

**WHERE
TO GO
WHEN YOU NEED
HELP**

2011 EDITION

WHERE TO GO WHEN YOU NEED HELP

Fall 2011 Edition

Compiled by



EFMR
MONITORING GROUP

4100 Hillsdale Road
Harrisburg, PA 17112
717-541-1101

www.efmr.org

We hope this publication is helpful to you. If you are not certain a listing has exactly the help you need, try contacting one you think is a close match to your need. Chances are someone can refer you to the right resource.

Toll-free numbers and others listed may require that you dial "1" first.

Edited by Tom Dochat

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ABUSE

(See also CHILD ABUSE and RAPE)

ACCESS YORK

(YWCA York)

Dedicated to helping victims and their children who suffer from abuse or threatened abuse; assists in preparing Protection From Abuse

(PFA) petitions.

800-262-8444

717-846-5400

717-637-2235 (Hanover)

www.access-york.org

CHILDLINE

State child abuse registry.

To report suspected child abuse or request child abuse history clearance form:

800-932-0313

DOMESTIC VIOLENCE HOTLINES

(by county)

ADAMS: 800-787-8106

CUMBERLAND: 800-852-2102

DAUPHIN: 800-654-1211

FRANKLIN: 800-621-6660

JUNIATA: 717-242-2444

LANCASTER: 717-299-1249

LEBANON: 866-686-0451

MIFFLIN: 717-242-2444

NORTHUMBERLAND: 800-850-7948

PERRY: 800-852-2102

SCHUYLKILL: 800-282-0634

YORK: 800-262-8444

DOMESTIC VIOLENCE INTERVENTION

Women's shelter and counseling service.

717-273-7190

P.O. Box 42

Lebanon PA 17042

www.dviolc.org

FUTURES WITHOUT VIOLENCE

Information on

family violence issues.

Washington office

202-595-7382

www.futureswithoutviolence.org

HERO PROJECT

If you suspect a child is being sexually abused and would like to talk it over with someone before taking action, call the 24-hour Hero Hotline.

877-874-HERO

www.hero-project.org

MIDPENN LEGAL SERVICES

Offers assistance in filing a protection from abuse (PFA) petition.

Harrisburg Office

213-A N. Front St., Harrisburg
717-232-0581 or 800-932-0356

Carlisle Office

401 E. Louthier St., Suite 103, Carlisle
717-243-9400 or 800-822-5288

Lebanon Office

513 Chestnut St., Lebanon
717-274-2834

York Office

29 N. Queen St., York
717-848-3605

**NATIONAL DOMESTIC
VIOLENCE HOTLINE**

800-799-7233

TDD: 1-800-787-3224

**NATIONAL SEXUAL VIOLENCE
RESOURCE CENTER**

www.nsvrc.org

**PENNSYLVANIA COALITION
AGAINST DOMESTIC VIOLENCE**

*Private nonprofit organization
working to eliminate domestic
violence, secure justice for victims,
enhance safety for families and
communities and create lasting
systems and social change.*

717-545-6400

800-932-4632

www.pcadv.org

**PINNACLE HEALTH CHILDREN'S
RESOURCE CENTER**

*Serving Dauphin, Cumberland,
Perry and Lebanon counties to help
victims of child abuse or neglect,
with medical evaluations, interviews
and treatment when abuse is
suspected; children receive all
necessary care in one visit; located
on the first floor of the*

Community Health Center

2645 North Third Street

Harrisburg

717-782-6800

877-543-5018

www.pinnaclehealth.org/crc/

**PENNSYLVANIA COALITION
AGAINST RAPE**

*Help for victims of sexual abuse,
including information,
referrals and resources.*

888-772-7227

717-728-9740

www.pcar.org

**SEXUAL ASSAULT RESOURCE
& COUNSELING CENTER**

717-272-5308

615 Cumberland St., Lebanon

www.sarclebanon.com

**YWCA OF GREATER
HARRISBURG**

HOTLINE

800-654-1211

717-238-7273

www.ywcahb.org

ADOPTION

ADOPTIONS FROM THE HEART

Non-profit, nonsectarian agency.

800-355-5500

Central PA office

717-232-1787

717-399-7766

www.adoptionsfromtheheart.org

CATHOLIC CHARITIES

Office of Adoption Services

717-564-7115

939 East Park Drive

Suite 103

Harrisburg

**JEWISH FAMILY SERVICE OF
GREATER HARRISBURG INC.**

717-233-1681

3333 N. Front St., Harrisburg
www.jfsofhhb.org

SWAN

*Pennsylvania Adoption Exchange
Department of Public Welfare
Statewide adoption network, foster
parenting information.*

800-585-SWAN

www.adoptpakids.org

AIDS

AIDS FACTLINE

Confidential AIDS counseling.

800-662-6080

ALDER HEALTH SERVICES

*Free testing and
confidential counseling.*

800-867-1550

717-233-7190

100 N. Cameron St.

Suite 301-East
Harrisburg

www.alderhealth.org

**CENTER FOR DISEASE
CONTROL NATIONAL
AIDS HOTLINE**

800-CDC-INFO (800-232-4636)

TTY: 888-232-6348

24 hours a day, 7 days a week

www.cdc.gov/hiv/

**FAMILY HEALTH COUNCIL
OF CENTRAL PA**

717-761-7380

3461 Market Street
Camp Hill
www.fhccp.org

HOPE HOUSE

*Hope House is a personal care
home that provides a safe,
supportive, and structured
environment for adults living with
HIV/AIDS whose disease process
is such that they are unable to live
independently without a caregiver.*

717-293-9089

1509 Crescent Ave.
Lancaster

PA DEPARTMENT OF HEALTH

Health Hotline: 800-692-7254

717-787-8092

South Central District Office
30 Kline Plaza, Harrisburg

PINNACLE HEALTH – REACCH

717-782-2750

2501 N. Third St., Harrisburg

YOUTH AIDS WEB SITE

*Education and prevention
program for young people.*

www.youthaids.org

ALCOHOL PROBLEMS

ALCOHOLICS ANONYMOUS

717-234-5390

www.aa.org

**ALCOHOLICS AND
NARCOTICS HELPLINE**

24 hours
717-238-5920

AL-ANON/ALATEEN

*For information on where
to find a local meeting:*

888-425-2666

www.al-anon.alateen.org

BETHESDA MISSION

*Helmsman program helps
lives affected by drug
and alcohol addiction.*

611 Reily St., Harrisburg

717-257-4440

www.bethesdamission.org

CONTACT HELPLINE

Information and referral service.

800-932-4616

717-652-4400

**DAUPHIN COUNTY DEPARTMENT
OF DRUG & ALCOHOL SERVICES**

1100 S. Cameron St., Harrisburg

717-635-2254

**MOTHERS AGAINST
DRUNK DRIVING (MADD)**

*Has an ongoing agenda to educate
youth about the dangers of impaired
driving and underage drinking, as
well as adult education programs.*

*Serving Dauphin, Perry, Lebanon,
Lancaster, Cumberland, Adams and
Franklin counties.*

Victim Hotline: 800-848-6233

PA State Office: 717-657-3911

www.madd.org

PERRY HUMAN SERVICES

*Provides drug and alcohol
services, adult social services, and
educational programs in the schools
and in the community.*

717-582-8703

Mullhollem Office Center

8391 Spring Road, New Bloomfield

**SALVATION ARMY ADULT
REHABILITATION CENTER**

717-541-0203

**TEEN CHALLENGE
HARRISBURG**

*Faith-based residential programs
for drug and alcohol abuse
problems.*

717-303-5829

BREAST CANCER

**CANCER INFORMATION
SERVICE**

(National Cancer Institute)

800-422-6237

www.cancer.gov

**PENNSYLVANIA BREAST
CANCER COALITION**

800-377-8828

717-721-2580

www.pabreastcancer.org

BULLYING

**ANTI-BULLYING STRATEGIES
FOR YOUNG PEOPLE**

www.bully.org

ANTI-DEFAMATION LEAGUE
www.noplaceforhate.org

CHILD ABUSE

TO REPORT CHILD ABUSE

Pennsylvania Department of
Public Welfare's registry:
800-932-0313
717-783-1964

ASSOCIATION OF SITES ADVOCATING CHILD PROTECTION

Dedicated to online child protection.
www.asacp.org

HERO PROJECT

*If you suspect a child is being
sexually abused and would like
to talk it over with someone
before taking action, call the
24-hour Hero Hotline.*
877-874-HERO
www.hero-project.org

CHILD HELP

National Child Abuse Hotline
To report suspected child abuse:
800-422-4453
800-4-A-CHILD

OFFICE OF THE VICTIM ADVOCATE

*Represents the interests of crime
victims; helps in overcoming trauma
and impact to life.*
800-563-6399
TTD: 877-349-1064

PENNSYLVANIA COALITION AGAINST RAPE

*Help for victims of sexual abuse,
including information, referrals and
resources.*
800-692-7445
717-728-9740
www.pcar.org

PINNACLE HEALTH CHILDREN'S RESOURCE CENTER

*Serving Dauphin, Cumberland,
Perry and Lebanon counties to help
victims of child abuse or neglect,
with medical evaluations, interviews
and treatment when abuse is
suspected; children receive all
necessary care in one visit; located
on the first floor of the
Community Health Center
2645 North Third Street
Harrisburg
717-782-6800
877-543-5018*

CHILDREN

(See also MEDICAL & TEENS)

BABIES

Pennsylvania Department of Health
800-986-BABY

BETHESDA MISSION YOUTH CENTER

1438 Herr St.
Harrisburg
717-257-4440

**BOYS AND GIRLS CLUB
OF CENTRAL PENNSYLVANIA**

*After-school services and programs
include Smart Girls, Street Smart,
Family Support and Power Hour.*

717-234-3268

1227 Berryhill Street, Harrisburg

www.pabgc.org

BOYS TOWN HOTLINE

Parenting crisis hotline.

800-448-3000

www.boystown.org

CAPITAL AREA HEAD START

*Provides education and other
services to low income children
ages 3-5 and their families.*

717-541-1795

3700 Vartan Way, Harrisburg

www.keystonehumanservices.org

CHILDREN'S HEALTH

INSURANCE PROGRAM (CHIP)

*A state-funded health insurance for
uninsured children and teens, with
no income limit for eligibility.*

800-986-KIDS

www.chipcoverspakids.com

CHILD CARE WORKS HELPLINE

*State subsidized child care
program based on income.*

877-4-PA-KIDS (877-472-5437)

CHILD FIND OF AMERICA

*Independent charity aimed at
bringing missing children home.*

800-I-AM-LOST

(800-426-5678)

www.childfindofamerica.org

**CHILD CARE
INFORMATION SERVICES**

Cumberland and Perry counties

717-243-4014 or 800-358-8725

Dauphin County

717-233-8454 or 800-952-7419

Lebanon County

717-274-6552 or 888-313-2247

York County

717-854-2273 or 800-864-4925

CHILDREN'S HOME OF YORK

Provides social services for children.

717-755-1033

77 Shoe House Road

York

www.choyork.org

**CHILDREN & YOUTH
OF DAUPHIN COUNTY**

*Dedicated to the health, safety and
welfare of children and families.*

717-780-7200

www.dauphincounty.org/human-services/children-youth-services

**COMMUNITY ACTION
COMMISSION**

*Various programs ranging from pre-
school children to at-risk youth.*

1514 Derry Street, Harrisburg

717-232-9757

www.cactricounty.org

FUTURES WITHOUT VIOLENCE

*Information on
family violence issues.*

Washington office

202-595-7382

www.futureswithoutviolence.org

COMMUNITY CHECK UP-CENTER

*Provides medical services to
uninsured and underinsured
individuals of South Harrisburg.*

Pediatrics

8:30 a.m. to 4:30 p.m.

Monday through Friday

Women

9 a.m. to 4:30 p.m.

Tuesday and Friday

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

HEALTHY BABY HELPLINE

*Help and information
for pregnant mothers.*

800-986-2229

HEALTHY KIDS HELPLINE

Help and information for parents.

800-986-5437

**HEIDI SEARCH CENTER
FOR MISSING CHILDREN**

800-547-4435

www.heidisearchcenter.com

LEBANON COUNTY HEAD START

One Cumberland Street

717-450-1512

www.iu13.org

**KEYSTONE CHILDREN
AND FAMILY SERVICES**

*Provides services to
children and families.*

717-541-9620

3700 Vartan Way, Harrisburg

**NATIONAL CENTER FOR
MISSING & EXPLOITED
CHILDREN**

*Call to report missing children and
suspected child porn activity.*

800-843-5678

www.missingkids.com

NEW HOPE MINISTRIES

*Provides help for socially and
financially disadvantaged children
in Dillsburg, Dover and
Mechanicsburg areas.*

211 S. Baltimore St.

Dillsburg

717-432-2087

www.nhp-pa.org

**NORTHERN DAUPHIN
HUMAN SERVICES CENTER**

Children and youth services.

295 State St.

Elizabethville

717-893-3344

PHOENIX YOUTH CENTER INC.

717-832-0302

325 S. Railroad St.

Suite 6

Palmyra

www.phoenixyouthcenter.org

SPECIAL KIDS NETWORK

*Centralized database of
available services and referrals
for children with chronic or
disabling health condition.*

800-986-4550

**UNITED METHODIST HOME
FOR CHILDREN INC.**

Provides emergency shelter and residential treatment for children on 56-acre campus in Cumberland County. Children are referred to the home primarily by county children and youth agencies and family courts. The children, for a variety of reasons, are unable to live with their families or within foster care placements in the community.

717-766-7652

5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

WIC

A federally funded program that provides healthy supplemental foods and nutrition services for pregnant women, new mothers, infants and children under age five.

Local agencies:

Hamilton Health Center

717-230-3979

www.hamiltonhealthcenter.com
Cumberland/Perry Tapestry of Health

401 E. Louther St., Carlisle
717-243-0523

Lebanon Family Health Services

615 Cumberland St., Lebanon
717-273-6940

www.pawic.com

**YORK COUNTY
CHILDREN & YOUTH SERVICES**

717-846-8496

800-729-9227

www.yccys.org

**YOUTH ADVOCATE
PROGRAM, INC.**

2007 N. Third St., Harrisburg
717-232-7580

CONSUMER PROTECTION

(See also EMERGENCY HELP
& HEATING ASSISTANCE)

ATTORNEY GENERAL'S OFFICE

Consumer Protection Hotline

800-441-2555

Strawberry Square

Harrisburg PA 17120

Consumer Health Care Section

877-888-4877 or 717-705-6938

BETTER BUSINESS BUREAU

717-364-3250

CONSUMER ADVOCATE

Represents Pennsylvania consumers regarding matters of their utility service.

800-684-6560

717-783-5048

Office of Consumer Advocate

5th Floor, Forum Place

555 Walnut Street, Harrisburg

www.oca.state.pa.us/

FLOOD INFORMATION

888-FLOOD-10

**PENNSYLVANIA DEPARTMENT
OF INSURANCE**

1326 Strawberry Square

Harrisburg PA 17111

877-881-6388

www.insurance.pa.gov

TELEMARKETERS

*To register your phone number
on the Do-Not-Call list at no cost:*

888-382-1222

TTY: 866-290-4236

www.donotcall.gov

DISABILITIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

249-2611

71 Ashland Ave., Carlisle

THE ARC OF DAUPHIN AND LEBANON COUNTIES

920-2727

2569 Walnut St., Penbrook

CENTER FOR INDEPENDENT LIVING

*Non-profit educational agency for
people with disabilities.*

717-731-1900

800-323-6060

207 House Ave., Suite 107

Camp Hill

www.cilcp.org

S. JUNE SMITH CENTER

717-299-4829

600-I Eden Road, Lancaster

www.sjunesmith.com

UNITED CEREBRAL PALSY OF CENTRAL PA

44 S. 38th St., Camp Hill

717-975-0611

www.ucpcentralpa.org

WORKS FOR ME

*A free resource that can direct
people to agencies and programs
that help people with disabilities
who want to work and improve
their financial security.*

877-268-9894

worksforme-pa.org

DRUG PROBLEMS

BETHESDA MISSION

*Helmsman program helps lives
affected by drug and alcohol
addiction.*

611 Reily St., Harrisburg

717-257-4440

www.bethesdamission.org

CONTACT HELPLINE

*Local information
and referral service.*

800-932-4616

717-652-4400

METH ADDICTION

*Assistance in recovery from
meth addiction; referrals.*

800-662-HELP

717-783-8675

www.methresources.gov

NARCOTICS ANONYMOUS

717-233-3733

TEEN CHALLENGE HARRISBURG

*A faith based drug and alcohol
rehabilitation program.*

717-303-5829

PERRY HUMAN SERVICES

Provides drug and alcohol services, adult social services, and educational programs in the schools and in the community.

717-582-8703

Mullhollem Office Center
8391 Spring Road, New Bloomfield

ST. MARTIN DE PORRES CATHOLIC WORKER HOUSE

*Works with men
who have addictions.*

1440 Market St., Harrisburg
230-8328

SUBSTANCE ABUSE TREATMENT

www.findtreatment.samhsa.gov

TIME TO TALK - TALKING TO TEENS ABOUT DRUGS

*Help for parents in starting
the conversation about
drugs and alcohol.*

www.timetotalk.org

EATING DISORDERS

CONTACT HELPLINE

Information and referral service.

800-932-4616

717-652-4400

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

630-577-1330

anad.org

OVEREATERS ANONYMOUS

oa.org

EDUCATION FOR ADULTS

(See also MENTORING)

CENTRAL PENNSYLVANIA LITERACY COUNCIL

717-763-7522

225 Hummel Ave. (rear)
Lemoyne

COMMUNITY ACTION COMMISSION

*Success Academy's workforce
training for students trying to
earn their GEDs; help developing
computer skills, and improve
language skills.*

717-232-9757

1514 Derry Street
Harrisburg

EMPLOYMENT SKILLS CENTER

*Provides educational, counseling,
training and employment services.*

717-243-6040

29 S. Hanover Street
Carlisle

www.employmentskillscenter.org

FIRM FOUNDATION OF PENNSYLVANIA, INC.

*Ready4Work teaches ex-offenders
how to land employment and
pursue career goals.*

28 N. 19th St.

Harrisburg

717-233-6133

www.firmfoundation.org

GED TEXTBOOKS

Textbooks available to accompany lessons on public television.

800-354-9067

LITERACY COUNCIL OF LANCASTER-LEBANON

756 Cumberland St.

Suite 4, Lebanon

717-274-3461

38 W. King St., Lancaster

717-295-5523

www.getliterate.org

PERRY COUNTY LITERACY COUNCIL

Literacy services.

133 S. 5th St.

Newport

717-567-7323

www.perryliteracy.com

TRI-COUNTY OIC ADULT LEARNING CENTER

Provides academic, vocational, workforce and family education classes in Cumberland, Dauphin, Perry and York counties.

500 Maclay St.

Harrisburg

717-238-7318

www.tricountyoic.org

YORK COUNTY LITERACY COUNCIL

Literacy services for adults.

717-845-8719

800 East King Street

York

www.yorkliteracy.org

YW-WORKS

(YWCA of Greater Harrisburg)

1101 Market St., Harrisburg

234-7931

EMERGENCY HELP

(See also CONSUMER PROTECTION, HEATING ASSISTANCE AND SHELTERS)

AMERICAN RED CROSS OF THE SUSQUEHANNA VALLEY

717-234-3101

1804 N. Sixth St., Harrisburg

www.sqvalleyredcross.org

Middletown Area Chapter Red Cross

717-948-3041

60 W. Emaus St.

Middletown

www.middletownpa.redcross.org

CONTACT HELPLINE

Emergency counseling and referral agency for social services.

24 hours a day, 7 days a week

800-932-4616

717-652-4400

CRISIS INTERVENTION SERVICES

Provides immediate help dealing with serious problems.

717-232-7511

DEPARTMENT OF PUBLIC WELFARE

HOTLINE

800-692-7462

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

*Provides emergency shelter,
assistance and services for the
homeless and needy.*

717-238-2851

413 S. 19th Street, Harrisburg

LIHEAP

Pennsylvania Low Income Home
Energy Assistance Program Hotline

866-857-7095

TDD 800-451-5886

NEW HOPE MINISTRIES

*Provides help for people in
Dillsburg, Dover and
Mechanicsburg areas.*

211 S. Baltimore St., Dillsburg

717-432-2087

www.nhm-pa.org

ETHNIC/RACIAL DISCRIMINATION OR INTIMIDATION

PENNSYLVANIA HUMAN RELATIONS COMMISSION

Central office

301 Chestnut St.

Suite 300, Harrisburg

717-787-4410

TTY 717-787-4087

Harrisburg regional office

1101-1125 S. Front St.

5th floor, Harrisburg

717-787-9784

TTY 1-717-787-7279

www.phrc.state.pa.us

FOOD ASSISTANCE

(See also SOUP KITCHENS)

*Where information is not listed, call for
days, times, and place food is distributed.*

ANTIOCH TABERNACLE FOOD PANTRY, SOUP KITCHEN

*Supplies food baskets for holidays
and food items throughout the year
to residents in the 17103 and 17104
zip codes; lunchtime meal program
on Thursdays.*

717-233-8231

1920 North Street

Harrisburg

BIG SPRING AREA FOOD BANK

For Newville area residents.

Last Monday of month

9 to 11 a.m.

Big Spring United Lutheran Church
Route 641 & Crossroad School Road

Newville

717-776-3109

BREAD OF LIFE OUTREACH

Newport Assembly of God Church

Emergency needs

Monday, Wednesday, Friday

9 a.m. to 12 p.m.

35 N. Front St.

Newport

Food distribution

Second Saturday of month

27 W. Shortcut Road

Newport

717-567-3333

**THE BRIDGE
EMERGENCY FOOD BANK**

(Christian Churches United)

*Serves residents in New
Cumberland, Lemoyne and Camp
Hill, third Friday of every month
at the Senior Center in New
Cumberland.*

717-774-6255

122 Geary Avenue
New Cumberland

CARING CUPBOARD

Palmyra Area
Cooperating Churches

Monday

3 to 6 p.m.

Wednesday

10 a.m. to 12 p.m., 5:30 to 7 p.m.

Friday

12 to 2 p.m.

131 N. Railroad St.
Palmyra
838-9493

CHANNELS FOOD RESCUE

*Offers various programs,
including a kitchen school.*

3305 N. Sixth St.

Harrisburg

717-232-1300

DERRY TWP. FOOD BANK

717-520-3143

20 W. Granada Ave., Hershey

**FEED MY SHEEP
FOOD MINISTRY**

*Call for assistance in Dauphin
Borough and Middle Paxton Twp.*

717-921-8528

ECUMENICAL FOOD PANTRY

Monday through Friday

9:30 a.m. to 12 p.m. & 12:30 to 2 p.m.
(except Wednesday when morning
closes at 11:30 a.m.)

Messiah Lutheran Church

717-233-6889

Sixth and Forster Streets
Harrisburg

FIVE LOAVES FOOD PANTRY

*Serves residents of Wormleysburg,
Lemoyne, West Fairview and Enola.*

Residential ID required.

Third Saturday of month

10 a.m. to 12 p.m.

Locust and Front Streets

Wormleysburg

717-763-7585

GRACE HOUSE

Serves the 17104 zip code area.

238-1819

1125 S. 16th St.

Harrisburg

GRANTVILLE AREA

FOOD PANTRY

717-469-2444

GREATER ZION MISSIONARY

BAPTIST CHURCH

Third Monday of the month

5 to 7 p.m.

212 N. Progress Ave.

Harrisburg

717-541-0388

HARRISBURG FOOD MINISTRY

1201 Slate Hill Road, Camp Hill

717-761-2933, x321

Distributes food from

10:45 a.m. to 12 p.m., Wednesday

at Second City Church

251 Verbeke St., Harrisburg

and 10:45 a.m. to 12 p.m., Friday at

First Church of the Brethren

219 Hummel St., Harrisburg

www.harrisburgfoodministry.org

HALIFAX**UNITED METHODIST CHURCH**

Serves residents in Halifax and

Millersburg area.

717-896-8092

9 to 11 a.m., Mondays

4 to 6 p.m., Tuesdays and Thursdays

9 to 11 a.m., 1st, 3rd & 5th Saturdays

05 Wind Hill Road, Halifax

www.halifaxumc.com

**INTERNATIONAL SERVICE
CENTER**

Monday, Wednesday, Friday

10 a.m. to 2 p.m.

21 S. River St.

Harrisburg

www.isc76.org

**THE KING'S KETTLE
FOOD PANTRY**

Open 1st, 2nd & 3rd Tuesdays

5 - 6:30 p.m.

operated by

Jesus Loves You Ministries, Inc.

717-530-9200

30 North Fayette Street

Shippensburg

**LEBANON COUNTY
CHRISTIAN MINISTRIES**

717-272-4400

MANNA FOOD PANTRY

Tuesday, 1 to 3 p.m.

Thursday, 6 to 8 p.m.

231 Chestnut St., Harrisburg

717-232-7145

**MIDDLETOWN INTERFAITH
FOOD PANTRY**

Tuesday and Friday

10 a.m. to 12:30 p.m.

717-944-5668

**MILLERSBURG ASSEMBLY
OF GOD CHURCH**

2261 Shippen Dam Road

Millersburg

717-692-3904

9:30 a.m., 2nd Saturday of month

NEW HOPE MINISTRIES

*Offers food services to clients who
meet eligibility requirements.*

717-432-3053 (Dillsburg)

717-766-7333 (Mechanicsburg)

**NORTHERN DAUPHIN
FOOD PANTRY**

827-4641

**PENNSYLVANIA HUNGER
ACTION CENTER**

4109 Derry St., first floor

Harrisburg

717-561-0001

Food stamp/SNAP outreach

800-634-2033

PERRY COUNTY FOOD BANK

For eligible Perry County residents.

Monday and Wednesday

9 a.m. to 12 p.m. & 1 to 3 p.m.

Friday, 9 a.m. to 12 p.m.

717-582-9978

300A S. Carlisle St., New Bloomfield

PROJECT S.H.A.R.E.

FOOD BANK

Serves Carlisle, Mount Holly Springs, Boiling Springs, Plainfield, Gardners, Carlisle Springs, Middlesex Twp. and nearby communities. Distribution varies month to month.

717-249-7773

SALVATION ARMY

Emergency food bank and soup kitchen.

Harrisburg

717-231-3653 or 717-233-6755

Carlisle

249-1411

For additional listings near you, call the CENTRAL PA FOOD BANK at 717-564-1700 or find an extensive list at www.centralpafoodbank.org.

GAMBLING

GAMBLERS ANONYMOUS

1-888-424-3566

gamblersanonymous.org

PENNSYLVANIA COMPULSIVE GAMBLING HOTLINE

877-565-2112

800-848-1880

HEATING ASSISTANCE

(See also CONSUMER PROTECTION & EMERGENCY HELP)

COMMUNITY ACTION COMMISSION

The commission participates in the PPL OnTrack program that offers electricity customers with limited incomes special reduced monthly payments based on income, electricity usage and family size.

For information on all offices, go to 1514 Derry Street, Harrisburg (main office)

717-232-9757

www.cactricounty.org

DAUPHIN COUNTY WEATHERIZATION OFFICE

800-950-7447

717- 692-2637

200 First Street
Millersburg

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

Administers PPL's regional energy assistance program, and may provide one-time assistance to people needing fuel oil during winter.

717-238-2851

413 S. 19th Street
Harrisburg

JOIN HANDS MINISTRY

25 E. McClure St., New Bloomfield
www.joinhandsministry.com

**LEBANON COUNTY
CHRISTIAN MINISTRIES**

717-272-4400
250 S. Seventh St., Lebanon

LIHEAP

Pennsylvania Low Income Home
Energy Assistance Program Hotline
866-857-7095
TDD 800-451-5886

**MET-ED/FIRST ENERGY
PROGRAMS**

Emergency/Outage: 888-544-4877
Customer Assistance Program (CAP)

*Helps residential customers
maintain electric service and
eliminate past-due balances;
offers a reduced bill based on a
percentage of income and debt
forgiveness.*

800-545-7741

Customer Assistance & Referral
Evaluation Services Program (CARES)

*Provides short-term assistance
to payment-troubled residential
customers; representatives make
referrals to social agencies and
provide information on appropriate
company and/or external programs;
open to customers aged 60 and
over, the handicapped or disabled,
the seriously ill, and households
which include a seriously ill family
member.*

1-800-207-9276

Dollar Energy Fund

*Emergency hardship aid for people who
have suffered recent financial difficulty.*

888-282-6816

dollarenergy.org

**PENNSYLVANIA PUBLIC UTILITY
COMMISSION (PUC)**

*Regulates and enforces laws
regarding consumer rights in
disputes with utilities.*

717-783-1740

PPL ONTRACK PROGRAM

*Special payment program for
low-income households.*

800-358-6623

Having trouble paying bill?

1-800-342-5775

www.pplelectric.com

STAY WARM PA

*Help and information about
winter heating bills, restoring utility
services, paying heating bills, fixing
residential heating systems and
locating available shelters.*

866-550-4355

UGI

*Low Income Self-Help
and other programs.*

800-844-9276

WARM PROGRAM

*Free weatherization and energy
education program; Met-Ed
partners with community-based
organizations and energy
conservation contractors who
provide energy-saving home
improvements and energy
education for customers.*

800-207-9276

HISPANIC COMMUNITY

CENTRO HISPANO
JOSE E. HERNANDEZ
221 E. Princess St., York

**GOVERNOR'S ADVISORY
COMMISSION ON LATINO
AFFAIRS**
783-3877
800-233-1407
www.gacla.state.pa.us

**HISPANIC CHAMBER OF
COMMERCE OF CENTRAL PA**
234-4704
2023 N. Second St.
Harrisburg

HISPANIC OUTREACH PROGRAM
717-273-8901
1012 Brock Drive
Lebanon

**LA CASA DE AMISTAD
OF CHRISTIAN CHURCH UNITED**
*Social service center
for Hispanic community.*
717- 236-3279
413 South 19th Street
Harrisburg

**LATINO HISPANIC AMERICAN
COMMUNITY CENTER**
1319 Derry St.
Harrisburg
717-232-8300
www.lhacc.org

**PENNSYLVANIA ASSOCIATION
OF LATINO ORGANIZATIONS**
*Dedicated to strengthening of
Latino community centers through
economic development, capacity
building, education, and the creation
of effective community services
across Pennsylvania.*
717-920-4727
www.paloweb.org

**SPANISH AMERICAN
CIVIC ASSOCIATION**
545 Pershing Ave., Lancaster
717-397-6267

HOUSING

(See also SHELTERS)

**BRETHREN HOUSING
ASSOCIATION**
*Helps homeless and
low-income people.*
717-233-6016
219 Hummel St.
Harrisburg
www.bha-pa.org

BRIDGE OF HOPE
PO Box 15212
Harrisburg
717-635-5957
www.bridgeofhope-hbg.org

**COMMUNITY ACTION
COMMISSION**
Rental and energy assistance.
1514 Derry Street, Harrisburg
717-232-9757

**CUMBERLAND/PERRY
COMMUNITY AND HOUSING
PARTNERSHIP**

717-249-1315
114 N. Hanover Street, Carlisle

**FAIR HOUSING COUNCIL
OF THE CAPITAL REGION INC.**

238-9540
2100 N. Sixth St., Harrisburg
pafairhousing.org

**FEDERAL HOUSING
ADMINISTRATION (FHA)**

800-483-7342

FIRM FOUNDATION OF PA, INC.

28 N. 19th St., Harrisburg
717-233-6133
www.firmfoundation.org

**HABITAT FOR HUMANITY OF THE
GREATER HARRISBURG AREA**

900 S. Arlington Ave., Suite 122A
Harrisburg
717-545-7299
www.harrisburghabitat.org

**HARRISBURG CENTER
FOR PEACE AND JUSTICE**

*Helps with evictions, appeals from
District Justice decisions and
general landlord-tenant advice.*

717-233-3072
315 Peffer Street, Harrisburg

**HARRISBURG HOUSING
AUTHORITY**

232-6781
351 Chestnut St., Harrisburg
www.harrisburghousing.org

**HELP MINISTRIES OF
CHRISTIAN CHURCHES UNITED**

Rental assistance program.
717-238-2851
413 S. 19th Street
Harrisburg

**HOUSING AUTHORITY OF
THE COUNTY OF DAUPHIN**

501 Mohn St.
Steelton
717-939-9301

**HUMAN RELATIONS
COMMISSION (PENNSYLVANIA)**

To file a complaint about
discrimination in housing:
717-787-9780

JUBILEE MINISTRIES

*Operates Faith House,
a temporary family shelter
for stays of 3-6 months.*
232 S. 12th St.
Lebanon
717-274-7528

**LOURDESHOUSE
MATERNITY HOME**

*Temporary home for pregnant
young women without financial
support. Also operates a community
pantry providing food, clothing and
furniture to expectant parents or
parents of children 12 months of
age and younger.*

717-236-3417
1611 Boas St.
Harrisburg

**PAXTON STREET HOME
BENEVOLENT SOCIETY**

*Provides housing for those
in need, including those
with mental disabilities.*
2001 Paxton St., Harrisburg
717-236-5508

PUBLIC ASSISTANCE

*Information on public assistance;
call to report problems
with landlords if you are
a welfare recipient.*
717-787-4550
717-787-2324
2432 North Seventh Street
Harrisburg

SHALOM HOUSE

*Shelter for homeless
women and children.*
717-232-3482
P.O. Box 3893, Harrisburg
www.shalomhouse.net

**UNITED METHODIST HOME
FOR CHILDREN INC.**

*Provides emergency shelter and
residential treatment for children
on 56-acre campus in Cumberland
County. Children are referred to the
home primarily by county children
and youth agencies and family
courts. The children, for a variety
of reasons, are unable to live with
their families or within foster care
placements in the community.*
717-766-7652
5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.com

IMMIGRATION

**CATHOLIC CHARITIES,
IMMIGRATION & REFUGEE
SERVICES**

717-232-0568
939 East Park Drive, Harrisburg

**CHURCH WORLD SERVICE
IMMIGRATION & REFUGEE
PROGRAM**

717-381-2890
308 E. King St., Lancaster

**COMMUNITY JUSTICE PROJECT
HISPANIC OUTREACH PROJECT**

800-322-7572
717-236-9486
118 Locust St., Harrisburg

INTERNATIONAL SERVICE CENTER

717-236-9401
21 S. River St., Harrisburg

**LCFS REFUGEE
RESETTLEMENT SERVICES**

717-397-4757
123 E. Vine St., Lancaster

**PENNSYLVANIA IMMIGRANT &
REFUGEE WOMEN'S NETWORK**

*Created to honor and enhance
the lives of refugee and immigrant
women in Pennsylvania. Mission
is to help refer, advocate, network,
and empower these women to live
to their fullest potential.*
PO Box 238, Enola PA 17025
717-433-0900
www.pairwn.org

**PENNSYLVANIA IMMIGRATION
RESOURCE CENTER**

*Provides legal and educational
resources to detained population.*

717-600-8099
50 Mount Zion Road
York

LEGAL AID

**AMERICAN CIVIL
LIBERTIES UNION**

Central region office
717-238-2258
877-HBG-ACLU (424-2258)

COMMUNITY JUSTICE PROJECT

800-322-7572
118 Locust Street
Harrisburg

MIDPENN LEGAL SERVICES

*Offers assistance in
filing a protection from
abuse (PFA) petition.*

Harrisburg office

213-A N. Front St., Harrisburg

717-232-0581

800-932-0356

Carlisle office

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

Lebanon office

513 Chestnut St., Lebanon

717-274-2834

York office

29 N. Queen St., York

717-848-3605

**PBA LAWYER
REFERRAL SERVICE**

800-692-7375

**YWCA DOMESTIC VIOLENCE
LEGAL CENTER**

*Legal aid for victims
of domestic violence.*

114 Walnut St.
Harrisburg
717-724-0516

MEDICAL

(See also AIDS, BREAST CANCER,
EATING DISORDERS,
MENTALHEALTH, POISON)

**BETHESDA MISSION
MEDICAL CLINIC**

*Provides services to Harrisburg's
neediest families the fourth
Tuesday of every month.*

611 Reily St.

Harrisburg

717-257-4440

www.bethesdamission.org

**CENTERS FOR DISEASE
CONTROL AND PREVENTION**

800-232-4636

TTY 888-232-6348

www.cdc.gov

**DEPARTMENT OF PUBLIC
WELFARE HELPLINE**

Department of Public Welfare

Medical Assistance

800-692-7462

Access Healthcare Hotline

800-433-1324

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

Health insurance for children of low-income state residents; children are covered by CHIP regardless of pre-existing medical conditions; kids can be covered from birth until their 19th birthday; children must be U.S. citizens or lawful aliens and reside in Pennsylvania for at least 30 days, unless they are newborns.

800-986-KIDS
www.chipcoverspakids.com

COMMUNITY CHECK UP-CENTER

Provides medical services to uninsured and underinsured individuals of South Harrisburg.

Pediatrics

8:30 a.m. to 4:30 p.m. Monday through Friday

Women

9 a.m. to 4:30 pm. Tuesday and Friday

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

FREE EYE CARE

If you do not qualify for government aid or private health care assistance that covers the cost of routine eye or vision care, VISION USA™ can help. VISION USA™ provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.

800-766-4466

or visit the

American Optometric Association
website at www.aoa.org

DENTIST REFERRAL

(Department of Public Welfare)
800-692-7462

FAMILY FIRST HEALTH

York Office

717-845-8617

116 South George St, York
Monday through Wednesday

7:30 a.m. to 7 p.m.

Thursday and Friday

7:30 a.m. to 5 p.m.

Lewisberry office

717-938-6695

various hours

308 Market St., Lewisberry
www.myfamilyfirstthehealth.org

HAMILTON HEALTH CENTER

Offers medical and dental care.

Primary medical

1821 Fulton Street, Harrisburg
230-3909

Primary dental

1650 Walnut St., Harrisburg
230-3958

Primary WIC

500 Kelker St., Harrisburg
230-3979

hamiltonhealthcenter.com

HOPE WITHIN COMMUNITY HEALTH CENTER

Provides free primary health care services for the medically uninsured.

4748 E. Harrisburg Pike

Elizabethtown

717-367-9797

www.hopewithin.org

**PENNSYLVANIA
DEPARTMENT OF HEALTH**
877-PA-HEALTH (877-724-3258)

**HOSPICE OF
CENTRAL PENNSYLVANIA**
*Offers support for individuals facing
any type of incurable illness.*
717-732-1000
866-779-7374
www.hospiceofcentralpa.org

A MISSION OF MERCY
Harrisburg clinic
at Christ Lutheran Church
124 S. 13th St., Harrisburg
717-972-4993
www.amissionofmercy.org

PRESCRIPTION ASSISTANCE
www.padrugcard.com
800-901-2185

**VISITING NURSE ASSOCIATION
OF HARRISBURG**
*Provides personalized
and cost-effective home
health care services.*
3315 Derry St., Harrisburg
717-233-1035
800-995-8207
www.vnacentralpa.org

MENTAL HEALTH

SUICIDE PREVENTION HOTLINES
800-784-2433
(800-SUICIDE)
800-273-8255
(800-273-TALK)

THE ADVOCACY ALLIANCE
1512 E. Caracas Ave.
Hershey
717-835-2275

**BELL SOCIALIZATION
SERVICES/FAMILY SHELTER/
BRIDGE HOUSING**
*Provides housing support and
basic living skills to those living
with mental illness, intellectual
disabilities and homelessness.*
717-848-5767
160 S. George Street, York

CATHOLIC CHARITIES, INC.
*Mental health services for children;
patients and their families are
treated regardless of ability to pay.*

Dauphin County
Family Based Services
717-564-9450
939 East Park Drive
Suite 104, Harrisburg
Cumberland/Perry
Family Based Services
717-796-9201
939 East Park Drive
Suite 104, Harrisburg

CONTACT HELPLINE
Information and referral service.
800-932-4616
717-652-4400

THE DAUPHIN CLUBHOUSE
2617 Herr St.
Penbrook
717-221-9610
www.paclubhouse.org

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Meetings:

1st and 3rd Tuesday, 7-9 p.m.

Trinity Lutheran Church

2000 Chestnut St., Camp Hill

2nd and 4th Tuesday, 7-9 p.m.

PA Psychiatric Institute

2501 N. Sixth St., Harrisburg

HOLY SPIRIT HOSPITAL

Teenline:

24 hours, 7 days a week.

717-763-2345

800-722-5385

MENTAL HEALTH ASSOCIATION IN LEBANON COUNTY

15 S. Ninth St.

Lebanon

717-273-5781

NATIONAL ALLIANCE ON MENTAL ILLNESS

*A non-profit, self-help support
and advocacy organization.*

Pennsylvania organization

2149 N. Second St., Harrisburg

717-238-1514

800-223-0500

www.namipa.org

National organization

800-950-6264

www.nami.org

NATIONAL DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

800-826-3632

www.dbsalliance.org

NATIONAL INSTITUTE OF MENTAL HEALTH

*Mission is to transform the
understanding and treatment of
mental illnesses through basic and
clinical research, paving the way for
prevention, recovery and cure.*

866-615-6464

TTY: 866-415-8051

www.nimh.nih.gov

PEACE OF MIND PROJECT www.peaceofmindproject.com

PHILHAVEN

283 S. Butler Road

PO Box 550

Mt. Gretna PA

717-273-8871 or 800-932-0359

SUSQUEHANNA HARBOR SAFE HAVEN

(Christian Churches United)

*Provides shelter for single men
with a diagnosed mental illness.*

717-232-5029

1805 N. 12th St.

Harrisburg

MENTORS

(See also VOLUNTEER)

AMERICA'S PROMISE ALLIANCE

*Devoted to improving the
lives of young people.*

www.americaspromise.org

BRIDGE OF HOPE

635-5957

**BIG BROTHERS/BIG SISTERS
OF THE CAPITAL REGION**

717-236-0199

1500 N. Second St., Suite H
Harrisburg
www.capbig.org

BOY SCOUTS OF AMERICA

Keystone York-Adams Council
One Baden Powell Lane
Mechanicsburg
717-766-1591
www.keystonebsa.org

**C.I.T.Y.-WIDE MENTORING
INITIATIVE**

www.harrisburgpa.gov

DREAM MAKER TRANSPORT

56 E. Emaus St., Middletown
717-930-0522

**GIRL SCOUTS
OF THE HEART OF PA**

350 Hale Ave.
Harrisburg
800-692-7816
717-233-1656
www.gshpa.org

JOSHUA GROUP

717-236-4464
1442 Market St., Harrisburg
www.joshuagroup.org

**NATIONAL
MENTORING PARTNERSHIP**

www.mentoring.org

PARENTING

(Also see CHILDREN)

**CARLISLE AREA
FAMILY LIFE CENTER**

*A crisis pregnancy resource
and support service.*
717-243-1918
155 N. Hanover St. Carlisle
www.carlislefamilylife.com

**FAMILY SUPPORT
OF CENTRAL PA**

3700 Vartan Way, Harrisburg
800-984-9923 or 717-541-0828
familysupportcentralpa.org

**FIRM FOUNDATION OF
PENNSYLVANIA, INC.**

*Proud Dads is a fatherhood initiative
for those reentering the community
from the criminal justice system.*
PO Box 5524, Harrisburg
717-233-6133

HEALTHY BABY HELPLINE

*Help and information
for pregnant mothers.*
800-986-2229

HEALTHY KIDS HELPLINE

Help and information for parents.
800-986-5437

**NATIONAL FATHERHOOD
INITIATIVE**

301-948-0599
www.fatherhood.org

PARENTING EDUCATION

www.learntoparent.org

PARENT WORKS OF PRESSLEY RIDGE

Resource center for parents and young children; parent education and child-abuse prevention.

717-774-3673

331 Bridge Street, Suite 200

New Cumberland

www.pressleyridge.com

PARENTS HELPING PARENTS

*National network
for parenting needs.*

800-632-8188

www.parentshelpingparents.org

WIC

A federally funded program that provides healthy supplemental foods and nutrition services for pregnant women, new mothers, infants and children under age five.

Local agencies:

Hamilton Health Center

717-230-3979

www.hamiltonhealthcenter.com

Cumberland/Perry Tapestry of Health

401 E. Louthier St., Carlisle

717-243-0523

Lebanon Family Health Services

615 Cumberland St., Lebanon.

717-273-6940

www.pawic.com

PREGNANCY SERVICES

(See WOMEN)

POISON

POISON CONTROL CENTER

800-222-1222

CHILDHOOD LEAD POISONING PREVENTION PROGRAM

Pennsylvania Department of Health

717-783-8451

PINNACLE HEALTH

800-374-7114

RAPE

(See also ABUSE)

DOMESTIC VIOLENCE HOTLINE

800-799-SAFE

TDD: 800-787-3224

PENNSYLVANIA COALITION AGAINST RAPE

Help for victims of sexual abuse, including information, referrals and resources.

888-772-7227

717-728-9740

www.pcar.org

SEXUAL ASSAULT RESOURCE & COUNSELING CENTER

717-272-5308

615 Cumberland St., Lebanon

www.sarcclebanon.com

YWCA OF GREATER HARRISBURG RAPE CRISIS AND DOMESTIC VIOLENCE SERVICES HOTLINE

800-654-1211

www.ywcahbg.org

SENIOR CITIZENS

AARP

www.aarp.org

AREA AGENCIES ON AGING

Cumberland County: 717-240-6110

Dauphin County: 717-255-2790

Perry County: 717-582-2131

York County: 800-632-9073

EAST HANOVER TOWNSHIP SENIOR CENTER

717-469-7514

8848 Jonestown Road, Grantville

ELDER CARE

Helps people find access to home and community-based services such as transportation, meals, home care and caregiver support.

800-677-1116

www.eldercare.gov

FRIENDSHIP SENIOR CENTER

717-657-1547

7 a.m. to 3:30 p.m.

Monday to Friday

5000 Commons Drive, Harrisburg

HEINZ-MENAKER SENIOR CENTER

717-238-7860

1824 N. Fourth Street, Harrisburg

HOLY SPIRIT HOSPITAL

Geriatric services for emotional and psychological problems associated with aging.

717-763-2219

www.hsh.org

JEWISH FAMILY SERVICE OF GREATER HARRISBURG INC.

717-233-1681

3333 N. Front St.

Harrisburg

LEGAL ADVICE

Senior Law Helpline

877-PA SR LAW

LICK TOWERS SENIOR CENTER

717-233-0388

1301 N. Sixth St.

Harrisburg

MEALS ON WHEELS OF DAUPHIN COUNTY

717-780-6130

MEDICARE

www.medicare.gov

Centers for Medicare and Medicaid Services, www.hhs.gov, provides information for the Medicare and Medicaid consumer.

MOHLER SENIOR CENTER

717-533-2002

25 Hope Drive

Hershey

www.mohlerseniorcenter.com

PACE AND PACENET

State prescription program for lower income seniors.

555 Walnut St., Harrisburg

717-787-7313

PENNSYLVANIA DEPARTMENT OF AGING

www.aging.state.pa.us

**PENNSYLVANIA DENTAL
ASSOCIATION**

SENIOR DENTAL CARE

*Provides information for low
income senior citizens to receive
dental care at reduced cost.*

717-234-5941

www.padental.org

**PENNSYLVANIA SECURITIES
AND EXCHANGE COMMISSION**

*Call with reports related to
investment scams.*

800-600-0007

**RETIRED SENIOR
VOLUNTEER PROGRAM**

717-541-9521

ROYALTON SENIOR CENTER

717-303-8761

101 Northumberland Street
Royalton

THE RUTHERFORD HOUSE

3300 Parkview Lane

Harrisburg

717-564-5682

**SOCIAL SECURITY
ADMINISTRATION**

800-772-1213 (national)

888-327-1176 (local)

555 Walnut St., Suite 810

Harrisburg

www.ssa.gov

SHELTERS

AGAPE FAMILY SHELTER

*Shelter for homeless women
and their children.*

717-273-2301

139 South Ninth Street
Lebanon

**BELL SOCIALIZATION
SERVICES/FAMILY SHELTER/
BRIDGE HOUSING**

*Shelter for homeless families,
also provides services for
those with disabilities.*

717-848-5767

160 S. George Street
York

BETHESDA MISSION

*Operates shelters in Harrisburg
for homeless men, women and
children; also provides Christian
human services, food, and
addiction recovery.*

717-257-4440

611 Reily Street
Harrisburg

www.bethesdamission.org

**BRETHREN HOUSING
ASSOCIATION**

*Helps homeless and low income
individuals maximize their potential.*

717-233-6016

219 Hummel St.
Harrisburg

www.bha-pa.org

**CARLISLE COMBINED AREA
RESOURCES FOR EMERGENCY
SHELTER**

50 W. Penn St., Carlisle
717-249-1009
www.carlislecares.org

DELTA COMMUNITY INC.

*Transitional housing for needy
single-parent families.*

717-232-2970

2041 North 2nd Street, Harrisburg

EVERGREEN HOUSE

(Catholic Charities)

*Transitional housing for single
recovering women with children.*

717-238-6343

100 Evergreen Street, Harrisburg

**INTERFAITH SHELTER FOR
HOMELESS FAMILIES**

(Catholic Charities)

Housing for homeless families.

717-236-6783

1002 Hemlock Drive, Harrisburg

LEBANON RESCUE MISSION

*Homeless shelter
and holiday meals.*

717-273-2301

439 South 6th Street, Lebanon
www.lebanorescuemission.org

SAFE HARBOUR

*Provides bridge housing and
self-enhancement programs for
homeless and potentially homeless
single adults and families.*

717-249-2200

102 West High St., Carlisle

SHALOM HOUSE

*Shelter for homeless
women and children.*

717-232-3482

P.O. Box 3893, Harrisburg
www.shalomhouse.net

SILENCE OF MARY HOME

*Serves chronically homeless and
abandoned, runaway and cast-off
youth, pregnant women and teens,
and mothers with small children.*

717-737-4107 (office)

**SUSQUEHANNA HARBOR
SAFE HAVEN**

(Christian Churches United)

*For single men with
a diagnosed mental illness.*

717-232-5029

1805 N. 12th St., Harrisburg

**UNITED METHODIST HOME
FOR CHILDREN**

*Operates a temporary shelter
for children who, for a variety of
reasons, cannot remain in their
homes.*

717-766-7652

Mechanicsburg

YORK RESCUE MISSION

*City soup kitchen
and homeless shelter.*

717-845-7662

363-373 West Market Street
York

**YWCA OF GREATER
HARRISBURG**

717-238-7273

SOUP KITCHENS

(See also FOOD ASSISTANCE)

ANTIOCH TABERNACLE FOOD PANTRY, SOUP KITCHEN

Lunchtime meal program:

11 a.m. to 1 p.m. Thursdays

717-233-8231

1920 North Street, Harrisburg

BETHESDA MISSION

*Evening and weekend meals;
shelter.*

717-257-4440

611 Reily Street

Harrisburg

www.bethesdamission.org

CATHEDRAL OF ST. PATRICK

Breakfasts Saturday, 7:15 to 8:15 a.m.

Dinners Sunday from 5 to 6 p.m.

717-232-2169

212 State Street, Harrisburg

www.stpatrickcathedral.com

DOWNTOWN DAILY BREAD

Soup kitchen in downtown

Harrisburg serving lunch 7 days

a week from 12:30 to 1:30 p.m.

717-238-4717

310 N. Third St.

Harrisburg

www.downtowndailybread.org

GRACE UNITED METHODIST CHURCH

Serves breakfast Sunday at 8 a.m.

216 State St.

Harrisburg

717-238-6739

HELPING HANDS MINISTRIES OF HARRISBURG, INC.

1077 Oyster Mill Road, Camp Hill

717-731-1807

Serves meals 4:30 to 5:30 p.m.

Sunday and Wednesday at

St. Michael Lutheran Church

118 State St., Harrisburg

Tuesday, Thursday and Friday at

1st Church of God

15 N. Fourth St., Harrisburg.

www.helpinghandsministries.org

LEBANON COUNTY CHRISTIAN MINISTRIES

Serves daily meals from

12 to 1 p.m.; varying sites.

717-272-4400

OUR DAILY BREAD

Serves breakfast and lunch.

717-848-1674

331 S. George Street

York

ST. FRANCIS OF ASSISI CATHOLIC CHURCH SOUP KITCHEN

Serves lunch Monday through

Saturday, 12:30 to 1 p.m.

717-236-4506

1459 Zarker Street

Harrisburg

SALVATION ARMY SOUP KITCHEN

Serves breakfast 7 to 8 a.m.

Monday through Friday

1122 Green St., Harrisburg

717-233-6755

UPTOWN SOUP KITCHEN

Serves meals from 12 to 12:30 p.m.

Monday through Friday

2221 N. Sixth St.

Harrisburg

717-901-3515

YORK RESCUE MISSION

*City soup kitchen
and homeless shelter.*

717-845-7662

363-373 West Market Street
York

TEENS

BOYS AND GIRLS CLUB OF CENTRAL PENNSYLVANIA

*After-school services and programs
include Smart Girls, Street Smart,
Family Support and Power Hour.*

717-234-3268

1227 Berryhill Street

Harrisburg

www.bgccp.org

RUNAWAY HOTLINE

800-RUNAWAY (786-2929)

TEEN CHALLENGE HARRISBURG

*Long-term residential programs for
drug and alcohol abuse problems.*

717-303-5829

TEEN LINE

310-855-HOPE (4673)
www.teenlineonline.org

UNITED METHODIST HOME FOR CHILDREN INC.

*Provides emergency shelter and
residential treatment for children
on 56-acre campus in Cumberland
County. Children are referred to the
home primarily by county children
and youth agencies and family
courts. The children, for a variety
of reasons, are unable to live with
their families or within foster care
placements in the community.*

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.org

YOUTH CRISIS HOTLINE

800-442-HOPE (4673)

YWCA OF GREATER HARRISBURG

1101 Market St.

Harrisburg

717-238-7273

ywcahbg.org

VETERANS

PENNSYLVANIA OFFICE FOR VETERANS AFFAIRS

*Provides advice and assistance to
Pennsylvania's 1 million veterans
and their families; provides quality
care to aging veterans.*

800-547-2838

www.paveterans.state.pa.us

**DAUPHIN COUNTY
VETERAN AFFAIRS**

717-780-6356

2 South Second Street (4th floor)
Harrisburg

www.dauphincounty.org/veteran-affairs

HARRISBURG VET CENTER

1500 N. Second St., Suite 2
Harrisburg
717-782-3954

**HOMELESS VETERANS
NEEDING HELP**

877-424-3838

LEBANON VA MEDICAL CENTER

717-272-6621

800-409-8771

1700 S. Lincoln Avenue, Lebanon
www.lebanon.va.gov

**NATIONAL COALITION
FOR HOMELESS VETERANS**

800-VET-HELP

**U.S. DEPARTMENT
OF VETERAN AFFAIRS**

VA Benefits 800-827-1000
GI Bill 888-442-4551

**VETERAN RESOURCE
CENTER HUDVET**

800-998-9999
email hudvet@hud.gov

VETS VOLUNTEER HELP

*Call to volunteer to
help hospitalized veterans.*

888-567-VETS

VICTIMS

(See also ABUSE, RAPE & WOMEN)

**OFFICE OF THE
VICTIM ADVOCATE**

(Pennsylvania Board of
Probation and Parole)

*Represents the post-sentencing
interests of crime victims.*

1101 S. Front St.

Suite 5200

Harrisburg

800-563-6399

TTY: 877-349-1064

**VICTIM/WITNESS
ASSISTANCE PROGRAM**

*Strives to reduce the trauma of a
crime by empowering and assisting
crime victims, witnesses and
significant others in reconstructing
their lives through advocacy,
support and information.*

717-780-7075

888-292-9611

Dauphin County Courthouse

101 Market St.

Harrisburg

**YWCA of YORK/VICTIM
ASSISTANCE CENTER**

*Offers free services to victims of
violent crime in York County.*

800-422-3204

717-854-3131

VOLUNTEER

(See also EDUCATION FOR ADULTS and MENTORING)

HABITAT FOR HUMANITY OF THE GREATER HARRISBURG AREA

900 S. Arlington Ave., Suite 122A
Harrisburg
717-545-7299
www.harrisburghabitat.org

LEND A HAND

3040 Market St., Camp Hill
717-731-8888 or 877-211-0700

MENNONITE DISASTER SERVICE

583 Airport Road, Lititz
717-735-0809

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

717-273-9339
717-541-9521

UNITED WAY OF THE CAPITAL REGION

2235 Millennium Way, Enola
717-732-0700
www.uwcr.org

WOMEN

(See also ABUSE AND RAPE)

AGAPE FAMILY SHELTER

Shelter for homeless women and their children.
717-272-6573
139 South North Street
Lebanon

BRETHREN HOUSING ASSOCIATION

Provides housing and transitional services for needy women and children.
717-233-6016
219 Hummel Street
Harrisburg
www.bha-pa.org

BRIDGE OF HOPE

635-5957

CARLISLE AREA FAMILY LIFE CENTER

A crisis pregnancy resource and support service.
717-243-1918
155 N. Hanover St.
Carlisle
www.carlislefamilylife.com

DELTA COMMUNITY INC.

Transitional housing for needy single-parent families.
717-232-2970
2041 North 2nd Street
Harrisburg

DOMESTIC VIOLENCE INTERVENTION

Women's shelter and counseling service.
717-273-7190
P.O. Box 42
Lebanon PA 17402

DOMESTIC VIOLENCE HOTLINE

800-799-SAFE
TDD: 800-787-3224

**DOMESTIC VIOLENCE SERVICES
OF CUMBERLAND & PERRY
COUNTIES**

*24-hour emergency shelter serving
Cumberland and Perry counties.*
800-852-2102

EVERGREEN HOUSE

*(Catholic Charities)
Transitional housing for single
recovering women with children.*
717-238-6343

100 Evergreen Street, Harrisburg

**HEART OF MARY PREGNANCY
SUPPORT SERVICES**

*Serves women facing an unplanned
pregnancy or possible pregnancy,
and biological parents with children
12 months of age and younger.*

717-843-7986
26 E. College Ave., York

**LOURDESHOUSE
MATERNITY HOME**

*Temporary home for pregnant
young women without financial
support. Also operates a community
pantry providing food, clothing and
furniture to expectant parents or
parents of children 12 months of
age and younger.*

717-236-3417
1611 Boas St., Harrisburg

**PENNSYLVANIA BREAST
CANCER COALITION**

800-377-8828
717-721-2580
www.pabreastcancer.org

**MORNINGSTAR
PREGNANCY SERVICES**

*Pregnancy-related services
and information including free
pregnancy tests.*

Harrisburg
3837 Walnut St.
717-901-2799
New Cumberland
503 Bridge St.
717-901-5433
Middletown
35 S. Union St.
717-944-3888

www.morningstarchoices.com

**PENNSYLVANIA
COMMISSION FOR WOMEN**

*Advocates for women's rights and
works to ensure that women and
girls have equal opportunity and
treatment in all aspects of life.*
717-787-5825

**PINNACLE HEALTH
WOMANCARE
RESOURCE CENTER**

*Focuses on health education,
prevention of illness and the
promotion of wellness behaviors.
Provides health enhancement
strategies through individual
consultations, seminars, screenings
and assessments.*
409 S. Second St.
Harrisburg
717-231-8900

SHALOM HOUSE

Shelter for homeless women and children.

717-232-3482

P.O. Box 3893

Harrisburg

www.shalomhouse.net

PLANNED PARENTHOOD

Harrisburg Medical Center

1514 North 2nd Street, Harrisburg

717-234-2468

Carlisle Medical Center

850 Walnut Bottom Road

Suite 302, Carlisle

717-243-0515

York Center

728 Beaver St., York

717-845-9681

www.plannedparenthood.org

THE PROGRAM FOR FEMALE OFFENDERS

Serves and supports primarily women and children; working with the criminal justice system to reduce recidivism and produce crime-free lives.

717-238-9950

1515 Derry St., Harrisburg

www.thegraminc.org

RAPE CRISIS SERVICES - DOMESTIC VIOLENCE HOTLINE YWCA OF GREATER HARRISBURG

800-654-1211

1101 Market St., Harrisburg

www.ywcahb.org

WIC

A federally funded program that provides healthy supplemental foods and nutrition services for pregnant women, new mothers, infants and children under age five.

Local agencies:

Hamilton Health Center

717-230-3979

www.hamiltonhealthcenter.com

Cumberland/Perry Tapestry of Health

401 E. Louthier St., Carlisle

717-243-0523

Lebanon Family Health Services

615 Cumberland St., Lebanon.

717-273-6940

HELP BY AREAS

CUMBERLAND AND PERRY COUNTIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

249-2611

71 Ashland Ave.

Carlisle

BIG SPRING AREA FOOD BANK

For Newville area residents.

Last Monday of month

9 to 11 a.m.

Big Spring United Lutheran Church

Route 641 & Crossroad School Road

Newville

717-776-3109

BREAD OF LIFE OUTREACH

Newport Assembly of God Church

Emergency needs

Monday, Wednesday, Friday
9 a.m. to 12 p.m.

35 N. Front St., Newport

Food distribution

Second Saturday of month
27 W. Shortcut Road, Newport
717-567-3333

THE BRIDGE**EMERGENCY FOOD BANK**

*Serves residents in New
Cumberland, Lemoyne and Camp
Hill, third Friday of every month
at the Senior Center in New
Cumberland.*

717-774-6255

122 Geary Avenue
New Cumberland

CENTER FOR**INDEPENDENT LIVING**

*Non-profit educational agency
for people with disabilities.*

717-731-1900

800-323-6060

207 House Ave., Suite 107
Camp Hill

CONTACT HELPLINE

*Emergency counseling and referral
agency for social services.*

24 hours a day, 7 days a week

717-249-6226

800-932-4616

COUNTY ASSISTANCE HOTLINE

717-240-2700

CRISIS INTERVENTION

*Immediate help dealing
with a serious problem.*

33 State Avenue, Carlisle
717-243-6005

Duncannon: 717-834-3326

**CUMBERLAND/PERRY
COMMUNITY AND HOUSING
PARTNERSHIP**

717-249-1315

114 N. Hanover Street
Carlisle

**CUMBERLAND COUNTY
OFFICES ON AGING**

717-240-6110

**DOMESTIC VIOLENCE SERVICES
OF CUMBERLAND & PERRY
COUNTIES**

717-258-4806

800-852-2102

**CUMBERLAND COUNTY
ASSISTANCE OFFICE**

*Crisis grants available for
emergencies.*

717-240-2700

33 Westminster Drive
Carlisle

**DOMESTIC VIOLENCE SERVICES
OF CUMBERLAND & PERRY
COUNTIES**

*24-hour emergency shelter serving
Cumberland and Perry counties.*

800-852-2102

EMPLOYMENT SKILLS CENTER

*Provides educational, counseling,
training and employment services.*

717-243-6040

29 S. Hanover Street
Carlisle

www.employmentskillscenter.org

**FAMILY HEALTH COUNCIL
OF CENTRAL PA.**

717-761-7380

3461 Market Street
Camp Hill

JOIN HANDS

*Provides variety of services for
those in need in Perry County.*

www.joinhandsministry.com

FIVE LOAVES FOOD PANTRY

*Serves residents of Wormleysburg,
Lemoyne, West Fairview and Enola.*

Residential ID required.

Third Saturday of month

10 a.m. to 12 p.m.

Locust and Front Streets

Wormleysburg

717-763-7585

THE KING'S KETTLE

1st, 2nd and 3rd Tuesdays

5 - 6:30 p.m.

Operated by Jesus Loves

You Ministries, Inc.

717-530-9200

30 North Fayette Street

Shippensburg

NEW HOPE MINISTRIES

*Provides help for socially and
financially disadvantaged children
in Dillsburg, Dover and
Mechanicsburg areas.*

211 S. Baltimore St., Dillsburg

717-432-2087

**PERRY COUNTY
AGENCY ON AGING**

717-582-2131

**PERRY COUNTY
ASSISTANCE OFFICE**

*Crisis grants available for
emergencies.*

717-582-2127

100 Center Drive, New Bloomfield

**PERRY COUNTY CHILDREN
AND YOUTH SERVICES**

717-582-2131

After hours: 717-582-4311

PERRY COUNTY FOOD BANK

For eligible Perry County residents.

Monday and Wednesday

9 a.m. to 12 p.m. and 1 to 3 p.m.

Friday

9 a.m. to 12 p.m.

717-582-9978

300A S. Carlisle St., New Bloomfield

PERRY HUMAN SERVICES

*Provides drug and alcohol
services, adult social services, and
educational programs in the schools
and in the community.*

717-582-8703

Mullhollem Office Center

8391 Spring Road, New Bloomfield

**PERRY COUNTY
LITERACY COUNCIL**

Literacy services.

232 Market St., Newport
717-567-7323

**PROJECT S.H.A.R.E.
FOOD BANK**

Serves Carlisle, Mount Holly Springs, Boiling Springs, Plainfield, Gardners, Carlisle Springs, Middlesex Twp. and nearby communities. Distribution varies month to month.
717-249-7773

SAFE HARBOUR

Provides bridge housing and self-enhancement programs for homeless and potentially homeless single adults and families.
717-249-2200
102 West High St., Carlisle

THE SALVATION ARMY

Provides the needy with rental and utility assistance and emergency food and clothing.
Open weekdays
8 a.m. - 4:30 p.m.
717-249-1411
20 E. Pomfret St., Carlisle

SENIOR CENTERS

Big Spring: 717-776-4478
Carlisle: 717-249-5007
Enola: 717-732-3915
Mechanicsburg: 717-697-5947
Shippensburg: 717-530-8217
West Shore: 717-774-0409

**TRI-COUNTY COMMUNITY
ACTION COMMISSION**

Provides services for the needy of Cumberland, Perry and Dauphin counties.
717-232-9757
1514 Derry Street
Harrisburg

**UNITED METHODIST HOME
FOR CHILDREN INC.**

Provides emergency shelter and residential treatment for children on 56-acre campus in Cumberland County. Children are referred to the home primarily by county children and youth agencies and family courts. The children, for a variety of reasons, are unable to live with their families or within foster care placements in the community.
717-766-7652
5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

UNITED WAY

United Way of Carlisle and Cumberland County serves Carlisle, Mt. Holly Springs, Boiling Springs and areas as far east as Route 114 and west to Newville.
717-243-4805
145 S. Hanover St.
Carlisle

YORK COUNTY

ACCESS YORK

(YWCA York)

Dedicated to helping victims and their children who suffer from abuse or threatened abuse; assists in preparing a Protection From Abuse (PFA) petition.
800-262-8444 or 717-846-5400
717-637-2235 (Hanover)
www.access-york.org

BELL SOCIALIZATION SERVICES/FAMILY SHELTER/ BRIDGE HOUSING

Shelter for homeless families, also provides mental health and mental retardation services.
717-848-5767
160 S. George Street, York

CHILDREN'S HOME OF YORK

Provides social services for children.
717-755-1033
77 Shoe House Road, York

FAMILY FIRST HEALTH

York Office

717-845-8617

116 South George St, York
Monday through Wednesday
7:30 a.m. to 7 p.m.
Thursday and Friday
7:30 a.m. to 5 p.m.
Lewisberry Office
717-938-6695

308 Market St., Lewisberry
various hours
www.myfamilyfirsthealth.org

HEART OF MARY PREGNANCY SUPPORT SERVICES

Serves women facing an unplanned pregnancy or possible pregnancy, and biological parents with children 12 months of age and younger.
717-843-7986
26 E. College Ave., York

NEW HOPE MINISTRIES

Provides help for socially and financially disadvantaged children in Dillsburg, Dover and Mechanicsburg areas.
211 S. Baltimore St., Dillsburg
717-432-2087

OUR DAILY BREAD

City soup kitchen.
717-848-1674
331 S. George Street, York

PENNSYLVANIA IMMIGRATION RESOURCE CENTER

Provides legal and educational resources to detained population.
50 Mount Zion Road, York
717-600-8099

YORK COUNTY AREA AGENCY ON AGING

Committed to enhancing independent living in the community for as long as feasible.
800-632-9073
100 W. Market Street, York
www.ycaaa.org

ASSISTANCE HOTLINE

800-991-0929

CHILDREN & YOUTH SERVICES

717-846-8496

CRIME STOPPERS

877-409-4321

www.yorkcrimestoppers.com

DOMESTIC ABUSE HOTLINE

800-262-8444

VICTIM ASSISTANCE CENTER

*Offers free services to victims of
violent crime in York County.*

800-422-3204

717-854-3131

YORK COUNTY LITERACY COUNCIL

*Free and confidential
reading instruction.*

717-845-8719

YORK RESCUE MISSION

*City soup kitchen
and homeless shelter.*

717-845-7662

363-373 West Market Street
York

UPPER DAUPHIN COUNTY

HALIFAX UNITED METHODIST CHURCH

Food bank.

717-896-8092

Mondays and Saturdays

9 to 11 a.m.

Tuesdays and Thursdays

4 to 6 p.m.

105 Wind Hill Road, Halifax

MILLERSBURG ASSEMBLY OF GOD CHURCH

Food bank.

2261 Shippen Dam Road

Millersburg

717-692-3904

9:30 a.m.

second Saturday of month

NORTHERN DAUPHIN FOOD PANTRY

827-4641

NORTHERN DAUPHIN HUMAN SERVICES CENTER

295 State St., Elizabethtown

877-893-3344

NOTES

**WHERE
TO GO
WHEN YOU NEED
HELP**

2011 EDITION