Mail:** [hopepcnj@gmail.com](mailto:hopepcnj@gmail.com)

**Website:** <http://www.hopepregnancycenternj.org/contactus.php>

**Purpose:** Education on pregnancy and abortion alternatives, referrals for prenatal care, adoption and foster care.

### Hope Pregnancy Center

1508 Route 47  
Rio Grande, NJ 08242

(P): (609) 886-7022

**E-Mail:** [hopepcnj@gmail.com](mailto:hopepcnj@gmail.com)

**Website:** <http://www.hopepregnancycenternj.org/contactus.php>

**Purpose:** Education on pregnancy and abortion alternatives, referrals for prenatal care, adoption and foster care.

# Maternal Health

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## *Cape May County Department of Health*

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### Family Planning

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1194

(F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provides confidential reproductive healthcare and education. Services include pap smear, sexually transmitted disease testing, pregnancy tests and birth control methods.

**Eligibility:** Women of child bearing age and men ages 13-45. Services are free to teens 18 and under.

### Women, Infants, Children (WIC)

6 Moore Road  
Cape May Court House, NJ 08210

(P): (609) 465-1224

(F): (609) 465-0432

**Website:** [www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

**Purpose:** WIC (Women, Infants, Children), is a federally-funded program that serves women (pregnant, breastfeeding, or non breastfeeding up to 6 months), infants and children. The WIC Program offers participants checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similar Advance or Isomil Advance. WIC will also cover some specialty formula with State Approval. WIC also provides health care screening and nutrition education.

**Eligibility:** Income based program.

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## *Cape Regional Health System*

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### Maternity Services at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2190

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Our private, state-of-the-art birthing suites allow labor, delivery, recovery and postpartum care to take place in one comfortable setting. Our affiliation with Cooper University Hospital allows us to provide childbirth services for high-risk pregnancies.

## National Organizations

## National Organizations

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### Aids Resource Foundation for Children at St. Clare's Social Services Building

77 Academy Street  
Newark, NJ 07102

(P): (973) 643-0400  
Ext. 762

(F): (973) 242-3583

**Website:** [www.aidsresource.org](http://www.aidsresource.org)

**Purpose:** Provide programs and services to meet the expanding needs of children with HIV/Aids, medically fragile children and their families.

### American Diabetes Association

150 Monument Road, Suite 100 Bala Cynwyd  
Bala Cynwyd , PA 19004

(P): (610) 828-5003;  
Toll Free: (800) 342-  
2383

**Website:** [www.diabetes.org](http://www.diabetes.org)

**Purpose:** To provide diabetes information to people with diabetes and professionals, diabetes education brochures on request, lists of support groups, fundraising for diabetes, information research and advocacy.

### American Heart Association

1 Union Street, Suite 301  
Robbinsville , NJ 08691

(P): (609) 208-0020  
Toll Free: (800) 242-  
8721

**E-Mail:** [newjersey@heart.org](mailto:newjersey@heart.org)

**Website:** [www.americanheart.org](http://www.americanheart.org)

**Purpose:** Fosters to appreciate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

# National Organizations

## American Kidney Fund

11921 Rockville Pike, Suite 300  
Rockville , MD 20852

(P): (301) 991-3052  
Toll Free: (800) 638-  
8299

**Website:** [www.kidneyfund.org](http://www.kidneyfund.org)

**Purpose:** Provide direct financial assistance to kidney disease patients, public and professional education and community services.

## American Lung Association

P.O. Box 10188  
Newark, NJ 07101

(P): (610) 268-9787

**Website:** [www.lungusa.org](http://www.lungusa.org)

**Purpose:** Save lives by improving lung health and preventing lung disease through education, advocacy and research.

## South Jersey Alanon and Alateen - SJIS Office

116 White Horse Pike  
Hadden Heights , NJ 08035

(P): (856) 547-0855

(F): (856) 847-7111

**E-Mail:** [sjis@southjerseyal-anon.org](mailto:sjis@southjerseyal-anon.org)

**Website:** [www.southjerseyal-anon.org](http://www.southjerseyal-anon.org)

**Purpose:** Provide fellowship for AI-Anon & Alateen members.

## National Organizations - Local Chapter

## National Organizations - Local Chapter

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### American Red Cross

850 North Franklin Boulevard  
Pleasantville, NJ 08232

(P): (609) 646-8330

**Website:** [www.redcross.org](http://www.redcross.org)

**Purpose:** Provide assistance to all disaster victims in a timely, efficient, and effective manner, in order to eliminate their immediate disaster-caused needs.

### Bar Association of Cape May County

P.O. Box 425  
Cape May Court House, NJ 08210

(P): (609) 463-0313

(F): (609) 463-1656

**E-Mail:** [cmcba.ed@gmail.com](mailto:cmcba.ed@gmail.com)

**Website:** <http://www.cmcba.org/>

**Purpose:** Legal referral.

### Easter Seals of New Jersey

1304 Route 47 South, Unit Z  
Rio Grande, NJ 08242

(P): (855) 215-4541

(F): (732) 257-7373

**Website:** [www.nj.easterseals.com](http://www.nj.easterseals.com)

**Purpose:** Committed to providing health and human services to help people and families with disabilities and special needs live, work and play in their community with equality, dignity and independence.

### National Multiple Sclerosis Society

30 South 17th Street, Suite 800  
Philadelphia, PA 19103

(P): (800) 548-4611;  
(215) 271-1500

(F): (215) 271-6122

**E-Mail:** [pae@nmss.org](mailto:pae@nmss.org)

**Website:** [www.nationalmssociety.org/chapters/PAE/index.aspx](http://www.nationalmssociety.org/chapters/PAE/index.aspx)

**Purpose:** Provides services to registered eligible members and families which include information and referral, support groups, living assistance, care management, advocacy, equipment and educational programs.

## National Organizations - Local Chapter

### Social Security Administration

1046 Route 47 South  
Rio Grande, NJ 08242

(P): (800) 772-1213;  
Medicare Info: (800)  
633-4227

**Website:** [www.socialsecurity.gov](http://www.socialsecurity.gov)

**Purpose:** Administers social security programs, retirement services, disability and Medicare. Hours: Monday, Tuesday, Thursday, Friday 9 a.m. - 4 p.m.; Wednesday 9 a.m. - 12 p.m..

### United Way Atlantic/Cape May County

4 East Jimmie Leeds Road  
Galloway, NJ 08205

(P): (609) 404-4483 (F): (609) 404-4303  
Ext. 1188

**Website:** <https://www.unitedway.org/local/united-states/new-jersey/greater-philadelphia-southern-new-jersey-atlantic-cape-may-cumberland-count>

**Purpose:** Comprehensive countywide information and referral service.

## Senior Services

## Senior Services

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### Alzheimer's Association – Delaware Valley Chapter

3 Eves Dune Suite 310  
Marlton , NJ 08053

(P): (609) 484-3397;  
Toll Free: (800) 272-  
3900

**Website:** [www.alz.org](http://www.alz.org)

**Purpose:** Telephone helpline offering information and referral. Alzheimer's safe return programs for dementia patients, free family support groups, educational programs, newsletter and informational brochures.

### American Association of Retired Persons (AARP)

(P): (888) 687-2277

**Purpose:** Information on services available, local chapters and fringe benefits.

### Avalon Senior Center

3100 Dune Drive  
Avalon, NJ 08202

(P): (609) 976-5924

**Website:** <https://avalonboro.net/?s=senior+center>

**Purpose:** Provide seniors with recreational, educational and social activities.

### Bayada Nurses

225 South Main Street  
Cape May Court House, NJ 08210

(P): (609) 465-1205

**Purpose:** Serve millions of people world wide in home health care, hospice service, chore services and private duty services.

# Senior Services

## Cape Atlantic Coalition for Health

6 Moore Road - DN 601  
Cape May Court House, NJ 08210  
(P): (609) 653-3923

**Website:** <http://capeatlanticcoalition.org/>

**Purpose:** Engage healthcare providers and the general public to partner on evidence/practice based community-clinical interventions to reduce chronic disease. Implement effective policy, system, environmental changes to improve public health. Enact the New Jersey Comprehensive Cancer Control Plan in Atlantic and Cape May County.

**Eligibility:** CIC membership is open to county healthcare and community leaders.

## Cape May County Nutrition Programs

168 Crest Haven Road  
Cape May Court House, NJ 08210  
(P): (609) 465-4465

**Purpose:** Provide seniors with recreational, educational and social activities.

**Eligibility:** Age 60 years and older.

## CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2  
Margate, NJ 08402  
(P): (609) 823-1850  
(Atlantic Cape May  
County)

(F): (609) 823-1938

**E-Mail:** [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

**Website:** [www.contactcapeatlantic.org](http://www.contactcapeatlantic.org)

**Purpose:** Volunteers provide telephone reassurance and community support for the elderly and disabled.

# Senior Services

## Dennis Township Senior Center

571 Petersburg Avenue  
Dennisville, NJ 08214

(P): (609) 861-3137

**Website:** [www.seniorcenter.dennistwp.org](http://www.seniorcenter.dennistwp.org)

**Purpose:** Provide seniors with recreational, educational and social activities.

**Eligibility:** Age 50 years and older.

## Hearing Aid Assistance to the Aged and Disabled (HAAAD)

369 South Warren Street P.O. Box 360  
Trenton, NJ 08608

(P): (800) 792-9745

(F): (609) 588-7122

**Website:** [www.state.nj.us/humanservices/doas/home/haaadetail.html](http://www.state.nj.us/humanservices/doas/home/haaadetail.html)

**Purpose:** Provides a \$100.00 reimbursement for a newly purchased hearing aid to beneficiaries of the pharmaceutical assistance to the aged and disable (PAAD) program.

## Howard Stainton Senior Center

1735 Simpson Avenue Suite 5  
Ocean City, NJ 08226

(P): (609) 398-2552

**Website:** <http://www.ocnj.us/index.cfm?fuseaction=content.mapLocation&mapLocationId=40602>

**Purpose:** Provide seniors with recreational, educational and social activities.

**Eligibility:** Cape May County Resident 60 years and older.

## Lifeline Utility Assistance Program

12 Quakerbridge Plaza  
Hamilton, NJ 08618

(P): (800) 792-9745

(F): (609) 588-7122

**Website:** <http://www.state.nj.us/humanservices/doas/home/lifelinedetail.html>

**Purpose:** Utility assistance to residents of NJ who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guidelines receive up to \$225.00 annually.

## Senior Services

### Lower Cape Senior Center

2612 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-5161

**Purpose:** Provide seniors with recreational, educational and social activities.

**Eligibility:** Cape May County Resident 60 years and older.

### Middle Township Senior Center

23 Romney Place  
Cape May Court House, NJ 08210

(P): (609) 465-8865

**Website:** <https://middletownship.com/departments/senior-center/>

**Purpose:** Provide seniors with recreational, educational and social activities.

### New Jersey Office of the Ombudsman for the Institutionalized Elderly

P.O. Box 852  
Trenton, NJ 08625

(P): (609) 826-5090;  
(877) 582-6995  
(Hotline)

(F): (609) 943-3479

**Purpose:** To report neglect or abuse of institutionalized elderly residents.

### NJ Department of Health and Senior Services

P.O. Box 360  
Trenton, NJ 08625

(P): (609) 292--7837;  
Toll Free: (800) 792-  
8820

**Website:** [www.state.nj.us/health](http://www.state.nj.us/health)

**Purpose:** Oversees all aspects of public health services.

## Senior Services

### NJ Foster Grandparent and Senior Companion Program at Woodbine Developmental Center and Community Sites

1175 De Hirsch Avenue  
Woodbine, NJ 08270

(P): (609) 861-6034

(F): (609) 861-2176

**Website:**

<http://www.state.nj.us/humanservices/involved/nurses/dcn/woodbine.html>

**Purpose:** Designed to enhance the quality of life for the senior volunteer as well as the developmentally disabled individuals or children they serve.

### Project Lifesaver Program c/o Cape May County Sheriff's Park Office

4 Moore Road - DN 301 (Mailing Address)  
Cape May Court House, NJ 08242

(P): (609) 465-6831

**Purpose:** Aids victims and families suffering from alzheimer's, down syndrome or autism. It provides a means to locate those who wander from their caregivers.

### Senior Care

211 South Main Street  
Cape May Court House, NJ 08210

(P): (609) 465-8840

**Purpose:** Adult medical daycare program.

### Senior Gold Prescription Discount Program

P.O. Box 715  
Trenton, NJ 08625

(P): (800) 792-9745

(F): (609) 588-7122

**Website:** <http://www.state.nj.us/humanservices/doas/services/seniorgold/>

**Purpose:** Pharmaceutical assistance to residents of NJ who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guidelines above those for PAAD.

## Senior Services

### Social Security Administration

1046 Route 47 South  
Rio Grande, NJ 08242

(P): (800) 772-1213;  
Medicare Info: (800)  
633-4227

**Website:** [www.socialsecurity.gov](http://www.socialsecurity.gov)

**Purpose:** Administers social security programs, retirement services, disability and Medicare. Hours: Monday, Tuesday, Thursday, Friday 9 a.m. - 4 p.m.; Wednesday 9 a.m. - 12 p.m..

### Upper Township Senior Center

1369 Stagecoach Road  
Palermo, NJ 08230

(P): (609) 390-9409

**Purpose:** Provide seniors with recreational, educational and social activities.

**Eligibility:** Cape May County Resident 60 years and older.

### Victoria Manor

3809 Bayshore Road  
North Cape May, NJ 08204

(P): (609) 898-0677

**Website:** <http://www.geneshcc.com/Victoriamanor>

**Purpose:** Long term care, short term rehab and respite stay.

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## *Assisted Living*

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### Brookdale Senior Living

591 Route 9 South  
Cape May Court House, NJ 08210

(P): (609) 463-6344

(F): (609) 463-6342

**Website:** <https://www.brookdale.com/en/communities/brookdale-cape-may.html>

**Purpose:** Assisted living community for senior residents.

## Senior Services

### Caring Assisted living

3700 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 415-2600

(F): (609) 729-8266

**Purpose:** Assisted living community services.

### East Creek Manor

2056 State Highway 47  
Woodbine , NJ 08270

(P): (609) 861-2627

**Purpose:** Provision of residential healthcare for older, ambulatory adults.

### North Cape Center Genesis Eldercare Network

700 Town Bank Road  
North Cape May, NJ 08204

(P): (609) 898-8899

(F): (609) 898-8923

**Website:** <http://www.geneshcc.com/NorthCape>

**Purpose:** Retirement and life care communities.

### The Shores at Wesley Manor

2201 Bay Avenue  
Ocean City, NJ 08226

(P): (609) 399-8505

(F): (609) 391-8411

**Website:** <https://theshores.umcommunities.org/contact/>

**Purpose:** Assisted living community for senior residents.

### Victoria Commons Assisted Living Facility

610 Town Bank Road  
North Cape May, NJ 08204

(P): (609) 898-0044

(F): (609) 898-9644

**Website:** <http://www.geneshcc.com/VictoriaCommons>

**Purpose:** Retirement and life care communities.

**Eligibility:** Waiting list for Medicaid.

## Senior Services

### Victorian Towers

608 Washington Street  
Cape May, NJ 08204  
(P): (609) 884-5883

**Purpose:** Retirement and life care communities for low-income individuals. Please call for an application.

**Eligibility:** Cape May County Resident 60 years and older.

### Yorkshire Place

664 Townbank Road  
North Cape May, NJ 08204  
(P): (609) 898-0730 (F): (609) 898-1221

**Website:** <http://www.rhf.org/location/yorkshire-place/>

**Purpose:** To provide seniors with recreational, educational and social activities.

**Eligibility:** Cape May County Resident 60 years and older.

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## ***Cape May County Department of Aging and Disability Service***

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### "Meals on Wheels"

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242  
(P): (609) 886-2784 (F): (609) 889-0344

**Purpose:** Provide meals to older persons in their homes. We also provide meals on weekends and holidays to our clients in most need.

### **Cape May County Department of Aging and Disability Service**

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242  
(P): (609) 886-2784 (F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Promote the well-being and inclusion of older persons and those adults with disabilities in Cape May County, by providing information and advocating for services that assist these citizens to maintain independence and quality of life. Hours: 8:30 a.m. - 4:30 p.m. Monday thru Friday.

## Senior Services

### Jersey Assistance for Community Caregiving (JACC)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** JACC is a state program that offers assistance to individuals requiring care that currently have a caregiver. Assistance includes care management and also includes home health aide, adult medical day care, medical supplies, respite care, etc. JACC has clinical and financial eligibility criteria.

**Eligibility:** New Jersey residents, 60 years of age and older, and Non-Medicaid Eligible. Income based program.

### Managed Long Term Services & Support (MLTSS)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

**Eligibility:** New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

### Pharmaceutical Assistance to the Aged and Disabled (PAAD)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-9332

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Pharmaceutical assistance to residents of New Jersey who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guideline.

**Eligibility:** Income based program.

## Senior Services

### Retired & Senior Volunteer Program (RSVP)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-3400

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** RSVP puts Seniors experience to work. RSVP shows you how you can apply the skills and wisdom you've acquired throughout your life to make a positive difference in the lives of others with volunteer opportunities. You choose how and where you want to serve, how much time you want to give and whether you want to share skills you have or develop new ones.

**Eligibility:** Age 55 years and older.

### Senior Center - Lower Cape Branch

2612 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-5161

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Lunch served daily along with many activities including games, crafts, dancing and more. Need a ride? Call Fare Free 609-889-3700.

### Senior Center - North Wildwood

900 Central Avenue  
North Wildwood, NJ 08260

(P): (609) 522-7611

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Lunch served daily along with many activities including games, crafts, dancing and more. Need a ride? Call Fare Free 609-889-3700.

### Senior Center - Ocean City

1735 Simpson Avenue  
Ocean City, NJ 08226

(P): (609) 399-0055

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Lunch served daily along with many activities including games, crafts, dancing and more. Need a ride? Call Fare Free 609-889-3700.

# Senior Services

## Senior Center - Upper Township

1369 Stagecoach Road  
Palermo, NJ 08230

(P): (609) 390-9409

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Lunch served daily along with many activities including games, crafts, dancing and more. Need a ride? Call Fare Free 609-889-3700.

## State Health Insurance Program (S.H.I.P.)

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [www.capemaycounty.nj.gov](http://www.capemaycounty.nj.gov)

**Purpose:** Provides counseling on health insurance for Medicare enrollees; provides free help to NJ Medicare beneficiaries who have problems or questions with their health insurance.

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## *Cape May County Department of Aging and Disability Services*

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## Adult Protective Services

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2784

(F): (609) 889-0344

**Website:** [capemaycountynj.gov](http://capemaycountynj.gov)

**Purpose:** Provide services necessary to safeguard a vulnerable adult's rights and resources, and to protect a vulnerable adult from abuse, neglect or exploitation.

**Eligibility:** Individual must be 18 years or older.

# Senior Services

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## *Genesis*

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### **Genesis Court House Center**

144 Magnolia Drive  
Cape May Court House, NJ 08210

(P): (609) 465-7171

**Website:** [www.geneshicc.com/courthouse](http://www.geneshicc.com/courthouse)

**Purpose:** Provides medical administration and supervision. Also provides medical appointment, therapeutic recreation, counseling and social activities.

### **Genesis Victoria Manor**

3809 Bayshore Road  
North Cape May, NJ 08204

(P): (609) 898-0671

**Website:** <http://www.geneshicc.com/VictoriaManor>

**Purpose:** Provides medical administration and supervision. Also provides medical appointment, therapeutic recreation, counseling and social activities.

### **North Cape Center Genesis Eldercare Network**

700 Town Bank Road  
North Cape May, NJ 08204

(P): (609) 898-8899

(F): (609) 898-8923

**Website:** <http://www.geneshicc.com/NorthCape>

**Purpose:** Provides medical administration and supervision. Also provides medical appointment, therapeutic recreation, counseling and social activities.

### **Victoria Commons Assisted Living Facility**

610 Town Bank Road  
North Cape May, NJ 08204

(P): (609) 898-0044

(F): (609) 889-6444

**Website:** [www.genesis.hcc.com/VictoriaCommons](http://www.genesis.hcc.com/VictoriaCommons)

**Purpose:** Provides medical administration and supervision. Also provides medical appointment, therapeutic recreation, counseling and social activities.

# Senior Services

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## *Nursing Homes*

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### **Autumn Lake Healthcare at Oceanview**

2721 Route 9  
Ocean View, NJ 08230

(P): (609) 624-3881

(F): (609) 624-3771

**Purpose:** Nursing Home Facility.

### **Crest Haven Nursing and Rehabilitation Center**

12 Moore Road - DN 619  
Cape May Court House, NJ 08210

(P): (609) 465-1260

(F): (609) 465-0738

**Purpose:** Application for admission found at Social Services Building, 4005 Route 9 South Rio Grande, New Jersey 08242.

### **Oceana Rehabilitation & Nursing Center**

502 Route 9  
Cape May Court House, NJ 08210

(P): (609) 465-7633

**Purpose:** Nursing home facility.

# Substance Abuse and Treatment

## Substance Abuse and Treatment

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### Addiction Recovery System

1200 Route 9 South  
Cape May Court House, NJ 08210

(P): (609) 463-0500

(F): (609) 463-0589

**Purpose:** Provide high-quality and cost effective outpatient substance use disorder treatment services to residents of southeastern New Jersey including medication assisted treatment with methadone and suboxone.

**Eligibility:** Adults with a substance use disorder.

### Barnabas House

436 West Garfield Avenue  
Wildwood, NJ 08260

(P): (609) 522-9802;  
Hotline (800) 838-  
1752

**Purpose:** Counseling-in-residence recovery from addictions for needed lifestyle change. Also provides emergency food.

### Cape Assist

3819 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 522-5960

(F): (609) 522-4074

**E-Mail:** [online@capeassist.org](mailto:online@capeassist.org)

**Website:** [www.capeassist.org](http://www.capeassist.org)

**Purpose:** Prevention/ education of drug and alcohol abuse. Peer leadership program, juvenile diversion and parenting work shops.

### Cape Atlantic Intergroup of Alcoholics Anonymous

P.O. Box 905  
Pleasantville, NJ 08232

(P): (609) 641-8855  
(Hotline); Toll Free:  
(800) 604-4357

**Website:** [www.capeatlanticaa.org](http://www.capeatlanticaa.org)

**Purpose:** Provides information about recovery from alcoholism through AA's 12-step program.

# Substance Abuse and Treatment

## Cape Counseling Services

128 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-4100;  
888-495-4100

(F): (609) 465-2588

**Website:** [www.capecounseling.org](http://www.capecounseling.org)

**Purpose:** Provide behavioral health counseling, psychiatric assessment and medication monitoring.

## CURE - Christians United for Recovery

The Lighthouse Church - 1248 Route 9 South  
Cape May Court House, NJ 08210

(P): (609) 778-2009

**Website:** [www.tlccma.org/cure](http://www.tlccma.org/cure)

**Purpose:** Help people change their habits, behaviors and relationships through the many services, agencies, resources, and ministries available. Our goal includes addressing their spiritual and emotional needs by reaching out to them with gospel solutions.

## Families Matter Behavioral Health Services

899 Bayshore Road  
Villas, NJ 08251

(P): (609) 886-8666;  
(877) 733-0400

**Website:** [familiesmatternj.org](http://familiesmatternj.org)

**Purpose:** Provide in-home and outpatient behavioral health services to children and families within Southern New Jersey. Services include individual, couples, family and group therapy as well as Intensive Outpatient Program for drug and alcohol abuse. Nurturing Parenting Program available. Hours: 9 a.m. - 8 p.m. Monday thru Thursday and 9 a.m. - 5 p.m. Friday.

**Eligibility:** Residents of Southern New Jersey.

## New Jersey Addictions Services Hotline

P.O. Box 8465  
Cherry Hill, NJ 08002

(P): (844) 276-2777

**Purpose:** Information and referral for New Jersey Residents and their families with substance abuse problems.

# Substance Abuse and Treatment

## New Jersey Addictions Services Hotline

P.O. Box 8465  
Cherry Hill, NJ 08002  
(P): (844) 276-2777

**Purpose:** Information and referral for New Jersey Residents and their families with substance abuse problems. 24 hour toll-free hotline available.

## Recovery Centers of America - Lighthouse

5034 Atlantic Avenue  
Mays Landing, NJ 08330  
(P): (855) 880-4960

**Website:** [recoverycentersofamerica.com](http://recoverycentersofamerica.com)

**Purpose:** A residential drug and alcohol dependency facility for adolescents and adults. Intensive outpatient services, level of care evaluation with recommendations and a family support program. Inpatient services are also available.

## Seabrook House

133 Polk Lane  
Bridgeton, NJ 08302  
(P): (800) 761-7575

**Website:** [seabrook.org](http://seabrook.org)

**Purpose:** The main campus of our drug and alcohol rehab facility is situated on an over 40-acre estate, providing a serene and healing detox and drug rehab environment for our patients. We offer gender-specific programs, along with our family program and outpatient services.

# Substance Abuse and Treatment

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## *Cape Assist*

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### **Cape Assist Counseling Program**

3819 New Jersey Avenue  
Wildwood, NJ 08260

(P): (609) 522-5960

(F): (609) 522-4074

**Website:** [capeassist.org](http://capeassist.org)

**Purpose:** Dedicated to prevention and treating substance abuse and related issues in Cape May County through education, advocacy, counseling and community collaboration. Programs include intensive outpatient program, relapse prevention, individual/family counseling and anger management.

**Eligibility:** Residents of Cape May County.

# Support Groups

## Support Groups

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### 2ND Floor Youth Helpline

(P): (888) 222-2228

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

### Adoption Hotline

(P): (800) 992-3678

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Share your love. Consider adopting a child into your family. Call to learn how you can change a child's life forever by becoming an adoptive parent.

### Arthritis Foundation

555 Route 1 South, Suite 220  
Iselin, NJ 08830

(P): (732) 283-4300;  
1-844-571-4357

**Website:** [www.arthritis.org](http://www.arthritis.org)

**Purpose:** We lead the fight for the arthritis community through life-changing information and resources, access to optimal care, advancements in science and community connections.

### Atlantic Cape Family Support Organization, Inc. (ACFSO)

1046 B Route 47  
Rio Grande, NJ 08242

(P): (609) 778-6222

(F): (609) 886-2353

**Website:** <http://acfamsupport.org/>

**Purpose:** Serves families of Atlantic and Cape May Counties who have children in crisis struggling with mental, emotional and/or behavioral challenges. Our staff is comprised solely of parents who have been through the same types of crisis with their own children.

# Support Groups

## Brain Injury Alliance of New Jersey

825 Georges Road, 2nd Floor  
North Brunswick, NJ 08902

(P): (732) 745-0200

(F): (732) 745-0211

**Website:** [www.bianj.org](http://www.bianj.org)

**Purpose:** Support and advocate for individuals affected by brain injury and to raise awareness.

## Cancer Hope Network

2 North Road Suite A  
Chester, NJ 07930

(P): (877) 467-3638

(F): (908) 879-6518

**Website:** [www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

**Purpose:** One on one emotional support for adult cancer patients and their families. Support via telephone by 450+ trained volunteers. Patients are matched with survivors based on cancer type, stage, treatment, side effects, age and gender.

## Cape Counseling Services

128 Crest Haven Road  
Cape May Court House, NJ 08210

(P): (609) 465-4100;  
888-495-4100

(F): (609) 465-2588

**Website:** [www.capecounseling.org](http://www.capecounseling.org)

**Purpose:** Provide behavioral health counseling, psychiatric assessment and medication monitoring.

## Cape May County Superior Court

9 North Main Street  
Cape May Court House, NJ 08210

(P): (609) 463-6588

# Support Groups

## Child Abuse/ Neglect Hotline

(P): (877) 652-2873;(800) 835-5510

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DCF's Child Protection and Permanency (CP&P). Calls can be made anonymously.

## Children's System of Care

(P): (877) 652-7624

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.

## Compassionate Friends - Atlantic County Chapter

11 East Dawes Avenue  
Somers Point, NJ 08244

(P): (609) 65-38451;  
(630) 990-0010

**E-Mail:** [tcfofnj@comcast.net](mailto:tcfofnj@comcast.net)

**Website:** [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Purpose:** When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family. Meetings at this location are on the second Wednesday of each month at 7:30 p.m.

## DCF Info Line

(P): (855) 463-6323

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Provides callers with general information about the Department of Children's and Families' DCF programs and services.

# Support Groups

## DCF Office of Advocacy

(P): (877) 543-7864

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Provides a timely response to constituents' issues and concerns regarding program and services provided by DCF.

## Domestic Violence Hotline

(P): (800) 572-7233

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Call this number for information about domestic violence services in your local area.

## Epilepsy Foundation of NJ

1AAA Drive, Suite 203  
Trenton, NJ 08691

(P): (800) 336-5843

(F): (609) 392-5621

**Website:** [www.efnj.com](http://www.efnj.com)

**Purpose:** Offers a variety of programs, trainings, events and support for individuals with epilepsy.

## Family Helpline

(P): (800) 843-5437

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.

# Support Groups

## Foster Home Recruitment Line

(P): (877) 653-6783

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** Many children in New Jersey need temporary homes until their parents are able to care for them or until a permanent home is found. Call to learn how you can open heart and your home by becoming a foster parents.

## GABLES of Cape May County

P.O. Box 641  
Cape May Court House, NJ 08210

(P): (609) 861-1848

**Website:** [www.gables.com](http://www.gables.com)

**Purpose:** Social support group for the homosexual and bisexual populations of Cape May County.

## Gilda's Club of South Jersey

700 New Road  
Linwood, NJ 08221

(P): (609) 926-2699

(F): (609) 926-2688

**E-Mail:** [info@gildasclubssouthjersey.org](mailto:info@gildasclubssouthjersey.org)

**Website:** [www.gildasclubssouthjersey.org](http://www.gildasclubssouthjersey.org)

**Purpose:** Free support community for men, women, and children living with cancer, their families and friends.

## H.O.P.E - Helping Other People Evolve Inc.

1801 Route 9 North  
Swainton, NJ 08210

(P): (609) 465-2082

**Website:** [www.hopesnj.org](http://www.hopesnj.org)

**Purpose:** Assist men and women of all ages as they evolve through the natural stages of the grieving process from the loss of a spouse, partner or significant other. Meet Thursdays, 10 a.m. and Tuesday, 7 p.m.

# Support Groups

## Lupus Foundation of America - New Jersey Chapter

65 East Northfield Road, Unit D, 1L  
Livingston, NJ 07039

(P): (973) 379-3226

(F): (973) 379-1053

**E-Mail:** [info@lupus.org](mailto:info@lupus.org)

**Website:** [lupus.org](http://lupus.org)

**Purpose:** Provides literature and gives support to the victims of lupus, their friends, and families.

## M.A.D.D. HOTLINE

(P): (877) 623-3435

**Website:** [www.madd.org](http://www.madd.org)

**Purpose:** Mothers against drunk driving support group to end drunk driving, help fight drugged driving, support victims of these violent crimes and prevent underage drinking.

## National Suicide Prevention Lifeline

(P): (800) 273-8255

**Website:** [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Purpose:** Provides 24/7 , free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

## NJ Helps

**Website:** [www.njhelps.org](http://www.njhelps.org)

**Purpose:** Find out about services and programs for children, families, and individuals.

## NJ Self-Help Group Clearinghouse

(P): (800) 367-6274

**Website:** [www.njgroups.org](http://www.njgroups.org)

**Purpose:** Maintains a database of many support groups. Gives opportunities to form new groups.

# Support Groups

## Overeaters Anonymous

Lower Township Public Library, 2600 Bayshore Road  
Villas, NJ 08251

(P): (609) 898-8756

**Website:** [www.oa.org](http://www.oa.org)

**Purpose:** Fellowship of individuals who thru shared experiences, strength and hope are recovering from compulsive overeating. Meet on Tuesday at 5:30 p.m. Please call ahead before attending meetings. Online and phone meetings available if you check our website.

## Safe Haven Hotline

(P): (877) 839-2339

**Website:** [www.nj.gov/dcf](http://www.nj.gov/dcf)

**Purpose:** This hotline is for distressed parents who wish to give up an unwanted infant, 30 days or younger, anonymously. While no names or records are required, callers are encouraged to voluntarily provide information.

## South Jersey AIDS Alliance

603 Franklin Street  
Woodbine, NJ 08270

(P): (609) 347-1085

(F): (609) 861-2571

**Website:** [www.southjerseyaidsalliance.org](http://www.southjerseyaidsalliance.org)

**Purpose:** Community service organization providing HIV case management, transportation assistance, food bank, delivered meals and support groups for individuals living with HIV/AIDS

## The Un-Limb-ited Potential Support Group

9 North Main Street  
Cape May Court House, NJ 08210

(P): (609) 465-1000

**Purpose:** The group meets to discuss different aspects of daily living and to share ideas, contacts and other useful community information. Speakers from community agencies and organizations present at most meetings.

## Support Groups

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### *Cape Regional Health System*

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#### **Center for Lifestyle Management at Cape Regional Medical Center**

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-4043

(F): (609) 463-4044

**Website:** [www.caperegional.com](http://www.caperegional.com)

**Purpose:** Offers an extensive variety of support groups, health literature, educational classes, wellness program and information about healthcare services.

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### *Gamblers Anonymous*

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#### **Council on Compulsive Gambling of New Jersey, Inc.**

3635 Quakerbridge Road, Suite 7  
Hamilton, NJ 08619

(P): (609) 588-5515;  
800-Gambler

**Purpose:** 12-step fellowship for men and women who share their experience, strength and hope with each other in order to recover from compulsive gambling.

## Transportation Services

## Transportation Services

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### Cape May County Fare Free Transportation

4 Moore Road - DN 626 (Mailing Address)  
Cape May Court House, NJ 08210

(P): (609) 889-3700

(F): (609) 889-7696

**E-Mail:** farefree@capemaycountynj.gov

**Website:** capemaycountynj.gov

**Purpose:** Provide transportation for senior citizens, disabled residents, veterans and individuals of low income.

### Cape May Lewes Ferry

P.O. Box 825, 1200 Lincoln Boulevard  
North Cape May, NJ 08204

(P): (800) 643-3779

**Website:** [www.cmlf.com](http://www.cmlf.com)

**Purpose:** Provide transportation to and from Cape May, NJ to Lewes, DE.

### New Jersey Motor Vehicle Commission Inspection Center

6 West Shell Bay Avenue  
Cape May Court House, NJ 08210

(P): (609) 292-6500

**Website:** [www.state.nj.us/mvc](http://www.state.nj.us/mvc)

**Purpose:** Vehicle Inspections.

### New Jersey State Motor Vehicle Commission

3305 Bayshore Road  
North Cape May, NJ 08204

(P): (609) 292-6500

**Website:** [www.state.nj.us/mvc](http://www.state.nj.us/mvc)

**Purpose:** Provide information and license/registration renewals to New Jersey residents.

# Transportation Services

## New Jersey Transit

(P): (973) 275-5555;  
(800) 772-2287 (text  
service)

**Website:** [www.njtransit.com](http://www.njtransit.com)

**Purpose:** Provide bus transportation in Southern New Jersey.

## South Jersey Transportation Planning Organization

782 South Brewster Road Unit B-6  
Vineland, NJ 08361

(P): (856) 794-1941

(F): (856) 794-2549

**Website:** [www.sjtpo.org](http://www.sjtpo.org)

**Purpose:** Providing transportation information and services.

## Urgent Care Centers

## Urgent Care Centers

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### Cape Urgent Care

900 Route 109  
Cape May, NJ 08204

(P): (609) 884-4357

(F): (609) 884-4377

**Website:** [www.capeurgentcare.com](http://www.capeurgentcare.com)

**Purpose:** Urgent care for medical conditions that are non life threatening.  
Open 7 days a week.

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### *AtlantiCare*

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### Urgent Care Center

201 South Shore Road, Suite 201  
Marmora, NJ 08223

(P): (609) 407-2273

**Website:** atlanticareurgentcare.com

**Purpose:** Urgent care for medical conditions that are non life threatening.  
Open 7 days a week.

### Urgent Care Center

1613 Route 47 South, Unit F  
Rio Grande, NJ 08242

(P): (609) 407-2273

**Website:** atlanticareurgentcare.com

**Purpose:** Urgent care for medical conditions that are non life threatening.  
Open 7 days a week.

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### *Cape Regional Health System*

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### Cape Regional Urgent Care

406 West Rio Grande Avenue  
Wildwood, NJ 08260

(P): (609) 465-6364

(F): (609) 600-2736

**Website:** [www.caperegionalurgentcare.com](http://www.caperegionalurgentcare.com)

**Purpose:** Urgent care facilities treat minor or moderate injuries, illnesses, and other conditions on a walk-in basis. Open 7 days a week.

# Urgent Care Centers

## Cape Regional Urgent Care

8 Route 9 South  
Marmora , NJ 08223

(P): (609) 465-6364

(F): (609) 862-2511

**Website:** [www.caperregionalurgentcare.com](http://www.caperregionalurgentcare.com)

**Purpose:** Urgent care facilities treat minor or moderate injuries, illnesses, and other conditions on a walk-in basis. Open 7 days a week.

## Cape Regional Urgent Care

11 Court House South Dennis Road  
Cape May Court House, NJ 08210

(P): (609) 465-6364

(F): (609) 465-1696

**Website:** [www.caperregionalurgentcare.com](http://www.caperregionalurgentcare.com)

**Purpose:** Urgent care facilities treat minor or moderate injuries, illnesses, and other conditions on a walk-in basis. Open 7 days a week.

## Emergency Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

(P): (609) 463-2273

**Website:** [www.caperregional.com](http://www.caperregional.com)

**Purpose:** Provide emergency care by highly skilled medical team certified in emergency care, trauma care, and adult and pediatric life support.

**Eligibility:** Individuals in need of emergency medical care.

## Veterans' Services

## Veterans' Services

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### Cape May Veterans' Outpatient Clinic

Cape May Coast Guard Base - 1 Monro Avenue  
Cape May, NJ 08204

(P): (800) 461-8262

(F): (302) 633-5384

**Website:** [www.wilmington.va.gov](http://www.wilmington.va.gov)

**Purpose:** Offers primary medical health services for veterans.

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### *Cape May County Department of Social Services*

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### Veterans' Bureau

Social Service Building - 4005 Route 9 South  
Rio Grande, NJ 08242

(P): (609) 886-2762

(F): (609) 886-4161

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Provide local service to veterans and to assist veterans' families with information and assistance to include veteran benefits.

## Women's Health

## Women's Health

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### **Cape May County Freeholders' Advisory Commission on the Status of Women**

11 North Main Street (Meetings); 4 Moore Road - DN 639  
Cape May Court House, NJ 08210

(P): (609) 463-6695

**Website:** [www.capemaycountynj.gov](http://www.capemaycountynj.gov)

**Purpose:** Studies needs and concerns of county women; proposes and recommends to the freeholders programs to improve conditions for women. Meetings are held the first Thursday of every month at 5:30 p.m.

**Eligibility:** Meetings are open to the public.

### **Cape Women's Resource Fund, Inc.**

P.O. Box 903  
Cape May Court House, NJ 08210

(P): (609) 231-1813

**Purpose:** Supports programs and activities for the cultural, educational, civic and social advancements of Cape May County women. It promotes activities that focus on the achievements of women.

### **Coalition Against Rape & Abuse, Inc. (C.A.R.A.)**

800 Route 9 South; P.O. Box 774 (Mailing)  
Cape May Court House, NJ 08210

(P): (609) 522-6489;  
(800) 877-294-2272

(F): (609) 463-0967

**Website:** [www.cara-cmc.org](http://www.cara-cmc.org)

**Purpose:** 24-Hour crisis response including sheltering, emergency assistance for basic necessities, counseling, advocacy information and referral, community education and support groups.

# Women's Health

## Complete Care Medical & Dental Professionals

3 Broadway  
Cape May Court House, NJ 08210

(P): (609) 465-0258

(F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

## Complete Care Medical & Dental Professionals

800 Route 9 South; P.O. Box 774 (Mailing)  
Wildwood, NJ 08260

(P): (609) 465-0258

(F): (609) 465-5436

**Website:** [www.completecarenj.org](http://www.completecarenj.org)

**Purpose:** Provides primary care, dental, OB/GYN, counseling and affordable prescription services for the community.

**Eligibility:** All are welcome regardless of insurance status or ability to pay.

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## *Cape May County Department of Health*

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## Cancer Education and Early Detection (CEED)

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1047

(F): (609) 463-0511

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** The Cancer Education and Early Detection Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County Residents. Women ages 40-64 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

# Women's Health

## Family Planning

6 Moore Road - DN 601  
Cape May Court House, NJ 08210

(P): (609) 465-1194

(F): (609) 465-6836

**Website:** [www.cmchealth.net](http://www.cmchealth.net)

**Purpose:** Provides confidential reproductive healthcare and education. Services include pap smear, sexually transmitted disease testing, pregnancy tests and birth control methods.

**Eligibility:** Women of child bearing age and men 13-45. Services are free to teens 18 and under.

## Women, Infants, Children (WIC)

6 Moore Road  
Cape May Court House, NJ 08210

(P): (609) 465-1224

(F): (609) 465-0432

**Website:** [www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)

**Purpose:** WIC (Women, Infants, Children), is a federally-funded program that serves women (pregnant, breastfeeding, or non breastfeeding up to 6 months), infants and children. The WIC Program offers participants checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similar Advance or Isomil Advance. WIC will also cover some specialty formula with State Approval. WIC also provides health care screening and nutrition education.

**Eligibility:** Income based program.