

Spring 2011



ThinkBuildLive Success™

Student Survival Guide

Wilmington, Delaware



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WILMINGTON RESOURCES

Disclaimer: The material contained in the *TBLS Student Survival Guide* has been prepared for convenience of reference only. We will make every effort possible to keep this information accurate and up-to-date. This guide is also not intended to give professional or any other kind of advice.

Wilmington Educational Resources

LOCAL

Adult Basic Education

403 N. Van Buren St.
Wilmington, DE 19805
Phone: (302) 351-8259

Provides classes covering adult basic education, English as a second language, basic computer literacy, etc.

Delaware Coalition For Literacy

PO Box 716
Newark, DE 19715
Phone: (302) 366 8771

www.decoalitionforliteracy.com/

Services: referrals of adults to education programs to complete their diplomas and recruiting tutors.

Delaware Technical and Community College

333 Shipley St.
Wilmington, DE 19801
www.dtcc.edu

Provides a variety of occupational skills training programs including: technical skills, job knowledge, related academic instruction and employment readiness. In addition, adult basic education and GED classes meet both during the day and in the evening.

James H. Groves Adult High School

100 N. Dupont Rd., Room 232
Wilmington, DE 19807
Phone: (302) 651-2709
www.k12.de.us/adulted/

Offers GED testing, career, academic and personal counseling. Job placement is available for adults ages 16-20 years. Offers jobs for Delaware graduate program and adult basic life skills in reading and math. ESL classes are also offered free of cost both in the day and evening.

New Castle County Learning Center

3101 Drummond Plaza, Building #3
Newark, DE 19711
Phone: (302) 368-0318

Provides individualized instruction which encompasses basic skills and GED preparation. The Learning Center serves adults who are economically disadvantaged and/or have not succeeded in a less traditional program. Counseling, client advocacy, social services, vocational and educational referrals are provided.

Wilmington Practical Resources

TRANSPORTATION

Delaware Area Rapid Transit
www.dartfirststate.com

LogistiCare
160 Greentree Dr.
Dover, DE 19904
Phone: (866) 412-3778
www.Logisticare.com

Manages non-emergency medical transportation for all Medicaid and Chronic Disease Program members in Delaware.

Ride Share Delaware
4051 Ogletown Road, Suite 300
Newark, DE 19713
Phone: (302) 781-5899
www.ridesharedelaware.org

Offers free rideshare services for individuals who live or work in the state of DE. Commuter services include carpool matching assistance, transit information and resources for bicyclists, as well as a Guaranteed Ride Home benefit for all ridesharing commuters. This benefit ensures program participants a free ride home from work via taxi rental car in the event of an emergency during the workday.

Ronald McDonald House of Delaware
1901 Rockland Rd.
Wilmington, DE 19803
Phone: (302) 656-HUGS
www.rmhde.org

Offers transportation to and from shopping centers or grocery and drug stores and to and from duPont Hospital for Children (there is a shuttle service). Also transportation from the airport or train station or to another hospital, or if you need transportation that is equipped with a wheelchair lift.

CHILD CARE & YOUTH SERVICES

Big Brothers Big Sisters
6 Larch Ave.
Wilmington, DE 19804
Phone: (302) 998-3577
www.bbbsde.org

Boy Scouts of America
801 North Washington Street
Wilmington, DE 19801-1597
Phone: (302) 622-3300
www.scouting.org

Girl Scouts of Delaware
100 W. 10th St., #610
Wilmington, DE 19801
Phone: (302) 778-0293
www.cbgsdc.org

YMCA of Wilmington
501 W. 11th St., #100
Wilmington, DE 19801
Phone: (302) 254-9622
www.ymcade.org

Wilmington Head Start Early Learning
Administrative Office
100 W. 10th St., Suite 1016
Wilmington, DE 19801
Phone: (302) 421-3620 ext.13

Provides comprehensive child development services primarily to low-income pre-school children and their families. Specific school locations throughout Wilmington, call for further information.

Boys & Girls Clubs of Delaware

669 South Union St.
Wilmington, DE 19805
Phone: (302) 655-8569
www.bgclubs.org

A teen career development preparation program that educates and prepares youth about job opportunities available to them while enhancing their self esteem. Twelve session program, which is free.

Guardian Angel Child Care

1000 Wilson St.
Wilmington, DE 19801
Phone: (302) 428-3620

A day care center for working low-income families. The center serves children ages 1-4 years old.

Hilltop Lutheran Neighborhood, Inc.

1018 W. Sixth St.
Wilmington, DE 19805
Phone: (302) 656-3224

Provides day care services, a nutrition program, educational services, and a physical fitness program for children ages 6 weeks to 5 years. Emphasis is placed on school readiness.

CHILD, inc.

507 Philadelphia Pike
Wilmington, DE 19809
Phone: (302) 762-8989
www.childinc.com

A non-profit organization dedicated to being advocates for and serving the needs of Delaware's children. Services: children's shelter and runaway center, parent education programs, and the children first program which deals with separation, divorce and visitation, school programs for anger management and preventing dating violence, domestic violence services, family resource programs such as tutoring, literacy, parent education, domestic violence treatment for the victims and perpetrator of the violence, food clubs and other community programs.

Neighborhood House

1218 B St.
Wilmington, DE 19801
Phone: (302) 652-3928
www.neighborhoodhse.org

Offers an onsite Early Learning Center, targets at-risk youth and teens, offers homework help and child care.

Mom's House

1718 Howland St.
Wilmington, DE 19805
Phone: (302) 658-3433
www.momshouse.org

Provides safe, secure, and totally free childcare to low-income single parents wishing to continue their education.

Read Out Loud Delaware

100 W. 10th St., Suite 603
Wilmington, DE 19899
Phone: (302) 656-5256

Programs stress the importance of reading aloud. Volunteers read at child care centers, Head Start Programs, and Kindergarten classrooms, one-on-one to preschool children. Family Literacy Programs focus on integrating read aloud time into busy family schedules.

Delaware Futures

1108 N. Adams St.
Wilmington, DE 19801
Phone: (302) 652-8619
www.delawarefutures.org

Provides academic, social, motivational support, and cultural enrichment that empowers economically disadvantaged high school students to become matriculated college students. Services: College and career counseling, SAT prep workshops, homework help and other services.

Jewish Family Services of Delaware

99 Passmore Rd.
Wilmington, DE 19803
Phone: (302) 478-9411
www.jfsdelaware.org

Services: exciting youth education programs, adult education, GED programs, train-to-work programs, after school care, and counseling and mental health services.

The Challenge Program

1124 E. 7th St.
Wilmington, DE 19801
Phone: (302) 655-0945
www.challengeprogram.org

A private non-profit offering a Construction Training Program for out-of-school youth aged 18-21. Trainees enrolled in our program complete 700 hours of site-based construction training and attend education classes taught by the James Groves Adult Education program to work towards their GED and on basic construction math. Trainees earn payment while securing an education.

EMPLOYMENT

Transitional Work Program

913 N. Market St., Suite 703
Wilmington, DE 19801
Phone: (302) 654 3950

Program is designed for Delaware residents who in need of specific help overcoming obstacles to self-sufficiency. Services: Intensive one-on-one case management and facilitation of services by a trained case coordinator. In-home services for people unable to travel.

Employment & Training, Department of Labor

4425 N. Market St.
Wilmington, DE 19809
Phone: (302) 761-8085
joblink.delaware.gov

Provides a wide variety of one-stop integrated employment and training services through occupational skills training programs, reemployment services, user friendly career resource centers, and through matching job seekers with employment opportunities. Special programs exist for veterans, dislocated workers and the economically disadvantaged.

West End Neighborhood House

710 N. Lincoln St.
Wilmington, DE 19805
Phone: (302) 658-4171
www.westendnh.org/

Offers job search assistance and free GED for adults. The program also offers low interest loans to eliminate new employment barriers. This service is for those who have completed or are enrolled in a job training or educational program and have been offered a new position in the field. If the individual qualifies, the loan provides financial assistance with clothing, childcare, transportation, start-up equipment, etc. Emergency food and clothing closets. Periodic emergency financial assistance for rent, mortgage and/or utilities.

Wilmington Opportunity Center

3030 Bowers St.
Wilmington, DE 19802
Phone: (302) 762-0300
www.Ourpeoplework.org

Provides situational assessments, career exploration, vocational training (warehouse, forklift, mail/document processing), work adjustment training, job development and job placement assistance, job coaching, job retention support, supported employment, facility-based employment.

Delaware Skills Center, Adult Vocational Center

13th St. and Clifford Brown Walk

Wilmington, DE 19801

Phone: (302) 654-5392

www.deskillscenter.org

Offers hands on training and job placement in the following areas: HVAC, Construction Electric, Pipefitting, Welding, Construction, Information Systems and Services, Medical Assistant Certified Nursing Assistant, and Practical Nursing.

Suits to Self Sufficiency

PO Box 4820

Wilmington, DE 19808

Phone: (302) 351-4396

www.dressforsuccess.org/delaware/

A nonprofit aimed at helping women in need get back to work by giving them appropriate business clothing, including suits and shoes for job interviews. Employment retention workshops and other services available for newly employed clients. To be considered, women must have job interviews scheduled and must have completed job training or job placement program.

United Way of Wilmington

625 N. Orange St., #3

Wilmington, DE 19801

Phone: (302) 573-3700

www.uwde.org

The Goodwill Center

300 East Lea Blvd.

Wilmington, DE 19802

Phone: (302) 761-4640

www.goodwillde.org

Arbor Education & Training

625 N. Orange St.

Wilmington, DE 19801

Phone: (302) 655-2207

A job training/job placement business which works with the Division of Social Services.

MEDICAL & DENTAL SERVICES

Westside Family Healthcare Center

1802 W. Fourth St.

Wilmington, DE 19805

Phone: (302) 655-5822

www.Westsidehealth.org

Provides quality health care for the entire family. This includes: family medical care for all ages, from baby to adult, womens health services, prenatal and maternity care, family planning and gynecological care, womens health van-on-site mammography; disease management and prevention-cancer, diabetes, HIV, adolescent health services through ARC, dental care, mental health care, podiatry care, and low cost medications. Westside Family Healthcare staff speak both English and Spanish.

Alfred I. duPont Hospital for Children

1600 Rockland Rd.

Wilmington, DE 19803

Phone: (302) 651-4000

Provides specialized medical services for children and physician referral service for pediatrics. Provides medical care for children with HIV and other infectious diseases. Financial assistance may be provided for families with special financial needs for treatment at the hospital. The Social Work Department provides counseling, crisis intervention, referrals, discharge planning, and support groups for children and families.

Public Health Community Services Team

Northern Health Services

2055 Limestone Rd.

Wilmington, DE 19808

Phone: (302) 995-8653

Provides a variety of home-based services for the Smart Start and Kids Care programs and communicable disease follow-up for such diseases as Hepatitis A, Salmonella, and vaccine preventable diseases. This team includes public health nurses, registered dietitians and social workers.

Smart Start Wilmington

2055 Limestone Rd.
Wilmington, DE 19808
Phone: (302) 995-8617

Provides prenatal and postpartum education, parent education, nursing and developmental assessments, health education, case management, nutrition counseling and assistance with social concerns for high risk pregnant women.

Delaware Wilmington Public Health Clinic

1624 Jessup St.
Wilmington, DE 19802
Phone: (302) 552-3600

Provides a variety of direct services for those who meet the eligibility requirements. Services include health education, WIC nutrition, family planning, pregnancy counseling and testing, and HIV counseling and testing. Fees on a sliding scale.

Medicines Assistance for Those in Need

Phone: (866) 706-2400
www.pfizerhelpfulanswers.com

Helps recently unemployed Americans and their families who have lost their insurance and who are taking Pfizer medicines to continue treatment at no cost for up to one year.

Del Tech Dental Clinic

Second & Shipley Sts.
Wilmington, DE 19801
Phone: (302) 571-5364

Provides full dental services (including dentures, crowns) to children age 4 and over and adults who are eligible. Preventive dentistry available to the general public with no eligibility requirements. Preventive dental care includes: oral exam, x-rays, cleaning, fluoride treatment and sealants.

St. Francis Hospital, Health Hook-Up

Seventh & Clayton Sts.,
Wilmington, DE 19805
Phone: (302) 652-5433

Provides physician referral and hospital information service.

Henrietta Johnson Medical Center

Southbridge:
601 New Castle Ave.
Wilmington, DE 19801
Phone: (302) 655-6187

Riverside:
700 Lea Blvd.
Wilmington, DE 19802
Phone: (302) 761-4610
www.hjmc.org

Provides comprehensive family health services from prenatal and adolescent care to adult and geriatric medicine. Services: Family Medicine, Women's Health, Dental, Podiatry, On-site laboratory testing, Referrals to specialists, Physicians on call 24-hours, Financial Counseling, Medicaid Enrollment Assistance and language Interpretation.

Porter State Service Center

509 W. 8th St.
Wilmington, DE 19801
Phone: (302) 552-3514

Houses various state and private human service providers including Public Health Clinics, STD counseling & testing, Social Services. State Service Center services include: Community Resource Assistance Services, Toys For Tots, holiday baskets, emergency assistance, child dental transportation. Porter State Service Center has food in stock for those in need of emergency food and provides referrals to area food closets.

FINANCIAL ASSISTANCE

Claymont State Service Center

3301 Green St.
Claymont, DE 19703
Phone: (302)-798-4093

Information and screening for TANF (Temporary Assistance to Needy Families), Food Stamps, Women-Infants-Children program, Medicaid, and Subsidized Child Care.

First State Community Loan Fund

100 W. 10th St., Suite 1005

Wilmington, DE 19801

Phone: (302) 652-6774

www.delawareanssave.com

For each dollar saved in a Delawareans Save! savings account, two dollars and fifty cents is earned. Delawareans Save! offers IDA accounts (Individual Development Accounts) to low-income Delawareans to save for homeownership, small business growth or start-up, or post-secondary education. Savers deposit between \$25 and \$250 per month in their IDA account, and receive \$2.50 for each dollar saved. Additional Services: free financial fitness workshops on credit, saving, banking, and other topics, and provide one-on-one counseling for savers.

Salvation Army Family Services

104 W. 5th St.

Wilmington, DE 19801

Phone: (302) 472-0750

Provides crisis alleviation to families and individuals through financial assistance and casework intervention. Services: Emergency food and financial assistance for rent, utilities, basic needs, and prescriptions. The Good Neighbor Energy Fund (GNEF) is utilized to assist Delaware residents with gas and electric bills.

West Center City Planning Advisory Committee

613A W. 8th St.

Wilmington, DE 19801

Phone: (302) 658-5320

Provides a variety of programs and services for low to moderate income families. Services: energy assistance during winter months, assistance with funeral expenses when budget allows, and scholarship assistance.

The Seton Center

Cathedral of St. Peter

500 N. West St.

Wilmington, DE 19801

The Seton Center Program is part of the Cathedral of St. Peters parish social concerns response. Clients may receive assistance with various financial needs, including referrals to Food Pantries, vouchers for local Supermarkets, assistance with rent and utilities.

Catholic Charities Basic Needs Program

2601 W. 4th St.

Wilmington, DE 19805

Phone: (302) 655-9624

Provides limited financial assistance for rent, mortgage, utilities, food referrals, prescriptions and other crises.

Link Up America

1901 N. Dupont Hwy.

New Castle, DE 19720

Phone: (302) 255-9659

Qualified Verizon Delaware customers get a 50% discount on telephone connection. Client must be a Delaware resident in a state/federal assistance program.

FOOD

The Market: Food Bank of Delaware

1320 E. 23rd St.

Wilmington, DE 19801

Phone: (302) 292-1305

www.fbd.org

Wide selection of household staple goods at a discounted price: canned goods, milk, bread, eggs and non-food items. EBT machine available for food stamp customers.

Meals On Wheels Delaware

100 W. 10th St., Suite 207

Wilmington, DE 19801

Phone: (302) 656-3257

www.mealsonwheelsde.org/

Provides delivered meals to homebound individuals.

Luthern Community Services

1304 N. Rodney St.,

Wilmington, DE 19806

Phone: (302)-654-8886

www.lcsde.org

Services: Food bank, prepared meals, grocery assistance, and produce distribution. Also, housing assistance, housing loans/grants, clothing donations, and medical transportation.

Saint Patricks Center, Grocery Club

107 E. 14th St.

Wilmington, DE 19801

Phone: (302) 652-6219

This program makes available to income eligible participants frozen and dry grocery items on a weekly basis. There is no age requirement.

Sharon Temple SDA Food Closet

2001 Washington St.

Wilmington, DE 19802

Phone: (302) 655-2461

Food bank and food stamp referrals programs.

O.A. Herring Community Services

2801 N. Pine St.

Wilmington, DE 19802

Phone: (302) 764-0137

This community agency provides neighborhood-designed programs to improve economic standards, work with youth, and find solutions to problems that relate to families and housing. Services: Food bank, a summer youth program, DPN (Delaware Prevention Network), and a work-readiness training program.

Mount Joy Methodist Church Food Closet

451 Townsend St.

Wilmington, DE 19801

Phone: (302) 655-7751

Free breakfast served on Sunday from 8:00-9:00am. Small food closet.

HOMELESS / TRANSITIONAL SERVICES

The Friendship House

226 N. Walnut St.

Wilmington, DE 19801

Phone: (302) 652-8278

www.friendship-house.org

Offers homeless to housing referrals, education resources, grants and food programs.

Operation Unlock

500 W. 10th St.

Wilmington, DE 19801

Phone: (302) 651-7919

Offers classes and individualized educational counseling, workshops, educational referrals, ABE and GED classes, social services referrals and follow-up services to residents of shelters and to other homeless adults in cooperation with shelters across the state.

Ministry of Caring, Samaritan Outreach

1410 N. Claymont St.

Wilmington, DE 19802

Phone: (302) 594-9476

Provides supportive services for sheltered and unsheltered homeless in New Castle County. Services include: rental assistance (up to \$100); intensive coordinated case management; housing placement assistance; referrals for substance abuse treatment; clothing; food; shelter; and personal counseling. Provides assistance with housing counseling, eligibility for subsidized housing, rental assistance programs, and legal assistance with landlord/tenant issues.

Fresh Start Transitional House for Women

1300 W. 7th St.

Wilmington, DE 19804

Phone: (302) 656-2559

A Christian based facility that is providing help for women coming from homelessness to independence.

Connections, PATH Homeless Outreach

8th and Washington Sts.

Wilmington, DE 19801

Phone: (302) 656-8326

Outreach and day drop-in services for homeless adults in New Castle County. Targets persons with mental health and/or substance use disorders. Provides linkages to appropriate housing, services, and benefits.

Family Promise of Northern New Castle County

2104 Saint James Church Rd.

Wilmington, DE 19808

Phone: (302) 998-2222

Provides emergency shelter for children and their families. Also provides homeless families with other resources such as job searching, internet access, permanent housing assistance and more. Families consist of Mothers and Fathers and their children as well as Mothers with children or Fathers with children. No single adults.

Connections Delthine House

822 W. Street

Wilmington, DE 19801

Phone: (302) 661-1649

Provides ten single room occupancy units of special needs housing with 24 hour supervision and support services for homeless persons with mental illness, including those diagnosed with substance abuse disorders. Fees: Rent (30% of income)

Lazarus House

1411 W. 4th St.

Wilmington, DE 19805

Phone: (302) 472-3442

Transitional housing for men, with primary emphasis on men re-entering society from prison.

Women at the Well Incorporated

406 E. 10th St.

Wilmington, DE 19801

Phone: (302) 397-1492

Transitional home for single women recovering from substance abuse and recently released from prison for non-violent crime. Providing home for rental fee as a bridge to independent living. Offering assistance with education and job placement. Fees: \$375 rent includes all utilities

**HOUSING / HOUSING
COUNSELING**

Interfaith Community Housing of Delaware

613 N. Washington St.

Wilmington, DE 19801

Phone: (302) 652-3991

www.ichde.org/

Services: programs to help low and moderate income families acquire the knowledge, skills and tools which enable them to achieve homeownership, providing safe, decent, affordable housing to persons of low to moderate income.

Delaware Community Reinvestment Action

601 N. Church St.

Wilmington, DE 19801

Phone: (302) 654-5024

Housing Clinic provides assistance to anyone with housing issues, facing foreclosure, fair housing or lender discrimination.

Connections Community Support Programs

500 W. 10th St.

Wilmington, DE 19801

Phone: (866) 477-5345

www.connectionsccsp.org

Provides community-based housing, health care, and employment to poor and homeless individuals and families, including people with mental health and substance use conditions and cognitive disabilities. Services: low-income housing and shelter services, health care and medicaid referral, employment resources, counseling and family therapy, and financial assistance programs.

Housing Opportunities of Northern Delaware

100 W. 10th St., Suite 1004

Wilmington, DE 19801

Phone: (302) 429-0794

www.hond.org

Promotes fair and equal housing opportunities throughout New Castle County, provides general housing education, monitors housing compliance, and advocates for and monitors legislation against discrimination in housing. Provides first-time home buying counseling, reverse mortgage, down payment assistance programs and credit counseling.

First State Community Action

19 Lambson Ln., Suite 8

Wilmington, DE 19720

Phone: (302) 498-0454

www.firststatecaa.org

Provides housing counseling and housing referrals. Additional Services: Senior Companions provide services to the frail, elderly, homebound, and handicapped with assistance in daily activities including companionship, assistance with meals, light housekeeping, and transportation at no charge.

LOW-INCOME LEGAL SERVICES

Delaware Center for Justice

100 W. 10th St., Suite 905

Wilmington, DE 19801

Phone: (302) 658-7174

www.dcjustice.org

Provides services to promote justice for victims to help improve the juvenile system. Sliding scale fee.

PERSONAL RESOURCES

Wilmington Personal Resources

COUNSELING AND MENTAL HEALTH

Latin American Community Center

403 N. Van Buren St.
Wilmington, DE 19805
Phone: (302) 655-7338
www.thelatincenter.org

Advocates for and assists the Latino Community by offering services in a continuum of care that promotes empowerment and an enhanced quality of life while celebrating our diverse cultures.

Services: Domestic Violence Counseling, Drug & Alcohol Counseling, Family & Marital Therapy, Therapy for Adults & Children, Basic Needs Assistance, Emergency Food Closet, Translation & Interpretive Services, and Parent Mentoring.

Brandywine Counseling Community Services

2500 W. Fourth St.
Wilmington, DE 19805
Phone: (302) 472-0381
www.bcidel.org

Outpatient and intensive outpatient behavioral health treatment. Screening and assessment identifies areas of concern. If treatment is recommended, we provide specialized groups (education, life skills, dual diagnosis); close ties with the self-help community; mental health therapy; a certified family therapist; and gambling counseling.

Delaware family Center Wilmington

3608 Lancaster Pike
Wilmington, DE 19805
Phone: (302) 995-9600
Delawarefamilycenter.com

Services include family therapy and marriage counseling; individual therapy with children, adolescents and adults; parent education and counseling; professional education, and training.

Mobile Crisis Intervention

14 Central Ave.
Wilmington, DE 19720
Phone: (800) 652-2929

24 hour emergency and in-person services as needed for mental health crises which might include depression, suicide or substance abuse.

Guidance Services for Children & Youth, Inc.

1213 Delaware Ave.
Wilmington, DE 19806
Phone: (302) 652-3948

Provides counseling for children, adolescents and families. Counseling services include psychiatric and psychological counseling, educational evaluations and assessments, individual and group therapy, family counseling, sexual abuse counseling for victims, families or perpetrators and developmental disabilities counseling.

ContactLifeline, Crisis Helpline

Phone: (800) 262-9800
Crisis Helpline offers 24/7 telephone counseling and crisis intervention. Reassurance Program matches persons in need of daily or weekly telephone contact with assigned volunteer.

Child Mental Health Mobile Crisis Service

1825 Faulkland Rd.
Wilmington, DE 19805
Phone: (800) 969-4357

A 24-hour crisis line which provides services for youth under age 18 who may need emergency hospitalization, who are exhibiting self destructive behavior, or who are exhibiting symptoms of severe psychiatric illness.

PARENTING SERVICES

Planned Parenthood Wilmington

625 Shipley St.

Wilmington, DE 19801

Phone: (302) 655-7293

www.ppdel.org

Provides comprehensive reproductive health care for men and women. Medical services include: routine gynecological care; family planning; birth control; emergency contraception; pregnancy testing and options; prenatal care; abortion services; adoption referrals; screening and treatment of sexually transmitted infections (STI or STD); cancer screening; HIV testing and options.

Peoples Settlement Assoc.

408 E. 8th St.

Wilmington, DE 19801

Phone: (302) 654-4133

www.psassociation.org

Services: Family Support Team Meeting, Family & Community Counseling Center, Parenting Workshops, Computer Literacy Courses, Emergency Financial Assistance, Food Closet/Community Produce Distribution, Clothes Closet, Furniture Donations, McLerin Addiction Transitional House, Community Affordable Housing, and Tax and Credit Counseling.

Parent Information Center of Delaware

5570 Kirkwood Hwy.

Orchard Commons Business Center

Wilmington, DE 19808

Phone: (302) 999-7394

www.picofdel.org

Provides parents with the information and necessary skills to become effective partners in children's education. Services: Individual Consultation, Seminars and workshops, leadership training, and Early Childhood Parent Education.

Children and Families First

2005 Baynard Blvd.

Wilmington, Delaware 19802

Phone: (302)-658-5177

www.cffde.org/

Offers a variety of specialized programs, call for specific details. Services: Resource Mothers Program, Adoption from Foster Care, Emergency In-home Shelter Care, Promoting Safe and Stable Families Program, AccessCare Child Care Referral Program, Integrated Functional Family Therapy, Delaware Girls Wrap-Around Program, Strengthening Families Program, Workshops for divorcing parents and their children, Parenting Infants and Toddlers workshops, Post-Adoption Information and Support Services, Child and Adult Care Food Program and the Just in Time Care Backup Care Program.

Kids Care Wilmington

2055 Limestone Rd., Suite 100

Wilmington, DE 19808

Phone: (302) 995-8590

Provides nutrition education, parent education, nursing and developmental assessments, health education, case management, assistance with social concerns and psychological testing to children through age 18.

Even Start Family Literacy

925 Bear Corbitt Rd.

Newark, DE 19701

Phone: (302) 454-2400, Ext. 215

www2.ed.gov/programs/evenstartformula/index.html

Provides weekly workshops for adults and their children to read and learn together. The Workshops are a four part program including parenting education. Classes are held at community centers, and other agencies in Wilmington and Newark areas.

Parents without Partners

PO Box 7560

Newark, DE 19714

Phone: (302) 738-3264

Provides educational and recreational activities for single parent and single parent families. Through programs of discussion, speakers, publications, and social activities for families and adults, real help is provided to single parents in reshaping their lives.

Wilmington Parks & Recreation Family Service

22 South Heald St.

Wilmington, DE 19801

Phone: (302) 576-3810

Provides Parenting Workshops that include medical, financial, nutrition & education awareness; college admissions & visitation program; Teen RAP (redirecting anger positively); tutoring programs at various city locations for students, English as a second language, SAT preparation and study skills. Additional services: Summer Food Program provides a free meal for children ages 18 years and younger from June 21 through August 21.

DRUG, ALCOHOL AND DOMESTIC ABUSE

National Clearinghouse for Alcohol and Drug Information (NCADI)

Phone: (800) 729-6686

A national, 24 hour, 7-day-a-week resource for information about substance abuse prevention and treatment. NCADI distributes the latest studies and surveys, guides, videocassettes and other types of information and materials on substance abuse from various agencies, such as the U.S. Departments of Education and Labor, the Center for Substance Abuse Prevention, the Center for Substance Abuse Treatment, the National Institute on Alcohol Abuse and Alcoholism, and the National Institute on Drug Abuse. Information specialists are available to recommend appropriate services and information in Spanish and English.

Delaware Coalition Against Domestic Abuse

100 W. 10th St., Suite 703

Wilmington, DE 19801

Phone: (302) 658-2958

www.dcadv.org/

Services: Domestic Abuse resources, shelter services, victim assistance and legal solutions.

Addictions Coalition of Delaware Inc.

100 W. 10th St., Suite 1012

Wilmington, DE 19801

Phone: (302) 984-2322

www.addictionscoalitionde.org

Serves to work on behalf of chemically-addicted Delawareans and their families. Through legislative advocacy and public education, the coalition seeks to increase public awareness of addiction as a treatable disease. Alcohol and drug abuse referrals and education are offered.

A.A. of Delaware

Trolley Sq., Suite 21-B

Wilmington, DE 19806

Phone: (302) 655-5113

www.ndiaa.org

The Alcoholics Anonymous Recovery Program (AA) of New Castle County is a fellowship of men and women who meet in their community to attain and maintain sobriety.

Domestic Abuse Victim Services

300 N. Walnut St.

Wilmington, DE 19801

Phone: (302) 576-3648

Assistance for victims of domestic abuse, especially Safety Planning and Protection From Abuse orders. Referrals for other services for crime victims. Support in criminal or civil court proceedings, help in applying for victims compensation when applicable.

Survivors Of Abuse In Recovery

405 Foulk Rd.

Wilmington, DE 19803

Phone: (302) 655-3953

www.survivorsofabuse.org/

Provides mental health counseling to survivors of sexual abuse and assault regardless of their ability to afford professional recovery services.

Helping Hearts

233 King St.

Wilmington, DE 19801

Phone: (302) 658-7161

Provides long-term case management and counseling for victims of domestic violence and their children. Services include: assistance with education, help with navigating through the court system, health care, housing counseling and referrals, individual and group therapy, and referrals to employment. Program is federally funded through the Criminal Justice Council.

Martin Luther King Center, Inc.

435 S. Heald St.

Wilmington, DE 19801

Phone: (302) 655-2832

Provides drug education and prevention services, advocacy, counseling, referral and human services to low-moderate income residents and youth.

Volunteer Opportunities

VolunteerDelaware

Phone: (800) 815-5465

*1901 N. DuPont Hwy, Debnam Building
New Castle, DE 19720*

www.dhss.delaware.gov/dhss/dssc/sov/

Provides statewide leadership for the promotion and encouragement of volunteerism to persons of all ages, and coordinates a variety of volunteer events. The Volunteer Resource Center connects Delawareans who want to serve with organizations that rely on volunteers to help meet community needs. The Center serves Delawareans through administering VolunteerDelaware.org, technical assistance to voluntary organizations and training for volunteer managers.

Ronald McDonald House of Delaware

Phone: (302) 656-HUGS

*1901 Rockland Rd.
Wilmington, DE 19803*

www.rmhde.org

Volunteer and make a difference in the lives of families with seriously or chronically ill or injured children receiving treatment at local hospitals. Volunteer placements are made by matching current service opportunities with the interests and availability of potential volunteers.

Habitat for Humanity

Phone: (302) 652-0365

*1920 Hutton St.
Wilmington, DE 19802*

www.habitatncc.org

A nonprofit organization that seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action. There are many ways to get involved: individual construction volunteers, volunteer groups, help with donation pickups, organizing, cleaning, staffing and selling at our store, or become a committee or office volunteer.

Meals On Wheels Delaware

Phone: (302) 656-3257

*100 West 10th St., Suite 207
Wilmington, DE 19801*

www.mealsonwheelsde.org

Part of a nationwide program that provides hot, nutritious meals to homebound senior citizens. Last year, Meals On Wheels Delaware agencies and their volunteers delivered almost 600,000 hot meals and warm smiles to seniors statewide. Sign up to volunteer and become one of the many people who help deliver meals to senior citizens daily.

Smoking Cessation

Freedom from Smoking: An American Lung Association Program

Phone: (800) LUNG-USA TTY

Line: (800) 501-1068

www.lungusa.org

The American Lung Association has developed an eight-session group program offering information and support to quit smoking. Contact your local hospital to learn about locations and schedules. Program fee varies. They also provide a free online cessation smoking program, Freedom from Smoking® Online.

Delaware Smoking QuitLine

Phone: (866) 409-1858

www.dhss.delaware.gov/dph/dpc/quitline.html

If you want to quit smoking, the Delaware Division of Public Health offers the Delaware Quitline—a powerful tool to help adult smokers who are ready to kick the habit.

American Cancer Society

Phone: (302) 324-4227

92 Read's Way, Suite 205

New Castle, DE 19720

http://acscan.org/action/de

If you want to quit smoking, contact the American Cancer Society for online smoking cessation programs and community smoking cessation resources.

American Lung Association, Delaware Chapter

Phone: (800) LUNG-USA

1021 Gilpin Ave., Suite 202

Wilmington, DE 19806

www.lungusa.org/associations/charters/mid-atlantic/

If you want to quit smoking, contact the American Lung Association for group smoking cessation programs and smoking cessation audiocassettes.

Recreational Resources

The Delaware Art Museum

2301 Kentmere Pkwy.
Wilmington, DE 19806
Phone: (302) 571-9590
www.delart.org/home.html

The Delaware Art Museum connects people to art, offering an inclusive and essential community resource that through its collections, exhibitions, and programs generates creative energy that sustains, enriches, empowers, and inspires.

The Delaware Museum of Natural History

4840 Kennett Pike
Wilmington, DE 19807
Phone: (302) 658-9111
www.delmnh.org/index.php

The Delaware Museum of Natural History opened its doors in 1972 to excite and inform people about the natural world through exploration and discovery. Encounter life-sized dinosaurs, look beneath the seas, experience an African watering hole, come face-to-face with a jaguar, and marvel at the diversity of birds and shells from around the world, among other things.

Kalmar Nyckel Foundation

1124 E. 7th St.
Wilmington, DE 19801
Phone: (302) 429-7447
www.kalmarnyckel.org/aboutship.asp

The Kalmar Nyckel ship provides a unique platform for the foundation's educational programming as well as a venue for diplomatic, recreational, governmental and commemorative functions. The foundation offers people of all ages a variety of sea and land based learning and recreational experiences.

Longwood Gardens

1001 Longwood Rd.
Kennett Square, PA 19348
Phone: (610) 388-1000
www.longwoodgardens.org/lwgHome.html

Longwood Gardens encompasses 1,050 acres of gardens, woodlands, and meadows. Enjoy over 11,000 types of plants, more fountains than any other garden in the US, educational and visitor programming, and over 400 performances a year.

Wilmington Blue Rocks

801 Shipyard Dr.
Wilmington, DE 19801
Phone: (302) 888-2015
<http://wilmington.bluerocks.milb.com/index.jsp?sid=t426>

The Wilmington Blue Rocks Minor League Baseball Team plays in Frawley Stadium at the Riverfront. They are the Carolina League Class A Advanced Affiliate of the Kansas City Royals. Games are entertainment-filled even before the first pitch. On sponsor nights, fans collect promotional caps, cooler bags, bobble heads and such.



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