

RESOURCES FOR WOMEN and BABIES



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

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

Breastfeeding Support

- [Pacify](#) is a free, mobile app that gives you on-demand access to professional lactation (breastfeeding) experts who can help you with feeding your baby.
 - Download the Pacify app for [Apple iPhone](#) or [Android](#) devices — available in English or Spanish versions.
 - Enter the enrollment code **PHILLY** at signup for free 24/7 access.
- New FREE online breastfeeding support groups Tuesdays at 11 a.m and Thursdays at 4 p.m. Email Galissa.Jones@phila.gov for more information and to register for a group.

Free Baby Food and Diapers

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

[Click here for a map of free baby supply sites](#)

Organization	Neighborhood	Supplies Offered	Hours	Address	Phone Number	Eligibility	Appointment Needed?
Philadelphia Interfaith Hospitality Network	Northwest Philadelphia	Food and diapers	Tuesday and Thursday: 1–4 p.m.; Saturday: 12–2 p.m.	7047 Germantown Ave. (19119)	215-247-4663 x 8	Open to public	Yes, call for appointment
Catholic Social Services – Casa del Carmen	North Philadelphia	Food, diapers and formula	Monday to Wednesday: 9 a.m.–12 p.m.	4400 North Reese St. (19140)	267-331-2500	Open to public	Yes, call for appointment
Catholic Social Services – Southwest	Southwest Philadelphia	Food and diapers	Monday, Wednesday and Friday: 10 a.m.–1 p.m.	6214 Grays Ave. (19142)	215-724-8550	Open to public	Yes, call for appointment
Catholic Social Services – Northeast	Northeast Philadelphia	Food and diapers	Monday and Wednesday: 9 a.m.–12 p.m.	7340 Jackson St. (19136)	215-624-5920	Open to public	Yes, call for appointment
Catholic Community Services	Northeast Philadelphia	Food and diapers	Tuesday and Thursday: 10 a.m.–1 p.m.	10125 Verree Rd. Suite 200 (19116)	215-760-4101	Open to residents in Police Districts 2,7 and 8	Yes, call for appointment
Feast of Justice	Northeast Philadelphia	Food and diapers	Wednesday: 5–7 p.m.; Saturday: 2–4 p.m.	3101 Tyson Ave. (19149)	215-268-3510	Open to public	No, walk ups welcome
St. Cyprian Food Pantry	West Philadelphia	Diapers	Monday and Wednesday 9:30–11:15 a.m.	525 S Cobbs Creek Pkwy. (19143)	267-241-9640	Open to public	Yes, call for appointment
Mighty Writers – West	West Philadelphia	Food and diapers	Monday: 12–1 p.m. (closed 6/1/2020)	3520 Fairmount Ave. (19104)		Open to public	No, walk ups welcome
Mighty Writers – El Futuro	Center City / South Philadelphia	Food and diapers	Monday: 2–3 p.m. (closed 6/1/2020)	1025 S. 9th St. (19147)		Open to public	No, walk ups welcome

Archdiocesan Pastoral Center	Center City	Diapers	Tuesday: 1 p.m.-3 p.m.; Friday: 10 a.m. – 12 p.m.	222 N 17th St. (19103)	267-262-8904	Open to public	Yes, call for appointment
Children’s Playhouse Whitman	South Philadelphia	Diapers	Tuesday: 12 -2 p.m. (while supplies last)	2501 S. Marshall St. (19148)		Open to public	No, walk-ups welcome

- The [Philadelphia Women, Infants and Children \(WIC\)](#) program provides eligible caregivers with an EBT card they can use to purchase food and formula.
 - To enroll in Philadelphia WIC, email phillywic@northwic.org (preferred option) or [apply online](#) or call (215) 978-6100.

Free Crib Delivery

Families can request free Pack n’ Play cribs so that all babies have a safe space to sleep:

- Call Maternity Care Coalition at 215-989-3589 or [fill out this online form](#).
- Call the Philadelphia Department of Public Health at 267-432-5844 or [fill out this online form](#).

Online / Virtual Pregnancy and Family Support Programs

We know that COVID-19 adds another layer of uncertainty to the experiences of pregnancy and having an infant or toddler. The following programs offer support by phone or video for pregnant people and families with infants and toddlers.

Services may include: information and support, referral to resources, educational workshops, and no-contact baby supply delivery for clients.

Organization	Eligibility	Phone Number	Email
PDPH Healthy Start	Those pregnant or parents with children under 18 months and living in the following zip codes: 19104, 19131, 19151, 19143, 19142, 19145, 19139.	215-386-1298	Courtney.Hill@ifsinc.org
PDPH MOM Parents as Teachers (PAT) Program	This program is for all parents and caretakers of children ages 0–5.	215-685-3773	Phila.mom.program@gmail.com

<u>Maternity Care Coalition (MCC)</u>	MCC has many programs for families. Call to learn which program fits your interests and eligibility.	215-972-0700	
<u>Nurse-Family Partnership (NFP)</u>	NFP is for first time parents who are less than 27 weeks pregnant, live in Philadelphia, and meet certain income requirements. Call to see if you're eligible.	215-287-2114	
<u>Mabel Morris (MM)</u>	This program is for all parents and caretakers of children ages 0–5.	215-731-2019	
<u>Education Leading to Employment and Career Training (ELECT)</u>	ELECT is for all pregnant and parenting students under 22 years of age.	215-400-4250 or text 215-866-2248	<u>ELECT@philasd.org</u>
<u>Parent Child+ West Philadelphia</u>	This program is for families with children ages 16 months–4 years of age.	267-666-8661	<u>mallison@phmc.org</u>
<u>Parent Child+ North Philadelphia</u>	This program is for families with children ages 16 months–4 years of age.	267-361-7877	<u>amukhtar@phmc.org</u>
<u>Parent Child+ South and Southeast Philadelphia</u>	This program is for families with children ages 16 months–4 years of age.	215-219-8985	<u>lguzman@phmc.org</u>
<u>Philadelphia Infant Toddler Early Intervention Program</u>	This program offers support for families with children ages 0–3 with possible developmental delay or disability.	215-685-4646	<u>Birthto3EI@phila.gov</u>
<u>Carson Valley Children's Aid – Parents as Teachers (PAT) Program</u>	This program is for those who are pregnant and parents/caregivers of children ages 0-5 or until they start kindergarten.	267-595-1135	<u>zramos@cvca-pa.org</u>
<u>Health Federation of Philadelphia- Early Head Start</u>	This program is for families meeting the federal income guidelines and living in the following zip codes: 19120, 19121, 19122, 19124, 19126, 19132, 19133, 19140 and 19141.	215-223-5200 ext. 155	<u>lmadera@healthfederation.org</u>