

## RESOURCES

**Big Sisters/ Big Brothers** is an organization that matches adult volunteers with children in need of support, attention etc.. The Big Brother or Big Sister spends time with your child (a few hours per month) doing things of your child's interest, such as playing sports, reading, going to the library, getting ice cream. The main office is located at 450 Tilton Road, Suite 214 Northfield, NJ 08225. 573-5029 or email [bbbsatlanticcape.org](mailto:bbbsatlanticcape.org). If interested, your child will be put on a waiting list until they are found a good match. You can request a male or female, males are limited and may require a longer wait.

**Perform Care** is an information and referral source. There are many organizations, services and resources for children in need, but it can be difficult for families to know where to look for help. Call 1-877-652-7624 and tell the customer service representative your situation, exactly what is going on in the home and tell them your child's school gave you this number to call for help. They will link you to any available recourses and help in Cape May County. There is help out there; it's just the matter of finding it.

**Cape Counseling Juvenile Family Crisis Intervention Unit** assists "families in crisis" through family counseling, and/or referral to appropriate agencies in the community. Families in crisis may be experiencing conflicts between parent and child. Counselors will meet with members of the family who are concerned and involved in the conflict. Phone # 465-1374

### **Counseling Services**

Cape Counseling Services- 465-4100

Family Matters- 886-8666

Bridge Counseling Services- 889-8100

**Atlantic Cape Family Support Organization (ACFSO)** is an organization created and run by family members of emotionally and/or behaviorally challenged children. It provides support, education and advocacy for families with emotionally and/or challenged children. They host a monthly support group for parents in Cape May Court House (babysitting available). Call for further information 485-0575 or check out their website [www.acfamsupport.org](http://www.acfamsupport.org).