

Getting Back on Your Feet: Resources for Basic Needs

This list was compiled by Piscataway Public Library. For more information, call 732-463-1633 x6. Updated March 2023.

Catholic Charities

<https://ccdom.org/middlesex>

732-324-8200

Basic Needs - Making

Ends Meet

Child Care Services

Counseling Services

Immigration Services

Maternity Services

Mobile Family Success

Center

Out of Home Placement

Shelters & Housing

Social Concerns

Youth Services

NJ Helps

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

Food assistance (SNAP)

Cash assistance

(WFNJ/TANF or

WFNJ/GA)

Health Insurance (NJ

FamilyCare/Medicaid)

FISH, Inc.

<https://fishdunellenarea.org/>

456 New Market Road

Piscataway, NJ

732-356-0081

Food and clothing

Trinity Episcopal Church

<http://trinitywoodbridge.org/outreach/>

650 Rahway Ave. at Trinity

Lane

Woodbridge, NJ

07095-3530

732-634-7422

Food Pantry

Soup Kitchen

Diaper Bank

Support Groups

Middlesex County Social Services

<https://middlesexsocialservices.com/programs/>

732-745-3500

Toll Free: 1-800-SOCIAL2

Medical Assistance

Programs

Food Stamps (SNAP)

Child Support and

Paternity Program

Temporary Assistance for

Needy Families (TANF)

General Assistance

(WFNJGA)

Emergency Assistance

Services

Board and Care Services

Charity Care - New Jersey Hospital Care Payment Assistance Program

<https://www.state.nj.us/health/charitycare/>

1-866-588-5696 (Monday through Friday, 9-5pm)

charity.care@doh.nj.gov

Medical expenses

NJ Vet 2 Vet

<https://www.njvet2vet.com/>

1-866-838-7654

24/7 peer support for veterans

Transitioning from service

Preparing for deployment

Family and relationships

Caring for a loved one

Returning to school

Homelessness

Managing PTSD

Jobs and employment

Financial or legal issues

Health Concerns

VA New Jersey Health Care System

<https://www.newjersey.va.gov/locations/Piscataway.asp>

14 Wills Way

Building 5

Piscataway, NJ

08854-3770

732-981-8193 Ext.295481

Primary care for veterans

Nutrition

Social work

Mental health

PerformCare NJ

<http://www.performcarenj.org/index.aspx>

1-877-652-7624 (24/7)

Young adults under 21

Alcohol and substance use

Housing for ages 18-21

Behavioral, mental health

Getting Back on Your Feet: Resources for Basic Needs

This list was compiled by Piscataway Public Library. For more information, call 732-463-1633 x6. Updated March 2023.

NJ Mental Health Cares

<https://www.njmentalhealthcares.org/>

866-202-HELP (4357)

[8am - 8pm (EST)]

Online mental health screenings

Telephone counseling

Depression

Anxiety

Substance abuse

PTSD

Bipolar disorder

NJ Hopeline

<http://www.njhopeline.com/>

1-855-NJ-HOPELINE

(654-6735) [24/7]

Suicide prevention hotline

Telephone counseling

Anonymous and confidential

Support and referrals to local resources

NJ Connect for Recovery

<https://www.njconnectforrecovery.org/>

njconnect@mhanj.org

Phone: 855-652-3737

TTY: 877-294-4356

Substance use disorder treatment

Family and peer telephone support

Public and private insurance questions

Family education workshops

Seminars and training

Hope and inspiration

Middlesex County

One-Stop Career Center

https://careerconnections.nj.gov/careerconnections/planning/support/njccsites/middlesex_new_brunswick_osc.c.shtml

550 Jersey Avenue

New Brunswick, New

Jersey 08901-1392

Phone: 732-937-6206

Fax: 732-418-3345

Hours: Monday - Friday
8:30 a.m. - 4:30 p.m.

On-Site Resources:

Career resource room,
Internet access, Copy machine, Telephones, Fax machine, Public computers, Room where employers can interview jobseekers

Career Navigation and

Training Services:

Interviewing assistance,
Digital literacy classes,
Jersey Job Club workshops, ESL classes,
Job training services, HSE preparation,
Re-employment orientation, Tuition waiver,
Resume assistance

Zion Hill Baptist Church

<http://www.zhbcprway.com/>

732-463-7776

450 Highland Avenue,

Piscataway 08854

Offering very inexpensive lunch on Thursdays.

Ozanam Family Shelter:

<https://ccdom.org/middlesex-ozanam-family-shelter>

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

Men's Shelter –

732-729-0850 - 20 Abeel Street, New Brunswick, NJ 08901

NJ Reentry Corporation

<https://www.njreentry.org/about/locations-and-contact-info/new-brunswick>

732-509-9304

The New Jersey Reentry Corporation (NJRC) is a nonprofit agency with a social mission to remove all barriers to employment for court involved individuals.