

**WHERE
TO GO
WHEN YOU NEED
HELP**

2018 EDITION

WHERE TO GO WHEN YOU NEED HELP

2018 Edition

Compiled by:



4100 Hillsdale Road
Harrisburg, PA 17112
717-635-8615

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 that 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.

Printed by:



PennState Health
Milton S. Hershey
Medical Center

TABLE OF CONTENTS

ABUSE.....	1
ADOPTION.....	2
AIDS.....	3
ALCOHOL PROBLEMS.....	4
BREAST CANCER.....	5
BULLYING.....	5
CHILDREN.....	6
CONSUMER PROTECTION.....	11
DISABILITIES.....	12
DRUG PROBLEMS.....	13
EATING DISORDERS.....	15
EDUCATION FOR ADULTS.....	15
EMERGENCY HELP.....	17
ETHNIC/RACIAL DISCRIMINATION OR INTIMIDATION.....	18
FOOD ASSISTANCE.....	18
GAMBLING PROBLEMS.....	22
GAY/LESBIAN AND RELATED ORGANIZATIONS.....	23
HEATING ASSISTANCE.....	24
HISPANIC COMMUNITY.....	25
HOUSING.....	25
IMMIGRATION.....	28
LEGAL AID.....	29
MEDICAL.....	29
MENTAL HEALTH.....	32
MENTORS.....	34
PARENTING.....	36
POISON.....	37
PREGNANCY SERVICES.....	38
PROSTATE CANCER.....	39
RAPE.....	39
SENIOR CITIZENS.....	40
SHELTERS.....	41
SUICIDE.....	44
TEENS.....	45
VETERANS.....	46
VICTIMS.....	47
VOLUNTEER.....	47
WOMEN.....	48
HELP BY AREAS.....	51
HELP BY AREAS	
CUMBERLAND AND PERRY COUNTIES.....	51
YORK COUNTY.....	56
UPPER DAUPHIN COUNTY.....	57

ABUSE

(See also CHILD ABUSE,
RAPE and WOMEN)

ACCESS YORK

(YWCA York)

*Seeks to eliminate domestic violence
and offer support, education,
and a safe environment for victims of
domestic violence.*

800-262-8444

717-846-5400

717-637-2235 (Hanover)

Sexual violence hotlines

800-422-3204

717-854-3131

www.ywcayork.org/victim-services

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/FULTON: 800-621-6660

JUNIATA/MIFFLIN: 717-242-2444

LANCASTER: 717-299-1249

LEBANON: 866-686-0451

NORTHUMBERLAND/UNION/SNYDER:

800-850-7948

PERRY: 800-852-2102

SCHUYKILL: 800-282-0634

YORK: 800-262-8444

DOMESTIC VIOLENCE INTERVENTION OF LEBANON COUNTY

*Provides support, sanctuary and assistance
to all victims of violence in the communities
of Lebanon County.*

717-273-7190

866-686-0451

www.dviolc.org

ELDER ABUSE HOTLINE

*To report abuse of elderly individuals or
adults with disabilities.*

800-490-8505

FUTURES WITHOUT VIOLENCE

Information on family violence issues.

San Francisco main office

415-678-5500

www.futureswithoutviolence.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

800-932-0356

Carlisle office:

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

Lancaster office:

38 N. Christian St., Suite 200, Lancaster

800-732-0025

717-299-0971

Lebanon office:

513 Chestnut St., Lebanon

717-274-2834

York office:

29 N. Queen St., York

717-848-3605

www.midpenn.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233

TTY: 800-787-3224

www.thehotline.org

NATIONAL SEXUAL ASSAULT HOTLINE
800-656-HOPE (4673)

**NATIONAL SEXUAL VIOLENCE
RESOURCE CENTER**

Mission is to provide leadership in preventing and responding to sexual violence through collaboration, sharing and creating resources, and promoting research.

717-909-0710
877-739-3895

2101 N. Front St., Building 2, Harrisburg
www.nsvrc.org

**PENNSYLVANIA COALITION
AGAINST DOMESTIC VIOLENCE**

Private non-profit organization working to eliminate domestic violence, secure justice for victims and help build new lives free from abuse.

National hotline
800-799-SAFE (7233)

Local number
717-545-6400

3605 Vartan Way, Suite 101, Harrisburg
www.pcadv.org

**PENNSYLVANIA COALITION
AGAINST RAPE**

Works to end sexual violence and advocates for the rights and needs of sexual assault victims.

888-772-7227 (24-hour hotline)
717-728-9740
800-692-7445

2101 N. Front St., Building 2, Harrisburg
www.pcar.org

**SEXUAL ASSAULT RESOURCE &
COUNSELING CENTER**

Provides counseling, education, advocacy and prevention programs on sexual abuse issues.

717-272-5308 (hotline Lebanon)
570-628-2965 (hotline Schuylkill)
615 Cumberland St., Lebanon
Schuylkill Office:
17 Westwood Centre, Pottsville
www.sarcclebanon.org

YWCA OF GREATER HARRISBURG

Provides comprehensive crisis and counseling services to victims of domestic violence and sexual assault, including a crisis hotline, individual and group counseling and medical and court accompaniments.

800-654-1211
1101 Market St., Harrisburg
www.ywcahbg.org

ADOPTION

ADOPTIONS FROM THE HEART

Non-profit, nonsectarian agency.
888-918-9893

Central Pennsylvania office
717-399-7766

1525 Oregon Pike, Lancaster
www.afth.org

CATHOLIC CHARITIES

Adoption and Specialized Foster Care
717-564-7115

939 East Park Drive, Suite 103, Harrisburg
www.cchbg.org

COMMON SENSE ADOPTION SERVICES

A licensed, non-profit adoption and foster care agency.

717-412-0772

800-445-2444

3001 Market St., Camp Hill

www.commonsenseadoption.org

DIAKON ADOPTION & FOSTER CARE

www.diakon.org

FAMILY CARE SERVICES

717-263-2285

4385 Edenville Road, Chambersburg

www.familycareservices.org

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

717-233-1681

3333 N. Front St., Harrisburg

www.jfsofhbg.org

**PENNSYLVANIA STATE RESOURCE
FAMILY ASSOCIATION**

Advocates for all those who care about children and their families

800-951-5151

PO Box 60216, Harrisburg 17106

www.psrfa.org

**SWAN (STATEWIDE ADOPTION AND
PERMANENCY NETWORK)**

A broad-based cooperative effort and a centralized information and facilitation service funded and overseen by the Pennsylvania Department of Human Services. The SWAN program's purpose is to build a better collaborative adoption process in Pennsylvania.

800-585-SWAN

www.adoptpakids.org

**UNITED METHODIST HOME
FOR CHILDREN INC.**

An affiliate of the Statewide Adoption and Permanency Network

717-766-7652

www.umhcservices.org

AIDS**AIDS FACTLINE**

800-662-6080

ALDER HEALTH SERVICES

Improves the health and well-being of individuals living with HIV/AIDS and members of the LGBTQ community by providing a culturally competent and affirming environment.

717-233-7190

100 N. Cameron St., Harrisburg

www.alderhealth.org

**CENTER FOR DISEASE CONTROL
AND PREVENTION**

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

TTY: 888-232-6348

www.cdc.gov/hiv

**FAMILY HEALTH COUNCIL
OF CENTRAL PA.**

In a 14-county region of south central Pennsylvania, FHCCP funds 11 subcontractor agencies that provide prevention education and interventions, medical support, and housing for infected and affected persons and families.

717-761-7380

3461 Market Street, suite 200, Camp Hill

www.fhccp.org

THE HOPE PROGRAM

Provides HIV/AIDS education and prevention programs, HIV treatment and other services. Part of Hamilton Health Center.

717-232-9971

110 S. 17th St., Harrisburg

LOAVES OF LOVE FOOD PANTRY

Serves families impacted by HIV and AIDS. Distribution every other Wednesday from 2 to 6:45 p.m. Medical referrals are needed.

717-602-6166

Second City Church

251 Verbeke St., Harrisburg

UPMC PINNACLEHEALTH – REACCH

Offers free and confidential HIV testing as well as primary HIV care and treatment for men, women and adolescents. The program is open Monday to Friday, 8 a.m. to 4 p.m.

717-782-2750

2501 N. Third St., Second floor, Harrisburg

ALCOHOL PROBLEMS

(See also DRUG PROBLEMS)

ALCOHOLICS ANONYMOUS

A fellowship of men and women who share their experience, strength and hope with other that they may solve their common problem and help others to recover from alcoholism. The Central Service Office is located in the Fellowship House,

1251 S. 19th St., Harrisburg.

717-234-5390

www.aaharrisburg.org

ALCOHOLICS AND NARCOTICS HELPLINE

24 hours

717-238-5920

AL-ANON/ALATEEN

For information on where to find a local meeting:

www.pa-al-anon.org

www.al-anon.alateen.org

BABY LOVE

Provides free services designed to meet the physical, emotional and social needs of individuals who are struggling with addictions. Program is part of Hamilton Health Center.

866-530-2229

www.babylove.hamiltonhealthcenter.com

BETHESDA MISSION

Helps lives affected by drug and alcohol addiction.

611 Reily St., Harrisburg

(Men's Mission House)

717-257-4440

www.bethesdamission.org

CONTACT HELPLINE

24/7 information and referral service.

800-932-4616

211 (information and referral)

www.contacthelpline.org

DAUPHIN COUNTY DEPARTMENT OF DRUG & ALCOHOL SERVICES

Serves those affected with substance abuse problems by providing high quality prevention, intervention and treatment services in Dauphin County.

717-635-2254

1100 S. Cameron St., Harrisburg

DAYSTAR CENTER FOR SPIRITUAL RECOVERY

Daystar is a community based residential treatment facility for men with substance use disorders.

717-230-9898

125 N. 18th St., Harrisburg

www.daystarrecovery.com

EVERGREEN HOUSE

(Catholic Charities)

Provides a safe, secure, nurturing environment for women recovering from addiction.

120 Willow Road, Suite B, Harrisburg

717-412-4594

www.cchbg.org

GAUDENZIA-HARRISBURG

Helps people affected by drug and alcohol dependency, mental illness and related conditions to achieve a better quality of life and become accountable individuals
Gaudenzia Common Ground offers assessment and detoxification services at 3740 Chambers Hill Road, Swatara Twp.
717-238-5553
www.gaudenzia.org

JUST FOR TODAY RECOVERY VETERANS SUPPORT SERVICES

Provides safe, structured and compassionate housing for those seeking recovery, as well as providing addiction education and advocacy for the recovery community in central Pennsylvania.
717-695-6253
www.jft-rvss.org

MOTHERS AGAINST DRUNK DRIVING (MADD)

Mission is to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking.
Pennsylvania office:
610-825-4902
www.madd.org

PERRY HUMAN SERVICES

Offers drug and alcohol assessment services and referrals for treatment.
717-582-8703
Mulhollem Office Centre
8391 Spring Road, New Bloomfield
www.perryhumanservices.org

THE RASE PROJECT

Mission is to assist all those individuals affected by substance use issues, problems and concerns by fostering progress, enriching lives, and ultimately enhancing the recovery process.
717-232-8535
100 N. Cameron St.,
Suite 401-E, Harrisburg
www.raseproject.org

BREAST CANCER

FEEL YOUR BOOBIES FOUNDATION

Promotes proactive breast health in young women through strategic education and outreach programs.
717-343-8399
4801 Lindle Road, Swatara Twp.
www.feelyourboobies.com

NATIONAL CANCER INSTITUTE

800-422-6237
www.cancer.gov

PENNSYLVANIA BREAST CANCER COALITION

800-377-8828
2397 Quentin Road, Suite B, Lebanon
www.pabreastcancer.org

SUSAN G. KOMEN FOR THE CURE

877-GO-KOMEN (465-6636)
www.komen.org

BULLYING

ANTI-DEFAMATION LEAGUE

www.adl.org

PENNSYLVANIA YOUTH CONGRESS

Pennsylvania's first and only statewide LGBTQ youth advocacy organization.
717-743-1035
413 Walnut St., Harrisburg (field office)
www.payouthcongress.org

CHILD ABUSE

TO REPORT CHILD ABUSE
*Pennsylvania Department
of Human Services hotline:*
800-932-0313

ASSOCIATION OF SITES ADVOCATING CHILD PROTECTION

*Dedicated to eliminating child
exploitation from the Internet.*
www.asacp.org

CHILD HELP
*National child abuse hotline
to report suspected child abuse.*
800-422-4453
www.childhelp.org

OFFICE OF THE VICTIM ADVOCATE
Represents the interests of crime victims.
800-563-6399
TTY: 877-349-1064
1101 S. Front St., Suite 5200, Harrisburg
www.o.va.state.pa.us

**PENN STATE HERSHEY CENTER FOR THE
PROTECTION OF CHILDREN**
*Develops and coordinates research,
education, and policy initiatives having to
do with child abuse/protection.*
717-531-5158

**PENNSYLVANIA COALITION
AGAINST RAPE**
*Help for victims of sexual abuse, including
information, referrals and resources.*
888-772-7227 (24-hour hotline)
717-728-9740
2101 N. Front St., Building 2, Harrisburg
www.pcar.org

PENNSYLVANIA FAMILY SUPPORT ALLIANCE
*Educates, informs and leads
communities to action to protect
children from abuse and neglect.*
717-238-0937
800-448-4906
2000 Linglestown Road, Suite 301,
Harrisburg
www.pa-fsa.org

**PINNACLE HEALTH
CHILDREN'S RESOURCE CENTER**
*A child advocacy center dedicated to
providing compassionate, quality care
in a safe, child-friendly environment for
children suspected of having been
abused or neglected.*
717-782-6800
2645 N. Third St., Harrisburg
www.pinnaclehealth.org/crc

CHILDREN

(See also MEDICAL, MENTORS & TEENS)

4-H PROGRAMS
*4-H is a community of young people
who are learning leadership, citizenship
and life skills. Information at the
following counties:*
Cumberland
717-240-6500
Dauphin
717-921-8803
Lancaster
717-394-6851
Lebanon
717-270-4391
Perry
717-582-5150
York
717-840-7408

ASERT AUTISM RESOURCE CENTER

A key component helping to support individuals with autism and their families throughout the Commonwealth.

877-231-4244

www.paautism.org

AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER

Promotes opportunities for individuals with Autism Spectrum Disorders (ASD) to participate in the same valued life experiences as do other citizens.

800-244-2425, ext. 8408

PO Box 101, Enola.

www.autismharrisburg.org

BABIES

(Healthy Baby Helpline)

Pennsylvania Department of Health provides information to those who are pregnant or think they may be pregnant.

800-986-BABY

BETHESDA MISSION COMMUNITY (YOUTH) CENTER

1438 Herr St., Harrisburg

717-257-5484

www.bethesdamission.org

BOYS AND GIRLS CLUB OF HARRISBURG

Serves as a neighborhood based organization committed to serving youth of all backgrounds in developing self-esteem and character and to help them become responsible citizens by providing physical, recreational, social, educational and vocational programs.

717-234-3268

1227 Berryhill Street, Harrisburg

1700 Hanover St., Harrisburg

1313 Monroe St., Harrisburg

www.bgchbg.org

BRIDGES 4 LIFE

(Tri-County Community Action)

A community based prevention program for at-risk young adults ages 15-21 to help identify, access, build, and apply resources for success in school, work and life.

717-232-9757

1514 Derry St., Harrisburg

www.cacatricounty.org

CAITLIN'S SMILES

Helps children facing chronic or life threatening illnesses through distribution of arts and crafts kits.

717-412-4759

3303 N. Sixth St., Harrisburg

www.caitlins-smiles.org

CAPITAL AREA HEAD START

Gives children a head start in life, empowers parents and strengthens families.

717-541-1795

3705 Elmwood Drive, Harrisburg

www.keystonehumanservices.org

capital-area-head-start

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

Provides health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.

800-986-KIDS (5437)

www.chipcoverspakids.com

CHILD CARE INFORMATION SERVICES

(Pennsylvania Department
of Human Services)

CCIS agencies provide you and your family with information on quality child care and personalized child care referrals to child care providers based on your specific needs or preferences.

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

CHILD FIND OF AMERICA

Provides services designed to prevent and resolve child abduction and the family conflicts that can lead to abduction and abuse.

800-I-AM-LOST (800-426-5678)
www.childfindofamerica.org

CHILDREN'S HOME OF YORK

Empowers children to thrive, strengthens families and enriches communities.

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
1001 N. Sixth St., Harrisburg

COMMUNITY CHECK UP-CENTER

A community based non-profit organization working in partnership with the community to improve the health and wellness of low-income women and children through high quality compassionate care.

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

Monday through Friday

Women, 9 a.m. to 4:30 pm.

Tuesdays and Fridays

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

CUMBERLAND COUNTY CHILDREN & YOUTH SERVICES

Provides professional social services to protect the safety and welfare of children; preserve, support and strengthen the family; and identify alternative care, a safe environment and a permanent home for those children unable to remain in their home.

717-240-6120

888-697-0371

16 W. High St., Suite 200, Carlisle

FAMILY HEALTH COUNCIL OF CENTRAL PA.

A private, not-for-profit organization dedicated to improving health, preventing disease, and promoting wellness.

717-761-7380

3461 Market Street, Suite 200, Camp Hill

www.fhccp.org

FUTURES WITHOUT VIOLENCE

Information on family violence issues.
www.futureswithoutviolence.org

GEISINGER HOLY SPIRIT TEENLINE

A comprehensive program providing a variety of mental health services for children, adolescents and their families.

717-763-2345

800-722-5385

GREATER HARRISBURG HEALTHY START

Mission is to improve the health and well-being of pregnant and postpartum women, their babies, families and the community by providing comprehensive supportive services in the communities where they live.

717-909-1278

www.harrisburghealthystart.com

HEEDING GOD'S CALL

An interfaith effort to eliminate illegal use of guns and gun violence.

717-461-3540

219 Hummel St., Harrisburg
www.heedingharrisburg.org

HOLDING HOPE

Works to support families of children with life-threatening illnesses being treated at Penn State Children's Hospital

717-649-8126

www.holdinghope.org

KEYSTONE AUTISM SERVICES

Provides services for children and adults with autism spectrum disorders.

717-220-1465

3700 Vartan Way, Harrisburg
www.keystonehumanservices.org/autism-services

LANCASTER INTENSIVE DAY TREATMENT

(Catholic Charities)

Serves at-risk youth from nine to 15 who possess significant emotional and behavioral health needs.

717-295-9630

47 S. Mulberry St., Lancaster
www.cchbg.org

MYNDWORKS COUNSELING

(Jewish Family Service of Greater Harrisburg)

Offers innovative and effective programs to support children and adults going through a difficult period in life.

717-233-1681

3333 N. Front St., Harrisburg

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

Call to report missing children and suspected child sexual exploitation and trafficking.

800-843-5678

www.missingkids.com

NEIGHBORHOOD CENTER OF THE UNITED METHODIST CHURCH

Serves a multi-ethnic uptown neighborhood, as well as the total Harrisburg community, with educational, cultural, social service, basic needs, leadership, and recreational programs for children and their families.

717-233-6541

1801 N. Third St., Harrisburg
www.neighborhoodcenterumc.org

NEW HOPE MINISTRIES

Reaches out to "at risk" children and youth in communities with the goal of providing structured, constructive programs and positive adult role models.

717-432-2087

99 W. Church St., Dillsburg
www.nhm-pa.org

NORTHERN DAUPHIN HUMAN SERVICE CENTER

Children and youth services.

717-905-2700

877-893-3344

295 State Drive, Elizabethtown

PENN STATE HEALTH CENTER FOR THE PROTECTION OF CHILDREN

Develops and coordinates research, education, and policy initiatives having to do with child abuse/protection.

717-531-5158

**PENN STATE HEALTH PEDIATRIC TRAUMA
AND INJURY PREVENTION**

*Only Level I pediatric trauma center
serving the 10-county area of south central
Pennsylvania. Manages children's serious,
sudden injuries.*

717-531-8342 (trauma)

717-531-SAFE (injury prevention)

**PENNSYLVANIA STATE RESOURCE FAMILY
ASSOCIATION**

*Works with foster, adoptive, and kinship
families, and with local foster parent
associations and agencies who care for the
children they serve.*

800-951-5151

PO Box 60216, Harrisburg 17106

www.psrfa.org

PERRY COUNTY FAMILY CENTER

*Promotes the positive development and
healthy well-being of all young children
in Perry County.*

717-582-3656

8391-R Spring Road, Suite 3, New
Bloomfield

www.pcfamilycenter.org

**PINNACLEHEALTH
CHILDREN AND TEEN CENTER**

717-782-4650

2645 N. Third St., second floor, Harrisburg

PRESSLEY RIDGE

*Programming helps to rebuild communities
and families who are facing difficult
challenges and complex situations.*

888-777-0820

www.pressleyridge.org

RONALD MCDONALD HOUSE

*Keeps children and families together by
providing temporary housing to out-of-
town families of seriously ill children who
are being treated at Penn State
Children's Hospital.*

717-533-4001

745 W. Governor Road, Hershey

www.rmhc-centralpa.org

SPECIAL KIDS NETWORK HELP PA

*(Pennsylvania Department of Health)
Helps children and youth with special
health care needs and disabilities get the
services and support they require in order
to thrive in their community and develop
to their full potential.*

800-986-4550

www.gotoskn.state.pa.us

**UNITED METHODIST HOME
FOR CHILDREN INC.**

*Provides community-based care services to
youth and families in need in central and
southeastern Pennsylvania.*

*Youth ages 12-20 receive safe housing,
emotional and educational support,
food, clothing, medical and behavioral
healthcare, counseling, and more in a
family-like atmosphere.*

717-766-7652

5120 Simpson Ferry Road
Mechanicsburg

www.umhcservices.org

WIC

*A federally funded program that provides
nutrition services, breastfeeding
support, health care and social service
referrals, and healthy foods.*

800-WIC-WINS (942-9467)

www.pawic.com

Services available at Hamilton Health
Center

717-230-3979

**YORK COUNTY
CHILDREN, YOUTH, AND FAMILIES**
717-846-8496
800-729-9227

YOUTH ADVOCATE PROGRAMS, INC.
Serves individuals and families across a continuum of needs, but specializes in working with those who are at highest risk.
2007 N. Third St., Harrisburg
717-232-7580
www.yapinc.org

CONSUMER PROTECTION

(See also EMERGENCY HELP
& HEATING ASSISTANCE)

ATTORNEY GENERAL'S OFFICE
Bureau of Consumer Protection
800-441-2555
Consumer Health Care Section
877-888-4877

BETTER BUSINESS BUREAU
www.bbb.org

COMMUNITY JUSTICE PROJECT
Mission is to protect the civil rights of low-income people in Pennsylvania.
800-322-7572
717-236-9486
118 Locust St., Harrisburg
www.communityjusticeproject.org

CONSUMER ADVOCATE
Represents Pennsylvania consumers regarding matters of their utility service.
800-684-6560
717-783-5048
Office of Consumer Advocate
555 Walnut St., 5th Floor,
Forum Place, Harrisburg
www.oca.state.pa.us

FEDERAL TRADE COMMISSION
Protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace.
202-326-2222
www.ftc.gov

FLOOD INSURANCE INFORMATION
Help center
800-427-4661
www.floodsmart.gov

**PENNSYLVANIA DEPARTMENT OF
BANKING AND SECURITIES**
Regulates financial services and works to ensure consumers and businesses are well informed about the marketplace. Can file a complaint form online.
800-722-2657
www.dobs.pa.gov

**PENNSYLVANIA DEPARTMENT
OF INSURANCE**
877-881-6388
www.insurance.pa.gov

**PENNSYLVANIA PUBLIC UTILITY
COMMISSION (PUC)**
Balances the needs of consumers and utilities; ensures safe and reliable utility service at reasonable rates; protects the public interest; educates consumers to make independent and informed utility choices; furthers economic development; and fosters new technologies and competitive markets in an environmentally sound manner
800-692-7380
400 North St., Keystone Building,
Harrisburg
www.puc.state.pa.us

TELEMARKETERS
To register your phone number on the Do-Not-Call list at no cost.
www.donotcall.gov

DISABILITIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

Mission is to empower, inspire and educate people with intellectual and developmental disabilities, their families, and the community.

717-249-2611
71 Ashland Ave., Carlisle
www.cparc.org

THE ARC OF DAUPHIN COUNTY

Mission is to enhance quality of life and community integration for individuals with special needs.

717-920-2727
2569 Walnut St., Penbrook
www.arcofdc.org

BELL SOCIALIZATION SERVICES

Provides supportive residential and social environments to help people living with intellectual disabilities explore their potential.

717-848-5767
160 S. George Street, York
www.bellsocialization.com

CENTER FOR INDEPENDENT LIVING OF CENTRAL PA

Mission is to eliminate and prevent barriers that people with disabilities experience by providing ongoing advocacy and offering innovative programs and services.

717-731-1900
Living well hotline
877-865-4893
207 House Ave., Suite 107 Camp Hill
www.cilcp.org

CHRISTIAN RESIDENTIAL OPPORTUNITIES AND SOCIAL SERVICES

Provides residential and social services to persons with developmental disabilities and their families.

717-530-1788
712 Pinola Road, Shippensburg
www.crossinc.com

EASTER SEALS

Western and Central Pennsylvania Helps children and adults with disabilities and special needs.

412-281-7244
www.easterseals.com/wcpenna

GOODWILL KEYSTONE AREA

Works to support persons with disabilities and other barriers to independence in achieving their full potential as workers and as members of the broader community.

717-232-1831
800-432-GIVE
1150 Goodwill Drive, Harrisburg
www.youngoodwill.org

KEYSTONE HUMAN SERVICES

Works to create an environment where all people, regardless of ability, can grow, make choices and be valued and contributing members of the community.

717-232-7509
888-377-6504
124 Pine St., Harrisburg
www.keystonehumanservices.org

OUR EXCENTIA

Life Enrichment provides community-based support to people with intellectual and development disabilities in order to increase their community awareness, contribute positively to their community, and develop skills to lead a more independent life.

717-519-6740
617B N. Prince St., Lancaster
www.ourexcentia.org

PARENT TO PARENT OF PENNSYLVANIA

Links families of children and adults with disabilities or special needs.

1-888-727-2706

www.parenttoparent.org

UNITED CEREBRAL PALSY CENTRAL PA

Provides both community and center-based programs and services in 17 central Pennsylvania counties, serving more than 4,000 people with disabilities and their families.

717-737-3477

800-998-4827

55 Utley Drive, Camp Hill

www.ucpcentralpa.org

VISION RESOURCES OF CENTRAL PENNSYLVANIA

Mission is to enrich the quality of life, and empower individuals who are visually impaired or otherwise disabled through prevention, employment and educational awareness programs,

717-238-2531

1130 S. 19th St., Harrisburg

www.vrocp.org

WORKS FOR ME

Provides people with disabilities information on work options.

www.worksforme-pa.org

DRUG PROBLEMS

(See also ALCOHOL PROBLEMS)

ADDICTION REFERRAL

888-557-8394

www.drugaddiction-referral.com

ADVANCEMENT IN RECOVERY PROGRAM

(Pennsylvania Psychiatric Institute)

Offers a comprehensive medication assisted treatment program for individuals struggling with opioid use disorder.

Clinic hours are 5:30 a.m. to 4:30 p.m.

Monday through Friday, and

7:30 to 10:30 a.m. Saturday and Sunday.

717-782-6844

2501 N. Third St., Harrisburg

ALCOHOLICS AND NARCOTICS HELPLINE

24 hours

717-238-5920

BABY LOVE

Provides free services designed to meet the physical, emotional, and social needs of individuals who are struggling with addictions. Program is part of Hamilton Health Center.

866-530-2229

www.babylove.hamiltonhealthcenter.com

BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR

An on-line source of information for persons seeking treatment facilities in the United States or U.S. territories for substance abuse/addiction and/or mental health problems.

800-662-4357

www.findtreatment.samhsa.gov

BETHESDA MISSION

Helps lives affected by drug and alcohol addictions.

611 Reily St., Harrisburg

717-257-4440

www.bethesdamission.org

CONTACT HELPLINE

Information and referral service

800-932-4616

211 (information and referral)

www.contacthelpline.org

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

Serves those affected with substance abuse problems by providing high quality prevention, intervention and treatment services in Dauphin County.
717-635-2254

1100 S. Cameron St., Harrisburg

**DAYSTAR CENTER FOR SPIRITUAL
RECOVERY**

Daystar is a community based residential treatment facility for men with substance use disorders.

717-230-9898

125 N. 18th St., Harrisburg
www.daystarrecovery.com

**EVERGREEN HOUSE
(Catholic Charities)**

Provides a safe, secure, nurturing environment for women recovering from addiction. .

120 Willow Road, Suite B, Harrisburg
717-412-4594
www.cchbg.org

GAUDENZIA-HARRISBURG

Helps people affected by drug and alcohol dependency, mental illness and related conditions to achieve a better quality of life and become accountable individuals.

Gaudenzia Common Ground offers assessment and detoxification services at 3740 Chambers Hill Road, Swatara Twp.

717-238-5553

www.gaudenzia.org

**JUST FOR TODAY RECOVERY VETERANS
SUPPORT SERVICES**

Provides safe, structured and compassionate housing for those seeking recovery, as well as providing addiction education and advocacy for the recovery community in central Pennsylvania.

717-695-6253

www.jft-rvss.org

LIFEPATH CHRISTIAN MINISTRIES

Offers a life transformation program for those who sincerely want to beat their addictions. Formerly York Rescue Mission.

717-845-7662

363-373 West Market Street, York
www.lifepathyork.org

NARCOTICS ANONYMOUS

To find a meeting.

www.na.org

OPIOID PROBLEMS

Pennsylvania helpline

800-662-HELP

Also:

www.overdosefreepa.pitt.edu

PARTNERSHIP FOR DRUG-FREE KIDS

Helps families whose son or daughter is struggling with substance use.

855-378-4373 (helpline)

www.drugfree.org

**PENNSYLVANIA DEPARTMENT OF DRUG
AND ALCOHOL PROGRAMS.**

www.ddap.pa.gov

PERRY HUMAN SERVICES

Offers drug and alcohol assessment services and referrals for treatment.

717-582-8703

Mulhollem Office Centre
8391 Spring Road, New Bloomfield
www.perryhumanservices.org

**ST. MARTIN DE PORRES
CATHOLIC WORKER HOUSE**

Works with men who have addictions.

1440 Market St., Harrisburg

717-831-2642

THE RASE PROJECT

Mission is to assist all those individuals affected by substance use issues, problems and concerns by fostering progress, enriching lives, and ultimately enhancing the recovery process.

717-232-8535

100 N. Cameron St.,
Suite 401-E, Harrisburg
www.raseproject.org

EATING DISORDERS

CONTACT HELPLINE

Information and referral service

800-932-4616

211 (information and referral)

www.contacthelpline.org

FOOD ADDICTS ANONYMOUS

www.foodaddictsanonymous.org

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

ANAD is the oldest organization aimed at fighting eating disorders in the United States. ANAD assists people struggling with eating disorders and also provides resources for families, schools and the eating disorder community.

630-577-1330

www.anad.org

NATIONAL EATING DISORDERS ASSOCIATION

Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

800-931-2237

www.nationaleatingdisorders.org

OVEREATERS ANONYMOUS

Offers a program of recovery from compulsive overeating, binge eating and other eating disorders using the 12-step program.

www.oa.org

PENN STATE HERSEY EATING DISORDERS PROGRAM

Offers a full range of treatment for children, teens and adults with eating disorders, including anorexia nervosa (very low weight, fear of gaining weight and/or starvation); bulimia nervosa (binge eating followed by forced vomiting or extreme exercise); and related eating disorders.

717-531-2099

EDUCATION FOR ADULTS

(See also MENTORING)

CENTRAL PENNSYLVANIA LITERACY COUNCIL

Committed to improving the literacy of all adults in Cumberland and Dauphin counties.

717-763-7522

225 Hummel Ave., Lemoyne
www.cplc-adultliteracy.blogspot.com

EMPLOYMENT SKILLS CENTER

Helps people achieve personal growth and job betterment through education and training.

717-243-6040

29 S. Hanover Street, Carlisle
www.employmentskillscenter.org

FRIENDS OVER FENCES

Helps inmates and ex-offenders to be successful members of society by mentoring, training and helping them find suitable housing and employment.
www.friendsoverfences.org

LITERACY COUNCIL OF LANCASTER-LEBANON

243 Schneider Drive, Lebanon
717-274-2554
407 Lafayette St., Lancaster
717-295-5523
www.getliterate.org

PENN STATE EXTENSION OFFICES

Classes or individual consultations on food safety, food choices to improve health and nutrition.
Cumberland County
717-240-6500
Dauphin County
717-921-8803
Lancaster County
717-394-6851
Lebanon County
717-270-4391
Perry County
717-582-5150
York County
717-840-7408

PENNSYLVANIA COMMONWEALTH WORKFORCE DEVELOPMENT SYSTEM

Employment transition counseling, job training and job search resources.

Dauphin County:
717-783-3270
100 N. Cameron St., Suite 101, Harrisburg
Cumberland County:
717-243-4431
1 Alexandra Court, Carlisle
www.cwds.state.pa.us

PERRY COUNTY LITERACY COUNCIL

Mission is to provide educational programs for Perry County residents and their families that will enable them to better function as productive, responsible citizens.
133 S. Fifth St., Newport
717-567-7323
866-781-7323
www.perryliteracy.com

PROBE POTENTIAL REENTRY OPPORTUNITIES IN BUSINESS AND EDUCATION

Primary goal is to enable displaced homemakers (those that are separated, widowed, or divorced), single parents, and pregnant/parenting teens, to enter and remain in the workforce.

Tri-county office
(Dauphin, Cumberland and Perry counties):
717-939-2260
Lebanon office (also serves western Berks County):
717-273-2090
www.probepa.org

TRI-COUNTY COMMUNITY ACTION

Start Your Future prepares you with everything you need to start or restart your career. Clients are paired with case manager who will work on setting long-term goals, connect with community resources and help provide support needed to success.
717-232-9757

1514 Derry Street, Harrisburg (main office)
www.cactricounty.org

TRI-COUNTY OIC ADULT LEARNING CENTER

Mission is to deliver high quality, learner-focused education and training services.
717-238-7318
500 Maclay St., Harrisburg
www.tricountyoic.org

YORK COUNTY LITERACY COUNCIL

Literacy services for adults
717-845-8719

800 East King Street, York
www.yorkliteracy.org

YW-WORKS EMPLOYMENT PROGRAM

(YWCA of Greater Harrisburg)

*Offers skills assessment, training and help
with attaining employment*

717-234-7931

1101 Market St., Harrisburg

EMERGENCY HELP

(See also CONSUMER PROTECTION,
HEATING ASSISTANCE, MENTAL HEALTH
AND SHELTERS)

AMERICAN RED CROSS OF THE SUSQUEHANNA VALLEY

866-311-3832

1804 N. Sixth St., Harrisburg
www.redcross.org/centralpa

CONTACT HELPLINE

Information and referral service
800-932-4616

211 (information and referral)
www.contacthelpline.org

CRISIS INTERVENTION SERVICES (DAUPHIN COUNTY)

24-hour emergency mental health services.

888-596-4447

717-232-7511

100 Chestnut St., Harrisburg

CRISIS INTERVENTION SERVICES (CUMBERLAND/PERRY COUNTIES)

*Provides psychiatric or mental health
emergency assistance, 24 hours a day, 7
days a week.*

Camp Hill area, 717-763-2222

Carlisle area, 717-243-6005

All other areas, 866-350-HELP

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

*Emergency services include food
referrals, emergency shelter, rent
assistance, home heating fuel, PPL
assistance, travel and prescription
assistance, and clothing referrals.*

717-238-2851

413 S. 19th Street, Harrisburg
www.ccuahbg.org

JOIN HANDS MINISTRY

*A contact and support center for persons
living in Perry County who are seeking
assistance with daily living concerns.*

717-582-7844

PO Box 335

25 E. McClure St., Suite 6, New Bloomfield
www.joinhands.help

LIHEAP

Pennsylvania Low Income Home
Energy Assistance Program Hotline.
*Offers financial help to households
suffering from heating crises.*
866-857-7095

Can apply for benefits online at www.compass.state.pa.us

NEW DIGS MINISTRY

*Helps people who are rebuilding their
lives by providing furnishings and
household goods.*

Open 9 a.m. to 12 p.m., Monday,
Wednesday, Friday; and 9 a.m. to 12 p.m.
second Saturday of month.

717-620-9735

5 Pleasant View Drive, Mechanicsburg
www.newdigsministry.org

NEW HOPE MINISTRIES

*Provides a variety of assistance for
families in the Dillsburg, Dover, Hanover,
Mechanicsburg and the West Shore.*

99 W. Church St., Dillsburg
(administrative office)

717-432-2087

www.nhm-pa.org

**PENNSYLVANIA DEPARTMENT
OF HUMAN SERVICES**

www.dhs.pa.gov

PERRY HUMAN SERVICES

Provides housing assistance and emergency shelter services.

717-582-8703

Mulhollem Office Centre
8391 Spring Road, New Bloomfield
www.perryhumanservices.org

VICKIE'S ANGEL FOUNDATION

Provides a financial bridge for families fighting cancer.

717-774-3800

www.vickiesangelfoundation.org

ETHNIC/RACIAL DISCRIMINATION OR INTIMIDATION

ANTI-DEFAMATION LEAGUE

Mission is to stop the defamation of Jewish people, and to secure justice and fair treatment for all.

www.adl.org

COMMUNITY JUSTICE PROJECT

Challenges policies and practices that cause hardship to low-income people throughout the Commonwealth. It fights for improvements to public benefits, increased access to affordable housing, better pay for workers, and many other issues.

800-322-7572

717-236-9486

118 Locust St., Harrisburg
www.communityjusticeproject.org

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

Mission is to provide comprehensive services that affirmatively address and promote fair housing rights and further other housing opportunities for all persons without regard to race, color, national origin, religion, sex, family status, presence of children, disability, ancestry, marital status or other arbitrary factors.

717-238-9540

2100 N. Sixth St., Harrisburg
www.pafairhousing.org

**PENNSYLVANIA HUMAN
RELATIONS COMMISSION**

Promotes equal opportunity for all and enforces Pennsylvania's civil rights laws that protect people from unlawful discrimination.

Executive office

333 Market St., eight floor, Harrisburg
717-787-4410

TTY 717-787-7279

Harrisburg regional office
333 Market St., eight floor, Harrisburg
717-787-9780

TTY 717-787-7279
www.phrc.state.pa.us

SOUTHERN POVERTY LAW CENTER

Monitors the activities of domestic hate groups and other extremists and uses the courts and other forms of advocacy to win systemic reforms on behalf of victims of bigotry and discrimination..

www.splcenter.org

FOOD ASSISTANCE

(See also SOUP KITCHENS)

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

For additional information, contact
CENTRAL PA FOOD BANK at 717-564-1700

or find a location near you under partner agencies tab at www.centralpafoodbank.org.

**ALLISON HILL COMMUNITY MINISTRY
FOOD PANTRY**
717-233-6441

Thursdays, 10 a.m. to 12:30 p.m.
Derry Street United Methodist Church
1508 Derry St., Harrisburg.

**BETHANY CHURCH OF THE NAZARENE
FOOD PANTRY**
717-545-1633

Serves residents in the 17112 Zip code
*First and third Saturdays of the month
from 10 a.m. to 12 p.m.*
1605 Parkway West, Harrisburg

BIG SPRING AREA FOOD BANK
For Newville areas residents

*Usually last Monday of month, except for
months of May, November and December.*
717-422-4603

Big Spring United Lutheran Church
101 Crossroad School Road, Newville

BREAD OF LIFE OUTREACH
717-567-9181

Newport Assembly of God Church
Emergency needs:

*Monday, Wednesday, Friday,
8:30 a.m. to 12 p.m. and*

Wednesday, 3:30 to 6:30 p.m.
35 N. Front St., Newport

Food distribution:

*Second Saturday of month at Family Life
Center, West Shortcut Road, Newport.*

*Also fourth Saturday at Journey Christina
Church, Thompsontown.*

www.breadoflifeoutreach.org

**THE BRIDGE
EMERGENCY FOOD BANK**
(New Hope Ministries)
717-766-7333

*Food pantry is now being run as a mobile
food pantry of New Hope Ministries.
Distribution is second Wednesday of
month from 2 to 4:30 p.m.*

West Shore Senior Center, 122 Geary Ave.,
New Cumberland

CARING CUPBOARD

Palmyra Area Cooperating Churches
717-838-9493

*3 to 5 p.m. Monday; 10 to 11:30 a.m. and
5:30 to 7 p.m. Wednesday;
and 12 to 2 p.m., Friday*

131 N. Railroad St., Palmyra
www.paccministry.org

CATHOLIC HARVEST FOOD PANTRY

*Operates food pantry in York County. Hours
are 6 to 7 p.m. Monday through Friday,
9 a.m. to 12 p.m. first and third Thursday
of month, and 3:45 to 4:45 p.m. fourth
Monday and fourth Friday of month.*

717-846-8899

628 E. Market St., York
www.catholicharvest.org

CHRISTIAN LIFE ASSEMBLY FOOD BANK

Serves residents in the 17011 zip code.
717-737-6560

*Operates 9 a.m. to 12 p.m. on second
Tuesday of month.*

2645 Lisburn Road, Camp Hill

THE CROSSPOINT FOOD PANTRY

717-580-1048

*Serves residents in the 17103, 17109 and
17111 Zip codes Open on the first and third
Saturdays of the month from*

11:30 a.m. to 1:30 p.m.

6570 Mifflin Ave., Harrisburg
www.xpointumc.org

THE CUPBOARD AT CALVARY

717-545-0021

*Serves residents in the 17109, 17111 and
17112 Zip codes.*

*4:30 to 6 p.m., second and fourth
Thursdays of the month*

Calvary United Methodist Church
4700 Locust Lane, Harrisburg.
www.calvaryuniteddmethodist.org

ECUMENICAL FOOD PANTRY

717-233-6889

*9:30 a.m. to 12 p.m. and 12:30 to 2 p.m.
Monday through Friday, except Wednesday
when morning closes at 11:30 a.m.*

Messiah Lutheran Church
Sixth and Forster Streets, Harrisburg
www.ecumenicalfoodpantry.wordpress.com

ENOLA FOOD PANTRY

(New Hope Ministries)

Third Saturday of month starting at 10 a.m.

River of God Church
747 Wertzville Road, Enola

FEED MY SHEEP FOOD MINISTRY

717-877-0964

For Dauphin Borough and Middle Paxton
Twp. residents only. Must call ahead.

*Third Thursday of the month from 9 to 11
a.m. at Zion Evangelical Lutheran Church,
Allegheny and Swatara streets, Dauphin.*

FOOD STAMPS HOTLINE

877-999-54964

*Provides households with SNAP
(Food Stamp) application assistance
through a toll-free confidential bilingual
helpline.*

Monday through Friday
from 8:30 a.m. to 4 p.m.
www.centralpafoodbank.org/SNAP

**GRANTVILLE AREA FOOD PANTRY AND
CLOTHING CLOSET**

Serves residents of zip codes

17028, 17078, 17112

717-469-2444

*Thursdays, 6 to 8 p.m., and Fridays,
10 a.m. to 12 p.m.*

117 N. Faith Road, Grantville

**GREATER ZION MISSIONARY
BAPTIST CHURCH**

717-541-0388

Third Monday of the month, 5 to 7 p.m.

212 N. Progress Ave., Harrisburg
www.greaterzionbaptist.org

**HARRISBURG BRETHERN
IN CHRIST CHURCH**

717-561-2170

*Operates food pantry on second Thursday
from 1 to 2 p.m. and fourth Thursday
from 4 to 6 p.m.*

2217 Derry St., Harrisburg
www.harrisburgbic.org

HARRISBURG FOOD MINISTRY

717-761-2933

*Distributes food from 10:45 a.m. to 12 p.m.
Wednesday at Bethel AME Church,
1721 N. Fifth St., Harrisburg, and
10:45 a.m. to 12 p.m. Friday at First Church
of the Brethren,
219 Hummel St., Harrisburg*

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 and 4th Saturdays
of month*

105 Wind Hill Road, Halifax
www.halifaxumc.com

HERSHEY FOOD BANK

717-520-3143

Distribution to established clients on first and third Thursdays of month, 9 to 11:30 a.m. and 5 to 7 p.m.; and third Wednesday of month, 9 to 11:30 a.m.; 17033 Zip Code

120 E. Derry Road, Hershey
www.hersheyfoodbank.com

HUMMELSTOWN FOOD PANTRY

Serves residents in the Hummelstown area, Wednesdays from 9 a.m. to 3:15 p.m. and Thursdays, 5 to 7:15 p.m.

717-566-2589, ext. 2
100 W. Main St., Hummelstown
www.hummelstownfoodpantry.org

INTERNATIONAL SERVICE CENTER

717-236-1523

Tuesday, Wednesday and Thursday 10 a.m. to 3 p.m.

21 S. River St., Harrisburg
www.isc76.org

THE KING'S KETTLE FOOD PANTRY

717-530-9200

Open 1st, 2nd & 3rd Tuesdays of month 5 to 6 p.m.

30 North Fayette Street, Shippensburg

KINGDOM EMBASSY FOOD PANTRY

717-236-8600

Serves residents of 17110 zip code Every other Friday, 6-7 p.m.; Call to confirm date

2111 N. 4th Street, Harrisburg

**LEBANON COUNTY
CHRISTIAN MINISTRIES**

Food Pantry services for Lebanon County residents

717-272-4400
www.lccm.us

**MACEDONIA MISSIONARY
BAPTIST CHURCH**

717-232-8946

Operates food bank from 4:30 to 6 p.m. on Fridays.
2339 N. Sixth St., Harrisburg

MARY'S HELPERS FOOD PANTRY

Prince of Peace Church in Steelton
Call for information

717-985-1332

815 S. Second St., Steelton

MIDDLETOWN INTERFAITH FOOD PANTRY

717-944-5668

Serves residents in 17057 Zip code. Tuesdays and Fridays 10 a.m. to 12:30 p.m.

201 Wyoming St., Royalton

MILLERSBURG ASSEMBLY OF GOD CHURCH

(Bread of Life Food Ministry)

717-692-3904

Second Saturday of month at 9:30 a.m.
2261 Shippen Dam Road, Millersburg
www.millersburgag.org

**MOUNT HOLLY SPRINGS UNITED
METHODIST CHURCH**

717-486-4883

Offers food bank serving residents in Mount Holly Springs, Gardners and Boiling Springs.

202 W. Butler St., Mount Holly Springs

NEW HOPE MINISTRIES

(Crisis Assistance Programs)

717-432-2087

Mobile food pantries in East Berlin, Enola, Lemoyne, Littlestown, New Cumberland and Wellsville
www.nhm-pa.org

NORTHERN DAUPHIN FOOD PANTRY
*Serves zip codes 17005, 17023, 17030,
17048, 17080, 17097, 17098 and 17980*
Choice Pantry hours by appointment
Monday through Friday.
295 State Road, Elizabethtown, PA
717-905-2512

**OUR LADY OF THE BLESSED
SACRAMENT FOOD PANTRY**

717-233-1014
Open every Tuesday from 10 a.m. to 1 p.m.
Clients are limited to one visit a month.
2121 N. Third St.
www.olbsharrisburg.org

PERRY COUNTY FOOD BANK

For eligible Perry County residents
8:45 to 11:45 a.m. and 1 to 3 p.m.,
Monday and Wednesday;
8:45 to 11:45 a.m. Friday.
Also, 4:30 to 6:30 p.m. on Monday
following third Saturday of month. Has
eight remote distribution sites, most them
open on the third Saturday of the month.
717-582-9978
300A S. Carlisle St., New Bloomfield
www.perrycountyfoodbank.org

PROJECT SHARE
717-249-7773

*Distributes food to residents in the Carlisle/
Boiling Springs area during the week that
contains the third Thursday of the month.*
Distribution during this week: 12 to 2 p.m.
Tuesday; 9 to 11 a.m. Wednesday;
3:30 to 5:30 p.m. Thursday;
and 9 to 11 a.m. Saturday.
5 N. Orange St., Suite 4, Carlisle
www.projectshare.net

SALVATION ARMY

By appointment
717-233-6755
1122 Green St., Harrisburg

ST. FRANCIS OF ASSISI FOOD BANK
717-232-1003

*Serves residents in the 17103 and 17104 Zip
codes in Allison Hill area. Must show
proof of residency.*
Saturdays from 9:30 to 10:30 a.m.
1459 Zarker St., Harrisburg

UPPER DAUPHIN HUMAN SERVICES CENTER
717-453-9352

Operates food bank from 9 to 11 a.m. and
1:30 to 3:30 p.m. Monday through Friday.
Individuals and families needing food are
allowed to come one time per month.
517 Main St., Lykens
www.orgsites.com/pa/udhumanservices

WEST SHORE CENTER FOOD PANTRY
(New Hope Ministries)
717-774-6255

*Serves residents in Lemoyne, New
Cumberland, Camp Hill, Wormleysburg
and Enola*
Monday through Friday, 9 a.m. to 4 p.m.
Saturday, 10 a.m. to 12 p.m.
Every other Thursday from 7 to 9 p.m.
701 Bosler Ave., Lemoyne

GAMBLING PROBLEMS

GAMBLERS ANONYMOUS
855-222-5542 (Delaware Valley)
www.gamblersanonymous.org

**NATIONAL COUNCIL ON
PROBLEM GAMBLING**
1-800-522-4700
www.ncpgambling.org

**PENNSYLVANIA PROBLEM
GAMBLING HOTLINE**
877-565-2112
www.paproblemgambling.com

GAY/LESBIAN AND RELATED ORGANIZATIONS

ALDER HEALTH SERVICES

Improves the health and well-being of individuals living with HIV/AIDS and members of the LGBTQ community by providing a culturally competent and affirming environment.

717-233-7190

100 N. Cameron St., Harrisburg
www.alderhealth.org

CENTRAL PENNSYLVANIA GAY AND LESBIAN CHAMBER OF COMMERCE

Committed to expanding the economic interest of LGBT-owned and allied businesses through advocacy, education and partnerships with the local business community.

Box 135, Harrisburg, 17108
www.cpglcc.org

EQUALITY PENNSYLVANIA

State's leading organization advancing equality and opportunity for lesbian, gay, bisexual and transgender people.

215-731-1447

1211 Chestnut St., Suite 605, Philadelphia
www.equalitypa.org

LGBT NATIONAL HOTLINE

Serves callers of all ages

888-843-4564

Youth to age 25

800-246-7743

Elder

888-234-7243

LGBT CENTER OF CENTRAL PENNSYLVANIA

A volunteer-led effort to create a regionally representative community center that is both a location and a unifying point for central Pennsylvania's diverse and multi-county LGBT population.

717-920-9534

1306 N. Third St., Harrisburg
www.centralpalgbtcenter.org

PENNSYLVANIA YOUTH CONGRESS

Advances freedom and justice for young LGBTQ Pennsylvanians through advocating for responsible public policy.

717-743-1035

413 Walnut St., Harrisburg
www.payouthcongress.org

PRIDE FESTIVAL OF CENTRAL PA

717-801-1830

PO Box 4213, Harrisburg 17111
www.centralpapriderfestival.com

TRANSCENTRALPA

Committed to providing advocacy and caring support for transgender individuals, their significant others, families, friends and allies.

717-831-8142 (care line)

www.transcentralpa.org

THE TREVOR PROJECT

Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ)

young people ages 13-24.

866-488-7386

www.thetrevorproject.org

HEATING ASSISTANCE

(See also CONSUMER PROTECTION & EMERGENCY HELP)

COMPASS

An online application for Pennsylvanians to apply for many health and human service programs.

www.compass.state.pa.us

CUMBERLAND COUNTY ASSISTANCE OFFICE

800-269-0173
717-240-2700

33 Westminster Drive, Carlisle

DAUPHIN COUNTY ASSISTANCE OFFICE

800-788-5616
717-787-2324

2432 N. Seventh St., Harrisburg

HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED

Administers PPL's regional energy assistance program.

717-238-2851

413 S. 19th Street, Harrisburg
www.ccuahbg.org

JOIN HANDS MINISTRY

A contact and support center for persons living in Perry County who are seeking assistance with daily living concerns.

717-582-7844

25 E. McClure St., Box 335, New Bloomfield
www.joinhands.help

LEBANON COUNTY CHRISTIAN MINISTRIES

Provides assistance with heating energy, whether it be heating oil or another heating source such as coal, wood or natural gas.

717-272-4400
www.lccm.us

LIHEAP

Pennsylvania Low Income Home Energy Assistance Program helps low-income families pay their heating bills.

Hotline:

866-857-7095

NEW HOPE MINISTRIES

Provides utility assistance for people in Dillsburg, Dover, Hanover and Mechanicsburg/West Shore areas.

211 S. Baltimore St, Dillsburg

717-432-2087

www.nhm-pa.org

PENNSYLVANIA PUBLIC UTILITY COMMISSION (PUC)

Balances the needs of consumers and utilities; ensures safe and reliable utility service at reasonable rates; protects the public interest; educates consumers to make independent and informed utility choices; furthers economic development; and fosters new technologies and competitive markets in an environmentally sound manner.

800-692-7380

400 North St., Keystone Building,
Harrisburg

www.puc.state.pa.us

TRI-COUNTY COMMUNITY ACTION

Offers income-qualified PPL customers an opportunity to establish payment plans on arrears while continuing service. Clients manage utility billing while learning the fundamentals of budgeting, energy and electricity usage in their homes.

717-237-9757

1514 Derry Street, Harrisburg

www.cactricounty.org

UGI

Customer Assistance and Referral Evaluation Services can provide referrals to other helpful programs in your community.

*These programs can include the Low Income Home energy Assistance Program (LIHEAP), budgeting counseling, state Weatherization or Office of Aging programs.
800-844-9276
www.ugi.com*

UPPER DAUPHIN HUMAN SERVICES CENTER

717-453-9352
517 Main St., Lykens
www.orgsites.com/pa/udhumanservices

HISPANIC COMMUNITY

CENTRO HISPANO JOSE E. HERNANDEZ

Assists Hispanic community in York.
717-846-9434
225 E. Princess St., York

HISPANIC CHAMBER OF COMMERCE OF CENTRAL PENNSYLVANIA

Assists, supports, promotes, and advocates on behalf of Hispanic businesses in the Central Pennsylvania area (Dauphin, Cumberland, Lancaster, York, and Perry Counties).
717-234-2222
151 Reno Ave., New Cumberland
www.hispanicchambercentralpa.com

HISPANIC OUTREACH PROGRAM

(Salvation Army)
717-273-2655
1031 Guilford St., Lebanon

LATINO HISPANIC AMERICAN COMMUNITY CENTER

Mission is to empower, promote, and advocate for the Latino Hispanic American community of the greater Harrisburg area.
717-232-8302
1301 Derry St., Harrisburg
www.lhacc.org

SPANISH AMERICAN CIVIC ASSOCIATION

Mission is to foster and perpetuate the cultural, social and economic well-being of Latinos residing in the City and County of Lancaster.
717-397-6267
453 Lime St., Suite A, Lancaster
www.sacapa.org

HOUSING

(See also SHELTERS)

BELL SOCIALIZATION SERVICES

Individuals and families who are homeless, near homeless, or low income can find supportive services through Bell's emergency shelter, transitional housing, and rental assistance programs.
717-848-5767
www.bellsocialization.com

BETHESDA MISSION

Operates a shelter in Harrisburg for homeless men.
717-257-4440
611 Reily St., Harrisburg
www.bethesdamission.org

BRETHREN HOUSING ASSOCIATION

Helps homeless and low-income individuals and families achieve their potential.
717-233-6016
219 Hummel St., Harrisburg
www.bha-pa.org

BRIDGE OF HOPE HARRISBURG AREA

Vision is for communities in both Dauphin and Cumberland counties where no family is homeless.

717-635-5957

PO Box 15212, Harrisburg 17105

www.harrisburg.bridgeofhopeinc.org

**CAPITAL AREA COALITION
ON HOMELESSNESS**

Comprises more than 70 organizations, agencies, churches and other non-profits, to mobilize resources to help families and friends who are homeless, or are dangerously close to becoming homeless.

717-255-6587

10 N. Second St., Suite 405, Harrisburg

www.cachpa.org

COMMUNITY JUSTICE PROJECT

Challenges policies and practices that cause hardship to low-income people throughout the Commonwealth. It fights for improvements to public benefits, increased access to affordable housing, better pay for workers, and many other issues.

800-322-7572

717-236-9486

118 Locust St., Harrisburg

www.communityjusticeproject.org

**CUMBERLAND COUNTY HOUSING AND
REDEVELOPMENT AUTHORITIES**

717-249-1315

866-683-5907

114 N. Hanover Street, Carlisle

www.cchra.com

**DELTA COMMUNITY
(Gaudenzia)**

Provides transitional housing for single-parent, homeless families.

717-232-2970

1910 N. Second St., Harrisburg

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

Mission is to provide comprehensive services that affirmatively address and promote fair housing rights and further other housing opportunities for all persons without regard to race, color, national origin, religion, sex, family status, presence of children, disability, ancestry, marital status or other arbitrary factors.

717-238-9540

2100 N. Sixth St., Harrisburg

www.pafairhousing.org

**FAMILY PROMISE OF HARRISBURG
CAPITAL REGION**

Mission is to empower families through relationships and skill building to move from homelessness to home.

717-737-1100

PO Box 292, Lemoyne

www.familypromisehcr.org

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

717-545-7299

900 S. Arlington Ave., Harrisburg

www.harrisburghabitat.org

**HARRISBURG CENTER FOR
PEACE AND JUSTICE**

(Pennsylvania Coalition to End Homelessness)

717-233-3072

315 Peffer Street, Harrisburg

HARRISBURG HOUSING AUTHORITY

717-232-6781

351 Chestnut St., Harrisburg

www.harrisburghousing.org

**HELP MINISTRIES OF
CHRISTIAN CHURCHES UNITED**

Assists households with delinquent payments or helps people who need security deposits. Serves residents of Dauphin County.
717-238-2851

413 S. 19th Street, Harrisburg
www.ccuahbg.org

HOUSING ALLIANCE OF PENNSYLVANIA

Promotes common-sense solutions to balance Pennsylvania's housing market and increase the supply of safe, decent homes for low-income people.

Harrisburg office
717-909-2006

610 N. Third St., Harrisburg
www.housingalliancepa.org

**HOUSING AUTHORITY OF THE
COUNTY OF DAUPHIN**

717-939-9301
501 Mohn St., Steelton
www.dauphinhousing.org

**INTERFAITH SHELTER FOR
HOMELESS FAMILIES**
(Catholic Charities)

Only homeless shelter in the Harrisburg region specifically serving families.

717-652-8740
120 Willow Road, Suite C, Harrisburg
www.cchbg.org

JUBILEE MINISTRIES

Operates a homeless resource center.

717-274-7528
235 S. 12th St., Lebanon
www.jub.org

LIFEPATH CHRISTIAN MINISTRIES

Offers emergency shelter for men and women. Formerly York Rescue Mission.

717-845-7662
363-373 West Market Street, York
www.lifepathyork.org

LIGHTHOUSE OUTREACH CENTER

An interdenominational ministry that outreaches to both churched and unchurched women in need of transitional housing.

717-236-0735
1839 Market St., Harrisburg
www.lighthouseoutreachhbg.org

LOURDESHOUSE MATERNITY HOME
(Catholic Charities)

Temporary home for pregnant young women who have nowhere else to turn.
717-412-4865

120 Willow Road, Suite A., Harrisburg
www.cchbg.org

NEW OPTIONS FOR AFFORDABLE HOUSING

Mission is to assist people caught in the flood of homelessness in the Carlisle and Cumberland County area with affordable housing and a broad, interconnected network of community opportunities and support for personal independence.

www.noahcarlislepa.org

PAXTON MINISTRIES

Provides affordable housing and support services to adults who may be challenged with poverty, mental illness, or intellectual disabilities.

717-236-5508
2001 Paxton St., Harrisburg
www.paxtonmin.org

**PENNSYLVANIA HOUSING
FINANCE AGENCY**

Works to provide affordable homeownership and rental apartment options for senior adults, low- and moderate-income families, and people with special housing needs.

855-827-3466 (Customer Solutions Center)
211 N. Front St., Harrisburg
www.phfa.org

SHALOM HOUSE

Provides a temporary 21-bed shelter for women and children who have nowhere else to go. The shelter is located in the city of Harrisburg at an undisclosed location to protect clients who may be escaping abusive situations.

717-232-3482

www.shalomhouse.net

TRI-COUNTY COMMUNITY ACTION

Offers classes on renting, home purchasing, credit and credit repair, and one-on-one counseling for mortgage and foreclosure assistance.

717-232-9757

1514 Derry Street, Harrisburg

www.cactricounty.org

UNITED METHODIST HOME FOR CHILDREN INC.

Provides community-based care services to youth and families in need in central and southeastern Pennsylvania.

Youth ages 12-20 receive safe housing, emotional and educational support, food, clothing, medical and behavioral healthcare, counseling, and more in a family-like atmosphere.

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.org

WILLOW WAY AND CRESCENT WAY

(Catholic Charities)

Transitional housing for women in recovery.

717-412-4594

Willow Way

120 Willow Road, Suite D, Harrisburg

Crescent Way

1509 Crescent Ave., Lancaster

www.cchbg.org

IMMIGRATION

CATHOLIC CHARITIES, IMMIGRATION & REFUGEE SERVICES

717-232-0568

939 East Park Drive, Suite 102, Harrisburg

www.cchbg.org

CWS OF LANCASTER

Serves the refugee and immigrant communities of central Pennsylvania.

717-381-2890

308 E. King St., Lancaster

www.cwslancaster.org

INTERNATIONAL SERVICE CENTER

Immigration services.

717-236-9401

21 S. River St., Harrisburg

www.isc76.org

PENNSYLVANIA IMMIGRANT & REFUGEE WOMEN'S NETWORK

Created to honor and enhance the lives of refugee and immigrant women in Pennsylvania.

PO Box 238, Enola 17025

www.pairwn.org

PENNSYLVANIA IMMIGRATION RESOURCE CENTER

Works to provide access to justice for vulnerable immigrants in detention and in the community through legal services, education and advocacy.

717-600-8099

112 Pleasant Acres Road, Suite 1, PO Box 20339, York.

www.pirclaw.org

PENNSYLVANIA REFUGEE RESETTLEMENT PROGRAM

Mission is to help refugees and their families obtain employment, economic self-sufficiency and social integration within the shortest possible time after their arrival into the Commonwealth.

www.refugeesinpa.org

LEGAL AID

AMERICAN CIVIL LIBERTIES UNION

South Central PA Chapter
717-238-2258

PO Box 11761, Harrisburg, 17108
www.aclupa.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
800-932-0356

Carlisle office:

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

Lancaster office:

38 N. Christian St., Suite 200, Lancaster
800-732-0025
717-299-0971

Lebanon office:

513 Chestnut St., Lebanon
717-274-2834
800-326-9177

York office:

29 N. Queen St., York
717-848-3605
www.midpenn.org

PBA LAWYER REFERRAL SERVICE

800-692-7375

717-238-6807

Cumberland County

717-249-3166

Dauphin County

232-7536

Lancaster County

717-393-0737

Lebanon County

717-273-3133

York County

717-854-8755

www.pabar.org

MEDICAL

(See also AIDS, BREAST CANCER,
EATING DISORDERS,
MENTAL HEALTH, POISON)

ADVANCEMENT IN RECOVERY PROGRAM

(Pennsylvania Psychiatric Institute)

*Offers a comprehensive medication
assisted treatment program for individuals
struggling with opioid use disorder. Clinic
hours are 5:30 a.m. to 4:30 p.m. Monday
through Friday, and 7:30 to 10:30 a.m.*

Saturday and Sunday.

717-782-6844

2501 N. Third St., Harrisburg

AMERICAN CANCER SOCIETY HOPE LODGE OF CENTRAL PENNSYLVANIA

*Mission is to provide a nurturing "home
away from home" for guests.*

717-533-5111

125 Lucy Ave., Hershey

www.cancer.org/hopelodgehershey

BEACON CLINIC

*A free, faith-based healthcare clinic
providing preventative care and counseling
to underserved and uninsured adults in
Harrisburg community.*

Tuesdays and Thursdays, 10 a.m. to 2 p.m.
and 3 to 7 p.m.

717-775-1111

248 Seneca St., rear, Harrisburg

www.beaconclinicpa.org

CENTERS FOR DISEASE CONTROL AND PREVENTION

800-232-4636

www.cdc.gov

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

Provides health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.

800-986-KIDS (5437)

www.chipcoverspakids.com

COMMUNITY CHECK UP-CENTER

Provides comprehensive healthcare to women and children in South Harrisburg as well as the Tri-County area. No one is ever denied services due to lack of insurance or an inability to pay.

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

Women, 9 a.m. to 4:30 pm. Tuesdays and Fridays

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

COMPASS

An online application for Pennsylvanians to apply for many health and human service programs.

www.compass.state.pa.us

GEISINGER HOLY SPIRIT MISSION OF MEDICAL OUTREACH

Nurse-run clinic based at Christ Lutheran Church, 124 S. 13th St., Harrisburg.

Hours are 10 a.m. to 2:30 p.m.

Monday through Friday.

717-236-8382.

HAMILTON HEALTH CENTER

717-232-9971

Offers medical and dental care at 110 S. 17th St., Harrisburg.

7 a.m. to 7 p.m., Mondays and Wednesdays

7 a.m. to 8 p.m., Tuesdays and Thursdays

7 a.m. to 5 p.m., Fridays

8 a.m. to 12 p.m. every other Saturday.

www.hamiltonhealthcenter.com

HEALTHCARE MARKETPLACES

As part of Affordable Care Act, people can apply for coverage and compare available plans.

www.healthcare.gov

HEALTH RESOURCES AND SERVICE ADMINISTRATION.

Mission is to improve health and achieve health equity through access to quality services, a skilled health workforce, and innovative programs.

www.hrsa.gov

HOPE WITHIN COMMUNITY HEALTH CENTER

Offers free primary healthcare services for medically uninsured low-income residents of Lancaster, Lebanon and Dauphin counties.

717-367-9797

4748 E. Harrisburg Pike, Elizabethtown

www.hopewithin.org

HOSPICE OF CENTRAL PENNSYLVANIA

Provides the highest quality of emotional, physical and spiritual support with compassion and respect.

717-732-1000

866-779-7374

1320 Linglestown Road., Harrisburg
(main office)

www.hospiceofcentralpa.org

LEBANON FREE CLINIC

(Lebanon Rescue Mission)

Call to confirm times and eligibility.

717-273-2715

135 S. Ninth St., Lebanon

www.lebanonrescuemission.org

LION CARE

(Penn State College of Medicine)
Offers free health services to adults in the central Pennsylvania area.
Clinics are on Thursday evenings.
Call for schedule.
717-257-4440, x312
611 Reily St., Harrisburg
www.lioncare.org

MEDICAID

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.
www.medicaid.gov

MISSION OF MERCY

Medical services available twice monthly on Thursdays. Harrisburg clinic at Harrisburg Brethren in Christ Church, 2217 Derry St., Harrisburg.
717-315-9813
www.amissionofmercy.org

PACE AND PACENET

State prescription assistance program for older adults.
800-225-7223

PENNSYLVANIA DEPARTMENT OF HEALTH

877-724-3258
www.health.pa.gov

PENNSYLVANIA HEALTH LAW PROJECT

Consultant on access to health care for low income consumers, elderly and persons with disabilities.
800-274-3258
www.phlp.org

PLANNED PARENTHOOD

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.
Harrisburg Medical Center
1514 North 2nd Street, Harrisburg
717-234-2468.
Lancaster Medical Center
31 S. Lime St., Lancaster
717-299-2891
York Center
728 Beaver St., York
717-845-9681.
www.plannedparenthood.org

PRESCRIPTION ASSISTANCE

www.padrugcard.com

RONALD MCDONALD HOUSE

Keeps children and families together by providing temporary housing, at no charge, to out-of-town families of seriously ill children who are being treated at Penn State Hershey Children's Hospital.
717-533-4001
745 W. Governor Road, Hershey
www.rmhc-centralpa.org

SADLER HEALTH CENTER CORP.

Provides services to uninsured and underinsured.
717-218-6670
8 a.m. to 5 p.m. Monday, Tuesday, Friday
9 a.m. to 5 p.m., Wednesday
8 a.m. to 7:30 p.m. Thursday
100 N. Hanover St., Carlisle;
Also, offers dental only services at 1104 Montour Road, Loysville,
9:30 a.m. to 4:30 p.m. Wednesday, and 8 a.m. to 4:30 p.m. other weekdays.
717-960-4380
www.sadlerhealth.org

**UPMC PINNACLEHEALTH CHILDREN
AND TEEN CENTER**

717-782-4650

8 a.m. to 4:30 p.m. Monday through Friday.
2645 N. Third St., second floor, Harrisburg

MENTAL HEALTH

(See also EMERGENCY HELP)

SUICIDE PREVENTION HOTLINE

800-273-8255

www.suicidepreventionlifeline.org

THE ADVOCACY ALLIANCE

*Mission is to promote mental well-being
and support recovery for adults who have
a mental illness; resiliency for children with
emotional/behavioral disorders.*

717-835-2275

1512 E. Caracas Ave., Hershey
www.theadvocacyalliance.org

**BEHAVIORAL HEALTH TREATMENT
SERVICES LOCATOR**

*An on-line source of information for
persons seeking treatment facilities in
the United States or U.S. territories for
substance abuse/addiction and/or mental
health problems.*

800-662-4357

www.findtreatment.samhsa.gov

BELL SOCIALIZATION SERVICES

*Provides housing and employment support
for those dealing with mental illness.*

717-848-5767

160 S. George Street, York
www.bellsocialization.com

CATHOLIC CHARITIES

Counseling offices

717-233-7978

939 East Park Drive, Harrisburg

717-299-3659

925 N. Duke St., Lancaster

717-845-2696

253 E. Market St., York

717-259-9537

6156 W. Canal Road, Abbottstown (Paradise
Outpatient Services)

CASE MANAGEMENT UNIT

*Mission is to plan with and support
adults and children with mental disabilities,
and their families when appropriate,
to live full and inclusive lives within
their communities.*

717-232-8761

1100 S. Cameron St., Harrisburg

717-362-1212

295 State Drive, Elizabethtown

717-644-9600

1349 Cumberland St., Lebanon

www.cmu.cc

CONTACT HELPLINE

Information and referral service

800-932-4616

211 (information and referral)

www.contacthelpline.org

CRISIS INTERVENTION SERVICES

(Dauphin County)

24-hour emergency mental health services.

888-596-4447

717-232-7511

100 Chestnut St., Harrisburg

CRISIS INTERVENTION SERVICES

(Cumberland/Perry counties)

*Provides psychiatric or mental health
emergency assistance, 24 hours a day,
7 days a week.*

Camp Hill area, 717-763-2222

Carlisle area, 717-243-6005

All other areas, 866-350-HELP

**DEPRESSION AND BIPOLAR
SUPPORT ALLIANCE**

Mission is to improve the lives of people living with mood disorders. Support group meetings take place on the second and fourth Tuesday of the month.

717-557-4477

www.dbsaharrisburg.org

DIAKON FAMILY LIFE SERVICES

Meets the mental-health needs of people through quality, compassionate counseling, family-based mental-health services, and specialized programs.

866-700-6868

717-795-0330

960 Century Drive, Mechanicsburg

www.diakon.org

FRANKLIN FAMILY SERVICES

Offers comprehensive psychiatry services, which include diagnosis, treatment, and education for adults, adolescents, and children

717-243-6500

816 Belvedere St., Carlisle

www.ffspa.com

GEISINGER HOLY SPIRIT HOSPITAL

Crisis Intervention

717-763-2222

866-350-4357

Teenline

24 hours, 7 days a week.

717-763-2345

800-722-5385

KEYSTONE HUMAN SERVICES

Mental Health Services

Committed to supporting and empowering individuals on their personal journey of recovery.

717-482-8500

8182 Adams Drive, Hummelstown

www.keystonehumanservices.org

**MENTAL WELLNESS
AWARENESS ASSOCIATION**

Focuses on education for prevention, early intervention, scientific research and cures of mental health problems.

717-957-3432

www.mentalwellnessawareness.org

MYNDWORKS

(Jewish Family Service of Greater Harrisburg)

Offers innovative and effective programs to support social and emotional growth for children ages 4-19. Also offers Healing Hearts, a publicly funded program to assist parents and children when trauma or attachment issues are interfering with family functioning. This specialized approach may be particularly beneficial to foster or adopted children.

717-233-1681

3333 N. Front St., Harrisburg

NATIONAL ALLIANCE ON MENTAL ILLNESS

Dauphin County

717-233-1164

2501 N. Third St., Harrisburg

www.nami-dauphincounty.org

Cumberland County

717-620-9580

PO Box 527, Carlisle 17013

www.namicppa.org

NATIONAL INSTITUTE OF MENTAL HEALTH

Mission is to transform the understanding and treatment of mental illnesses through research.

www.nimh.nih.gov

NHS

Provides care and services to people with special needs.

888-647-0020

www.nhsonline.org

PEACE OF MIND PROJECT

Dedicated to raising awareness for those with mental health illness and helping them live healthier lives.

866-30-PEACE

www.peaceofmindproject.com

PENN STATE HERSHEY MEDICAL GROUP – PSYCHIATRY

Adult/child outpatient and adult partial hospital programs

717-531-8338

22 Northeast Drive, Entrance B, Hershey

PENNSYLVANIA CLUBHOUSE COALITION

Committed to improving the quality of life and community integration of people experiencing mental health recovery.

www.paclubhouse.org

PENNSYLVANIA MENTAL HEALTH CONSUMERS ASSOCIATION

Provides information, referrals and support to people who are receiving services or in recovery from a mental illness in Pennsylvania.

717-564-4930

4105 Derry St., Harrisburg

www.pmhca.org

PHILHAVEN

Promotes hope, healing and wholeness through the provision of behavioral healthcare resources.

800-932-0359

283 S. Butler Road, Mount Gretna
(main location)

*Offers services in Dauphin County at
2601 Herr St., Harrisburg.*

717-230-9622

www.philhaven.org

PRESSLEY RIDGE

Offers help for a wide variety of emotional, behavioral and mental health issues.

888-777-0820

Harrisburg outpatient treatment and counseling at 121 Locust St., Harrisburg.
800-723-7005

www.pressleyridge.org

SUSQUEHANNA HARBOR SAFE HAVEN

(Christian Churches United)

Provides shelter for single men with two or more bouts of homelessness and who have a diagnosed mental illness

717-232-5029

1805 N. 12th St., Harrisburg

www.ccuhb.org

MENTORS

(See also VOLUNTEER)

4-H PROGRAMS

4-H is a community of young people who are learning leadership, citizenship and life skills. Information at the following counties:

Cumberland

717-240-6500

Dauphin

717-921-8803

Lancaster

717-394-6851

Lebanon

717-270-4391

Perry

717-582-5150

York

717-840-7408

AMERICA'S PROMISE ALLIANCE

The collective work of the Alliance involves keeping five promises to children and youth that form the conditions they need to achieve adult success.

202-657-0600

www.americaspromise.org

AMIRACLE4SURE

To improve the quality of life for individuals and their families whose lives have been impacted by negative life experiences; and to provide education, mentoring and advocacy for individuals and their children as they transform their lives after incarceration.

717-238-0100
1735 State St., Harrisburg
www.amiracle4sure.com

**BETHESDA MISSION COMMUNITY
(YOUTH) CENTER**

717-257-5484
1438 Herr St., Harrisburg
www.bethesdamission.org

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

717-236-0199
1500 N. Second St., Suite H, Harrisburg
www.capbigs.org

**BOYS AND GIRLS CLUB
OF HARRISBURG**

Serves as a neighborhood based organization committed to serving youth of all backgrounds in developing self-esteem and character and to help them become responsible citizens by providing physical, recreational, social, educational and vocational programs.

717-234-3268
1227 Berryhill Street, Harrisburg
1700 Hanover St., Harrisburg
1313 Monroe St., Harrisburg
www.bgchbg.org

BOY SCOUTS OF AMERICA

Mechanicsburg service center
717-766-1591
One Baden Powell Lane, Mechanicsburg
www.newbirthoffreedom.org

**CAPITAL REGION EX-OFFENDERS
SUPPORT COALITION**

To coordinate services that assist ex-offenders with successful re-entry that promotes public safety.
www.reentrynow.org

CENTER FOR CHAMPIONS

Mission is to share the love of Jesus through life-on-life mentoring relationships.
717-232-9675

251 Verbeke St., Harrisburg
www.centerforchampions.org

**CHRISTIAN RECOVERY
AFTERCARE MINISTRY**

Primary focus is crime prevention, reducing recidivism and promoting a safer community.
717-234-3664
www.craminc.org

DRESS FOR SUCCESS

Empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

717-232-1333
29 S. 10th St., Harrisburg
www.southcentralpa.dressforsuccess.org

FRIENDS OVER FENCES

Helps inmates and ex-offenders to be successful members of society by mentoring, training and helping them find suitable housing and employment.
www.friendsoverfences.org

GIRL SCOUTS IN THE HEART OF PA

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

JOSHUA GROUP

Focused on the guidance of at-risk youth living in the Allison Hill neighborhood of Harrisburg, through mentoring and the shaping of positive role models.

717-236-4464

1459 Market St., Harrisburg (Joshua Learning Center)

www.joshuagroup.org

THE JT DORSEY FOUNDATION

Uses the medium of soccer to develop strong moral character, inspire academic excellence and promote community involvement for participants. Serves inner city youth ages five to 19 in the Harrisburg and Lebanon areas.

717-329-8937

1014 Cherrington Drive, Harrisburg

www.jtdorsey.org

JUMP STREET

Dedicated to developing educational and economic opportunities with the arts for all age groups.

717-238-1887

21 S. Third St., Harrisburg

www.jumpstreet.org

NATIONAL MENTORING PARTNERSHIP

www.mentoring.org

NEW HOPE MINISTRIES

Reaches out to "at risk" children and youth in communities with the goal of providing structured, constructive programs and positive adult role models. Serves youth in Dillsburg, Dover, Hanover, Mechanicsburg and West Shore area.

211 S. Baltimore St., Dillsburg

717-432-2087

www.nhm-pa.org

THE PROGRAM "IT'S ABOUT CHANGE"

Serves and supports individuals involved with the criminal justice system, primarily women and children, to prevent recidivism and promote productive lives.

717-238-9950

1515 Derry St., Harrisburg

www.theprogramhbg.org

TRIPS FOR KIDS OF HARRISBURG

Provides bike trips to Harrisburg area youth ages 10-18.

www.tfkofharrisburg.org

SALVATION ARMY

Gives youth a chance to experience educational enrichment, life skills development, and spiritual and physical wellness. Such experiences allow these at-risk children and adolescents to envision and pursue better futures.

717-233-6755

1122 Green St., Harrisburg

www.salvationarmyharrisburg.org

PARENTING

(Also see CHILDREN)

ASERT AUTISM RESOURCE CENTER

A key component helping to support individuals with autism and their families throughout the Commonwealth.

877-231-4244

www.paautism.org

AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER

Promotes opportunities for individuals with Autism Spectrum Disorders (ASD) to participate in the same valued life experiences as do other citizens

800-244-2425, ext. 8408

PO Box 101, Enola.

www.autismharrisburg.org

ESCAPE FAMILY RESOURCE CENTER

Provides education that enhances parenting skills, offers strategies to promote children's healthy development, and seeks to prevent child abuse.

www.learn2parent.org

GREATER HARRISBURG HEALTHY START

Mission is to improve the health and well-being of pregnant and postpartum women, their babies, families and the community by providing comprehensive, supportive services in the communities where they live.

717-909-1278

www.harrisburghealthystart.com

HEALTHY STEPS DIAPER BANK

Collects, stores and helps distribute free diapers through partner agencies to families in need.

717-919-2590

6400 Colchester Ave., Harrisburg

www.healthystepsdiaperbank.com

NATIONAL FATHERHOOD INITIATIVE

Vision is for every child to grow up with an involved, responsible and committed father.

301-948-0599

www.fatherhood.org

PARENTS HELPING PARENTS

A support helpline.

800-632-8188

www.parentshelpingparents.org

TRI-COUNTY COMMUNITY ACTION

Offers a variety of programs, including Parents as Teachers curriculum with a focus on parenting skills, household management and meeting developmental milestones for children. Additionally, offers one-on-one in-home education for parents of children 0-5 years of age. Also offers an Adults and Children Together Raising Safe Kids program that focuses on adults who care for and teach children from birth to eight year of age, and a Fatherhood program just for dads.

1514 Derry St., Harrisburg

717-232-9757

www.cactricounty.org

WIC

A federally funded program that provides nutrition services, breastfeeding support, health care and social service referrals, and healthy foods.

800-WIC-WINS (942-9467)

www.pawic.com

Services available at Hamilton Health Center

717-230-3979

POISON**AMERICAN ASSOCIATION OF****POISON CONTROL CENTERS**

800-222-1222

Useful tool at www.poisonhelp.org

CHILDHOOD LEAD POISONING**PREVENTION PROGRAM**

Pennsylvania Department of Health

800-440-5323

PREGNANCY SERVICES

(Also see WOMEN)

BETHANY CHRISTIAN SERVICES

If you are pregnant and don't know what to do, Bethany can provide free, confidential support to help you determine your path forward.

(Harrisburg location)
717-238-3549

2101 N. Front St., Building 1, Suite 201,
Harrisburg
www.bethany.org

CARLISLE AREA FAMILY LIFE CENTER

Mission is to support, educate and give practical assistance, in a loving way, to women and families in need by providing positive alternatives to abortion and by enabling them to make informed decisions regarding their lives and the lives of their unborn children.

717-243-1918
800-848-5683

155 N. Hanover St. Carlisle
www.carlislefamilylife.org

DIAKON PREGNANCY SERVICES

Offers free counseling to expectant mothers, with staff available to meet in total confidence at a location of your choice.

888-582-2230

www.diakon.org/pregnancy/home

GREATER HARRISBURG HEALTHY START

Mission is to improve the health and well-being of pregnant and postpartum women, their babies, families and the community by providing comprehensive, supportive services in the communities where they live.

717-909-1278

www.harrisburghealthystart.com

HEART OF MARY PREGNANCY SUPPORT SERVICES

Provides free life-affirming solutions to any woman or man facing an unexpected or unplanned pregnancy throughout the pregnancy until the child turns one.

717-843-7986

26 E. College Ave., York

LIFELINE PREGNANCY CARE CENTER

Offers free services including pregnancy tests, prenatal and parenting classes, food and clothing, baby furniture, and maternity clothes.

Hours are Monday, Tuesday and Wednesday from 1 to 4 p.m., and Tuesday and Thursday from 6 to 8 p.m.

717-692-2183

403 Union St., Millersburg
www.lifeline-pcc.org

LOURDESHOUSE MATERNITY SERVICES

(Catholic Charities)

Temporary home for pregnant young women who have nowhere else to turn.

120 Willow Road., Suite A, Harrisburg
717-412-4865

www.cchbg.org

MORNINGSTAR PREGNANCY SERVICES

Pregnancy-related services and information including free pregnancy tests

3837 Walnut St., Harrisburg
717-220-3544

503 Bridge St., New Cumberland
717-220-3585

35 S. Union St., Middletown
717-827-6129

www.morningstarchoices.com

REAL ALTERNATIVES

Provides life-affirming pregnancy and parenting support services.

888-LIFE-AID

717-541-1112

www.realalternatives.org

PROSTATE CANCER

AMERICAN CANCER SOCIETY
800-227-2345
www.cancer.org

**CANCER TREATMENT
CENTERS OF AMERICA**
844-557-6511
www.cancercenter.com/prostate

NATIONAL CANCER INSTITUTE
800-4-CANCER
www.cancer.gov/cancertopics/types/prostate

RAPE

(See also ABUSE, VICTIMS)

EMERGENCIES
911

DOMESTIC VIOLENCE HOTLINES
(By county)
ADAMS: 800-787-8106
CUMBERLAND: 800-852-2102
DAUPHIN: 800-654-1211
FRANKLIN/FULTON: 800-621-6660
JUNIATA/MIFFLIN: 717-242-2444
LANCASTER: 717-299-1249
LEBANON: 866-686-0451
NORTHUMBERLAND/UNION/SNYDER:
800-850-7948
PERRY: 800-852-2102
SCHUYKILL: 800-282-0634
YORK: 800-262-8444

PENNSYLVANIA COALITION AGAINST RAPE

*Works to end sexual violence and
advocates for the rights and needs of
sexual assault victims.*

888-772-7227 (24-hour hotline)
717-728-9740
800-692-7445
2101 N. Front St., Building 2,
Harrisburg
www.pcar.org

SEXUAL ASSAULT RESOURCE & COUNSELING CENTER

*Provides counseling, education,
advocacy and prevention programs
on sexual abuse issues.*

717-272-5308 (hotline Lebanon)
570-628-2965 (hotline Schuylkill)
615 Cumberland St., Lebanon
Schuylkill Office:
17 Westwood Centre, Pottsville
www.sarclebanon.org

YWCA OF GREATER HARRISBURG

*Violence intervention
and prevention services*
Hotline
800-654-1211
www.ywcahb.org

YWCA OF YORK/VICTIM SERVICES

Sexual violence hotline
800-422-3204
717-854-3131
www.ywcayork.org

SENIOR CITIZENS

AARP

www.aarp.org

AREA AGENCIES ON AGING

(Usual sources for meals on wheels)

Cumberland County: 717-240-6110

Dauphin County: 717-780-6130

Lebanon County: 717-273-9262

Perry County: 717-582-5128

York County: 717-771-9610

ALZHEIMER'S ASSOCIATION

Works on a global, national and local level to provide care and support for all those affected by Alzheimer's and other dementias.

800-272-3900 (helpline)

www.alz.org

B'NAI B'RITH SENIOR CENTER

717-232-6757

130 S. Third St., Harrisburg

BIG SPRING SENIOR CENTER

717-776-4478

91 Doubling Gap Road, Suite 1, Newville

BISTLINE SENIOR CENTER

717-561-8493

1291 S. 28th St., Harrisburg

CARLISLE SENIOR ACTION CENTER

717-249-5007

20 E. Pomfret St., Carlisle

EAST HANOVER TOWNSHIP SENIOR CENTER

717-469-7514

8848 Jonestown Road, Grantville

EDGEMONT SENIOR CENTER

717-554-7401

2400 Oxford Ave., Harrisburg

ELDER ABUSE AND NEGLECT

Hotline

800-490-8505

ELDER CARE

Nationwide service that connects older Americans and their caregivers with information on senior services.

800-677-1116

www.eldercare.gov

FRIENDSHIP SENIOR CENTER

717-657-1547

5000 Commons Drive, Harrisburg

HEINZ-MENAKER SENIOR CENTER

717-238-7860

1824 N. Fourth Street, Harrisburg

HOY/LATSHA SENIOR CENTER

717-939-9833

301 Mohn St., Steelton

JEWISH COMMUNITY CENTER

717-236-9555

3301 N. Front St., Harrisburg

LICK TOWERS SENIOR CENTER

717-233-0388

1301 N. Sixth St., Harrisburg

LYKENS BALLROOM SENIOR CENTER

717-453-8350

200 W. Main St., Lykens

MECHANICSBURG PLACE

717-697-5947

97 W. Portland St., Mechanicsburg

MEDICARE

www.medicare.gov

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

MILLERSBURG SENIOR CENTER
717-692-2657
109 Edward Drive, Millersburg

MOHLER SENIOR CENTER
717-533-2002
25 Hope Drive, Hershey
www.mohlerseniorcenter.com

NATIONAL CENTER ON ELDER ABUSE
Serves as a national resource center dedicated to the prevention of elder mistreatment.
855-500-3537

PACE AND PACENET
State prescription program for lower income seniors.
800-225-7223

PENNSYLVANIA DEPARTMENT OF AGING
www.aging.state.pa.us

PENNSYLVANIA DEPARTMENT OF BANKING AND SECURITIES
Regulates financial services and works to ensure consumers and businesses are well informed about the marketplace. Can file a complaint form online.
800-722-02657
www.dobs.pa.gov

PENNSYLVANIA SENIOR LAW HELPLINE
Provides legal advice, information and referral services. Helpline hours are Monday through Thursday, 10 a.m. to 12 p.m.
877-727-7529
www.seniorlawcenter.org

RED LAND SENIOR CENTER
717-938-4649
736 Wyndamere Road, Lewisberry
www.redlandseniorcenter.org

RSVP OF THE CAPITAL REGION
Promotes seniors as powerful contributors to our neighborhoods and community organizations that desperately need additional human resources.
717-541-9521
50 Utlely Drive, Suite 500, Camp Hill
www.rsvpcapreg.org

THE RUTHERFORD HOUSE
717-564-5682
3300 Parkview Lane, Harrisburg

MARY C. SCHANER SENIOR CENTER
717-732-3915
East Pennsboro Twp. municipal building
98 S. Enola Drive, Enola

SHIPPENSBURG AREA SENIOR CENTER
717-300-3563
115 N. Fayette St. Shippensburg

SOCIAL SECURITY ADMINISTRATION
800-772-1213 (national)
888-327-1176 (local)
555 Walnut St., Suite 810, Harrisburg
www.ssa.gov

STEELTON SENIOR CENTER
717-649-0136
900 Cumbler St., Steelton

WEST SHORE SENIOR CENTER
717-774-0409
122 Geary Ave., New Cumberland

SHELTERS

(See also HOUSING)

AGAPE FAMILY SHELTER
(Lebanon Rescue Mission)
Shelter for homeless women and their children.
717-272-6573
139 S. Ninth Street, Lebanon
www.lebanonrescuemission.org

BELL SOCIALIZATION SERVICES

Individuals and families who are homeless, near homeless, or low income can find supportive services through Bell's emergency shelter, transitional housing and rental assistance programs.

717-848-5767

www.bellsocialization.com

BETHESDA MISSION

Operates a men's shelter.

717-257-4440

www.bethesdamission.org

BRETHREN HOUSING ASSOCIATION

Helps homeless and low-income individuals and families achieve their potential.

717-233-6016

219 Hummel St., Harrisburg

www.bha-pa.org

CAPITAL AREA COALITION ON HOMELESSNESS

Comprises more than 70 organizations, agencies, churches and other non-profits, to mobilize resources to help families and friends who are homeless, or are dangerously close to becoming homeless.

717-255-6587

10 N. Second St., Suite 405, Harrisburg

www.cachpa.org

CARLISLE COMBINED AREA RESOURCES FOR EMERGENCY SHELTER

717-249-1009

50 W. Penn St., Carlisle

www.carlislecares.org

CHRISTIAN CHURCHES UNITED

(Help Ministries)

Attempts to find emergency shelter that may range from one day to four weeks.

717-238-2851

413 S. 19th St., Harrisburg

www.ccuahbg.org

DOWNTOWN DAILY BREAD

Offers drop-in service from 8 a.m. to 4 p.m. Monday through Friday.

717-238-4717

234 South St., Harrisburg

www.downdailybread.org

FAMILY PROMISE OF HARRISBURG CAPITAL REGION

Mission is to empower families through relationships and skill building to move from homelessness to home.

717-737-1100

PO Box 292, Lemoyne

www.familypromisehcr.org

INTERFAITH SHELTER FOR HOMELESS FAMILIES

(Catholic Charities)

Only homeless shelter in Harrisburg region specifically serving families.

717-652-8740

120 Willow Road, Suite C, Harrisburg

www.cchbg.org

JUBILEE MINISTRIES

Operates a homeless resource center.

717-274-7528

235 S. 12th St., Lebanon

www.jub.org

LEBANON COUNTY CHRISTIAN MINISTRIES

717-272-4400

250 S. Seventh St., Lebanon

www.lccm.us

LEBANON RESCUE MISSION

Homeless men's shelter.

717-273-2301

1223 Bittner Blvd., Lebanon

www.lebanorescuemission.org

LIFEPATH CHRISTIAN MINISTRIES

Offers shelters for men and women. Formerly York Rescue Mission.

717-845-7662

363-373 West Market Street, York

www.lifepathyork.org

PERRY HUMAN SERVICES

Offers temporary shelter to families or individuals in need of emergency housing. .

717-582-8703

Mulhollem Office Centre

8391 Spring Road, New Bloomfield

www.perryhumanservices.org

SAFE HARBOUR

Provides a continuum of housing services for the homeless of Cumberland County.

717-249-2200

102 W. High St., Carlisle

www.safeharbour.org

SHALOM HOUSE

Provides a temporary 21-bed shelter for women and children who have nowhere else to go. The shelter is located in the city of Harrisburg at an undisclosed location to protect clients who may be escaping abusive situations.

717-232-3482

www.shalomhouse.net

SILENCE OF MARY HOME

Serves the poor and homeless

717-737-4107 (office)

www.thesilenceofmary.org

SUSQUEHANNA HARBOR SAFE HAVEN

(Christian Churches United)

Provides shelter for single men with two or more bouts of homelessness and who have a diagnosed mental illness

717-232-5029

1805 N. 12th St., Harrisburg

www.ccuahbg.org

YWCA OF GREATER HARRISBURG

Emergency shelter provides housing to single women and women with children for up to 30 days.

717-238-2851

www.ywcahbg.org

SOUP KITCHENS

(See also FOOD ASSISTANCE)

BETHESDA MISSION

Evening meal served every night of the week beginning at 4:30 p.m.

717-257-4440

611 Reily St., Harrisburg

www.bethesdamission.org

CALVARY UNITED METHODIST CHURCH

Free hot meal every Wednesday from 5 to 6 p.m.; free hot lunch third Saturday of the month from 11 a.m. to 12 p.m.

717-737-6921

700 Market St., Lemoyne

www.lemoynecalvary.org

CAMP CURTIN MEMORIAL – MITCHELL SOUP KITCHEN

Serves meals from 12 to 1 p.m. Monday, Wednesday and Friday

717-233-0335

2221 N. Sixth St., Harrisburg

CATHEDRAL OF ST. PATRICK

Breakfast on Saturday, 7:15 to 8:15 a.m., and dinner on Sunday from 5 to 6 p.m.

717-232-2169

212 State Street, Harrisburg

www.stpatrickcathedral.com

DOWNTOWN DAILY BREAD

(Pine Street Presbyterian Church)

Soup kitchen in downtown Harrisburg serving lunch seven days a week from 12:30 to 1:30 p.m.

717-238-4717

234 South St., Harrisburg

www.downtowndailybread.org

**GATHER THE SPIRIT/COMMON
GROUND CAFÉ**

*Café offers a free breakfast last
Saturday of month from 9 to 11 a.m.
Community Center offers a light brunch
from 10 a.m. to 12 p.m. every
Monday, Wednesday and Friday.*
717-232-0877
1508 Market St., Harrisburg
www.gatherthespirit.webs.com

GOD'S KITCHEN

*Sponsored by Middletown/Highspire United
Methodist churches
Free meal every Tuesday from 6 to 7 p.m. at
64 Ann St., Middletown
717-944-64526*

GRACE UNITED METHODIST CHURCH

*(Helping Hands Ministries)
Serves breakfast Sunday at 8 a.m.
216 State St., Harrisburg
717-238-6739
www.thehistoricgracechurch.org*

GREATER ZION BAPTIST HOMESS MINISTRY

*Meets every Sunday from 3 to 6 p.m.
in downtown Harrisburg to feed
approximately 85-100 persons.
717-541-0388
www.greaterzionbaptist.org*

**HELPING HANDS MINISTRIES OF
HARRISBURG, INC.**

*717-919-4383
Serves meals 4 to 6 p.m. Thursdays, Fridays
and Sundays at St. Michael Lutheran
Church, 118 State St., Harrisburg
www.helpinghandsministries.org*

ISAIAH 61 MINISTRIES

*Operates a soup kitchen from
5:30 to 7 p.m. Mondays and Thursdays at
36 Jacobs Church Road, Halifax.
717-557-5166
www.isaiah61min.org*

LEBANON COUNTY CHRISTIAN MINISTRIES

*Serves daily meals from
12 to 1 p.m., varying sites.
717-272-4400
www.lccm.us*

LIFEPATH CHRISTIAN MINISTRIES

*City soup kitchen and homeless shelter.
Formerly York Rescue Mission.
717-472-8890
363-373 West Market Street, York
www.lifepathyork.org*

OUR DAILY BREAD SOUP KITCHEN

*717-848-1674
331 S. George Street, York*

**ST. FRANCIS OF ASSISI CATHOLIC
CHURCH SOUP KITCHEN**

*Serves lunch Monday through Friday,
12:30 to 1 p.m.
717-236-4506
1459 Zarker Street, Harrisburg*

SALVATION ARMY SOUP KITCHEN

*Serves breakfast 7 to 8 a.m.
1122 Green St., Harrisburg
717-233-6755*

SUICIDE

(See also MENTAL HEALTH)

SUICIDE PREVENTLINE HOTLINE

800-273-8255

**AMERICAN FOUNDATION
FOR SUICIDE PREVENTION**

*Raises awareness, funds scientific research
and provides resources and aid to those
affected by suicide.
888-333-2377
www.afsp.org*

PLEASE LIVE

Cultivates mental wellness through education and awareness of youth and young adult mental health challengers, focusing on depression, anxiety and suicide prevention.

PO Box 1281, Mechanicsburg
www.pleaselive.org

TEENS

BOYS AND GIRLS CLUB OF HARRISBURG

Serves as a neighborhood based organization committed to serving youth of all backgrounds in developing self-esteem and character and to help them become responsible citizens by providing physical, recreational, social, educational and vocational programs.

717-234-3268

1227 Berryhill Street, Harrisburg
1700 Hanover St., Harrisburg
1313 Monroe St., Harrisburg
www.bgchbg.org

GEISINGER HOLY SPIRIT HOSPITAL

Teenline

24 hours, 7 days a week.
717-763-2345
800-722-5385

LGBT NATIONAL HOTLINE

Youth to age 25
800-246-7743

NATIONAL EATING DISORDERS ASSOCIATION

Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

800-931-2237

www.nationaleatingdisorders.org

NATIONAL HUMAN TRAFFICKING HOTLINE

National anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States.

888-373-7888

www.traffickingresourcecenter.org

NATIONAL RUNAWAY SAFELINE

800-RUNAWAY (786-2929)

THE TREVOR PROJECT

Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

866-488-7386

www.thetrevorproject.org

UNITED METHODIST HOME FOR CHILDREN INC.

Provides community-based care services to youth and families in need in central and southeastern Pennsylvania.

Youth ages 12-20 receive safe housing, emotional and educational support, food, clothing, medical and behavioral healthcare, counseling, and more in a family-like atmosphere.

717-766-7652

5120 Simpson Ferry Road
Mechanicsburg
www.umhcservices.org

YWCA OF GREATER HARRISBURG

1101 Market St., Harrisburg
717-234-7931
www.ywcahb.org

VETERANS

DAUPHIN COUNTY VETERANS AFFAIRS
717-780-6357
2 South Second Street Harrisburg, fourth
floor

HARRISBURG VET CENTER
(U.S. Department of Veterans Affairs)
717-782-3954
1500 N. Second St., Suite 2
Harrisburg, Pa.

**ROBERT M. JACKSON
VETERANS CENTER, INC**
Assists homeless veterans and families.
717-695-6249
316 Carlisle St., Harrisburg
www.robertmjacksonveteranscenter.org

LEBANON VA MEDICAL CENTER
717-272-6621
800-409-8771
1700 S. Lincoln Avenue, Lebanon
www.lebanon.va.gov

**NATIONAL COALITION
FOR HOMELESS VETERANS**
*Resource and technical assistance center
for a national network of community-
based service providers and local, state and
federal agencies that provide emergency
and supportive housing, food, health
services, job training and placement
assistance, legal aid and case management
support for hundreds of thousands of
homeless veterans.*
877-424-3838 (24/7 crisis hotline)
800-VET-HELP
www.nchv.org

PENNSYLVANIA DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

*Provides advice and assistance to
Pennsylvania's nearly 820,000 veterans
and their families.*
800-547-2838
www.paveterans.state.pa.us

*The PA Veterans Registry is an online
application that allows veterans, family
members and people who work with
veterans to connect with DMVA to request
information related to the valuable state
benefits, programs and services offered.*
www.dmva.state.pa.us

SHALOM HOUSE
*Helps provides transitional housing for
homeless women veterans and children.*
717-232-3482
www.shalomhouse.net

**SUPPORTIVE SERVICES
FOR VETERAN FAMILIES**
(Volunteers of America Pennsylvania)
*Provides low-income veteran families with
services aimed at preventing homelessness
and improving their stability. Serves Adams,
Cumberland, Dauphin, Lebanon, Lancaster,
Perry and York counties.*
717-236-1440
2601 N. Front St., Harrisburg
www.voapa.org/veteran-services

U.S. DEPARTMENT OF VETERAN AFFAIRS
VA Benefits 800-827-1000
GI Bill 888-442-4551
Healthcare benefits 877-222-8387
PTSD 802-296-6300
www.va.gov

VETERANS CRISIS LINE
800-273-8255 (press 1)

YWCA VETERANS SERVICES

Works closely with area service providers and agencies to ensure that all veterans and their families receive the best possible care through eligible programs.

717-234-7931

www.ywcahb.org

VICTIMS

(See also ABUSE, RAPE & WOMEN)

PENNSYLVANIA COALITION AGAINST DOMESTIC VIOLENCE

Private nonprofit organization working to eliminate domestic violence, secure justice for victims and help build new lives free from abuse.

National hotline

800-799-SAFE

Local numbers

545-6400

3605 Vartan Way, Suite 101

Harrisburg

www.pcadv.org

PENNSYLVANIA COALITION AGAINST RAPE

Works to end sexual violence and advocates for the rights and needs of sexual assault victims.

888-772-7227 (24-hour hotline)

717-728-9740

800-692-7445

2101 N. Front St., Building 2,

Harrisburg

www.pcar.org

PENNSYLVANIA OFFICE OF THE VICTIM ADVOCATE

Dedicated to representing, protecting and advancing the individual and collective rights and interests of crime victims.

800-563-6399

TTY: 877-349-1064

1101 S. Front St., Suite 5200, Harrisburg

www.ovs.state.pa.us

VICTIM SERVICES DIVISION

(Cumberland County)

Main office

717-240-6220

1 Courthouse Square, Carlisle

West Shore Office

717-761-5599

2120 Market St., Camp Hill

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, information and referrals.

717-780-7057

25 S. Front St., 7th floor, Harrisburg

www.victimwitness.org

YWCA OF YORK/VICTIM SERVICES

Hotlines

Sexual violence, 800-422-3204 or 717-854-

3131

Domestic violence, 800-262-8444 or 717-

846-5400

www.ywcayork.org

VOLUNTEER

(See also EDUCATION FOR ADULTS and MENTORING)

HABITAT FOR HUMANITY OF THE GREATER HARRISBURG AREA

717-545-7299

900 S. Arlington Ave., Harrisburg

www.harrisburghabitat.org

LEND A HAND

A local disaster response and assistance program.

717-731-8888

3040 Market St., Suite 1 Camp Hill

www.lendahand.net

MENNONITE DISASTER SERVICE

Volunteer network of Anabaptist churches that responds to those affected by disasters in Canada and the United States.

717-735-3536

800-241-8111

583 Airport Road, Lititz

www.mds.mennonite.net

RSVP OF THE CAPITAL REGION

Promotes seniors as powerful contributors to our neighborhoods and community organizations that desperately need additional human resources.

717-541-9521

50 Utley Drive, Suite 500, Camp Hill

www.rsvpcapreg.org

UNITED WAY OF THE CAPITAL REGION

Mission is to advocate for volunteerism and serve as a clearinghouse for volunteer opportunities and needs in Dauphin,

Cumberland and Perry counties

717-724-4055

2235 Millennium Way, Enola

www.uwcr.org

VOLUNTEERS OF AMERICA PENNSYLVANIA

A ministry of service providing people in need with support skills and tools that lead to individual empowerment, self-sufficiency and stability.

717-236-1440

2112 Walnut St., Harrisburg

www.voapa.org

WOMEN

(See also CHILDREN, MEDICAL and PREGNANCY SERVICES)

AGAPE FAMILY SHELTER

(Lebanon Rescue Mission)

Shelter for homeless women and their children.

717-272-6573

139 South Ninth Street, Lebanon

BABIES

(Healthy Baby Helpline)

Pennsylvania Department of Health Provides information to those who are pregnant or think they may be pregnant.

800-986-BABY

BABY LOVE

Provides free services designed to meet the physical, emotional, and social needs of individuals who are struggling with addictions. Program is part of Hamilton Health Center.

866-530-2229

www.babylove.hamiltonhealthcenter.com

BETHESDA MISSION

Offers a place of healing, change and hope for women in need of addiction recovery.

717-257-4440

www.bethesdamission.org

BETHANY CHRISTIAN SERVICES

If you are pregnant and don't know what to do, Bethany can provide free, confidential support to help you determine your path forward.

(Harrisburg location)

717-238-3549

2101 N. Front St., Building 1, Suite 201,
Harrisburg

www.bethany.org

BRETHREN HOUSING ASSOCIATION

Helps homeless and low-income individuals and families achieve their potential

717-233-6016

219 Hummel St., Harrisburg

www.bha-pa.org

BRIDGE OF HOPE HARRISBURG AREA

Vision is for communities in both Dauphin and Cumberland counties where no family is homeless.

717-635-5957

PO Box 15212, Harrisburg 17105

www.harrisburg.bridgeofhopeinc.org

CARLISLE AREA FAMILY LIFE CENTER

Mission is to support, educate and give practical assistance, in a loving way, to women and families in need by providing positive alternatives to abortion and by enabling them to make informed decisions regarding their lives and the lives of their unborn children.

717-243-1918

800-848-5683

155 N. Hanover St. Carlisle

www.carlislefamilylife.org

COMMUNITY CHECK UP-CENTER

Provides comprehensive healthcare to women and children in South Harrisburg as well as the Tri-County area. No one is ever denied services due to lack of insurance or an inability to pay.

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

Monday through Friday

Women, 9 a.m. to 4:30 pm.

Tuesdays and Fridays

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

**DOMESTIC VIOLENCE
INTERVENTION OF LEBANON COUNTY**

Women's shelter and counseling service in Lebanon.

717-273-7190

866-686-0451

www.dviolc.org

DOMESTIC VIOLENCE HOTLINE

800-799-SAFE (7233)

TTY: 800-787-3224

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

800-852-2102

EVERGREEN HOUSE

(Catholic Charities)

Transitional housing for single recovering women.

120 Willow Road, Suite B, Harrisburg

717-412-4594

www.cchbg.org

FAMILY HEALTH COUNCIL OF CENTRAL PA.

A private, not-for-profit organization dedicated to improving health, preventing disease, and promoting wellness.

717-761-7380

3461 Market Street, suite 200, Camp Hill

www.fhccp.org

GREATER HARRISBURG HEALTHY START

Mission is to improve the health and well-being of pregnant and postpartum women, their babies, families and the community by providing comprehensive, supportive services in the communities where they live.

717-909-1278

www.harrisburghealthystart.com

**HEART OF MARY PREGNANCY
SUPPORT SERVICES**

Provides free life-affirming solutions to any woman or man facing an unexpected or unplanned pregnancy throughout the pregnancy until the child turns one.

717-843-7986

26 E. College Ave., York

LIGHTHOUSE OUTREACH CENTER

An interdenominational ministry that outreaches to both church and unchurched women in need of transitional housing.

717-236-0735

1839 Market St., Harrisburg

www.lighthouseoutreachhbg.org

LIFELINE PREGNANCY CARE CENTER

Offers free services including pregnancy tests, prenatal and parenting classes, food and clothing, baby furniture, and maternity clothes.

Hours are Monday, Tuesday and Wednesday from 1 to 4 p.m., and Tuesday and Thursday from 6 to 8 p.m.

717-692-2183

403 Union St., Millersburg

www.lifeline-pcc.org

LIFEPATH CHRISTIAN MINISTRIES

Operates programs for women and children.

717-845-5947

363-373 West Market Street, York

www.lifepathyork.org

LOURDESHOUSE MATERNITY SERVICES

(Catholic Charities)

Temporary home for pregnant young women who have nowhere else to turn.

120 Willow Road., Suite A, Harrisburg

717-412-4865

www.cchbg.org

**MORNINGSTAR
PREGNANCY SERVICES**

Pregnancy-related services and information including free pregnancy tests

3837 Walnut St., Harrisburg

717-220-3544

503 Bridge St., New Cumberland

717-220-3585

35 S. Union St., Middletown

717-827-6129

www.morningstarchoices.com

**PENNSYLVANIA BREAST
CANCER COALITION**

800-377-8828

2397 Quentin Road, Suite B, Lebanon

www.pabreastcancer.org

**PENNSYLVANIA
COMMISSION FOR WOMEN**

Responsible for advising the Governor on policies and legislation that impact women.

717-831-3224

www.governor.pa.gov/pennsylvania-commission-for-women

PLANNED PARENTHOOD

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.

Harrisburg Medical Center

1514 North 2nd Street, Harrisburg

717-234-2468.

Lancaster Medical Center

31 S. Lime St., Lancaster

717-299-2891

York Center

728 Beaver St., York

717-845-9681.

www.plannedparenthood.org

THE PROGRAM "IT'S ABOUT CHANGE"

Serves and supports individuals involved with the criminal justice system, primarily women and children, to prevent recidivism and promote productive lives.

717-238-9950

1515 Derry St., Harrisburg

www.theprogramhbg.org

**RAPE CRISIS SERVICES -
DOMESTIC VIOLENCE HOTLINE
YWCA OF GREATER HARRISBURG**

800-654-1211

1101 Market St., Harrisburg

www.ywcahbg.org

REAL ALTERNATIVES

Provides life-affirming pregnancy and parenting support services.

888-LIFE-AID

717-541-1112

www.realalternatives.org

SEXUAL HARASSMENT

*Information at U.S. Equal Employment
Opportunity Commission*

www.eeoc.gov
National Sexual Assault Hotline
800-656-HOPE (4673)
Me Too Movement
www.metoomvmt.org

SHALOM HOUSE

*Provides a temporary 21-bed shelter for
women and children who have nowhere
else to go. The shelter is located in the city
of Harrisburg at an undisclosed location
to protect clients who may be escaping
abusive situations.*

717-232-3482
www.shalomhouse.net

SILENCE OF MARY HOME

Serves the poor and homeless

717-737-4107 (office)
www.thesilenceofmary.org

UPMC PINNACLEHEALTH WOMEN'S HEALTH

*Offers comprehensive care from
experts in women's health.*

717-231-8900

WIC

*A federally funded program that provides
nutrition services, breastfeeding support,
health care and social service referrals,
and healthy foods to more than 247,000
participants every month in Pennsylvania.*

800-WIC-WINS (942-9467)

www.pawic.com
Services available at Hamilton Health
Center
717-230-3979

WILLOW WAY AND CRESCENT WAY

(Catholic Charities)
Transitional housing for women in recovery.
717-412-4594 (Willow Way)
120 Willow Road, Suite D, Harrisburg
717-547-6730 (Crescent Way)
1509 Crescent Ave., Lancaster
www.cchbg.org

HELP BY AREAS

CUMBERLAND AND PERRY COUNTIES

THE ARC OF CUMBERLAND AND PERRY COUNTIES

*Mission is to empower, inspire and
educate people with intellectual and
developmental disabilities, their families,
and the community.*

717-249-2611
71 Ashland Ave., Carlisle
www.cparc.org

BIG SPRING AREA FOOD BANK

*For Newville areas residents
Usually last Monday of month,
9 to 11 a.m., except for months of May,
November and December.*

717-422-4603
Big Spring United Lutheran Church
101 Crossroad School Road, Newville

BREAD OF LIFE OUTREACH

717-567-9181
*Newport Assembly of God Church
Emergency needs:
Monday, Wednesday, Friday, 8:30 a.m. to 12
p.m. and Wednesday, 3:30 to 6:30 p.m.
35 N. Front St., Newport
Food distribution:
Second Saturday of month at Family Life
Center, West Shortcut Road, Newport.
Also fourth Saturday at Journey Christina
Church, Thompsettown.
www.breadoflifeoutreach.org*

**THE BRIDGE
EMERGENCY FOOD BANK**
(New Hope Ministries)

717-766-7333

*Food pantry is now being run as a mobile
food pantry of New Hope Ministries.
Distribution is second Wednesday of month
from 2 to 4:30 p.m.*

West Shore Senior Center, 122 Geary Ave.,
New Cumberland

CARLISLE AREA FAMILY LIFE CENTER

*Mission is to support, educate and give
practical assistance, in a loving way, to
women and families in need by providing
positive alternatives to abortion and by
enabling them to make informed decisions
regarding their lives and the lives of their
unborn children.*

717-243-1918

800-848-5683

155 N. Hanover St. Carlisle
www.carlislefamilylife.org

**CARLISLE COMBINED AREA RESOURCES
FOR EMERGENCY SHELTER**

717-249-1009

50 W. Penn St., Carlisle
www.carlislecares.org

CHRISTIAN LIFE ASSEMBLY FOOD BANK

717-737-6560

*Operates 9 a.m. to 12 p.m. on second
Tuesday of month.*

2645 Lisburn Road, Camp Hill

**CHRISTIAN RESIDENTIAL OPPORTUNITIES
AND SOCIAL SERVICES**

*Provides residential and social services to
persons with developmental disabilities
and their families.*

717-530-1788

712 Pinola Road, Shippensburg
www.crossinc.com

COMMON SENSE ADOPTION SERVICES

*A licensed, non-profit adoption
and foster care agency.*

717-412-0772

800-445-2444

3001 Market St., Camp Hill
www.commonsenseadoption.org

CONTACT HELPLINE

Information and referral service

800-932-4616

211 (information and referral)

www.contacthelpline.org

**CRISIS INTERVENTION SERVICES
(CUMBERLAND/PERRY COUNTIES)**

*Provides psychiatric or mental health
emergency assistance, 24 hours a day,
7 days a week.*

Camp Hill area, 763-2222

Carlisle area, 717-243-6005

All other areas, 866-350-HELP

**CUMBERLAND COUNTY CHILDREN &
YOUTH SERVICES**

*Provides professional social services in order
to protect the safety and welfare
of children; preserve, support and
strengthen the family; and identify
alternative care, a safe environment and
a permanent home for those children
unable to remain in their home*

717-240-6120

888-697-0371

16 W. High St., Suite 200, Carlisle

**CUMBERLAND COUNTY HOUSING AND
REDEVELOPMENT AUTHORITIES**

717-249-1315

866-683-5907

114 N. Hanover Street, Carlisle
www.cchra.com

**CUMBERLAND COUNTY AGING AND
COMMUNITY SERVICES**

717-240-6110
888-697-0371, x6110
1100 Claremont Road, Carlisle

**CUMBERLAND COUNTY
ASSISTANCE OFFICE**

Crisis grants available for emergencies
717-240-2700
800-269-0173
33 Westminster Drive, Carlisle

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

800-852-2102

EMPLOYMENT SKILLS CENTER

*Helps people achieve personal growth
and job betterment through education
and training.*
717-243-6040

29 S. Hanover Street, Carlisle
www.employmentskillscenter.org

ENOLA FOOD PANTRY

(New Hope Ministries)

Third Saturday of month starting at 10 a.m.
River of God Church
474 Wertzville Road, Enola

FAMILY HEALTH COUNCIL OF CENTRAL PA.

*A private, not-for-profit organization
dedicated to improving health, preventing
disease, and promoting wellness.*

717-761-7380
3461 Market Street, suite 200, Camp Hill
www.fhccp.org

JOIN HANDS MINISTRY

*A contact and support center for persons
living in Perry County who are seeking
assistance with daily living concerns.*

717-582-7844
PO Box 335
25 E. McClure St., Suite 6, New Bloomfield

THE KING'S KETTLE FOOD PANTRY

717-530-9200
*Open 1st, 2nd & 3rd Tuesdays of
month, 5 to 6 p.m.*
30 North Fayette Street, Shippensburg

MIDPENN LEGAL SERVICES

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

Carlisle office:
401 E. Louther St., Suite 103, Carlisle
717-243-9400
800-822-5288
www.midpenn.org

**MORNINGSTAR
PREGNANCY SERVICES**

*Pregnancy-related services
and information including
free pregnancy tests.*
503 Bridge St., New Cumberland
717-220-3585
www.morningstarchoices.com

**MOUNT HOLLY SPRINGS UNITED
METHODIST CHURCH**

717-486-4883
*Offers food bank serving residents in
Mount Holly Springs, Gardners and
Boiling Springs.*
202 W. Butler St., Mount Holly Springs

NEW DIGS MINISTRY

*Helps people who are rebuilding their
lives by providing furnishings and
household goods.*
*Open 9 a.m. to 12 p.m., Monday,
Wednesday, Friday; and 9 a.m. to 12 p.m.
second Saturday of month.*
717-620-9735
5 Pleasant View Drive, Mechanicsburg
www.newdigsministry.org

NEW HOPE MINISTRIES

Provides a variety of assistance for families in the Dillsburg, Dover, Hanover, Mechanicsburg and the West Shore.

99 W. Church St., Dillsburg
(administrative office)
717-432-2087

NEW OPTIONS FOR AFFORDABLE HOUSING

Mission is to assist people caught in the flood of homelessness in the Carlisle and Cumberland County area with affordable housing and a broad, interconnected network of community opportunities and support for personal independence.

www.noahcarlislepa.org

**PENNSYLVANIA COMMONWEALTH
WORKFORCE DEVELOPMENT SYSTEM**

Employment transition counseling, job training and job search resources.

Cumberland County:

717-243-4431

1 Alexandra Court, Carlisle
www.cwds.state.pa.us

PERRY COUNTY AGENCY ON AGING

717-582-5128

**PERRY COUNTY
ASSISTANCE OFFICE**

Crisis grants available for emergencies

717-582-2127

800-991-1929

100 Centre Drive, New Bloomfield

**PERRY COUNTY
CHILDREN AND YOUTH SERVICES**

717-582-2076

PERRY COUNTY FAMILY CENTER

Promotes the positive development and healthy well-being of all young children in Perry County.

717-582-3656

8391-R Spring Road, Suite 3, New Bloomfield

www.pcfamilycenter.org

PERRY COUNTY FOOD BANK

*For eligible Perry County residents
8:45 to 11:45 a.m. and 1 to 3 p.m.,*

Monday and Wednesday;

8:45 to 11:45 a.m. Friday

*Also, 4:30 to 6:30 p.m. on Monday
following third Saturday of month.*

*Has eight remote distribution sites,
most them open on the third
Saturday of the month.*

717-582-9978

300A S. Carlisle St., New Bloomfield
www.perrycountyfoodbank.org

PERRY HUMAN SERVICES

*Provides housing assistance and
emergency shelter services, and drug and
alcohol assessment services and referrals
for treatment.*

717-582-8703

Mulhollem Office Centre
8391 Spring Road, New Bloomfield
www.perryhumanservices.org

PERRY COUNTY LITERACY COUNCIL

*Mission is to provide educational programs
for Perry County residents and their
families that will enable them to better
function as productive, responsible citizens.*

133 S. Fifth St., Newport

717-567-7323

866-781-7323

www.perryliteracy.com

PROJECT SHARE FOOD BANK

*Distributes food to residents in the Carlisle/
Boiling Springs area during the week that
contains the third Thursday of the month.*

Distribution during this week:

12 to 2 p.m. Tuesday;

9 to 11 a.m. Wednesday;

3:30 to 5:30 p.m. Thursday;

and 9 to 11 a.m. Saturday.

717-249-7773

5 N. Orange St., Suite 4, Carlisle

www.projectshare.net

SADLER HEALTH CENTER CORP.

*Provides services to
uninsured and underinsured.*

717-218-6670

8 a.m. to 5 p.m. Monday, Tuesday, Friday

9 a.m. to 5 p.m., Wednesday

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

100 N. Hanover St., Carlisle;

Also, offers dental only services at 1104

Montour Road, Loysville, 9:30 a.m. to 4:30

p.m. Wednesday, and 8 a.m. to 4:30 p.m.

other weekdays.

717-960-4380

www.sadlerhealth.org

SAFE HARBOUR

*Provides a continuum of housing services
for the homeless of Cumberland County.*

717-249-2200

102 W. High St., Carlisle

www.safeharbour.org

THE SALVATION ARMY

Provides various services.

717-249-1411

20 E. Pomfret St., Carlisle

www.salvationarmycarlisle.org

SENIOR CENTERS

Big Spring 717-776-4478

Carlisle 717-249-5007

Enola 717-732-3915

Mechanicsburg 717-697-5947

Shippensburg 717-300-3563

West Shore 717-774-0409

TRI-COUNTY COMMUNITY ACTION

*Various programs serving Dauphin,
Cumberland and Perry counties.*

1514 Derry Street, Harrisburg

717-232-9757

www.cactrcounty.org

**UNITED METHODIST HOME
FOR CHILDREN INC.**

*Provides community-based care services to
youth and families in need in central and
southeastern Pennsylvania.*

*Youth ages 12-20 receive safe housing,
emotional and educational support,
food, clothing, medical and behavioral
healthcare, counseling, and more
in a family-like atmosphere.*

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.org

UNITED WAY

*United Way of Carlisle and
Cumberland County*

717-243-4805

145 S. Hanover St., Carlisle

www.carlisleunitedway.org

VICTIM SERVICES DIVISION

(Cumberland County)

Main office

717-240-6220

1 Courthouse Square, Carlisle

West Shore Office

717-761-5599

2120 Market St., Camp Hill

WEST SHORE CENTER FOOD PANTRY

(New Hope Ministries)

717-774-6255

*Serves residents in Lemoyne, New
Cumberland, Camp Hill,
Wormleysburg and Enola*

Monday through Friday, 9 a.m. to 4 p.m.

Saturday, 10 a.m. to 12 p.m.

Every other Thursday from 7 to 9 p.m.

701 Bosler Ave., Lemoyne

YORK COUNTY

ACCESS YORK

(YWCA York)

Seeks to eliminate domestic violence and offer support, education, and a safe environment for victims of domestic violence.

800-262-8444

717-846-5400

717-637-2235 (Hanover)

Sexual violence hotlines

800-422-3204

717-854-3131

www.ywcayork.org/victim-services

BELL SOCIALIZATION SERVICES

Provides supportive residential and social environments to help people living with intellectual disabilities explore their potential.

717-848-5767

160 S. George Street, York

www.bellsocialization.com

CATHOLIC HARVEST FOOD PANTRY

Operates food pantry in York County. Hours are 6 to 7 p.m. Monday through Friday, 9 a.m. to 12 p.m. first and third Thursday of month, and 3:45 to 4:45 p.m. fourth Monday and fourth Friday of month.

717-846-8899

628 E. Market St., York

www.catholicaharvest.org

CENTRO HISPANO JOSE E. HERNANDEZ

Assists Hispanic community in York.

717-846-9434

225 E. Princess St., York

CHILDREN'S HOME OF YORK

Empowers children to thrive, strengthens families and enriches communities.

717-755-1033

77 Shoe House Road, York

www.choyork.org

HEART OF MARY PREGNANCY SUPPORT SERVICES

Provides free life-affirming solutions to any woman or man facing an unexpected or unplanned pregnancy throughout the pregnancy until the child turns one.

717-843-7986

26 E. College Ave., York

LIFEPATH CHRISTIAN MINISTRIES

City soup kitchen and homeless shelter. Formerly York Rescue Mission.

717-845-7662

363-373 West Market Street, York

www.lifepathyork.org

MIDPENN LEGAL SERVICES

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

York office:

29 N. Queen St., York

717-848-3605

www.midpenn.org

NEW HOPE MINISTRIES

Reaches out to "at risk" children and youth in communities with the goal of providing structured, constructive programs and positive adult role models. Serves youth in Dillsburg, Dover, Hanover, Mechanicsburg and West Shore area.

211 S. Baltimore St., Dillsburg

717-432-2087

www.nhm-pa.org

OUR DAILY BREAD

City soup kitchen.

717-848-1674

331 S. George Street, York

PLANNED PARENTHOOD

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.

York Center
 728 Beaver St., York
 717-845-9681.
www.plannedparenthood.org

RED LAND SENIOR CENTER

717-938-4649
 717-938-4640
 736 Wyndamere Road, Lewisberry
www.redlandseniorcenter.org

YORK COUNTY**AREA AGENCY ON AGING**

717-771-9610
 800-632-9073
 100 W. Market Street, York

CHILDREN, YOUTH AND FAMILIES

717-846-8496
 800-729-9227

CRIME STOPPERS

717-755-TIPS (8477)

DOMESTIC ABUSE HOTLINE

800-262-8444

HUMAN SERVICES DEPARTMENT

717-771-9347
 800-441-2025 x9347

VICTIM SERVICES

717-771-9600

YORK COUNTY LITERACY COUNCIL

Literacy services for adults.
 717-845-8719
 800 East King Street, York
www.yorkliteracy.org

UPPER DAUPHIN COUNTY**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 and 4th
 Saturdays of month
 105 Wind Hill Road, Halifax
www.halifaxumc.com

ISAIAH 61 MINISTRIES

Operates a soup kitchen from 5:30 to 7 p.m. Mondays and Thursdays
 36 Jacobs Church Road, Halifax.
 717-557-5166
www.isaiah61min.org

LIFELINE PREGNANCY CARE CENTER

Offers free services including pregnancy tests, prenatal and parenting classes, food and clothing, baby furniture, and maternity clothes.
Hours are Monday, Tuesday and Wednesday from 1 to 4 p.m., and Tuesday and Thursday from 6 to 8 p.m.
 717-692-2183
 403 Union St., Millersburg
www.lifeline-pcc.org

MILLERSBURG ASSEMBLY OF GOD CHURCH

(Bread of Life Food Ministry)
 717-692-3904
Second Saturday of month at 9:30 a.m.
 2261 Shippen Dam Road, Millersburg

NORTHERN DAUPHIN FOOD PANTRY

717-905-2512

**NORTHERN DAUPHIN
HUMAN SERVICES CENTER**

*Children and Youth Services; Area Agency
on Aging; Department of Drug and
Alcohol; and numerous providers.*

717-905-2700

877-893-3344

295 State Drive, Elizabethville

UPPER DAUPHIN HUMAN SERVICES CENTER

*Operates food bank from 9 to 11 a.m. and
1:30 to 3:30 p.m. Monday through Friday.
Individuals and families needing food are
allowed to come one time per month.*

717-453-9352

517 Main St., Lykens

www.orgsites.com/pa/udhumanservices

NOTES

**WHERE
TO GO
WHEN YOU NEED
HELP**

2018 EDITION