**GETTING BACK ON YOUR FEET**

**Resources for Basic Needs and**

**Making Ends Meet**

**Basic Needs:**

**Catholic Charities - 732-324-8200.** Their focus is to assist the poor in the community.

#### NJ Helps. Go to [www.njhelps.org](http://www.njhelps.org) for a wide range of services provided by the Department of Human Services including housing, employment, child care, health insurance, etc.

**Food and Shelter:**

**FISH Hospitality Program, Inc. - 732- 968-5957** for shelter.

For food and clothing call FISH, Inc. - **732- 356-0081** – Dunellen area –

456 New Market Road, Piscataway

**Zion Hill Baptist Church - 732-463-7776 -**  450 Highland Avenue, Piscataway

Offering very inexpensive lunch on Thursdays.

**Ozanam Family Shelter:**

**For single women and families - 732- 985-0327** - 89 Truman Drive, Edison, NJ 08817

**Men’s Shelter** – **732-729-0850** - 22 Abeel Street, New Brunswick, NJ 08901

**Trinity Soup Kitchen (Woodbridge) Trinity Episcopal Church - 732- 634-7422**  
650 Rahway Avenue, Woodbridge, NJ 07095

**Middlesex County Social Services - 732- 745-3500**. Call to apply for food stamps.

**Fishes & Loaves Café I -** located at Christ United Methodist Church, 485 Hoes Lane, Piscataway serves a free home-cooked lunch the third Thursday of each month, 11:00 a.m. - 1:00 p.m. in Fellowship Hall.

**Fishes & Loaves Café II** - located at Our Lady of Fatima Roman Catholic Church, 501 New Market Road, Piscataway, serves a free home-cooked dinner the third Friday of each month, 5:00 p.m. - 7:00 p.m. in the school cafeteria.

**Clothing:**

**Free clothes from FISH, Inc.** – **732-356-0081** - Dunellen Area

**Unique Thrift** – **908- 822-1600 -** 700 Oak Tree Avenue - South Plainfield, NJ 07080

**Health Care:**

**Charity Care - 866-588-5696** **For Veterans – 732-981-8193**

NJ hospital care payment assistance Piscataway Outpatient Clinic

program. Piscataway Outpatient Clinic

www.state.nj.us/health/charitycare 14 Wills Way, Building 4

Piscataway, NJ 08854

**NJ Mental Health Cares – For Young Adults Under Age 21 -**

**866-202-4357 877- 652-7624**

Division of Addiction ServicesPerformCare NJ – For help with **…………………**addiction, housing, etc

**Suicide Helpline: Vet 2 Vet –**

Peer support for veterans -

**NJ Hopeline – 855-654-6735 866-838-7654**

**Employment:**

**Middlesex County One-Stop Career Center** **– 732- 937-6200 –**

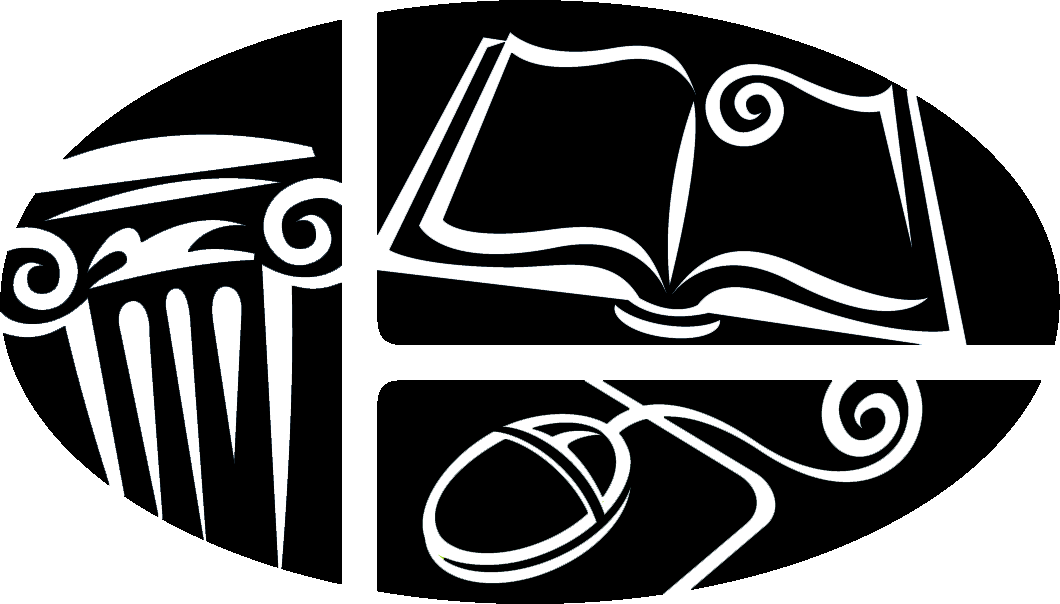
550 Jersey Avenue, New Brunswick, NJ 08901

Workforce information, job listings and job search, career counseling,

training opportunities, re-employment workshops, etc.

**Addiction:**

**NJ Connect for help with substance abuse – 855-652-3737**

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**Piscataway Public Library - 2017**