Did you know that Catholic Social Services has...

- **Prenatal Support**
  Ongoing support and education during pregnancy and throughout the first year of life.

- **Preparing for Baby Workshops**
  An array of educational workshops are available monthly to help those in need prepare for the new one coming into their life.

- **Diaper Assistance**
  Assistance with diapers is provided for families in need.

- **Mary's Cupboard — Mondays, Wednesdays and Fridays**
  Emergency food assistance for families in need
  Please call for an appointment—215-949-1991

- **Catholic Health Care Services—Geriatric Assessments**
  Certified Geriatric Care Managers will evaluate, plan, coordinate, advocate and support individual needs and preferences for seniors age 60+. 888-679-7669

- **Financial Planning Support—Clarifi**
  Budget and debt management counseling
  Credit counseling for maintaining or improving credit
  Home planning and homeownership support
  College planning and student loan debt counseling
  Please call Clarifi for an appointment—215-563-5665

- **Behavioral Health Counseling—Catholic Clinical Consultants**
  Family therapy, Couples Counseling, Individual Counseling
  Please call for an appointment—toll free 1-855-518-2223

**Connections to Community Resources**

- **Community Baby Showers**
- **Special Events**

Contact us today for more information:
Catholic Social Services Bucks County Family Center
100 Levittown Parkway Levittown, PA 19054
215-945-2550
Clases Gratis !!

Are you Pregnant? ¿Estas embarazada?

Do you have questions during this special time? ¿Tiene preguntas durante este tiempo especial?

Education Classes
Clases Educativas durante el Embarazo y Parto

Wednesday 10:00–11:30 AM
Todos los miércoles 10:00 - 11:30 AM

Topics Of classes
Temas de las clases:
Pregnancy/Embarazo
Nutrition/Nutrición
Labor/Parto
Stress/Stress

For more information contact us at:
Para más información llamenos al:
215-639-4254

2913 Street Rd, Bensalem, PA 19020
Catholic Social Services

Fatima Catholic Outreach Center

Becoming a Mom

Everything You Want to Know About Having a Healthy and Happy Pregnancy

Wednesdays

1 PM - 3 PM

Prizes + Raffles + Snacks

Please register with Melanie or Paula at (215) 945-2550

Location: 2913 Street Road
Bensalem, PA 19020
CATHOLIC SOCIAL SERVICES

DIAPER SERVICES

FAMILIES ARE ELIGIBLE TO RECEIVE DIAPERS **FOUR TIMES IN A YEAR** IN TIMES OF EMERGENCIES!!

2 LOCATIONS AVAILABLE:

100 LEVITTOWN PARKWAY
LEVITTOWN, PA 19054

2913 STREET ROAD
BENSALEM, PA 19020

**APPOINTMENT NEEDED AT BOTH LOCATIONS!!**

**TO SCHEDULE PLEASE CALL: 215-945-2550**
Fashions at Fatima

Catholic Social Services brings mission to fashion.

Fashions at Fatima Boutique offers clothing for the whole family.

Designer brands for Men, Women and Children—
Stop in and sign up to be a preferred customer and receive one free item!!!!

~~Thursdays~~

Time: 11:00 - 3:00

Fatima Catholic Outreach Center
291 Fatima Catholic Outreach Center
2913 Street Road
Bensalem, PA 19020
215-639-4254
MARThA’S CHOICE MARKETPLACE
CATHOLIC SOCIAL SERVICES
ARCHDIOCESE OF PHILADELPHIA

2915 Street Road
Bensalem, PA 19020

Tuesdays 3:00 PM – 6:00 PM
Thursdays 1:00 PM – 4:00 PM

Families are welcome to come once every 30 days!
We offer:
Support and Counseling Services

Individual, Family, & Couples Therapy

Anger Management

*We do not offer all of these services at every location for every age. Please call the toll free number listed on this flyer to find out if we have a therapist that can fulfill your specific needs.

We are also a Medicare approved provider and accept most managed care health insurances (BCBS, IBC, Aetna, Cigna, United Healthcare)

We have 6 different service locations:
Southampton
Levittown
Norristown
Springfield
South Philadelphia
Northeast Philadelphia

Toll free
855-518-2223

Fax 215-334-1604

Email:
cccpacticecoordinator@sjvcenter.org

Catholic Clinical Consultants
NAMI Ending the Silence (ETS) is a 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics
- How to get help for themselves or a friend

The goal of NAMI ETS is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

Do NAMI ETS presentations result in improvements in knowledge, attitudes, and help-seeking preparedness related to mental health conditions? The purpose of the present research was to address this question.

METHODS

- 10 schools from 5 different areas of the United States
- Completion of a 12-item research questionnaire measuring knowledge and attitudes related to mental health conditions and help-seeking attitudes.
- For each school
  - Three classes received the ETS presentation and three comparable classes did not
  - The three ETS classes completed a 12-item research questionnaire before the ETS presentation, immediately after and 4-6 weeks following the presentation
  - The three non-ETS (Control) classes completed the same questionnaire on the same schedule as ETS classes

RESULTS

- 932 students: 530 from ETS classes, 402 from Control classes
  - 55% were female and 42% male
  - Less than half (47.5%) were White. 35% were Hispanic, 14% African-American, and 7% Asian
- Knowledge and attitudes changed for ETS classes but not for Control classes
  - Scores increased significantly following the ETS presentation and remained elevated over pre-ETS scores at the 4-6 week follow-up
  - Scores for the Control group students remained the same across all three administrations
  - The pattern (change for ETS classes, no change for Control classes) was similar for each of the 12 individual items and for each of the 10 schools

CONCLUSIONS

- NAMI Ending the Silence is effective in changing high school students' knowledge and attitudes toward mental health conditions and toward help-seeking
- The effect is a robust one, occurring across different presenters, across different study schools, and across the diverse populations within those schools

For the full report, you may contact Jennifer Rothman at jrothman@nami.org or 984-235-4610.