



Take Back the Night Philly Resource List

COVID-19 INFO.

- Symptoms: fever, dry cough, shortness of breath, tiredness, loss of smell/taste, GI pain, pink eye
- Seek medical attention if: high fever, difficulty breathing, chest pain, bluish lips/face, suspected dehydration
- Drive-Thru test sites: phila.gov/covid-19
- Call 311 to find the nearest urgent care center
- COVID Hotline: 800.722.7112

WOMEN'S ZOOM AA

SUNDAY

9:00am T.B.D (Allison L)
12:00pm TOPIC (Ali)
6:00pm SPEAKER DISCUSSION (Gillian)
10:00pm SPEAKER DISCUSSION (Michelle K)

MONDAY

9:00am GRAPEVINE (Courtney)
12:00pm ROTATING TOPIC/LIT/SPEAKER (Kara)
7:30pm BIG BOOK STUDY (Britt/Lynz)
10:00pm BEGINNERS (Jess S)

TUESDAY

9:00am DAILY REFLECTIONS (Teresa S)
12:00pm TOPIC/SPEAKER (Shell Lee)
6:00pm DAILY REFLECTIONS (Krista)
10:00pm SPEAKER DISCUSSION (Erin H)

WOMEN IN RECOVERY

Supportive online community for women recovering from substance abuse disorder. No 12-step affiliation is needed! A place to share struggles, stories, advice, and empowerment.

Private FB Group:
<https://www.facebook.com/groups/224219741293858/>

WAA-WOMEN AGAINST ABUSE

Philadelphia Domestic Violence Hotline for 24/7 confidential support (translation available), crisis intervention, safety planning, Protection from Abuse Order help, housing, legal, and more.

@womenagainstabuse
866.723.3014
info@womenagainstabuse.org
womenagainstabuse.org

WOMEN IN TRANSITION

Empowering people to move forward in their lives free of domestic violence and substance abuse. Free counseling, virtual support groups & training, WAVE Self Defense program, and more.

@WomenInTransitionPhilly
WIT LifeLine: 215.751.1111
witservices@helpwomen.org
helpwomen.org

WOMEN'S ZOOM AA

WEDNESDAY

9:00am LIVING SOBER (Savannah)
12:00pm EARLY RECOVERY (Kelly)
6:00pm TOPIC/SPEAKER (Chelsea)
10:00pm SELF CARE (Allison L)

THURSDAY

9:00am DAILY REFLECTIONS (Teresa S)
12:00pm TOPIC (Nikki)
6:00pm TRADITIONS (Amanada Bro)
10:00pm SPEAKER DISCUSSION (Susan M)

WOMEN'S ZOOM AA

FRIDAY

9:00am BIG BOOK TOPIC (Courtney)
12:00pm T.B.D (Anonymous)
6:00pm SPEAKER DISCUSSION (Savannah)
10:00pm GOD AS I UNDERSTAND HIM (Britt B)

SATURDAY

9:00am T.B.D (Sam)
12:00pm LITERATURE (Sarah D)
6:00pm SPEAKER/LITERATURE (Katie)
10:00pm BIG BOOK/LITERATURE (Dana S)

WOAR-PHILADELPHIA CENTER AGAINST SEXUAL VIOLENCE - WOMEN ORGANIZED AGAINST RAPE

Rape crisis center, 24-hour confidential hotline (call/text), free trauma-focused counseling, support groups, medical and/or court accompaniment, reporting resources, and education/prevention training.

@WOARphila
215.985.3333
woar.org



V.O.I.C.E-VICTORY OVER INCONCEIVABLE COWARDLY EXPERIENCES

Network to empower and unite survivors of sexual violence through virtual and live events, private facebook group, newsletters, and more.

@Asurvivorsvoice
info@asurvivorsvoice.org
asurvivorsvoice.org

"I Will Breathe,
I Will Survive"



Take Back the Night Philly Resource List

"It takes courage to ask for help."

SAVAGE SISTERS:

Provide a safe, structured sisterhood for women in recovery, especially during the isolation of quarantine. Resources that encourage spiritual, physical and mental growth, harm reduction and long-term recovery tools. Join "Mental Health Check-In" private FB group for support in safe, judgement-free space:
[facebook.com/groups/1257391141318179](https://www.facebook.com/groups/1257391141318179)

@savagesistersLLC

610.818.7888

sarah@savagesisters.org

PROJECT SAFE

Direct-service, peer-based advocacy organization of: women, non-binary, gender non-conforming, and trans people in Philadelphia's sex trade.

Hotline: 1-866-509-7233 (ext: 1: deliveries, 2: Bad Date Report, 3: Narcan access, 4: volunteering, 5: case management, 6: legal, 7: media/education, 8: medical)

@safephila

safephila@gmail.com

projectsafephilly.org

PAVE - PROMOTING AWARENESS FOR VICTIM EMPOWERMENT

Empowers students, parents, and leaders to end sexual violence through prevention education, creating safer spaces for survivors to thrive after trauma. Access PAVE University trainings through website. Youtube Educational Series (@angelarosePAVE).

@PromotingAwarenessVictimEmpowerment

877.399.1346

Info@ShatteringTheSilence.org

shatteringthesilence.org

RUA - RED UMBRELLA ALLIANCE

All-volunteer collective dedicated to ending stigma and violence towards sex workers through labor organizing, advocacy, and decriminalization. Visit website to apply for the Sex Worker Relief Funds.

@PhillyRUA

philaswfund@gmail.com

bit.ly/PHLSFund



PREVENTION POINT

Empowering communities affected by drug use and poverty through support, counseling, and access to food, supplies, and other resources.

@preventionpointphiladelphiaHome

215.634.5272

clayton@ppponline.org

ppponline.org

OPIMBY - OPERATION IN MY BACK YARD

Inclusive Harm Reduction street outreach group serving people who use drugs and engage in sex work. Meals, injection supplies, sex work kits, sober living scholarships. Support folks who engage in behaviors that society may not support.

@OPIMBY

operationimby@yahoo.com

Venmo (@OpImby)

REAL TALK RECOVERY

Remain connected to the recovering community is a 12-step fellowship daily meeting that is trauma-informed and allows cross-addicted sharing! We meet every night at 7pm. Join private FB group:
[facebook.com/groups/400033587374768](https://www.facebook.com/groups/400033587374768)

Meeting ID: 733 134 420

Password: 2020

PHILADELPHIA HEALTH DEPARTMENT

Get answers to questions during COVID-19, including access to resources, health information, and more. Check out the Philly Take Back the Night Resource Google Doc for public health information.

https://docs.google.com/document/d/1_cBQVYVvc83Y5b9tWnXV9spQ_eRXVDwFipMFaapDeUg/edit?usp=sharing

@phillyhealth

215.686.5200

phila.gov/departments/department-of-public-health

NAASCA - NATIONAL ASSOCIATION OF ADULT SURVIVORS OF CHILD ABUSE

Resources and education for adult survivors of childhood sexual abuse.

Virtual Daytime Recovery Meetings (Q&A Discussion): Every Sun, Tues, and Thurs, 2pm EST. Led by Bill Murray & Linda Vidi. Registration required.

zoom.us/webinar/register/WN_IES7QufkTha0_-Rs7DCh-w

@NAASCA

323.552.6150

Bmurray3rd@aol.com

naasca.org



Take Back the Night Philly Resource List

MURAL ARTS PHILADELPHIA

Largest outdoor public art gallery. Programs in education, restorative justice, mental health, and civic engagement. Online art tutorials, coloring pages, posters, and more.

@MuralArtsPhiladelphia

215.685.0750

info@muralarts.org

muralarts.org

HEALTH AND WELLNESS RESOURCES

- Virtual Yoga Classes: Tuesdays at 6, Wednesday at 10am and Fridays at 6pm.
- Home Workout Database - nonnormativebodyclub.com/home-workouts
- Mindfulness Meditation: Monday & Wednesday 9-9:45am and Fridays at 4pm, (contact for Zoom Link)
- Send email for guidance on herbalism and using herbs to support health, to be connected to resources through the Community Herbalists Extending Resources.

[instagram.com/naima.merella/?hl=en](https://www.instagram.com/naima.merella/?hl=en)

n.merella@gmail.com

naimamerella.com

ECC – EDUCATORS FOR CONSENT CULTURE

Educators working to build a movement that disrupts rape culture and promotes consent culture in Philly schools through community engagement, education, and organizing.

- Consent for Kids Storytime FB Live events on Thursdays at 11 AM
- Let's Talk About Sex Parent/Caregiver Webinars on Tuesdays at 6 PM

@Ed4Consent

teachingconsent215@gmail.com

ed4consent.org

MAZZONI CENTER

Provider of quality comprehensive health and wellness services in an LGBTQ-focused environment. Mazzoni Center Healthline, Gender Affirming Services, Mazzoni Center Food Bank open MWF 9-3.

@MazzoniCenter

855.462.9966 (855-4MAZZON)

transcare@mazzonicenter.org

mazzonicenter.org

GEMMA SERVICES

Provider of outpatient behavioral health services for children, adolescents, & families. Call to schedule an intake appointment.

@GemmaServices.org

Services Intake 215-730-2326

outpatient@village1877.org

village1877.org



CRSH – COALITION FOR RESTAURANT SAFETY & HEALTH

Service workers and allies organizing to create safer, harassment-free work cultures in food service & hospitality industries. Know Your Rights Webinars, Sexual Harassment trainings, and more.

@CRSHphilly

Helpline - Worker Rights: 267-571-6720

contact@saferestaurantsphilly.org

saferestaurantsphilly.org

LUTHERAN SETTLEMENT HOUSE

LSH's Food Pantry is still open from Monday-Fridays (9am-3pm) at our site on 1340 Frankford Avenue. No ID or income verification is required. Our Jane Addams Family Shelter is still open, as well as access to our Bilingual Domestic Violence Program (BDVP).

@LutheranSettlementHouse

Jane Addams Family Shelter 215-426-8610, ext. 1200

Bilingual Domestic Violence Program
215-426-8610 x1236

lutheransettlement.org

FOOD NOT BOMBS

HELP KEEP DELIVERIES SAFE

- We call Fri. between 4-7pm, 5-30 mins. before delivery
- Expect calls from strange numbers and different drivers
- Share your specific drop-off instructions
- Driver will ring doorbell/knock/text after drop-off (wait for them to leave door)
- Pickup food while protecting workers
- Waves & smiles are always appreciated!

COMHAR – ENHANCED OUTPATIENT SERVICES

Provider of health and human services that empower individuals, families and communities.

- Enhanced Outpatient Program - 2055 E. Allegheny Ave. Philadelphia, PA 19134 - 215-427-5800
- Latino Treatment Program (LTP) 2600 American Street, Philadelphia, PA - 215-739-2669
- Specialized Services for LGBTQ community (PACTS) - 100 S. Broad Street, Philadelphia, PA 19110 - 215-569-8414

@comharorg

Central Registration: 267.861.4382

central_registration@comhar.org

comhar.org/services

You Matter: Your Story, Your Journey, Your Destination...