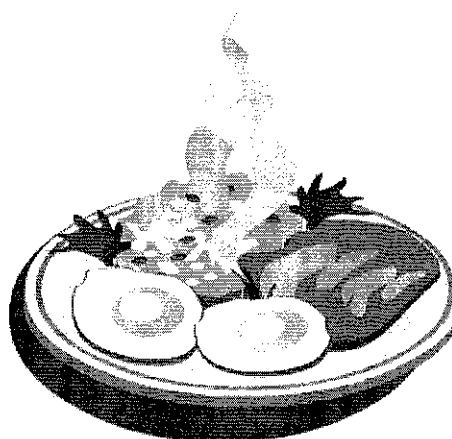


2022

# BURLINGTON COUNTY FOOD PANTRY & HOT MEALS



## COMMUNITY RESOURCE GUIDE



**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Abundant Life Community Development Corp.**
- 4151 Route 130 South  
Edgewater Park, NJ 08010
- Phone: (856)461-7000
- Contact: Andrea Armstrong
- Distribution Hours: 2nd & 4th Wednesday 4:00pm - 6:00pm
- FOOD PANTRY



- **Abundant New Life Ministries**
- 221-223 Front St.  
Fieldsboro, NJ 08058
- Phone: (609)424-0088
- Contact: Cynthia Smith
- Distribution Hours: 2nd Thursday 1pm-5pm
- FOOD PANTRY



- **Beacon of Hope Inc.**
- 41 Mill Street #1  
Mt. Holly, NJ 08060
- Phone: (609)288-6517
- Contact: Darlene Trapper
- Distribution Hours: Every Friday 9:00am - 2:00pm / Monday - Wednesday 9:00am-1:00pm for clothes give away
- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Bethel AME**
- 512 North Church St.  
Moorestown, NJ 08057
- Phone: (856) 235-3152
- Distribution Hours: 2nd and 4th Wednesdays 9:30 am- 11am
- FOOD PANTRY



- **Beverly Methodist Church**
- 133 Warren Street  
Beverly, NJ 08010
- Phone: (609) 387-2776
- Distribution Hours: Every 3<sup>rd</sup> Wednesday 3:00 pm- 5:00 pm
- FOOD PANTRY/MEALS/TOILETRIES



- **Burlington SDA (Seven Day Adventist) Church**
- 256 Conover Street  
Burlington, NJ 08016
- Phone: (609)386-6133
- Contact: Lloyd Laing
- Distribution Hours: 3rd Tuesday 10am - 2pm
- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Burlington Twp. Food Pantry**
- 1200 N Route 130  
Burlington, NJ 08016
- Phone: (609)280-6447
- Contact: Domenic Zulla
- Distribution Hours: Every Wednesday 9:00am-11:00am
- FOOD PANTRY



- **Calvary Baptist Church of South Jersey**
- 116 N. Broad St.  
Beverly, NJ 08010
- Phone: (856)282-0476
- Contact: Adrienne Gittens
- Distribution Hours: 3rd, 4th and 5th Wednesday and every Saturday 6pm-8pm,  
occasionally closed if distribution day falls on or around a holiday
- FOOD PANTRY



- **Cathedral of Love Community Church**
- 139 Beverly Rancocas Road  
Willingboro, NJ 08046
- Phone: (609)835-4141
- Contact: Patricia Johnson
- Distribution Hours: Monday, Wednesday & Friday 9:00am - 1:00pm (Preferred to call in  
advance & MUST have ID)

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**

- FOOD PANTRY



- **Catholic Charities- Emergency & Community Services**
- 450 Veterans Dr.  
Burlington, NJ 08016
- Phone: (856)764-6940
- Contact: Troy Randolph
- Distribution Hours: Monday 1pm – 3:30pm, Tuesday & Thursday 9:00am - 11:30am /  
Wednesdays 9:30am - 10:30am & 1:00pm - 3:30pm
- FOOD PANTRY



- **Christian Caring Center**
- 378 Lakehurst Road  
Browns Mills, NJ 08015
- Phone: (609)893-0700
- Contact: Madelyn Mears-Sheldon
- Distribution Hours: FOOD PANTRY: Monday - Saturday 10:00am-3:00pm, HOT MEALS:  
Monday-Saturday 12:00pm-1:30pm (NO SERVICES 1st THURSDAY & SATURDAY of the  
MONTH)
- FOOD PANTRY/HOT MEALS

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Christian Community Center-Extended Hand Ministries**

- 275 Holeman Street  
Mt. Holly, NJ 08060

- Phone: (609)914-4270

- Contact: Michael Gould

- Distribution Hours: FOOD PANTRY - Monday & Wednesday 11am-2pm / HOT MEALS - Monday & Wednesday 1pm-2pm

- FOOD PANTRY/HOT MEALS



- **Church of the Good Shepherd UM Church**

- 110 Buckingham Drive  
Willingboro, NJ 08046

- Phone: (609)877-6088

- Contact: Dolores Richards

- Distribution Hours: 3rd Saturday 5pm - 9pm

- FOOD PANTRY



- **Delaware Valley Baptist Church**

- 493 Beverly Rancocas Road  
Willingboro, NJ 08046

- Phone: (609)871-2121

- Contact: Alpha Andrews

- Distribution Hours: 3rd Tuesday 9:00-11:30 (provides emergency services & clothing)

- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Epworth UM Church (Bread of Life FOOD PANTRY)**
- 501 Morgan Avenue  
Palmyra, NJ 08065
- Phone: (856)829-1908
- Contact: Dale Neas
- Distribution Hours: 3rd Saturday 10am-1:00pm
- FOOD PANTRY



- **First Baptist Church**
- 19 West Main St.  
Moorestown, NJ 08057
- Phone: (856)235-1180
- Distribution Hour: Every Tuesday 11am-1pm & 5:30 pm to 7pm, Every Thursday 11am-1pm
- FOOD PANTRY



- **First Moravian Church - Fishes & Loaves Food FOOD PANTRY**
- 228 E. Washington St. & Bridgeboro  
Riverside, NJ 08075
- Phone: (856)461-0132
- Contact: Rich Fynan
- Distribution Hours: 3rd Saturday 9:00am - Noon
- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **First Presbyterian Church**
- 125 Garden Street  
Mt. Holly, NJ 08060
- Phone: (609)267-0330
- Contact: Jan Delango
- Distribution Hours: Every Monday & Friday 12:00noon - 1:00pm
- FOOD PANTRY/ HOT MEALS



- **Grace Episcopal Church**
- 43 Elizabeth Street  
Pemberton, NJ 08068
- Phone: (609)894-8001
- Contact: Joan Hess
- Distribution Hours: Every 3rd Saturday 10:00am-2:00pm
- FOOD PANTRY



- **Haitian Baptist Church**
- 203 Sunset Road  
Burlington, NJ 08016
- Phone: (609)386-0244
- Contact: Lea Nazaire
- Distribution Hours: 3rd Wednesday 4:00pm - 6:00pm
- FOOD PANTRY



**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **House of God Church**
- 58 S. Bridgeboro Street  
Delran, New Jersey 08075
- Phone: (856)764-1515
- Contact: Leatrice Caldwell
- Distribution Hours: Every 3rd Saturday 9:00am - 12pm
- **FOOD PANTRY**



- **Humanity First USA**
- 500 Bridge Street  
Willingboro, NJ 08046
- Phone: (609)330-4578
- Contact: Sheraz Syed
- Distribution Hours: Every 3rd Saturday, Noon - 4:00pm
- **FOOD PANTRY**



- **Legacy Treatment Center (Kairos House)**
- 201 Spout Spring Avenue  
Mt Holly, NJ 08060
- Phone: (609)261-3034
- Contact: Tiffany Grove
- Distribution Hours: Monday - Sunday 10am - 4pm
- **FOOD PANTRY**

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Lifegate Assembly of God**
- 1607 Jacksonville Road  
Burlington, NJ 08016
- Phone: (609)352-2302
- Contact: Michele Dudley-Brown
- Distribution Hours: 2nd & 4th Saturday 9:00am- 11:00am
- FOOD PANTRY



- **Mary, Queen of All Saints**
- 4824 Camden Avenue  
Pennsauken, NJ 08110
- Phone: (856)662-2721
- Contact: Mary McGinley
- Distribution Hours: Every Saturday 10:00am - 11:30am
- FOOD PANTRY



- **Masonville United Methodist Church (The Caring Corner Food Pantry)**
- 200 Masonville Road  
Mt. Laurel Township, NJ 08054
- Phone: (856) 234-0941
- Contact: Reverend Karen Murray
- Distribution Hours: Every Wednesday 4:00 pm – 6:00 pm &  
3<sup>rd</sup> Saturday 9:00 am – 11:00 am
- FOOD PANTRY/TOILETRIES

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Miller's Temple C.O.G.I.C**
- 519 Kennedy Street  
Palmyra, NJ 08065
- Phone: (856)829-9811
- Contact: Pastor Tommie Smith
- Distribution Hours: 4th Saturday 9:00am-1:00pm
- FOOD PANTRY



- **Oaks Integrated Care**
- 770 Woodlane Road, Suite 16  
Mt. Holly, NJ 08060
- Phone: (609)267-5928
- Contact: Aldelise Castellar
- Distribution Hours: Monday, Tuesday & Wednesday 10:00am-12:00pm, Thursday & Friday 1:00am - 3:00pm
- FOOD PANTRY



- **On the Wings of Love Ministries**
- 348 West Fourth Street  
Florence, NJ 08518
- Phone: (609)496-2008
- Contact: Diane West
- Distribution Hours: 3rd Thursday 4:00pm - 8:00pm
- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **People First**
- 1841 Burlington-Mt. Holly Rd  
Westampton, NJ 08060-1069
- Phone: (609)261-4571
- Contact: Dawne Belfon
- Distribution Hours: Monday - Friday 9:00am - Noon
- FOOD PANTRY



- **Prince of Peace Lutheran Church**
- 61 Route 70 East  
Marlton, NJ 08053
- (856) 983-0607
- Contact: Scott Rush
- Distribution Hours: Monday's 5:00 pm – 7:00 pm & Thursday's 9:00 am – 11:00 am
- FOOD PANTRY



- **RCCG-El-Shaddai Praise Center**
- 2557 Saylor's Pond Road  
Wrightstown, New Jersey 08562
- Phone: (732)725-7445
- Contact: Module Ajala
- Distribution Hours: Every 2nd Saturday 9:00am - 1:00pm
- FOOD PANTRY

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **Redeemed Christian Church of God Mission**
- 1003 Sunset Road  
Burlington, NJ 08016
- Phone: (609)387-5780
- Contact: Bola Powell
- Distribution Hours: Every 3rd Saturday 10:00am - 2:00pm
- **FOOD PANTRY**



- **St. Ann's Church**
- 22 Trenton Road  
Browns Mills, NJ 08015
- Phone: (609)893-3246 ext17
- Contact: Joe Tierney
- Distribution Hours: 2nd & 4th Thursday 10:00am-12:00pm
- **FOOD PANTRY**



- **St. Mary Street UM Church**
- 483 St. Mary Street  
Burlington, NJ 08016
- Phone: (609)387-1518
- Contact: Caretha Holmes
- Distribution Hours: Every Tuesday 11:30am - 12:30pm
- **FOOD PANTRY**

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **St. Mary's Episcopal Church - Ladle of Love**
- 145 W. Broad Street  
Burlington, NJ 08016
- Phone: (609)386-0902
- Contact: Church Office
- Distribution Hours: Every 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Wednesday 4:00pm - 6:00pm
- **FOOD PANTRY & HOT MEALS**



- **St. Matthew Lutheran Church**
- 318 Chester Ave (Use rear entrance)  
Moorestown, NJ 08057
- Phone: (856)235-2055
- Distribution Hours: 1st & 3rd Mondays 12pm-2pm, 5pm-7pm
- **FOOD PANTRY**



- **SVDP - Holy Eucharist Conference**
- 520 Medford Lakes Road  
Tabernacle, NJ 08088
- Phone: (609)268-0005
- Contact: Joanne O'Brien
- Distribution Hours: every Tuesday & Thursday 10:00am - 12:00pm
- **FOOD PANTRY**

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



○ **SVDP - Sacred Heart Conference**

○ 260 High Street  
Mt. Holly, NJ 08060

○ Phone: (609)267-9600

○ Contact: Annette Marcil

○ Distribution Hours: Monday, Tuesday, Wednesday & Friday 11:00am-1:00pm / Mondays  
also 6:00pm-8:00pm / Thursdays 6:30pm-8:30pm

○ FOOD PANTRY



○ **SVDP - St. Katherine Drexel Conference**

○ 502 High Street  
Burlington, NJ 08016

○ Phone: (609)386-3650

○ Contact: Sharon Kenzler

○ Distribution Hours: Every Wednesday 9:30am-11am

○ FOOD PANTRY



○ **Tabernacle Baptist Church**

○ 150 E. 2nd Street  
Burlington, NJ 08016

○ Phone: (609)386-4785 ext 501

○ Contact: Andrew Scott

○ Distribution Hours: FOOD PANTRY every Monday 10:00am-1:30pm & Thursday 2:30pm-  
3:30pm HOT MEALS Monday 12:00pm-1:30

○ FOOD PANTRY/HOT MEALS

**CALL TO CONFIRM AVAILABILITY, HOURS AND RESTRICTIONS.**



- **True Vine Memorial Baptist Church**
- 101 Fire House Road  
Browns Mills, NJ 08015
- Phone: (609)893-3948
- Contact: Mary Holloway
- Distribution Hours: Every 3rd Thursday 1:00pm - 4:00pm
- FOOD PANTRY



- **Trinity's Table**
- Trinity United Methodist Church / Trenton Area Soup Kitchen/ The Muslim Center of Princeton
- 339 Farnsworth Ave.  
Bordentown, NJ 08505
- Phone: (609)658-1984
- Contact: Elyse Carty
- Distribution Hours: Every Tuesday 5:00pm - 6:30pm
- FOOD PANTRY



- **Wiley Mission**
- 99 E. Main Street  
Marlton, NJ 08053
- Phone: (856)983-0506
- Contact: Lynne Allen
- Distribution Hours: Every other Monday from 5:30pm to 7:30 pm
- FOOD PANTRY



## **HOT MEALS SERVED IN BURLINGTON COUNTY**

### **Monday 12 Noon – First Presbyterian Church**

- 125 Garden St., Mt. Holly 08060
- Phone: (609) 267-0330

### **Monday 12pm-1:30 - Tabernacle Baptist Church**

- 150 E. 2nd St., Burlington, NJ 08016
- Phone: (609)386-4785

### **Tuesday 1pm-2pm - Extended Hands Ministry**

- 275 Holeman Street Mt. Holly, NJ 08060
- Phone: (609) 914-4270

### **Tuesday 5pm – 6:30pm Trinity's Table**

- 339 Farnsworth Ave, Bordentown, NJ 08505
- Phone: (609) 658-1984

### **Wednesday 1pm - Mt. Nebo**

- 243 Chestnut St., Mt. Holly, NJ 08060
- Phone: (609)267-2322

### **2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Wednesday 4:00p - 6:00p - St. Mary's Episcopal Church - Ladle of Love**

- 145 W. Broad Street, Burlington, NJ 08016
- Phone: (609)386-0902

### **Thursday 1pm - Extended Hands Ministry**

- 275 Holeman Street Mt. Holly, NJ 08060
- Phone: (609) 914-4270

### **Friday 12 Noon - First Presbyterian Church**

- 125 Garden St., Mt. Holly 08060
- Phone: (609) 267-0330

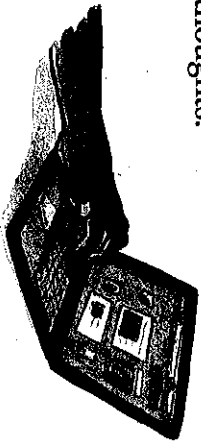
### **Saturday 1pm-2pm – Extended Hands Ministry**

- 275 Holeman Street Mt. Holly, NJ 08060
- Phone: (609) 914-4270

### **Sunday 1pm-2pm - Extended Hands Ministry**

- 275 Holeman Street Mt. Holly, NJ 08060
- Phone: (609) 914-4270

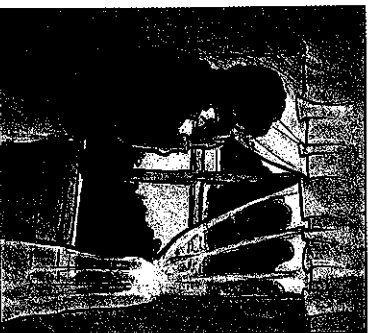
- 27.** People who are struggling with suicidal ideas or behaviors may use social media as an outlet for their thoughts.



- 28.** Don't ignore posts that mention despair, self-harm, death or suicide. Reach out via private message. Send messages of hope and links to a local crisis center or to Lifeline. If you think the person is in immediate danger, call 911.

- 29.** Flag or report troubling posts. Many social media platforms have safety teams that can offer help.

- 30.** If you or someone you know is considering suicide, get help today. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).



**Suicide is often preventable.**  
People at risk of suicide need to know that they are not alone. The National Suicide Prevention Lifeline has local crisis centers across the country. For more information, call 1-800-273-8255.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Wendy Mayer-Lochtefeld.  
Designed by Su Gatch. Illustrated by Meg Biddle.  
Special thanks to our medical, professional and audience reviewers.

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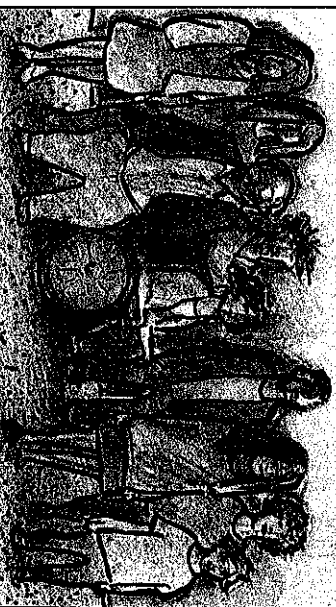
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# Suicide

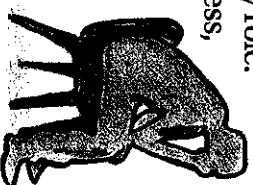
## 30 Facts

### Everyone

### Should Know



- 1.** On average, there are 130 suicides per day in the U.S.
- 2.** The rate of suicide is highest in adults between ages 45 and 64.
- 3.** There is no single cause for suicide.



**4. Mental illness can play a key role.** But abuse, bullying, loneliness, substance misuse, family and relationship issues, health, money and legal problems may impact the suicide rate.

**5. Men are nearly four times more likely to die from suicide than women, but women attempt suicide three times more often.**

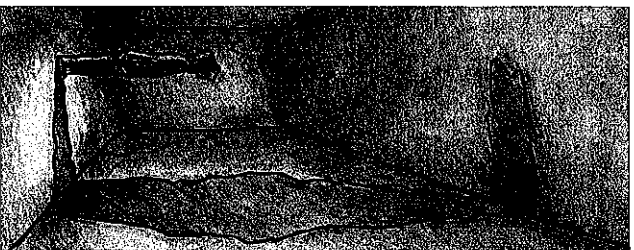
**6. LGBTQ youth are four times more likely than heterosexual youth to attempt suicide.**

**7. Relative to the size of their population, Native American people have the highest rate of death by suicide than any other ethnic group in the U.S.**

**8. Most people who consider suicide do not want to die. They see it as a way to end their pain.**

**9. Around 40,000 Americans die by suicide every year, but more than a million attempt it.**

**10. Nine out of 10 people who attempt it and survive will not die by suicide later.**



**11. Two thirds of all gun-related deaths in the U.S. are suicides.**

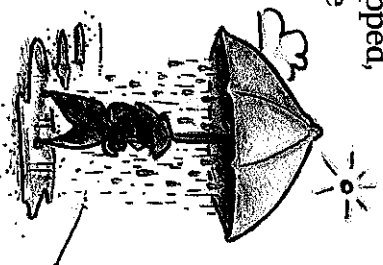
**12. Suicide is often not planned.**

**13. Less than 40% of people who die by suicide leave a note.**

**14. Of people who have died by suicide, 54% did not have a known mental condition.**

**15. People who feel hopeless, trapped, ashamed or isolated are more likely to consider suicide.**

**16. Other warning signs include talking about wanting to die or killing oneself, end-of-life planning, mood changes, anxiety, withdrawal, anger, recklessness and substance abuse.**



**17. Risk factors for suicide change with age.**

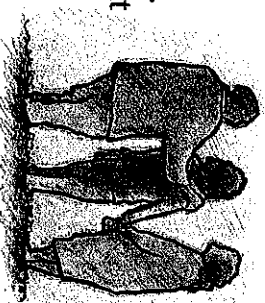
**18. Teens may not have the coping skills to deal with a breakup or problems with family, such as abuse or substance misuse.**

**19. A teen may be the target of bullying, either online or in person. Or they may identify with someone who has died by suicide.**

**20. Older adults at risk may be dealing with illness, isolation, chronic pain, financial insecurity, or the death of a partner.**



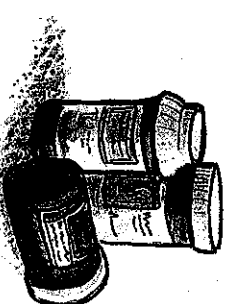
**21. Suicidal thoughts or actions are not a bid for attention. They are the result of extreme stress and should not be ignored.**



**22. Asking people direct questions about suicidal thoughts and behavior will not make them more likely to attempt it.**

**23. Do not leave a suicidal person alone. Call a hotline or speak to a counselor for help. Offer support and keep them away from the means to hurt themselves.**

**24. A person at risk for suicide should not have access to firearms.**

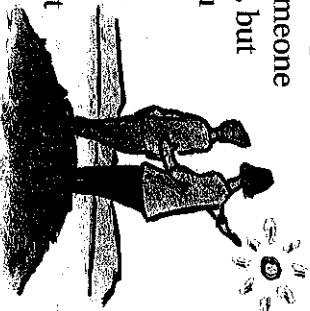


**25. Certain medications, including antidepressants, increase the risk for suicidal thoughts and behavior.**

**26. Get help IMMEDIATELY if you have unexpected mood changes or thoughts of self-harm while taking any medication.**

## What to say. What not to say.

- It can be hard to know what to say to someone with depression.
- You can offer someone encouragement, but avoid saying you know what will cure the person.
- Remember, depression is not a choice. Avoid saying things like:
  - "Get over it."
  - "Count your blessings."
  - "You could have it worse."



## If you are depressed:

- Along with talking to friends or family, consider talking with your doctor or a therapist.
- Do your best to remember these basics of self-care:
  - Staying connected with family and friends.
  - Exercising. This can improve your mood and energy levels.
  - Going to bed and waking up at the same time each day.
  - Eating a balanced diet.
  - Avoiding misuse of alcohol or other drugs to cope with your feelings.



Depression affects physical as well as mental health, and raises the risk of self-harm. Talking about depression is a step toward feeling better. But how do you get the conversation started? Look inside for tips on talking about depression.

If you, or someone you care about, are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HOME to 741741).

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Moya Desci.

Designed by Su Gatch. Illustrated by Meg Biddle.  
Special thanks to our medical, professional and audience reviewers.

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# Depression

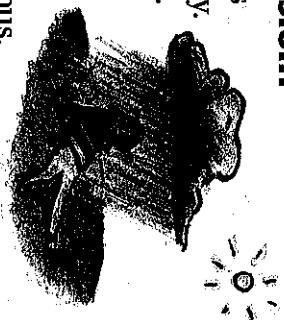
## Let's Talk About It



If you are depressed, reaching out to others can feel like a hard thing to do. If a friend or family member is depressed, it can be difficult to know how to connect. But talking about depression can help people recover. Here are some tips on how to talk about it.

## What is depression?

- Depression affects the mind and body. It is very common.
- People do not choose to be depressed.
- Depression is serious, but it is treatable. People with depression can recover.

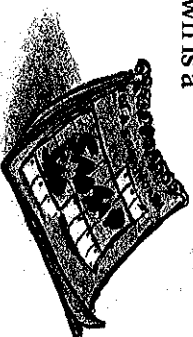


### ■ Symptoms can include:

- Feeling sad, anxious, hopeless, or empty.
- Having mood swings.
- Losing interest in things you used to enjoy.
- Trouble concentrating.
- Sleeping too much, or too little.
- Eating too much, or losing appetite.
- Feeling fatigued.
- Thoughts of self-harm or suicide.

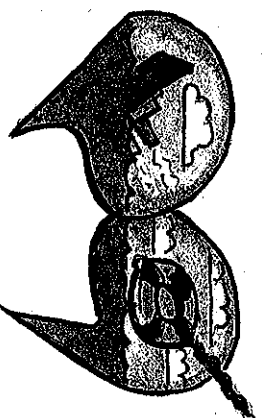
### ■ Feeling sad or down is a

normal response to the challenges of life. However, if these feelings last longer than two weeks, it could be depression.

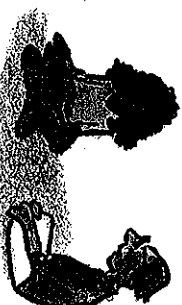


## Talking about depression can help.

- You may worry that you will be judged or treated differently if you tell someone that you are depressed. Perhaps you worry about burdening others with your feelings.
- But people care about you and want to know how you are doing.



- People who are depressed often feel better after talking about it.
- Talk to someone you trust, such as a friend or relative.



- You can also talk to a teacher or spiritual advisor. You can say:
- "I'm uncomfortable talking about this, but I think I have depression."
  - "I'm feeling really down and I may need help."
  - "I think I should see a therapist, but I'm scared. Can you help me find one and make sure I keep the appointment?"

If you are worried that someone you care about is depressed, be the one to reach out.

- Encourage the person to talk. You can say:
  - "I care about you."
  - "It seems like you're struggling these days. Do you want to talk?"

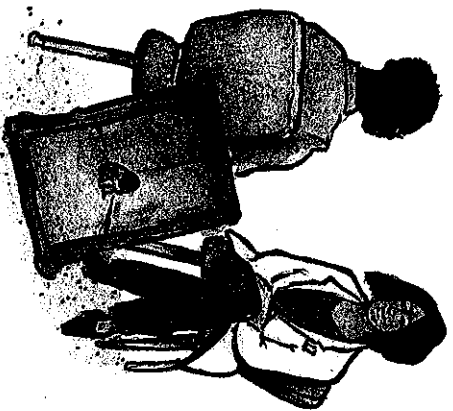


- "Do you want me to help you make an appointment with a doctor or therapist?"
- It may take more than one conversation for someone to feel ready to talk about their depression.
- It is okay to ask if they are having thoughts of self-harm or suicide. If they are, seek professional help immediately.
- Symptoms of depression in young people can be harder to detect. If a teen is behaving outside of what is typical for them and you suspect depression, find a time to connect.



## 6. It's never too late to heal from ACEs.

- Steps you can take to heal include:
  - ✓ Talking to your health care provider. Ask what you can do to reduce the impact of your ACEs.
  - ✓ Using talk therapy to identify how your past may contribute to your current mental or physical health.
  - ✓ Being aware of alcohol or drug use. If misuse is an issue, talk to your health care provider about steps you can take to quit.
  - ✓ Building a caring community of friends and family.
  - ✓ Getting regular exercise, good nutrition and adequate sleep.
  - ✓ Joining a support group.



**Build your resilience.  
Learn healthy ways to deal  
with stress.**

Your adverse childhood experiences, or ACEs, have an impact, but they are only one part of your story. You can take steps to change the outcome. To learn more about ACEs, visit [acestoohigh.com](http://acestoohigh.com).

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

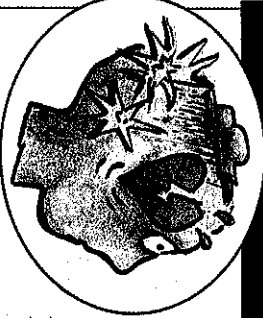
Written by Wendy Mayer-Lochtefeld.  
Designed by Su Gatch. Illustrated by Meg Biddle.  
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# 6 Things to Know About ACEs





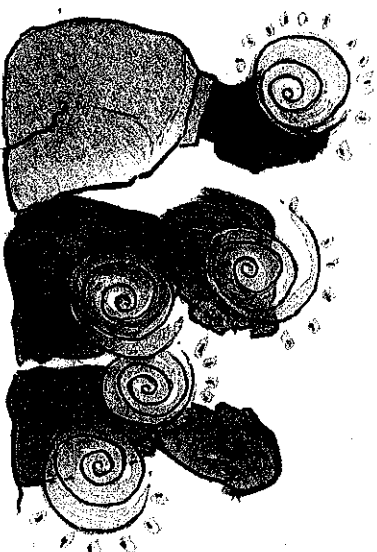
Everyone goes through tough times in life, but did you know that experiencing certain types of trauma during childhood can have a lasting impact on your overall health and well-being? Adverse childhood experiences, or ACEs for short, are traumatic events, situations of extreme stress or instability that happen before a person turns 18. Here are six things to know about ACEs.

## 1. There are different types of ACEs.

- **Abuse:** physical, emotional or sexual.
- **Neglect:** physical or emotional.
- **Household Challenges:** household substance abuse, mental illness, a family member in prison, domestic violence, divorce or death of a parent.
- **Other Challenges:** extreme poverty, gender or racial discrimination, bullying, witnessing violence, living in an unsafe neighborhood.
- Studies found that people with four or more ACEs have an increased risk of certain health issues later in life.

## 2. ACEs are common.

- Almost two-thirds of adults have had at least one ACE.
- Of those, a majority had two or more ACEs.



## 3. ACEs can cause toxic stress.

- When children are exposed to trauma, or stress that doesn't stop, it increases stress hormones in the body and brain. If stress hormones stay at high levels, it can become toxic. This is called toxic stress.
- Toxic stress can affect the immune system.
- It can also impact brain development and cause problems with learning and memory.
- Toxic stress can make it harder for children to make or keep friendships.
- Children dealing with trauma may act out in anger, be impulsive, or have other behavioral problems.

## 4. ACEs can impact health for years.

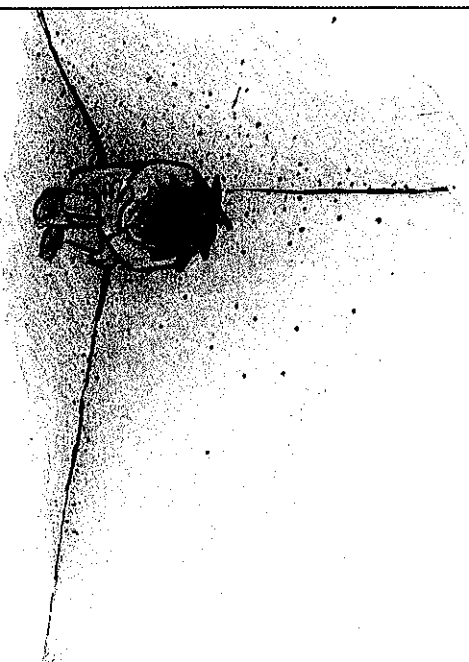
- The toxic stress caused by ACEs increases the risk for chronic health problems later in life.
- People with four or more ACEs are more likely to use tobacco or misuse alcohol and other drugs.
- They also have an increased risk of obesity, lung or heart disease, diabetes, cancer, stroke, depression, sexually transmitted infections and suicide.

## 5. ACEs are only one part of a person's story.

- Because ACEs can have a strong impact on a person's overall health it is important to be aware of their potential influence.
- Knowing you may have an increased risk for certain health issues can motivate you to take active steps to curb or prevent those possible outcomes.



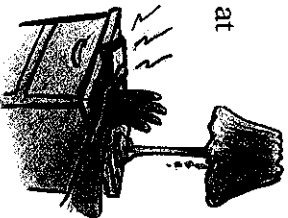
You can't change your past, but present-day actions can affect how your story moves forward into the future.





## How to deal with digital stress:

- ◆ **Schedule a digital time-out.** Turn off all your devices. Switch off for an hour, a day, a weekend or an entire vacation.
- ◆ **Make sleep a priority.** Stop using your devices at least 30 minutes before you go to bed.
- ◆ **Tune out the noise.** Turn off notifications except for calls and texts from a few select people.



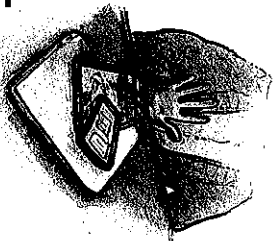
- ◆ **Choose your contacts.** You are not obligated to accept all social media requests.

- ◆ **Adjust your social media feed.** Be aware of how certain posts make you feel. Follow people and things that are meaningful and positive.

- ◆ **Make time for face-to-face connections.** Put your phone away during friends and family time.

- ◆ **Schedule specific times to check your email.** Stick to the schedule.

- ◆ **Try not to get caught up in comparisons.** Remember nobody's life is picture perfect, no matter how it looks online.



**Own your device – don't let it own you!**

Our digital lifestyles are here to stay. Learning to pay attention to the effects technology use has on your well-being is important. When it comes to dialing down your stress levels, these tips can be a good place to start.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Wendy Mayer-Lochtefeld.  
Designed by Su Gatch. Illustrated by Meg Biddle.  
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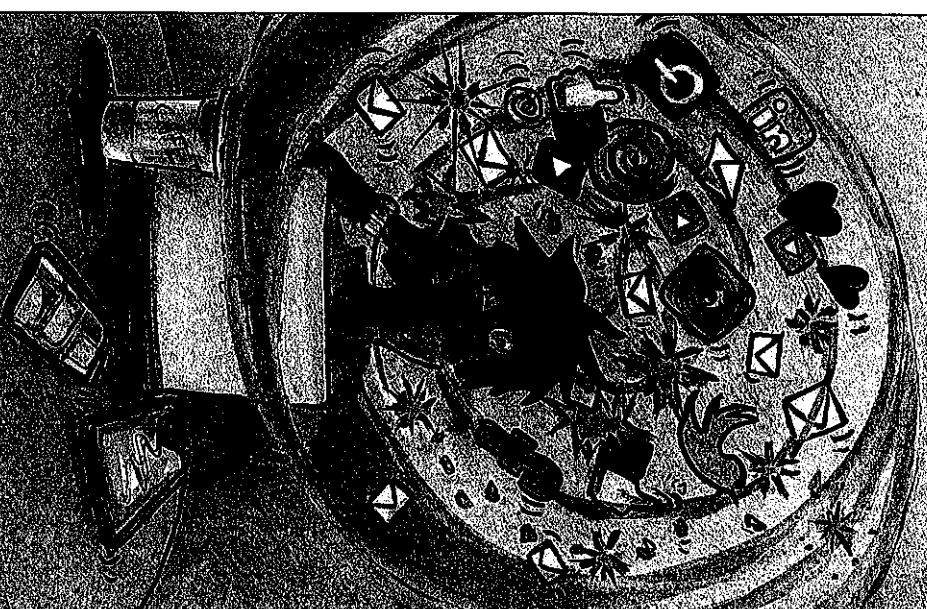
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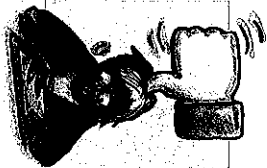
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# Digital Stress

(What It Is and How to Deal with It)







**Smartphones and computers can help you stay connected, informed and entertained. They can also make you feel anxious, overwhelmed or even depressed – that's called digital stress.**

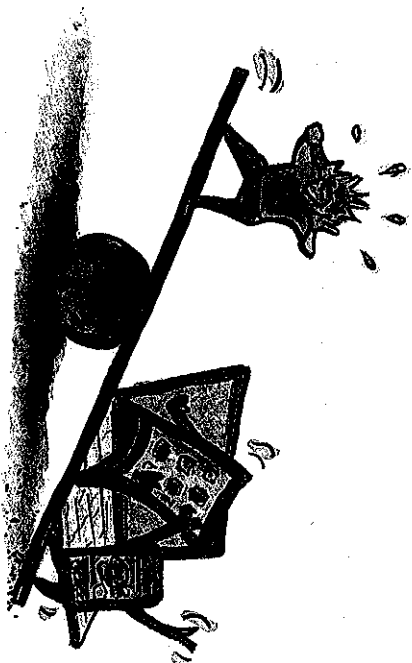
**When it comes to digital stress, here are the top reasons behind what's stressing you out:**

### **1. Constant Distraction**

How often do you scroll through social media, check your email or send texts? Probably a lot, right? We all do. But studies suggest that all of this input makes it hard to focus on one thing, and may affect your ability to learn and remember.

### **2. Lack of Good Sleep**

Do you stay up late at night browsing online? Turns out the blue light emitted by screens can make it harder to fall and stay asleep. This can lead to exhaustion, which makes it harder to cope and sets you up for stress.



### **3. Social Comparison**

Does scrolling through social media make you feel sad or anxious? Studies suggest that this is a common feeling. People tend to post only the positive aspects of their lives. Seeing other people's highly edited posts can make you feel bad about your own life and lead to feeling depressed, jealous or anxious.

### **4. Negative Interactions**

Has someone ever left a mean or negative comment on your post? Or, have you been threatened or intimidated online? This type of interaction is common and a big source of stress.

### **5. Life Balance**

Do you check your work or school email on the weekend or after hours? When the lines between work-time and off hours get blurred, it can mean you are not able to really relax or unwind from the daily stress of work or school.

### **6. Fear of Missing Out (FOMO)**

Are you a constant checker? Do you think you might be missing something important if you leave your phone behind? This fear often causes a steady stream of anxiety and stress.



**Chronic stress raises your risk of serious health concerns such as depression, obesity, type 2 diabetes, heart attack and stroke.**

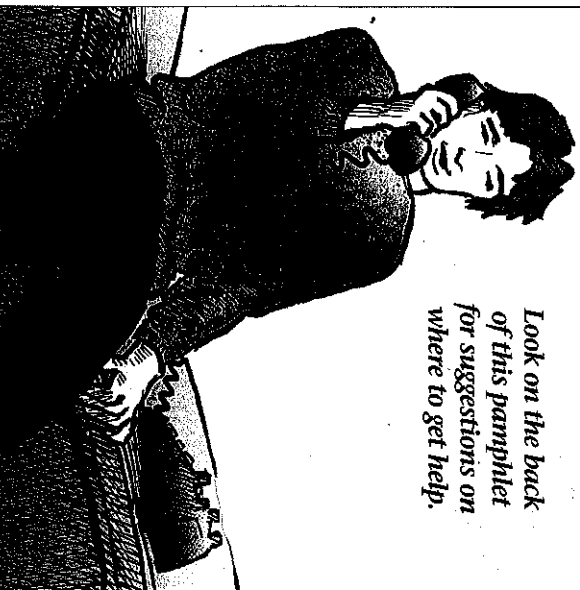
## 9. Alcohol and other drugs make stress worse!

- ✓ Sometimes people think that getting high or drunk will help them feel better.
- ✓ Alcohol and other drugs will only make stress worse. They add to trouble at home, school or work.
- ✓ Do not overeat, skip meals, or isolate yourself from others to deal with stress either.

## 10. Talk it out.

- ✓ Do you feel like things are just too much? Do you think about dropping out or running away?
- ✓ If so, get help now! Talk over your feelings with a trusted friend, family member or counselor.
- ✓ If you feel so stressed you can't take it, get help now by calling a crisis or suicide hotline.

*Look on the back of this pamphlet for suggestions on where to get help.*



## If stress gets too big, you can get help.

You can get help by talking with a counselor or your healthcare provider. If you need to talk to someone right away, call the Lifeline at 1-800-273-8255.

Written by Mardi Richmond.

Designed by Eva Bernstein. Illustrated by Meg Biddle.

Special thanks to our reviewers from the Sacramento Unified School District, the Los Gatos-Saratoga High School District and the Racine Council on AODA.

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# How to Deal with Stress (without using alcohol or other drugs)



LOWER YOUR STRESS

## 1. Take steps to keep stress from taking over.

- ✓ Some stress is good. It keeps you motivated and focused. But too much stress can make you sick.
- ✓ Sometimes people try to deal with stress by doing things that make it worse – like using alcohol, tobacco or other drugs.

## 2. Look at what stresses you out.

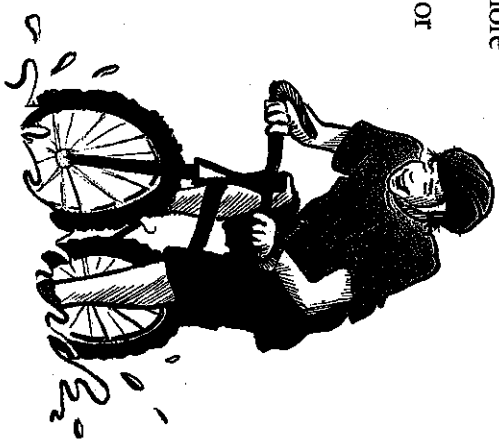
- ✓ Some of the things that cause stress are:
  - Being too busy.
  - Not getting enough sleep.
  - Pressure from school or work.
  - Family problems.
  - Having trouble with a friend, boyfriend or girlfriend.
  - Struggles with personal identity.
  - Not having enough money.



## 3. Recognize the signs of stress.

- ✓ Some signs of too much stress include:
  - Feeling anxious, nervous or tired.
  - Not being able to concentrate.
  - Forgetting important things.
  - Getting sick more than usual.
  - Using alcohol or other drugs.
  - Feeling depressed or overwhelmed.

*Exercise is a great way to burn off stress.*



## 4. Identify what you can control – and what you can't.

- ✓ Some things that cause stress are easy to change.
- ✓ For example, if you always forget your homework in the morning, you can put it in your backpack the night before.
- ✓ You can't change things like getting the flu or your parents' getting a divorce. But you can take steps to help you get through stressful times.

## 5. Slow down.

- ✓ Having too much to do is a huge cause of stress. Consider cutting some things out of your busy schedule.
- ✓ Decide what's most important to you. Remember, you can't do it all.

## 6. Get physical.

- ✓ Anything that gets your body moving will help burn stress.
- ✓ Go dancing. Ride your bike. Take a hike. Play a game of basketball with your friends.

## 7. Eat when you're hungry, sleep when you're tired.

- ✓ Not eating right or not getting enough sleep stresses your body – and makes it harder to deal with other kinds of stress.
- ✓ Eat breakfast, lunch and dinner. Go for healthy snacks. Avoid junk food.
- ✓ Make sure you get enough sleep.



*Laughing is another good way to release stress.*

## 8. Take time for yourself.

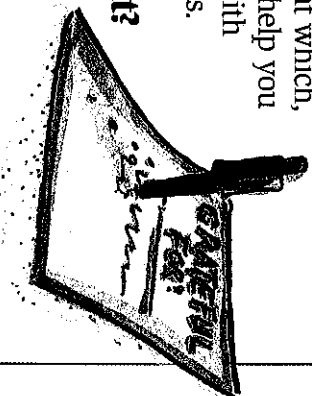
- ✓ Do things that help you relax. Listen to music. Hang out with friends.
- ✓ Laugh! It's a great way to release stress. Watch a funny movie.
- ✓ Spend some time by yourself.

## Gratitude takes practice.

- Practicing gratitude is a way to train your brain to be more aware of things that produce positive feelings.
- Over time, regularly focusing on what you feel grateful for becomes a habit. Soon it becomes easier to see things in a positive light which, in turn, may help you better cope with stressful times.

## Not feeling it?

- Practicing gratitude isn't about ignoring emotions like sadness, frustration, worry, or disappointment. It is a way to approach those feelings when they do arise.



- You can recognize what you are feeling. Acknowledge what is hard. Then take the next step and offer yourself a bit of hope. Say to yourself:
  - Life is challenging, but it can get better.
  - There is a lot that can go wrong, but what can go right? I've been through hard times before. I can do this too.

**Gratitude is something you can practice and get better at.**

Studies show that people who practice gratitude have less depression and anxiety, are more likely to achieve their goals, and may even have better health. But when things feel stressful, gratitude may be the last thing you can imagine feeling. Look inside for tips on how to grow your gratitude attitude.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Nancy Calhoun.

Designed by Su Gatch. Illustrated by Meg Biddle.

Special thanks to our medical, professional and audience reviewers.

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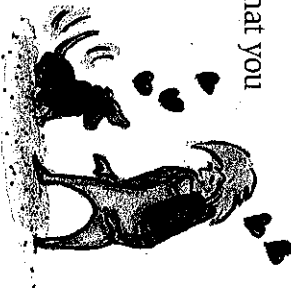
# Practicing Gratitude During Stressful Times



Feeling stressed out, anxious, or uncertain? We've all been there. It feels bad. When these feelings come on strong, or last too long, it can be hard to imagine feeling grateful. But positive emotions such as gratitude actually help to boost your resilience to stressful times. Here's what you need to know.

## How does gratitude help curb stress and anxiety?

- When stress, worry, or negative self-talk fill your mind, it can make you feel drained and defeated. It's like trying to fuel your body with junk food. After a certain point, you run out of energy and you don't feel so good.
- When you focus on what you are grateful for, your attention shifts to the positive, which can reduce or replace the focus on what is wrong or missing.
- Being grateful doesn't make the hard stuff in life disappear, but it can change the way you respond to it.

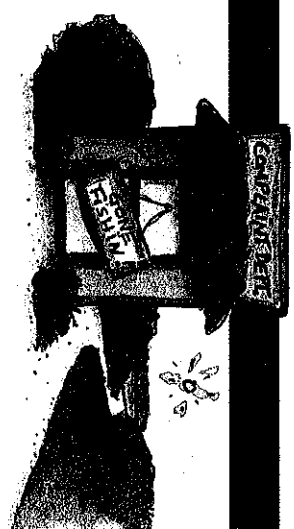
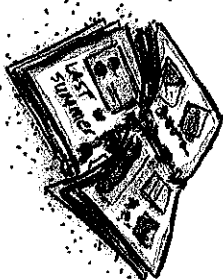
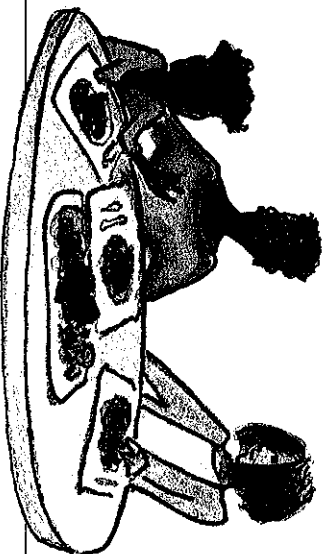


## Gratitude is good for your brain.

- Your body needs healthy food and exercise to thrive. Your brain needs positive thoughts.
- Gratitude, and similar positive feelings, actually cause your brain to release "feel good" hormones that lead to feeling lighter, happier, and less stressed.
- Practicing gratitude may help you sleep better, which is a key factor in overall well-being.

## Here are 12 ways to add gratitude to your daily life:

1. Slow down and notice your surroundings. What makes you smile?
2. Find a few moments every day to engage in an activity that you enjoy.
3. Pick one day a week when you try not to complain about anything.
4. Do something nice for somebody else.
5. Spend time with positive people.
6. Use meal times as a reminder to think about or share things you felt grateful for during the day. Maybe you felt grateful to talk to a friend, or maybe you simply felt glad to see the sun shining.
7. Tell someone what you appreciate about them.
8. Say thank you more often. Don't forget to thank yourself for working on healthy habits!
9. Start a gratitude journal. Or create a list on your phone. Try to add a few things every day. You can write detailed descriptions, or keep it simple and just make a list.
10. Post images on social media of something you are grateful for – and let people know why. Or make a bulletin board or scrap book and post images of things for which you are grateful.
11. Look online for other ways you can practice gratitude.
12. Go to sleep thinking about the best thing that happened to you today.



# You May Be At Risk



The ARCH Program is

aimed at helping at-risk people get the medical attention they need.

You may be at risk if you:

- Currently use (or have ever used) injection drugs, especially if you have shared needles/ syringes, cottons, cookers, or water
- Have had vaginal, anal, or oral sex with someone who uses injection drugs without using a condom, or with multiple partners without using a condom
- Have a wound resulting from injection drug use



GET TESTED  
REDUCE RISK BEHAVIORS  
GET VACCINATED AGAINST STDs

Burlington County Health Department  
*Health Starts Here*

**Vision**  
Working Together Today for a Healthier Tomorrow

**Teamwork**  
Working efficiently, coordinating efforts with the common goal of public health

**Compassion**  
Providing care, understanding, humanity and respect for the diverse residents of Burlington County

**Dedication**  
Commitment to the highest quality of health and well-being of Burlington County

**Mission**  
Providing Public Health Services to Burlington County through Education, Prevention and Protection

**Public Health**  
Prevent. Promote. Protect.

Burlington County Health Department  
*Health Starts Here*

**Struggling with drug addiction?**

**Don't neglect your health.**

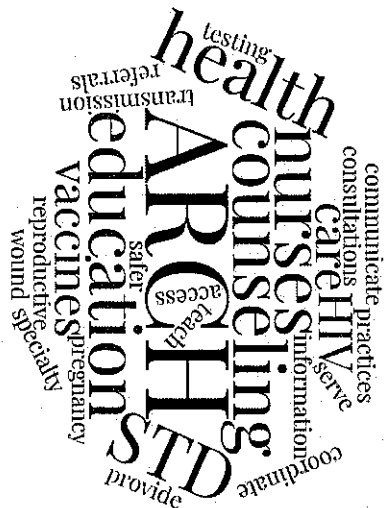
**ARCH**

Access to Reproductive Care and HIV Services

**Public Health**  
Prevent. Promote. Protect.

Burlington County Health Department  
*Health Starts Here*





# ARCH Nurses

The Burlington County Health Department is dedicated to reducing the spread of HIV/AIDS and other infectious diseases. ARCH Nurses do this by offering prevention services to at-risk people in the community. At the Burlington County Health Department, we have a registered nurse to help people who may be at risk of getting or spreading HIV/AIDS, STDs, Hepatitis, or other infections, and also provide referrals for women who may be pregnant.

## What We Offer



ARCH Nursing services are free and confidential and include:

- HIV Rapid Testing and Counseling
- Hepatitis C Rapid Testing
- STD Testing and Treatment
- Pregnancy Testing
- Adult Vaccinations for HPV, Tdap, Hepatitis A, Hepatitis B
- Wound Assessment and Care
- IV Drug Use Assessment, Referrals, and Overdose Prevention Counseling
- Sexual and Reproductive Health Counseling
- Pre-Exposure Prophylaxis (PrEP) Counseling and Referral
- Nutrition Counseling
- Narcan Training
- Referrals for HIV, Drug Treatment, Hepatitis C Infection, Pregnancy, Birth Control

Call to find out if you qualify for these services. Services are free, but you must make an appointment.

## Contact Information



Ann Jones, APN  
ARCH Nurse Practitioner  
Health Promotion Services  
Burlington County Health Dept.  
15 Pioneer Blvd.  
Westampton, NJ 08060  
Tel: 609-265-5562  
Fax: 609-914-8552

Tuesday: 9-2  
Wed & Thurs: 9-3  
By appointment only

## Where We Are

The ARCH Nurse is located at:  
Burlington County Health Dept.  
15 Pioneer Blvd.  
Westampton, NJ 08060



Ext. 45A/B off 295 toward Mt. Holly  
BURLINK Bt. Beverly/Rail Station  
Willingboro—Mt. Holly—Pemberton  
Turnfield at Woodlane Stop

Burlington County Health Department and the ARCH Nurse Program are dedicated to ensuring all residents have access to the care they need.





**Volunteers  
of America®**

**DELAWARE VALLEY**

**Safe Return &  
Navigator Program**  
*Burlington County*

- Reentry Services
- Housing Assistance
- Mental and Substance Abuse Treatment
- Identification Assistance
- Veterans Assistance





# ReConnections

Recovery support services for families  
and loved ones of people facing  
problems with drugs and/or alcohol

ReConnections offers peer-  
to-peer coaching and support  
services to family, friends,  
and loved ones of individuals  
struggling with drugs and alcohol.

Our staff will work with you to  
begin the process of healing  
from the effects drugs and  
alcohol have had on personal  
relationships and develop  
healthy boundaries and positive  
communication skills.

Services are offered free of  
charge.



## ReConnections

Is someone you love struggling with  
drugs or alcohol?

We're here to help you find ways to cope.

[reconnections@centerffs.org](mailto:reconnections@centerffs.org) ■ 877.922.2377