

2025-2026

Family Resource Manual





Introduction

This resource manual was developed with the intention of cumulating community resources that are useful to Minding Miracles' families. It is divided into sections according to the type/nature of the need. We hope to increase the comprehensive nature of the list year by year. If you are aware of resources that are not listed here or have a need that is not currently being addressed, please contact our Executive Director, Elizabeth DeMarco, with your input at edemarco.mmlcfamily.com.

Accessibility












In addition to the physical copy of the manual, resources can be accessed through our website. Please see the virtual bulletin board, helpful resources or documents tabs on our website to find links and downloads that may be helpful to your family. Additionally, when new resources, meetings or assistance becomes available, Minding Miracles management will provide the information via a Brightwheel post.

Virtual bulletin board: See our 'Virtual Bulletin Board' on MMLCfamily.com for important resources, events and general information pertinent to our families and student population.

Helpful Links: Frequently requested links and valuable resources are available with just a click on our 'Helpful Links' tab at MMLCfamily.com

Facebook: We use Minding Miracles' Facebook page to share community events and resources that may be of interest to our parents.

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General Support Access



TEXT
YOUR ZIP CODE TO 898-211



CHAT
www.nj211.org

Dial, Text or chat for:

- *Housing Assistance
- *Income/Employment
- *Food Insecurity
- *Childcare resources
- *Health Referrals
- *Addiction Services
- *Mental Health Support
- *Legal Resources

Free. Confidential. Multilingual. Always Open.



Bayshore Family Success Center

732-497-3811

ymcanj.org/locations/bfsc The Henry Hudson Trail Activity Center
945 State Highway 36, Leonardo, NJ 07737 familysuccess@ymcanj.org

The Bayshore Family Success Center provides a multitude of services for families including opportunities for socialization, support groups, parenting/grandparenting classes, mental health assistance, employment/housing assistance, notary public and assistance in completing/faxing applications for public services.

BFSC offers a baby pantry in which essentials (diapers, formula, wipes) can be attained or donated on the first Friday (Leonardo) or third Wednesday (Keansburg) of each month. Check their website for monthly events including the baby pantry, parent groups, social events and advisory committee meetings.



NJ Helps

Determine if you are eligible for food assistance, health insurance, childcare relief, short term housing or cash assistance.

<https://www.njhelps.gov/>

Food Insecurity



Monmouth County Food Bank 732-918-2600

Hours: 8am-4:30pm Monday through Friday

<https://fulfillnj.org/get-help/>

<https://www.facebook.com/fulfillnj/>



State Food assistance Programs (SNAP, WIC, School Lunch Program)

732-471-9301

<https://www.visitmonmouth.com/page.aspx?ID=2693>



Lunch Break (food, clothing, life-skill support) 732-385-3971

<https://lunchbreak.org/>

<https://www.facebook.com/LunchBreakNJ>



Calico Cat Cupboard and Food Pantry

The Cupboard offers clothing, baby equipment, and household items. The Pantry provides emergency food, personal care, paper, and cleaning products.

732-671-2304

96 Kings Hwy, Middletown, NJ 07748



Middletown Helps its Own

<https://middletownhelpsitsown.com/>

Housing Assistance



Housing Support (Monmouth County Public Housing Agency)

Affordable housing, Emergency homelessness services, Emergency Home Repairs

732-431-6000 (24- hour number)

www.njhousing.gov



New Jersey Affordable Housing Alliance

Rental and homeownership help, mortgage and foreclosure counseling, utility assistance

(732) 389-2958

<https://housingall.org/>

Domestic Abuse



NJ Domestic Violence Hotline

1 (800) 572-SAFE (7233)



180 Turning Lives Around

Confidential access to domestic violence information and services, including crisis

intervention, referral, and advocacy.
1-888-843-9262 (24 hour hotline)

www.180nj.org



Women's Referral Central Hotline

1 (800) 322-8092 24 hours a day/7 days a week

The Women's Referral Central Hotline provides comprehensive information, referrals, active listening, and crisis response for issues confronting New Jersey residents, including but not limited to: child care, discrimination, displaced homemaker, divorce, employment, housing, job training, legal assistance, single parenting & social services.

Parental Assistance



24-hour Parent Stress Line

1-800-THE-KIDS (1-800-843-5437).



Integrated Care Concepts & Consultation

This group is geared towards parents who are interested in connecting with similar individuals as they discuss the ups and downs of parenting.

(732) 858-5432 <https://integratedcareconcepts.com/group/parents-process-group/>



Monmouth University Parent & Caregiver Support Group

(732) 263-5800 mucctc@monmouth.edu



Parents Along the Bayshore; First United Methodist Church of Keansburg

Support Group for Parents & Caregivers

732-566-5093

Special Needs



24-hour Parent Stress Line

1-800-THE-KIDS (1-800-843-5437).



Parents of Special People

Special needs parent support group for families of Matawan/Aberdeen Area. <https://www.parentsofspecialpeopleinc.com/>



Just 4 Kixs: Special needs (inclusive) soccer league

Just 4 Kixs provides soccer clinic for 2 seasons per year. They provide 'buddy' support for each player. Parents can visit Just4Kixs.org to register.

Teenage/Pre-teen buddy volunteers can contact linda@just4kixs.org for more information.



Statewide Parent Advocacy Network (SPAN)

<https://spanadvocacy.org/>

(800) 654-SPAN (7726)

Span provides advocacy, education & resources for New Jersey's special needs families. Visit their website listed above or go to the link on our website.



New Jersey Coalition for Inclusive Education

NJCIE.org/parents

(732) 613-0400

Parent consultation, support and trainings.



Early Intervention Services

<https://www.nj.gov/health/fhs/eis/for-families/>

Addiction Assistance



NJ Department of Human Services Addiction Services (NJ Reach)

nj.gov/humanservices/reachnj/

1-844-732-2465



Shatterproof Treatment Guide (Help finding a treatment facility)

<https://treatmentatlas.org/>



Prevention Links Family Support Center Program (Monmouth County)

Phone 732-381-4100

www.preventionlinks.org

Crisis Management



County of Ocean and Monmouth County

Phone 732-240-6100 for 24-hour Crisis Hotline



Perform Care: Mobile Crisis Response

1-877-652-7624

www.performcarenj.com/families

24/7 hotline for children with developmental, behavioral, trauma or crisis based needs.



NJ Crisis Intervention Response Network
(609) 394-3600.

Emotional/Behavioral Health



**RWJ Barnabus Health Psychiatric Emergency Screening Service (P.E.S.S.)
at Monmouth Medical Center**

732-923-6999

<https://www.rwjbh.org/monmouth-medical-center/>



Mental Health Association Of Monmouth County

732-542-6422

www.mentalhealthmonmouth.org

Professional Services



Physician Search Engines:

Find a pediatric dentist: <https://www.abpd.org/general-public/find-board-certified-dentist>

Find an Audiologist: <https://members.audiology.org/cvweb/cgi-bin/memberdll.dll/info?wrp=find-an-audiologist.htm>

Find an Optometrist: <https://www.aao.org/eye-health/tips-prevention/children-eye-screening>

Find a primary care physician: <https://doctor.webmd.com/providers/specialty/pediatrics/new-jersey>



Speech/Occupational/Physical therapy referrals:

Therafit Rehabilitation (Matawan & Middletown) 732-955-9505

SPOT On Speech & Occupational Therapy (Middletown) 732-333-1355

Abilities in Action: (Shrewsbury & Wall) 732-842-6600

Tender Touch Occupational Therapy: (Hazlet) 732-335-4030

Little Birds Speech & Occupational Therapy: (Red Bank) 732-639-1551

Peak Pediatrics: (Middlesex) 732-705-1645

Hitting Milestones: (Matawan) 732-851-6947



Pediatric Neurologists/Developmental Pediatricians:

Dr. Bandari - JFK NJ Neuroscience Institute (Edison, NJ): 732-321-7010

Dr. Alison Smoller – Dev. Pediatrics of Central NJ (Ocean Twp): 732-660-0220

Dr. Neelam Sell – The Milestone Center (Red Bank): 732-345-8380

Dr. Zimmerman-Bier- RWJ Hackensack-Meridian (New Brunswick): 732-745-8600

Dr. Heather Souders -Children's Specialized Hospital (Hamilton): 888-244-5373

Dr. Lindsay Klimik – CHILDREN OVER 3yo (Neptune): 732-749-2438

LGBTQ+



Pflag Jersey Shore (Monmouth)

(908) 814-2155

Organization that provides support, education, and advocacy for LGBTQ+ people, their families, and friends. pflagjerseyshore.org



Make it Better For Youth

<https://makeitbetter4youth.org/>

A Monmouth County resource for LGBTQ+ Youth.



Family Acceptance Project

<https://familyproject.sfsu.edu/>

Support & Resources for same sex families.

Recreation resources



Monmouth County Parks System

<https://www.monmouthcountyparks.com/>

Local activities/programs for children, teens, adults & seniors.



Middletown Township Department of Recreation

[732-615-2260](tel:732-615-2260) <https://www.middletownnj.org/715/Recreation>



Aberdeen Township Parks & Recreation

732-583-4200 <https://www.aberdeennj.org/273/Recreation>

For online registration go to: <https://parksrec.egov.basgov.com/aberdeen>



Girl Scouts of America (Jersey Shore Chapter)

Find a troop- Join a troop at: <https://www.jerseyshoregirlscouts.org/>



Boy Scouts of America (Monmouth Council)

Find a troop- Join a troop at: <https://beascout.scouting.org/>



Little Rockers Music Education (Locations in Shrewsbury & Wall)

Classes for toddlers through grade 3

<https://littlerockersmusic.com> 732.530.8600



Gymboree Play & Music Classes (infancy through preschool)
<https://www.gymboreeclasses.com/> (732) 872-8500



Monmouth County Local Moms Group (recommendations, events, etc)
<https://themonmouthmoms.com/>

Ways for Parents to get involved



Jersey Shore Community Discovery Center

<https://www.jerseyshorecdc.com/>

JSCDC offers programs for children that feature STEM, cooking, photography, graphic design and art. Adult volunteers and donors are needed to assist in continuing to provide their programs within the community.



Volunteer opportunities in Monmouth County

Volunteermatch.com

The volunteer match website lists opportunities for volunteerism on an ongoing basis or for one-time events. The opportunities are listed according to interest and provide links to the appropriate organization.

Bayshore Family Success Center

<https://ymcanj.org/locations/bfsc>



Bayshore Family Success Center

ymcanj.org/locations/bfsc

BFSC offers a multitude of opportunities for family/parent supports. They request volunteers to provide assistance, provide trainings and organize collection drives.



Monmouth County Parks and Recreation

<https://www.monmouthcountyparks.com>

Monmouth County Parks and Recreation offers various programs for children and adults. Parents can volunteer or can find classes/clubs that suit their interests.



Blessing Bag Brigade

<https://www.blessingbagbrigadenj.org/copy-of-how-to-help>

The Blessing Bag Brigade provides essential supplies to those in need and arranges support for soup kitchens/food pantries along the Jersey Shore. They are looking for volunteers to carry out their mission as well as ambassadors to help arrange drive donations.



Middletown Township Parks & Recreation

<https://www.middletownnj.org/715/Recreation>

MTP&R offers both opportunities and programs for children and adults to explore sports, interests and community support.



Aberdeen Township Parks & Recreation

<https://www.townofaberdeen.net/pview.aspx?id=2090>

Aberdeen Township offers both opportunities and programs for children and adults to explore sports, interests and community support.



Sandy Hook National Park

<https://www.sandyhooknj.org/history-mission>

Sandy Hook National Park is looking for volunteers to assist in preserving the Sandy Hook beaches and natural resources.

Places of Worship

***The following places of worship have been recommended by Minding Miracles' clients because of their unique programs for children and their community ties. If you believe you have a beneficial resource in this area, please reach out to us so that we can include additional resources.*

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| | Living Springs Fellowship, Freehold, NJ. | https://www.livingspringsnj.org/ |
| | North Shore Fellowship, Hazlet, NJ | https://northshorenj.org/ |
| | Harvest Time Worship Center, Cliffwood, NJ | https://joinharvesttime.org/ |
| | Breakthrough in Christ Fellowship, Keyport, NJ | https://www.bicmnj.org/ |
| | The Jewish Federation in the Heart of NJ | 732.588.1800
https://jewishheartnj.org/connect/connect-with-your-peers/people-with-special-needs |
| | Temple Shalom, Aberdeen, NJ | https://templeshalomnj.org/ |