

**WHERE  
TO GO  
WHEN YOU NEED  
HELP**

**2015 EDITION**

# WHERE TO GO WHEN YOU NEED HELP

*2015 Edition*

Compiled by



**EFMR**  
MONITORING GROUP

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

**[www.efmr.org](http://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.*

Edited by Tom Dochat

# TABLE OF CONTENTS

Abuse	4
Adoption	5
Aids	5
Alcohol Problems	6
Breast Cancer	7
Bullying	7
Child Abuse	7
Children	8
Consumer Protection	10
Disabilities	11
Drug Problems	11
Eating Disorders	13
Education For Adults	13
Emergency Help	14
Ethnic/Racial Discrimination or Intimidation	14
Food Assistance	15
Gambling	17
Gay/Lesbian Organizations	17
Heating Assistance	18
Hispanic Community	19
Housing	19
Immigration	21
Legal Aid	21
Medical	22
Mental Health	23
Mentors	25
Parenting	26
Pregnancy Services	27
Prostate Cancer	28
Poison	28
Rape	28
Senior Citizens	28
Shelters	30
Soup Kitchens	31
Suicide	32
Teens	32
Veterans	33
Victims	33
Volunteer	34
Women	34

## HELP BY AREAS

Cumberland And Perry Counties	36
York County	39
Upper Dauphin County	40

## **ABUSE**

(See also CHILD ABUSE,  
RAPE and WOMEN)

### **ACCESS YORK**

(YWCA York)

*Dedicated to helping victims and their children who suffer from abuse or threatened abuse; assists in preparing protection from abuse (PFA) petitions.*

*Domestic violence hotlines*

800-262-8444

717-846-5400

717-637-2235 (Hanover)

Sexual violence hotlines

800-422-3204

717-854-3131

[www.ywcayork.org/victim-services](http://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**

*Women's shelter and counseling service in Lebanon.*

717-273-7190

866-686-0451

[www.dviolc.org](http://www.dviolc.org)

### **FUTURES WITHOUT VIOLENCE**

*Information on family violence issues.*

Washington office

202-595-7382

[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

### **HERO PROJECT**

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

877-874-HERO

[www.hero-project.org](http://www.hero-project.org)

### **MIDPENN LEGAL SERVICES**

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

Harrisburg office:

213-A N. Front St., Harrisburg

717-232-0581

800-932-0356

Carlisle office:

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

Lebanon office:

513 Chestnut St., Lebanon

717-274-2834

800-326-9177

York office:

29 N. Queen St., York

717-848-3605

[www.midpenn.org](http://www.midpenn.org)

### **NATIONAL DOMESTIC VIOLENCE HOTLINE**

800-799-7233

TDD: 1-800-787-3224

[www.thehotline.org](http://www.thehotline.org)

### **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.*

123 N. Enola Drive, Enola

717-909-0710

877-739-3895

[www.nsvrc.org](http://www.nsvrc.org)

### **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](http://www.pcadv.org)

**PENNSYLVANIA COALITION  
AGAINST RAPE**

*Works to eliminate all forms of sexual violence and to advocate for the rights and needs of victims of sexual assault.*

888-772-7227 (24-hour hotline)

717-728-9740

125 N. Enola Drive, Enola

www.pcar.org

**PINNACLE HEALTH  
CHILDREN'S RESOURCE CENTER**

*Provides care for children suspected of having been abused or neglected. Works with child protection services, social services and other organizations.*

717-782-6800

www.pinnaclehealth.org/crc

**SEXUAL ASSAULT RESOURCE  
& COUNSELING CENTER**

717-272-5308 (hotline)

615 Cumberland St., Lebanon

**YWCA OF GREATER HARRISBURG**

*Violence intervention and prevention services*

Hotline

800-654-1211

www.ywcahb.org

**ADOPTION**

**ADOPTIONS FROM THE HEART**

*Non-profit, nonsectarian agency.*

800-355-5500

Central PA office

717-399-7766

1525 Oregon Pike, Suite 402, Lancaster

www.adoptionsfromtheheart.org

**CATHOLIC CHARITIES**

Office of Adoption Services

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**

717-795-0320

960 Century Drive, Suite 101,

Mechanicsburg

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.jfsofhb.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 Public Welfare. The SWAN program serves children in the custody of county children and youth agencies.*

800-585-SWAN

www.adoptpakids.org

**UNITED METHODIST HOME  
FOR CHILDREN INC.**

*Recently became an affiliate of the Statewide Adoption and Permanency Network*

717-766-7652

5120 Simpson Ferry Road

Mechanicsburg

www.umhcservices.org

**AIDS**

**AIDS FACTLINE**

*Offers information and referrals on HIV/AIDS issues.*

800-662-6080

**ALDER HEALTH SERVICES**

*Free testing and confidential counseling.*

717-233-7190

100 N. Cameron St. Suite 301, Harrisburg

www.alderhealth.org

**CENTER FOR DISEASE CONTROL**

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

TTY: 888-232-6348

www.cdc.gov/hiv

### **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](http://www.fhccp.org)

### **THE HOPE PROGRAM**

*Provides HIV/AIDS education and  
prevention programs, HIV treatment  
and other services.*

*Part of Hamilton Health Center.*  
717-230-3909

### **LOAVES OF LOVE FOOD PANTRY**

*Focused on serving the needs  
of people living with AIDS and HIV.*  
Every other Wednesday from 2 to 6:45 p.m.  
Harris Street United Methodist Church  
250 Harris St., Harrisburg  
717-238-4036

### **PA DEPARTMENT OF HEALTH**

877-724-3258

### **PINNACLEHEALTH – REACCH**

*Emphasizes treatment and prevention  
of the spread of HIV for adults.*

717-782-2750  
2501 N. Third St., second floor, Harrisburg

## **ALCOHOL PROBLEMS**

### **ALCOHOLICS ANONYMOUS**

717-234-5390  
[www.aaharrisburg.org](http://www.aaharrisburg.org)

### **AL-ANON/ALATEEN**

*For information on where  
to find a local meeting:*  
[www.pa-al-anon.org](http://www.pa-al-anon.org)  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

### **BABY LOVE**

*Provides free intensive case management  
services designed to help women with  
addictions. Participants must be Dauphin  
County residents, pregnant or have a child  
under 2 years of age. Program is part of  
Hamilton Health Center.*

1-866-530-2229  
[www.harrisburgbabylove.com](http://www.harrisburgbabylove.com)

### **BETHESDA MISSION**

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

611 Reilly St., Harrisburg  
717-257-4440  
[www.bethesdamission.org](http://www.bethesdamission.org)

### **CONTACT HELPLINE**

*Information and referral service*  
800-932-4616  
717-652-4400  
717-249-6226 (Carlisle area)  
[www.contacthelpline.org](http://www.contacthelpline.org)

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

717-635-2254  
1100 S. Cameron St., Harrisburg

### **DAYSTAR CENTER FOR SPIRITUAL RECOVERY**

*Empowers people overcoming substance  
abuse through spiritual resources,  
therapeutic counseling and practical aid.*  
717-230-9898  
125 N. 18th St., Harrisburg  
[www.daystarrecovery.com](http://www.daystarrecovery.com)

### **EVERGREEN HOUSE**

*(Catholic Charities)  
Transitional housing for recovering women.*  
120 Willow Road, Suite B, Harrisburg  
717-412-4594

### **GAUDENZIA-HARRISBURG**

*Operates programs in Harrisburg area  
offering a variety of services such as detox,  
residential and outpatient programming.*  
[www.gaudenzia.org](http://www.gaudenzia.org)

### **JUST FOR TODAY RECOVERY SERVICES**

*Operates homes in Harrisburg and  
Mechanicsburg for recovering  
alcoholics and drug addicts.*  
717-880-8068  
7676 Carlisle Road, Wellsville

### **MOTHERS AGAINST DRUNK DRIVING (MADD)**

*Has an ongoing agenda to educate  
youth about the dangers of impaired  
driving and underage drinking, as well  
as adult education programs.*  
Pennsylvania office  
610-825-4902  
[www.madd.org](http://www.madd.org)

## **PERRY HUMAN SERVICES**

*Provides treatment to individuals struggling because of substance use.*

717-582-8703  
Mulhollem Office Centre  
8391 Spring Road, New Bloomfield

## **THE RASE PROJECT**

*Assists individuals affected by substance abuse.*

100 N. Cameron St.,  
Suite 401-E, Harrisburg  
717-232-8535  
www.raseproject.org

## **SALVATION ARMY ADULT REHABILITATION CENTER**

3650 Vartan Way, Harrisburg

## **TEEN CHALLENGE HARRISBURG**

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

717-303-5829  
www.harrisburgtc.org

## **YORK RESCUE MISSION**

*Offers Spiritual Life Recovery Program for men dealing with alcohol and drug issues.*

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

# **BREAST CANCER**

## **FEEL YOUR BOOBIES FOUNDATION**

*A breast cancer non-profit that promotes proactive breast health in young women.*

717-343-8399  
PO Box 41, Middletown  
www.feelyourboobies.com

## **NATIONAL CANCER INSTITUTE**

800-422-6237  
www.cancer.gov

## **PENNSYLVANIA BREAST CANCER COALITION**

800-377-8828  
www.pabreastcancer.org

## **SUSAN G. KOMEN FOR THE CURE**

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

# **BULLYING**

## **ANTI-DEFAMATION LEAGUE**

www.noplaceforhate.org

## **THE FOUNDATION FOR HOPE**

*Community outreach program to raise awareness of harmful effects from bullying, depression and suicide.*

24-hour hotline  
1-855-HOPE-611  
107 Locust St., Harrisburg

## **PENNSYLVANIA STUDENT EQUALITY COALITION**

717-743-1035  
www.pennsec.org

# **CHILD ABUSE**

## **TO REPORT CHILD ABUSE**

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

## **AMERICAN HUMANE ASSOCIATION**

www.americanhumane.org/children

## **ASSOCIATION OF SITES ADVOCATING CHILD PROTECTION**

*Dedicated to elimination of child pornography on the Internet*  
www.asacp.org

## **CHILD HELP**

*National Child Abuse Hotline to report suspected child abuse.*  
800-422-4453  
800-4-A-CHILD  
www.childhelp.org

## **FAMILY SUPPORT OF CENTRAL PA**

*A child abuse prevention organization committed to building and supporting strong, safe families through mutual support and education. Parents and grandparents come together in community and specialty groups to learn new parenting skills, transform and improve their attitude and behaviors, and create long-term positive changes in their lives.*

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

## **HERO PROJECT**

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

877-874-HERO  
www.hero-project.org

## **OFFICE OF THE VICTIM ADVOCATE**

*Represents the interests of crime victims.*

800-563-6399  
TTD: 877-349-1064  
800-322-4472  
www.o.va.state.pa.us

## **PENNSYLVANIA COALITION AGAINST RAPE**

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

888-772-7227 (24-hour hotline)  
717-728-9740  
125 N. Enola Drive, Enola  
www.pcar.org

## **PINNACLE HEALTH**

### **CHILDREN'S RESOURCE CENTER**

*Partners with child protection services, social services, psychological support services, crisis intervention, law enforcement and district attorney's offices, to provide efficient, quality care in a safe, child-friendly environment for children suspected of having been abused or neglected.*

717-782-6800  
www.pinnaclehealth.org/crc

## **CHILDREN**

(See also MEDICAL & TEENS)

## **AMERICAN HUMANE ASSOCIATION**

www.americanhumane.org/children

## **AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER**

*Helps improve lives of those affected by autism.*

1-800-244-2425  
PO Box 101, Enola.  
www.autismharrisburg.org

## **BABIES**

(Healthy Babies Helpline)  
*Pennsylvania Department of Health  
A statewide outreach initiative encouraging pregnant women and women that might be pregnant to get medical care. Women and families can get information and referrals to medical providers and healthcare coverage programs.*  
800-986-BABY

## **BETHESDA MISSION YOUTH CENTER**

1438 Herr St., Harrisburg  
717-257-5484

## **BOYS AND GIRLS CLUB OF CENTRAL PENNSYLVANIA**

*Offers a drug-free, alcohol-free atmosphere with caring professionals.*

717-234-3268  
1227 Berryhill Street, Harrisburg  
www.bgccp.org

## **CAPITAL AREA HEAD START**

*Provides education and other services to low income children and their families.*

717-541-9620  
3700 Vartan Way, Harrisburg  
www.keystonehumanservices.org

## **CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)**

*A state-funded health insurance for uninsured children and teens.*

800-986-KIDS  
www.chipcoverspakids.com

## **CHILD CARE INFORMATION 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**

*Independent charity aimed at bringing missing children home.*  
800-I-AM-LOST (800-426-5678)  
www.childfindofamerica.org



**CHILDREN'S HOME OF YORK**

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

**CHILDREN & YOUTH  
OF DAUPHIN COUNTY**

*Dedicated to the health, safety and  
welfare of children and families.*  
717-780-7200  
1001 N. Sixth St., Harrisburg

**COMMUNITY ACTION COMMISSION**

*Various programs ranging from  
pre-school children to at-risk youth*  
1514 Dery Street, Harrisburg  
717-232-9757  
*Also provides Community Action Growing  
Center, childcare services for children 15  
months to 12 years of age at Hall Manor.*  
717-232-2408  
www.cacfricounty.org

**COMMUNITY CHECK UP-CENTER**

*Provides medical services to  
uninsured and underinsured  
individuals of South Harrisburg.*  
Pediatrics, 8:30 a.m. to 4:30 p.m.  
Monday through Friday  
Women, 9 a.m. to 4:30 pm.  
Tuesdays and Fridays  
717-233-1700  
38C Hall Manor  
www.communitycheckupcenter.org

**FAMILY HEALTH COUNCIL  
OF CENTRAL PA**

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

**FUTURES WITHOUT VIOLENCE**

*Information on family violence issues*  
Washington office  
202-595-7382  
www.futureswithoutviolence.org

**GREATER HARRISBURG  
HEALTHY START**

*A program of Hamilton Health Center  
that provides prenatal and postpartum  
care for women and children  
in the Harrisburg and Steelton area.*  
717-909-1278  
www.harrisburghealthystart.com

**HOLDING HOPE**

*Works to support families of children with  
life-threatening illnesses being treated at  
Penn State Hershey Children's Hospital*  
717-982-8126  
www.holdinghope.org

**HOLY SPIRIT TEENLINE**

*The Teenline program can help a central  
Pennsylvania teen facing serious issues at  
school or home, and help parents trying to  
cope with a troubled son or daughter.*  
717-763-2345  
800-722-5385

**KEYSTONE CHILDREN  
AND FAMILY SERVICES**

*Provides services to children and families.*  
717-541-9620  
3700 Vartan Way, Harrisburg

**NATIONAL CENTER FOR MISSING  
& EXPLOITED CHILDREN**

*Call to report missing children and  
suspected child sexual exploitation  
and trafficking.*  
800-843-5678  
www.missingkids.com

**NEIGHBORHOOD CENTER OF THE  
UNITED METHODIST CHURCH**

*Specializes in innovative  
approaches to community needs.*  
717-233-6541  
1801 N. Third St., Harrisburg  
www.neighborhoodcenterhbg.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.*  
717-432-2087  
211 S. Baltimore St., Dillsburg  
www.nhm-pa.org

**NORTHERN DAUPHIN  
HUMAN SERVICES CENTER**

*Children and youth services*  
717-905-2700  
295 State St. Elizabethville

**PHOENIX YOUTH CENTER INC.**

717-838-0302  
101 W. Cherry St., Palmyra  
during school year  
50 Landings Drive, Annville  
during summer  
www.phoenixyouthcenter.com

**SPECIAL KIDS NETWORK HELP PA**

Centralized database of available  
services and referrals for children with  
chronic or disabling health conditions.  
800-986-4550  
www.gotoskn.state.pa.us

**UNITED METHODIST HOME  
FOR CHILDREN INC.**

Serves a target population of males  
between the ages of 8-18 and females  
between the ages of 11-18. The children  
served at UMHC Residential Care have  
experienced behavior issues or family  
problems deemed severe enough to  
preclude them from remaining at home and  
in their community. All children are referred  
by County Child Welfare Agencies or  
Juvenile Probation  
717-766-7652  
5120 Simpson Ferry Road  
Mechanicsburg  
www.umhcservices.org

**WIC**

A federally funded program that provides  
healthy supplemental foods and nutrition  
services for pregnant women, new mothers,  
infants and children under age five.  
800-WIC-WINS (942-9467)  
www.pawic.com

Services available at  
Hamilton Health Center  
717-230-3909

**YORK COUNTY  
CHILDREN & YOUTH SERVICES**

717-846-8496  
800-729-9227  
www.yccys.org

**YOUTH ADVOCATE PROGRAM, INC.**

Provides youth and their families with  
intensive support in their homes, school  
and community. Staff meets with youth and  
families multiple times a week at times most  
needed by the family, with an emphasis on  
safety and support.

2007 N. Third St., Harrisburg  
717-232-7580  
www.yapinc.org

**CONSUMER PROTECTION**

(See also EMERGENCY HELP  
& HEATING ASSISTANCE)

**ATTORNEY GENERAL'S OFFICE**

Consumer Protection Hotline  
800-441-2555  
Strawberry Square  
Harrisburg, PA17120  
Consumer Health Care Section  
877-888-4877

**BETTER BUSINESS BUREAU**

717-364-3250  
202-393-8000  
www.dc-easternpa.bbb.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/

**FLOOD INSURANCE INFORMATION**

888-FLOOD-10

**PENNSYLVANIA DEPARTMENT  
OF INSURANCE**

1326 Strawberry Square, Harrisburg  
877-881-6388  
www.insurance.pa.gov

**PENNSYLVANIA PUBLIC  
UTILITY COMMISSION (PUC)**

Regulates and enforces laws regarding  
consumer rights in disputes with utilities.  
800-692-7380  
www.puc.state.pa.us

### **TELEMARKETERS**

To register your phone number  
on the Do-Not-Call list at no cost  
888-382-1222  
www.donotcall.gov

## **DISABILITIES**

### **THE ARC OF CUMBERLAND AND PERRY COUNTIES**

*For people with intellectual and  
developmental disabilities.*

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

### **THE ARC OF DAUPHIN COUNTY**

*For people with intellectual and  
developmental disabilities.*

877-533-7098  
717-920-2727  
2569 Walnut St., Westbrook  
www.arcofdc.org

### **BELL SOCIALIZATION SERVICES**

*Offers a full spectrum of innovative  
community-based services to help  
individuals maximize their lives.*

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

### **CENTER FOR INDEPENDENT LIVING OF CENTRAL PA**

*CILCP's 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  
877-865-4893  
207 House Ave., Camp Hill  
www.cilcp.org

### **EASTER SEALS**

*Western and Central Pennsylvania  
Easter Seals provides programs and  
services to ensure that people with  
disabilities or other special needs and their  
families have equal opportunities to live,  
learn, work and play in their communities.*

717-901-3993  
412-281-7244  
www.easterseals.com/wcpenna

### **S. JUNE SMITH CENTER**

*Supports children with developmental needs.*

717-299-4829  
600-I Eden Road, Lancaster  
www.ourexcentia.org/s-june-center

### **KEYSTONE HUMAN SERVICES**

717-232-7509  
124 Pine St., Harrisburg  
keystonehumanservices.org

### **PARENT TO PARENT OF PENNSYLVANIA**

*Linking families of children and adults  
with a disability or special need.*

1-888-727-2706  
www.parenttoparent.org

### **VISION RESOURCES OF CENTRAL PENNSYLVANIA**

*Provides support and promotes the  
interests of people who are blind, visually  
impaired and otherwise disabled.*

717-238-2531  
1130 S. 19th St., Harrisburg  
www.vrocp.org

### **UNITED CEREBRAL PALSY CENTRAL PA**

*Provides both community and center-based  
programs and services in fifteen Central  
Pennsylvania counties, serving more  
than 4,000 consumers.*

925 Linda Lane, Camp Hill  
717-737-3477  
800-998-4827  
www.ucpcentralpa.org

### **WORKS FOR ME**

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

www.worksforme-pa.org

## **DRUG PROBLEMS**

### **ALCOHOLICS AND NARCOTICS HELPLINE**

24 hours  
717-238-5920

### **BABY LOVE**

*Provides free intensive case management services designed to help women with addictions. Participants must be Dauphin County resident, pregnant or have a child under 5 years of age. Program is part of Hamilton Health Center.*

1-866-530-2229

[www.harrisburgbabylove.com](http://www.harrisburgbabylove.com)

### **BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

### **BETHESDA MISSION**

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

611 Reily St., Harrisburg

717-257-4440

[www.bethesdamission.org](http://www.bethesdamission.org)

### **CONTACT HELPLINE**

*Local information and referral service*

800-932-4616

717-652-4400

717-249-6226 (Carlisle)

[www.contacthelpline.org](http://www.contacthelpline.org)

### **DAYSTAR CENTER FOR SPIRITUAL RECOVERY**

*Empowers people overcoming substance abuse through spiritual resources, therapeutic counseling and practical aid.*

717-230-9898

125 N. 18th St., Harrisburg

[www.daystarrecovery.com](http://www.daystarrecovery.com)

### **EVERGREEN HOUSE**

(Catholic Charities)

*Transitional housing for recovering women.*

120 Willow Road, Suite B, Harrisburg

717-412-4594

[www.cchbg.org](http://www.cchbg.org)

### **GAUDENZIA-HARRISBURG**

*Operates programs in Harrisburg area offering a variety of services such as detox, residential and outpatient programming.*

[www.gaudenzia.org](http://www.gaudenzia.org)

### **JUST FOR TODAY RECOVERY SERVICES**

*Operates homes in Harrisburg and Mechanicsburg for recovering alcoholics and drug addicts.*

717-880-8068

7676 Carlisle Road, Wellsville

### **NARCOTICS ANONYMOUS**

*To find a meeting:*

[www.na.org](http://www.na.org)

### **PARTNERSHIP FOR DRUG-FREE KIDS**

*Mission is to reduce teen substance abuse and support families impacted by addiction.*

855-378-4373

[www.drugfree.org](http://www.drugfree.org)

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

717-783-8200

2 Kline Plaza, Suite 8

[www.ddap.pa.gov](http://www.ddap.pa.gov)

### **PERRY HUMAN SERVICES**

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

717-582-8703

Mulhollem Office Centre

8391 Spring Road, New Bloomfield

[www.perryhumanservices.org](http://www.perryhumanservices.org)

### **SALVATION ARMY**

#### **ADULT REHABILITATION CENTER**

3650 Vartan Way, Harrisburg

### **ST. MARTIN DE PORRES**

#### **CATHOLIC WORKER HOUSE**

*Works with men who have addictions.*

1440 Market St., Harrisburg

230-8328

### **THE RASE PROJECT**

*Assists individuals affected by substance abuse.*

100 N. Cameron St.,

Suite 401-E, Harrisburg

717-232-8535

[www.raseproject.org](http://www.raseproject.org)

### **TEEN CHALLENGE HARRISBURG**

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

717-303-5829

[www.harrisburgtc.org](http://www.harrisburgtc.org)

### **YORK RESCUE MISSION**

*Offers Spiritual Life Recovery Program for men dealing with alcohol and drug issues.*

717-845-7662

363-373 West Market Street, York

[www.yorkrescuemission.org](http://www.yorkrescuemission.org)

## EATING DISORDERS

### CONTACT HELPLINE

*Information and referral service.*

800-932-4616

717-652-4400

717-249-6226 (Carlisle)

[www.contacthelpline.org](http://www.contacthelpline.org)

### NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

630-577-1330

[www.anad.org](http://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

### OVEREATERS ANONYMOUS

[www.aa.org](http://www.aa.org)

## EDUCATION FOR ADULTS

(See also MENTORING)

### CENTRAL PENNSYLVANIA LITERACY COUNCIL

717-763-7522

225 Hummel Ave., Lemoyne

[www.centralpaliteracycouncil.com](http://www.centralpaliteracycouncil.com)

### COMMUNITY ACTION COMMISSION

*The Family Self Sufficiency Program  
is designed to empower low-income  
families to move out of poverty through  
one-on-one meetings to develop goals,  
manage finances, and provide support and  
assistance for up to five years.*

717-232-9757

1514 Dery Street, Harrisburg

[www.cactricounty.org](http://www.cactricounty.org)

### EMPLOYMENT SKILLS CENTER

*Provides educational, counseling, training  
and employment services in  
the greater Carlisle area.*

717-243-6040

29 S. Hanover Street, Carlisle

[www.employmentskillscenter.org](http://www.employmentskillscenter.org)

### GOODWILL KEYSTONE AREA

*Provides vocational training services.*

800-432-4483

1150 Goodwill Drive, Harrisburg

[www.yourgoodwill.org](http://www.yourgoodwill.org)

### LITERACY COUNCIL OF LANCASTER-LEBANON

243 Schneider Drive, Lebanon

717-274-2554

24 S. Queen St., Lancaster

717-295-5523

[www.getliterate.org](http://www.getliterate.org)

### PENNSYLVANIA CAREERLINK

*Employment transition counseling, job  
training and job search resources.*

717-783-3270

100 N. Cameron St., Suite 101, Harrisburg

[www.cwds.state.pa.us](http://www.cwds.state.pa.us)

### PERRY COUNTY LITERACY COUNCIL

133 S. Fifth St., Newport

717-567-7323

[www.perryliteracy.com](http://www.perryliteracy.com)

### PROBE

*Potential Reentry Opportunities  
in Business and Education specializes  
in career preparation programs, offering  
individual and group counseling for single  
parents and homemakers.*

717-939-2260

900 Cumbler St., Steelton

717-273-2090

303 Chestnut St., Suite 1, Lebanon

[www.probepa.org](http://www.probepa.org)

### TRI-COUNTY OIC ADULT LEARNING CENTER

*Provides education and training services in  
Cumberland, Dauphin, Perry  
and York counties*

500 Maclay St., Harrisburg

717-238-7318

[www.tricountyoic.org](http://www.tricountyoic.org)

### YORK COUNTY LITERACY COUNCIL

*Literacy services for adults*

717-845-8719

800 East King Street, York

[www.yorkliteracy.org](http://www.yorkliteracy.org)

### **YW-WORKS**

(YWCA of Greater Harrisburg)  
*Offers skills assessment, training  
and help with attaining employment*  
1101 Market St., Harrisburg  
234-7931

## **EMERGENCY HELP**

(See also CONSUMER PROTECTION,  
HEATING ASSISTANCE AND SHELTERS)

### **AMERICAN RED CROSS OF THE SUSQUEHANNA VALLEY**

717-234-3101  
1804 N. Sixth St., Harrisburg  
[www.redcross.org/centralpa](http://www.redcross.org/centralpa)  
Middletown area office  
717-948-3041  
60 W. Emaus St., Middletown  
Lebanon office  
717-273-2671  
1220 Mifflin St., Lebanon

### **CONTACT HELPLINE**

*Emergency counseling and  
referral agency for social services;  
24 hours a day, 7 days a week.*  
800-932-4616  
717-652-4400  
717-249-6226 (Carlisle)  
[www.contacthelpline.org](http://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**

(Cumberland/Perry counties)  
*Immediate help dealing  
with a serious problem*  
Camp Hill, 763-2222  
Carlisle, 717-243-6005  
All other areas, 866-350-HELP

### **HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED**

*Provides emergency shelter,  
assistance and services for the  
homeless and needy.*  
717-238-2851  
413 S. 19th Street, Harrisburg  
[www.ccuahbg.org](http://www.ccuahbg.org)

### **LIHEAP**

*Pennsylvania Low Income Home  
Energy Assistance Program Hotline*  
866-857-7095

### **NEW HOPE MINISTRIES**

*Provides support for low-income families  
in the Dillsburg, Dover, Hanover,  
Mechanicsburg and the West Shore  
Communities of Pennsylvania.*  
211 S. Baltimore St., Dillsburg  
717-432-2087  
[www.nhm-pa.org](http://www.nhm-pa.org)

### **PENNSYLVANIA DEPARTMENT OF PUBLIC WELFARE HELPLINE**

800-692-7462

### **PERRY HUMAN SERVICES**

*Provides housing assistance  
and emergency shelter services.*  
717-582-8703  
Mulhollem Office Centre  
8391 Spring Road, New Bloomfield

## **ETHNIC/RACIAL DISCRIMINATION OR INTIMIDATION**

### **COMMUNITY JUSTICE PROJECT**

*Mission is to protect and expand  
the civil rights of poor families  
and low-wage workers.*  
800-322-7572  
717-236-9486  
118 Locust St., Harrisburg  
[www.communityjusticeproject.org](http://www.communityjusticeproject.org)

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

*Seeks to end discrimination in housing  
market, both rental and for-sale properties.*  
717-238-9540  
2100 N. Sixth St., Harrisburg  
[pafairhousing.org](http://pafairhousing.org)

**PENNSYLVANIA  
HUMAN RELATIONS COMMISSION**

Executive office  
333 Market St., eighth floor, Harrisburg  
717-787-4410  
TTY 717-787-7279  
Harrisburg regional office  
333 Market St., eighth floor, Harrisburg  
717-787-9780  
TTY 717-787-7279  
www.phrc.state.pa.us

**FOOD ASSISTANCE**

(See also SOUP KITCHENS)  
*Where information is not listed,  
call for days and 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 at  
www.centralpafoodbank.org.

**ALLISON HILL COMMUNITY  
MINISTRY FOOD PANTRY**

*Serves residents in 17104 Zip code.*  
Tuesdays and Thursdays, 12 to 1 p.m.  
Derry Street United Methodist Church  
1508 Derry St., Harrisburg.  
717-233-2030

**ANTIOCH TABERNACLE  
FOOD PANTRY, SOUP KITCHEN**

*Serves residents in 17103 and 17104 Zip  
codes. Must have photo ID and current  
address for verification. Also offers a  
lunchtime meal program on Thursdays.*  
Food pantry hours, Tuesday, 12 to 1 p.m.  
and Thursday, 11:30 a.m. to 1 p.m.  
Also offers a Fresh Express to people (not  
restrictive to 17103 and 17104 Zip codes) at  
11 a.m. Tuesday. Must have photo ID.  
717-233-8231  
1920 North Street, Harrisburg  
www.antioch-tabernacle.org

**BIG SPRING AREA FOOD BANK**

*For Newville area residents*  
Usually last Monday of month, 9 to 11 a.m..  
Big Spring United Lutheran Church  
101 Crossroad School Road, Newville  
717-422-4603

**BREAD OF LIFE OUTREACH**

Newport Assembly of God Church  
Emergency needs  
Monday, Wednesday, Friday  
9 a.m. to 12 p.m.  
Food distribution  
Second Saturday of month  
717-567-3333  
www.breadoflifeoutreach.org

**THE BRIDGE  
EMERGENCY FOOD BANK**

(Christian Churches United)  
*Serves residents in New Cumberland,  
Lemoyne and Camp Hill, third Friday  
morning of every month at the Senior  
Center in New Cumberland*  
717-774-6255

**CARING CUPBOARD**

Palmyra Area Cooperating Churches  
3 to 6 p.m. Monday; 10 a.m. to 12 p.m.,  
5:30 to 7 p.m. Wednesday;  
and 12 to 2 p.m., Friday  
131 N. Railroad St., Palmyra  
717-838-9493  
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.  
717-846-8571  
628 E. Market St., York  
www.catholicharvest.org

**CHANNELS FOOD RESCUE**

*Distributes to homeless shelters,  
soup kitchens and related agencies.*  
*Also offers a job-training kitchen school  
for low income persons.*  
3305 N. Sixth St., Harrisburg  
717-232-1300  
www.channelsfoodrescue.com

**CHRISTIAN LIFE ASSEMBLY FOOD BANK**

Normally operates 9 a.m. to 12 p.m.  
on Tuesday following second Monday  
of the month.  
2645 Lisburn Road, Camp Hill  
717-737-6560

**THE CROSSPOINT FOOD PANTRY**

*Serves residents in the 17103, 17109 and 17111 zip codes. Open on the first and third Saturdays of the month from 1 to 3 p.m.*

717-545-1911

6570 Mifflin Ave., Harrisburg  
www.xpointumc.org

**THE CUPBOARD AT CALVARY**

*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.  
717-545-0021

**ECUMENICAL FOOD PANTRY**

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  
717-233-6889

**EMANUEL CHURCH OF GOD IN CHRIST**

Operates community food bank  
from 10 a.m. to 12 p.m.  
on Wednesdays and Fridays.

717-232-0475

601 N. 16th St., Harrisburg

**FEED MY SHEEP FOOD MINISTRY**

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

717-877-0964

**FIVE LOAVES FOOD PANTRY**

*Serves residents of 17043, 17011,  
17010 and 17025 Zip codes.*

Third Saturday of month, 10 a.m. to 12 p.m.

32 S. Front St., Wormleysburg  
717-737-1903

**GRANTVILLE AREA FOOD PANTRY**

Thursdays, 6 to 8 p.m.

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

117 N. Faith Road, Grantville  
717-469-2444

**GREATER ZION MISSIONARY  
BAPTIST CHURCH**

Third Monday of month, 5 to 7 p.m.  
212 N. Progress Ave., Harrisburg  
717-541-0388

www.greaterzionbaptist.org

**HARRISBURG BRETHREN  
IN CHRIST CHURCH**

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

717-561-2170

2217 Derry St., Harrisburg  
www.harrisburgbc.org

**HARRISBURG FOOD MINISTRY**

1201 Slate Hill Road, Camp Hill  
717-761-2933, x321

Distributes food from 10:45 a.m. to 12 p.m.  
Wednesday at 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  
www.harrisburgfoodministry.org

**HALIFAX UNITED METHODIST CHURCH**

*Serves residents in Halifax  
and Millersburg area*

717-896-8092

9 to 11 a.m. Mondays,

4 to 6 p.m. Tuesdays and Thursdays

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

105 Wind Hill Road, Halifax

www.halifaxumc.com

**HERSHEY FOOD BANK**

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.

120 E. Derry Road, Hershey

717-520-3143

www.hersheyfoodbank.com

**INTERFAITH COUNCIL  
OF MIDDLETOWN FOOD PANTRY**

*Serves residents in 17057 Zip code.*

Tuesdays and Fridays

10 a.m. – 12:30 p.m.

201 Wyoming St., Royalton

717-944-4651

**INTERNATIONAL SERVICE CENTER**

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

21 S. River St., Harrisburg

717-236-1523

www.isc76.org



**THE KING'S KETTLE FOOD PANTRY**

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

*Operated by Jesus Loves You Ministries, Inc.*

717-530-9200

30 North Fayette Street, Shippensburg

**LEBANON COUNTY  
CHRISTIAN MINSITRIES**

717-272-4400

[www.lccm.us](http://www.lccm.us)

**MACENONIA MISSIONARY  
BAPTIST CHURCH**

Operates food bank from 4 to 6 p.m. on  
Fridays.

717-232-8946

2339 N. Sixth St., Harrisburg

**MANNA FOOD PANTRY**

*Serves residents in 17103,  
17104 and 17109 Zip codes.*

Thursdays, 6 to 8 p.m.

56 Banks St., Penbrook

717-602-5835

**MILLERSBURG  
ASSEMBLY OF GOD CHURCH**

(Bread of Life Food Ministry)

Second Saturday of month at 9:30 a.m.

2261 Shippen Dam Road, Millersburg

717-692-3904

**MOUNT HOLLY SPRINGS  
UNITED METHODIST CHURCH**

*Offers food bank serving residents in  
Mount Holly Springs, Gardners and Boiling  
Springs. Proof of residency is required.*

Tuesdays from 12 to 2 p.m.

202 W. Butler St., Mount Holly Springs

717-486-4883

**NEW HOPE MINISTRIES**

*Offers food services to clients  
who meet eligibility requirements*

717-432-3053 (Dillsburg)

717-766-7333 (Mechanicsburg)

**NORTHERN DAUPHIN FOOD PANTRY**

717-905-2512

**PENNSYLVANIA HUNGER ACTION CENTER**

*Food stamp/SNAP outreach*

800-634-2033

717-525-9807

PO Box 652, Enola

[www.pahunger.org](http://www.pahunger.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

717-582-9978

300A S. Carlisle St., New Bloomfield

[www.perrycountyfoodbank.org](http://www.perrycountyfoodbank.org)

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

9 to 11 a.m. Saturday.

717-249-7773

[www.projectshare.net](http://www.projectshare.net)

**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 in one time per month.*

717-362-3321

20 Clearfield St., Elizabethville

**GAMBLING****GAMBLERS ANONYMOUS**

855-222-5542 (Delaware Valley)

[gamblersanonymous.org](http://gamblersanonymous.org)

**NATIONAL COUNCIL  
ON PROBLEM GAMBLING**

1-800-522-4700

[www.ncpgambling.org](http://www.ncpgambling.org)

**PENNSYLVANIA  
PROBLEM GAMBLING HOTLINE**

877-565-2112

**GAY/LESBIAN  
ORGANIZATIONS****CENTRAL PENNSYLVANIA GAY AND  
LESBIAN CHAMBER OF COMMERCE**

Box 135, Harrisburg, 17108

[www.cpglcc.org](http://www.cpglcc.org)

### **EQUALITY PA**

*State's leading advocacy organization for lesbian, gay, bisexual, and transgender (LGBT) Pennsylvanians.*

717-319-5210

202 State St., Harrisburg  
www.equalitypa.org

### **THE FOUNDATION FOR HOPE**

*Community outreach program to raise awareness of harmful effects from bullying, depression and suicide.*

24-hour hotline  
1-855-HOPE-611

107 Locust St., Harrisburg

### **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 STUDENT EQUALITY COALITION**

717-743-1035

www.pennsec.org

### **PRIDE FESTIVAL OF CENTRAL PA**

717-801-1830

PO Box 4213, Harrisburg 17111  
www.prideofcentralpa.org

## **HEATING ASSISTANCE**

(See also CONSUMER PROTECTION & EMERGENCY HELP)

### **COMMUNITY ACTION COMMISSION**

*Participates in the PPL OnTrack program that assists electricity customers with limited incomes with a special reduced monthly payment based on their income, electricity usage and family size. OnTrack also gives customers a chance to erase any debt owed to PPL.*

717-237-9757

1514 Derry Street, Harrisburg  
www.cactricounty.org

### **CUMBERLAND COUNTY ASSISTANCE OFFICE**

800-269-0173

717-240-2700

33 Westminster Drive, Carlisle

### **DAUPHIN COUNTY ASSISTANCE OFFICE**

*Helps low-income residents pay heating bills through home heating energy assistance grants and other crisis grants.*

800-788-5616

PO Box 5959

2432 N. Seventh St., Harrisburg

### **FIRST ENERGY WARM PROGRAM**

*Met-Ed owner First Energy partners with community-based organizations and energy conservation contractors who provide energy-saving home improvements and energy education for customers*

800-207-9276

### **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**

*For persons in Perry County, offers Emergency Heat Response Program to prevent the freezing and breaking of pipes through the delivery of emergency kerosene during the winter months for persons in need of home fuel.*

717-582-7844

PO Box 335

25 E. McClure St., Suite 6, New Bloomfield

### **LEBANON COUNTY CHRISTIAN MINISTRIES**

717-272-4400

www.lccm.us

### **LIHEAP**

*Pennsylvania Low Income Home Energy Assistance Program Hotline.*  
866-857-7095

### **NEW HOPE MINISTRIES**

*Help is 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)**

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

800-692-7380  
www.puc.state.pa.us

#### **PPL ONTRACK PROGRAM**

*Special payment program for low-income households.*

800-342-5775  
Operation HELP

*Provides emergency financial aid.*

800-342-5775

*Winter Relief Assistance Program*

*Provides free home weatherization services to help save energy and money.*

888-232-6302

www.pplelectric.com

### **UGI**

*Low income self-help and other programs*

800-276-2722  
www.ugi.com

#### **UPPER DAUPHIN HUMAN SERVICES CENTER**

20 Clearfield St., Elizabethtown  
717-362-3321

## **HISPANIC COMMUNITY**

#### **CENTRO HISPANO JOSE E. HERNANDEZ**

*Assists Hispanic community in York.*

717-846-9434  
225 E. Princess St., York  
www.chjh-york.org

#### **GOVERNOR'S COMMISSION ON LATINO AFFAIRS**

717-787-5825  
www.gacla.state.pa.us

#### **HISPANIC OUTREACH PROGRAM**

717-273-2655  
1031 Guilford St., Lebanon

#### **LA CASA DE AMISTAD OF CHRISTIAN CHURCHES UNITED**

*Social service center for Hispanic community.*

717- 236-3279  
413 South 19th Street, Harrisburg  
www.ccuahg.org

#### **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  
1301/1319 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  
545 Pershing Ave., Lancaster  
www.sacapa.org

## **HOUSING**

(See also SHELTERS)

#### **BELL BRIDGE HOUSING**

(Bell Socialization Services)

*A rehabilitative housing program that allows a longer-term option to provide homeless families time to get back on track.*

717-848-5767  
160 S. George St., York  
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**

*Since 1989, Bridge of Hope's program model has been implemented to end and prevent homelessness for single mothers and their children.*

717-635-5957  
PO Box 15212, Harrisburg  
www.bridgeofhope.org

**COMMUNITY ACTION COMMISSION**

*Rental and energy assistance.  
Also offers first time homebuyers class.*

717-232-9757  
1514 Derry Street, Harrisburg  
www.cactricounty.org

**COMMUNITY JUSTICE PROJECT**

*Assists poor and low wage earners.*

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

**CUMBERLAND COUNTY HOUSING AND REDEVELOPEMNT AUTHORITIES**

717-249-1315  
114 N. Hanover Street, Carlisle  
www.cchra.com

**DELTA COMMUNITY**

*(Gaudenzia Inc.)  
Provides transitional housing for single-parent, homeless families who are working toward self-sufficiency.*

717-232-2970  
1910 N. Second St., Harrisburg

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

*Seeks to end discrimination in housing market, both rental and for-sale properties.*

717-238-9540  
2100 N. Sixth St., Harrisburg  
pafairhousing.org

**FAMILY PROMISE OF HARRISBURG CAPITAL REGION**

*Serves families who recently lost their homes.*

717-737-1100  
525 Hummel Ave., Lemoyne  
www.familypromisehcr.org

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

717-545-7299  
900 S. Arlington Ave., Suite 131A, 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  
www.harrisburghousing.org

**HELP MINISTRIES OF CHRISTIAN CHURCHES UNITED**

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

**HOUSING ALLIANCE OF PENNSYLVANIA**

*A statewide coalition working to provide leadership and a common voice for policies, practices and resources to ensure that all Pennsylvanians, especially those with low incomes, have access to safe, decent and affordable homes.*

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

**JUBILEE MINISTRIES**

*Operates a homeless resource center.*  
717-274-7528  
235 S. 12th St., Lebanon  
www.jub.org

**LIGHTHOUSE OUTREACH CENTER**

*Non-profit, Christian-based organization provides transitional housing for women, mostly coming out of prison.*

717-236-0735  
www.lighthouseoutreachhb.org

**LOURDESHOUSE MATERNITY SERVICES**

*Temporary home for pregnant young women without financial support.*  
717-412-4865  
120 Willow Road, Suite A., Harrisburg  
www.cchbg.org

**PAXTON STREET HOME  
BENEVOLENT SOCIETY**

*A Christian, non-profit community of homes serving adults who may be challenged with social, mental, or emotional needs.*

717-236-5508  
2001 Paxton St., Harrisburg  
[www.paxtonmin.org](http://www.paxtonmin.org)

**PENNSYLVANIA HOUSING  
FINANCE AGENCY**

*Provides foreclosure prevention information.*

717-780-3800  
211 N. Front St., Harrisburg  
[www.pfha.org](http://www.pfha.org)

**SHALOM HOUSE**

*Shelter for homeless women and children*

717-232-3482  
[www.shalomhouse.net](http://www.shalomhouse.net)

**UNITED METHODIST HOME  
FOR CHILDREN INC.**

*Serves a target population of males between the ages of 8-18 and females between the ages of 11-18. The children served at UMHC Residential Care have experienced behavior issues or family problems deemed severe enough to preclude them from remaining at home and in their community. All children are referred by County Child Welfare Agencies or Juvenile Probation*

717-766-7652  
5120 Simpson Ferry Road  
Mechanicsburg  
[www.umhcservices.org](http://www.umhcservices.org)

**YORK RESCUE MISSION**

*Offers New Creation Bridge Housing Program, a long-term transitional housing program designed to offer support services for single women and mothers.*

717-845-7662  
363-373 West Market Street, York  
[www.yorkrescuemission.org](http://www.yorkrescuemission.org)

## **IMMIGRATION**

**CATHOLIC CHARITIES,  
IMMIGRATION & REFUGEE SERVICES**

717-232-0568  
939 East Park Drive, Suite 102, Harrisburg  
[www.cchbg.org](http://www.cchbg.org)

**CHURCH WORLD SERVICE  
IMMIGRATION & REFUGEE PROGRAM**

*Serves the refugee and immigrant communities of Central Pennsylvania. Care of Tabor Community Services*

717-381-2890  
308 E. King St., Lancaster  
[www.cwslancaster.org](http://www.cwslancaster.org)

**COMMUNITY JUSTICE PROJECT**

800-322-7572  
717-236-9486  
118 Locust St., Harrisburg  
[www.communityjusticeproject.org](http://www.communityjusticeproject.org)

**INTERNATIONAL SERVICE CENTER**

717-236-9401  
21 S. River St., Harrisburg  
[www.isc76.org](http://www.isc76.org)

**LCFS REFUGEE  
RESETTLEMENT SERVICES**

*Program is a local affiliate of the national Lutheran Immigration and Refugee Service, which assists refugees through a cooperative agreement with the U.S. Department of State.*

215-456-5700  
[www.lcfsinpa.org](http://www.lcfsinpa.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  
[www.pairwn.org](http://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](http://www.pirclaw.org)

## **LEGAL AID**

**AMERICAN CIVIL LIBERTIES UNION**

*Central region office*  
717-238-2258  
PO Box 11761, Harrisburg, 17108

### **MIDPENN LEGAL SERVICES**

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

Harrisburg office  
213-A N. Front St., Harrisburg  
717-232-0581  
800-932-0356  
Carlisle office  
401 E. Louthier St., Suite 103, Carlisle  
717-243-9400  
800-822-5288  
Lebanon office  
513 Chestnut St., Lebanon  
717-274-2834  
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  
Lebanon County  
717-273-3133  
York County  
717-854-8755

### **YWCA DOMESTIC VIOLENCE LEGAL CENTER**

*Legal aid for victims of domestic violence*  
112 Market St, fourth floor, Harrisburg  
717-724-0516

## **MEDICAL**

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

### **AMERICAN CANCER SOCIETY HOPE LODGE OF CENTRAL PENNSYLVANIA**

*Available for adults receiving outpatient  
cancer treatment who live more than 40  
miles away from their treatment center.  
Preference will be given to those who  
require a three-day or longer stay in  
that area for their treatment.*  
125 Lucy Ave., Hershey  
717-533-5111

### **CENTERS FOR DISEASE CONTROL AND PREVENTION**

800-232-4636  
www.cdc.gov

### **CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)**

*A state-funded health insurance for  
uninsured children and teens.*  
800-986-KIDS  
www.chipcoverspakids.com

### **COMMUNITY CHECK-UP CENTER**

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

*Harrisburg*  
Pediatrics  
8:30 a.m. to 4:30 p.m. Monday - Friday  
Women  
9 a.m. to 4:30 pm. Tuesday & Friday  
717-233-1700  
38C Hall Manor  
www.communitycheckupcenter.org

### **FAMILY FIRST HEALTH**

*Provides medical and dental services and  
offers reduced fee program.*

*(Listed hours are for medical services)*  
116 South George St, York:  
7 a.m. to 7 p.m. Monday through Friday  
717-845-8617;  
Hannah Penn Center:  
415 E. Boundary Ave., York  
7:30 a.m. to 4 p.m., Monday to Friday  
717-843-5174;  
Lewisberry office  
308 Market St., Lewisberry  
8 a.m. to 5 p.m., Monday, Wednesday  
through Friday  
9:30 a.m. to 6 p.m. Tuesday  
717-938-6695  
Hanover office  
1230 High St., Hanover  
8 a.m. to 7 p.m. Monday through  
Wednesday  
8 a.m. to 5 p.m. Thursday and Friday  
717-632-9052  
www.myfamilyfirsthealth.org

**HAMILTON HEALTH CENTER**

*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

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

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

717-230-3909

www.hamiltonhealthcenter.com

**HEALTHCARE MARKETPLACES**

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

www.healthcare.gov

**HEALTHY PENNSYLVANIA**

*A Pennsylvania-specific alternative  
designed to improve and expand  
the state's Medicaid program.*

*Enrollment begins on Dec. 1, 2014, with  
coverage to start on Jan. 1, 2015.*

866-550-4355

www.healthypa.com

www.compass.state.pa.us

**HOPE WITHIN****COMMUNITY HEALTH CENTER**

*A community health center that provides  
free primary health care services  
to the medically uninsured, financially  
needy residents of Lancaster  
and Dauphin counties.*

4748 E. Harrisburg Pike, Elizabethtown

717-367-9797

www.hopewithin.org

**HOSPICE****OF CENTRAL PENNSYLVANIA**

*Offers support for individuals facing  
any type of incurable illness.*

717-732-1000

866-779-7374

www.hospiceofcentralpa.org

**LEBANON FREE CLINIC**

*(Lebanon Rescue Mission)*

717-273-2715

135 S. Ninth St., Lebanon

**MISSION OF MERCY**

*Medical and dental services available,  
twice monthly on Fridays.*

Harrisburg clinic at 1459 Zarker St.,

Harrisburg

717-315-9813

www.amissionofmercy.org/  
marylandpennsylvania

**PENNSYLVANIA  
DEPARTMENT OF HEALTH**  
877-724-3258

**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

**PENNSYLVANIA DEPARTMENT  
OF PUBLIC WELFARE HELPLINE**

*Department of Public Welfare*

*Access Healthcare Hotline:*

800-537-8862

**PRESCRIPTION ASSISTANCE**

www.padrugcard.com

**SADLER HEALTH CENTER CORP.**

*Provides services*

*to uninsured and underinsured.*

100 N. Hanover St., Carlisle

7:30 a.m. to 5:30 p.m., Mon.-Wed. & Fri.,

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

1104 Montour Road, Loysville

7:30 a.m. to 4 p.m. Mon.-Wed. & Fri.;

9 a.m. to 5:30 p.m., Thurs.

717-218-6670

866-723-5377

www.sadlerhealth.org

**U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
HEALTH RESOURCES  
AND SERVICE ADMINISTRATION**

*Helps people find a nearby federally funded  
health center providing medical and dental  
care on a sliding pay scale.*

www.hrsa.gov

**VISITING NURSE ASSOCIATION  
OF CENTRAL PENNSYLVANIA**

*Provides full range of health care services.*

3315 Derry St., Paxtang

800-995-8207

www.vnacentralpa.org

**MENTAL HEALTH**

(See also EMERGENCY HELP)

**SUICIDE PREVENTION HOTLINES**

800-273-8255

(800-273-TALK)

**THE ADVOCACY ALLIANCE**

1512 E. Caracas Ave., Hershey  
*Mission is to promote mental well-being,  
support recovery for adults who have a  
mental illness, and resiliency for children  
with emotional/behavioral disorders.*

717-835-2275

[www.theadvocacyalliance.org](http://www.theadvocacyalliance.org)

**BEHAVIORAL HEALTH  
TREATMENT SERVICES LOCATOR**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

**BELL SOCIALIZATION SERVICES**

*Provides housing support and basic living  
skills to those living with mental illness,  
intellectual disabilities and homelessness.*

717-848-5767

160 S. George Street, York

[www.bellsocialization.com](http://www.bellsocialization.com)

**CASE MANAGEMENT UNIT  
OF DAUPHIN COUNTY**

*Helps individuals and families navigate  
challenging times by linking them  
with the proper resources.*

717-232-8761

866-820-3516

1100 S. Cameron St., Harrisburg

717-362-1212

295 State Drive, Elizabethtown

[www.cmu.cc](http://www.cmu.cc)

**CONTACT HELPLINE**

*Information and referral service*

800-932-4616

717-652-4400

717-249-6226 (Carlisle)

[www.contacthelpline.org](http://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**

(Cumberland/Perry counties)

*Immediate help dealing*

*with a serious problem*

Camp Hill, 763-2222

Carlisle: 717-243-6005

All other areas, 866-350-HELP

**DEPRESSION AND BIPOLAR  
SUPPORT ALLIANCE**

800-826-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

**DIAKON FAMILY LIFE SERVICES**

*Provides counseling and family-based  
mental-health services to individuals,  
children, youths, and families, and also  
offers certified addictions counseling and  
related services.*

866-700-6868

717-795-0330

960 Century Drive, Mechanicsburg

[www.diakon.org](http://www.diakon.org)

**FAMILY BASED  
MENTAL HEALTH SERVICES**

(Catholic Charities)

*Designed to prevent hospitalization  
or out-of-home placement of children  
and adolescents with mental illness  
or emotional problems.*

717-259-9537

6156 W. Canal Road, Abbottstown

[www.cchbg.org](http://www.cchbg.org)

**FRANKLIN FAMILY SERVICES**

*Provides variety of services to children,  
adults and families.*

717-243-6500

816 Belvedere St., Carlisle

[www.ffspa.com](http://www.ffspa.com)

**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

717-482-8500

8182 Adams Drive, Hummelstown

[keystonehumanservices.org](http://keystonehumanservices.org)

**MENTAL HEALTH ASSOCIATION  
OF THE CAPITAL REGION**

717-236-3300

200 N. Third St., 10th floor, Harrisburg

[www.mentalhealthassociationcr.org](http://www.mentalhealthassociationcr.org)



**NATIONAL ALLIANCE  
ON MENTAL ILLNESS**

*A non-profit, self-help support and  
advocacy organization*  
Pennsylvania organization  
2149 N. Second St., Harrisburg  
717-238-1514  
800-223-0500  
www.nami-pa.org

**NHS HUMAN SERVICES**

*Provides innovative solutions to support the  
unique needs of individuals by striving to  
create a caring and responsive environment  
that promotes the highest standards of  
integrity and quality.*  
888-647-0020  
www.nhsonline.org

**NATIONAL INSTITUTE  
OF MENTAL HEALTH**

*Mission is to transform the understanding  
and treatment of mental illnesses  
through research.*  
www.nimh.nih.gov

**PEACE OF MIND PROJECT**

www.peaceofmindproject.com

**PENNSYLVANIA  
CLUBHOUSE COALITION**

*Mission is to empower individuals  
with mental illness to live, learn and work  
within their community with dignity  
and freedom from stigma.*  
215-427-5763  
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 PA.*  
717-564-4930  
800-887-6422  
4105 Derry St., Harrisburg  
www.pmhca.org

**PRESSLEY RIDGE**

*Outpatient treatment programs.*  
717-238-8118  
121 Locust St., Harrisburg  
www.pressleyridge.org

**PHILHAVEN**

*A non-profit behavioral healthcare  
organization offering a continuum  
of compassionate, caring services for  
children, adolescents, adults and older  
adults in south central Pennsylvania.*  
717-273-8871  
800-932-0359  
283 S. Butler Road  
PO Box 550  
Mt. Gretna, Pa.  
www.philhaven.org

**SUSQUEHANNA HARBOR SAFE HAVEN**

(Christian Churches United)  
*Provides shelter for single men  
with a diagnosed mental illness*  
717-232-5029  
1805 N. 12th St., Harrisburg

**MENTORS**

(See also VOLUNTEER)

**AMERICA'S PROMISE ALLIANCE**

*Devoted to improving the lives  
of young people*  
202-657-0600  
www.americaspromise.org

**AMIRACLE4SURE**

*Assists those negatively impacted by  
incarceration or substance abuse.*  
717-592-1153  
1625 N. Front St., Harrisburg

**BETHESDA MISSION 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 CENTRAL PENNSYLVANIA**

*Offers a drug-free, alcohol-free  
atmosphere with caring professionals.*  
717-234-3268  
1227 Berryhill Street, Harrisburg  
www.bgccp.org

**BOY SCOUTS OF AMERICA**

*Mechanicsburg service center*  
717-766-1591

One Baden Powell Lane, Mechanicsburg  
www.newbirthoffreedom.org

**BRIDGE OF HOPE HARRISBURG AREA**

*Since 1989, Bridge of Hope's program with trained church-based mentoring groups has been implemented to end and prevent homelessness for single mothers and their children.*

717-635-5957  
PO Box 15212, Harrisburg  
www.bridgeofhope.org

**COMMUNITY ACTION COMMISSION**

*Programs for youth ages 10 to 14.*

1514 Derry St., Harrisburg  
717-232-9757  
www.cactricony.org

**DRESS FOR SUCCESS**

*Mission is to promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.*

717-232-1333  
29 S. 10th St., Harrisburg

**GIRL SCOUTS IN THE HEART OF PA**

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

**JOSHUA GROUP**

*An at-risk youth mentoring organization located and working with youth living primarily in the Allison Hill neighborhood of Harrisburg.*

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

**JUMP STREET**

*Uses the arts to develop educational and economic opportunities for all ages.*

717-238-1887  
100 N. Cameron St., second floor,  
Harrisburg  
www.jumpstreet.org

**MY BROTHER'S KEEPER**

*A White House effort to support organizations addressing needs and opportunity gaps faced by boys and young men of color.*

www.whitehouse.gov/my-brothers-keeper

**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

**TRIPS FOR KIDS OF HARRISBURG**

*Provides bike trips to Harrisburg area youth ages 10-18.*  
www.tkofharrisburg.org

**SALVATION ARMY**

*Offers after-school and summer enrichment programs.*

717-233-6755  
1122 Green St., Harrisburg

**UNITED METHODIST HOME FOR CHILDREN INC.**

*Can contribute their time and talents by participating in Read Aloud Mentoring Program, Sponsorship Mentoring Program or by participating in activities such as Arts and Crafts, Pet Therapy, Music Therapy/Lessons, Dance Lessons, and tutoring with residents.*

717-766-7652  
5120 Simpson Ferry Road  
Mechanicsburg  
www.umhcservices.org

**PARENTING**

(Also see CHILDREN)

**AUTISM SOCIETY, GREATER HARRISBURG AREA CHAPTER**

*Helps improve lives of those affected by autism.*  
1-800-244-2425  
PO Box 101, Enola.  
www.autismharrisburg.org

**CARLISLE AREA FAMILY LIFE CENTER**

*A crisis pregnancy resource  
and support service.*

717-243-1918  
800-848-5683

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

**COMMUNITY ACTION COMMISSION**

*Provides services to help  
strengthen families.*

1514 Derry St., Harrisburg  
717-232-9757

www.cactricony.org

**ESCAPE FAMILY RESOURCE CENTER**

*ESCAPE's mission is to prevent child  
abuse and neglect before a child is hurt  
by providing intervention, education, and  
support programs to families in crisis.*

www.learnparent.org

**FAMILY SUPPORT OF CENTRAL PA**

*A child abuse prevention organization  
committed to building and supporting  
strong, safe families through mutual support  
and education. Parents and grandparents  
come together in community and specialty  
groups to learn new parenting skills,  
transform and improve their attitude and  
behaviors, and create long-term positive  
changes in their lives.*

3700 Vartan Way, Harrisburg  
800-984-9923  
717-541-0828

www.familysupportcentralpa.org

**HEALTHY BABY HELPLINE**

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

**HEALTHY KIDS HELPLINE**

*Help and information for parents*  
800-986-5437

**MEN MATTER FATHERHOOD INITIATIVE**

*A program of Hamilton Health Center that  
helps dads with parenting skills*  
717-909-1278

**NATIONAL FATHERHOOD INITIATIVE**

*Mission is to improve the well-being  
of children by increasing the proportion  
of children with involved, responsible,  
and committed fathers in their lives.*

301-948-0599  
www.fatherhood.org

**PARENT WORKS OF PRESSLEY RIDGE**

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

717-774-3673

50 Utley Drive, Suite 200, Camp Hill  
www.pressleyridge.org

**PARENTS HELPING PARENTS**

*A support helpline.*

800-632-8188

www.parents helpingparents.org

**WIC**

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

800-WIC-WINS (942-9467)

www.pawic.com

Services available

at Hamilton Health Center

717-230-3909

**PREGNANCY SERVICES**

(Also see WOMEN)

**BETHANY CHRISTIAN SERVICES**

2101 N. Front St., Harrisburg  
717-238-3549

**CARLISLE AREA FAMILY LIFE CENTER**

*A crisis pregnancy resource  
and support service.*

717-243-1918  
800-848-5683

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

**HEART OF MARY  
PREGNANCY SUPPORT SERVICES**

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

717-843-7986

26 E. College Ave., York

**LOURDESHOUSE  
MATERNITY SERVICES**

*Temporary home for pregnant young  
women without financial support.*

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  
717-901-2799  
503 Bridge St., New Cumberland  
717-901-5433  
35 S. Union St., Middletown  
717-944-3888  
www.morningstarchoices.com

**REAL ALTERNATIVES**

*Provides life-affirming alternatives  
to abortion services.*  
888-LIFE-AID

**PROSTATE CANCER**

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

**CANCER TREATMENT CENTERS  
OF AMERICA**  
800-515-1214  
800-333-CTCA  
www.cancercenter.com/prostate

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

**POISON**

**POISON CONTROL CENTER**  
800-222-1222

**CHILDHOOD LEAD POISONING  
PREVENTION PROGRAM**  
Pennsylvania Department of Health  
800-440-5323

**RAPE**

(See also ABUSE)

**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 eliminate all forms of sexual  
violence and to advocate for the rights and  
needs of victims of sexual assault.*  
888-772-7227 (24-hour hotline)  
717-728-9740  
125 N. Enola Drive, Enola  
www.pcar.org

**SEXUAL ASSAULT RESOURCE  
& COUNSELING CENTER**

717-272-5308 (hotline)  
615 Cumberland St., Lebanon

**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**

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

**B'NAI B'RITH APARTMENTS CENTER**

717-233-6934  
130 S. Third St., Harrisburg

**BIG SPRING SENIOR CENTER**

717-776-4478  
91 Doubling Gap Road, suite 1, Newville

**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**

717-236-2221  
2400 Oxford Ave., Harrisburg

**ELDER CARE**

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

800-677-1116  
[www.eldercare.org](http://www.eldercare.org)

**FRIENDSHIP SENIOR CENTER**

717-657-1547  
5000 Commons Drive, Harrisburg

**HEINZ-MENAKER SENIOR CENTER**

717-238-7860  
1824 N. Fourth Street, Harrisburg

**HOLY SPIRIT HOSPITAL**

*Geriatric services for emotional  
and psychological problems  
associated with aging.*

717-763-2219

**HOY/LATSHA SENIOR CENTER**

717-939-9833  
301 Mohn St., Steelton

**JEWISH FEDERATION  
OF GREATER HARRISBURG**

Senior Adult Club  
717-236-9555  
3301 N. Front St., Harrisburg

**LICK TOWERS SENIOR CENTER**

717-233-0388  
1301 N. Sixth St., Harrisburg

**LIVING INDEPENDENCE FOR THE  
ELDERLY LUTHERAN SERVICES**

*Helps seniors live safely in their homes  
by providing access to preventative,  
primary, acute and long-term care services.  
Serves residents in Cumberland and  
Franklin counties.*

1-800-840-9081  
1920 Good Hope Road, Enola 17025  
(Cumberland County)  
[www.lifelutheranservices.org](http://www.lifelutheranservices.org)

**MEALS ON WHEELS  
OF DAUPHIN COUNTY**

717-780-6130

**MECHANICSBURG PLACE**

717-697-5947  
97 W. Portland St., Mechanicsburg

**MEDICARE**

[www.medicare.gov](http://www.medicare.gov)  
Centers for Medicare and Medicaid  
Services, [www.cms.gov](http://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](http://www.mohlerseniorcenter.com)

**PACE AND PACENET**

*State prescription program  
for lower income seniors.*  
800-225-7223

**PENNSYLVANIA  
DEPARTMENT OF AGING**

[www.aging.state.pa.us](http://www.aging.state.pa.us)

**PENNSYLVANIA  
SECURITIES COMMISSION**

*Call with reports  
related to investment scams.*  
800-722-2657

**PENNSYLVANIA SENIOR LAW HELPLINE**

*The Pennsylvania SeniorLAW Helpline  
is a free and confidential telephone service,  
staffed by attorneys, providing legal  
information, advice and referrals  
to senior citizens (60 years and older)  
throughout the state.*

Helpline hours are Monday through  
Thursday, 10 a.m. to 2 p.m.  
877-727-7529  
www.seniorlawcenter.org

**RED LAND SENIOR CENTER**

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

**RETIRED SENIOR VOLUNTEER  
PROGRAM OF THE CAPITAL REGION**

717-541-9521  
50 Utleigh Drive, Suite 500, Camp Hill  
www.rsvpcapreg.org

**THE RUTHERFORD HOUSE**

3300 Parkview Lane, Harrisburg  
717-564-5682

**MARY C. SCHANER SENIOR CENTER**

717-732-3915  
East Pennsboro Twp. municipal building  
98 S. Enola Drive, Enola

**SOCIAL SECURITY ADMINISTRATION**

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

**SHIPPENSBURG AREA SENIOR CENTER**

717-300-3563  
47 E. King St., Shippensburg

**WEST SHORE SENIOR CENTER**

717-774-0409  
122 Geary Ave., New Cumberland

**SHELTERS**

**AGAPE FAMILY SHELTER**

(Lebanon Rescue Mission)  
*Shelter for homeless women  
and their children.*

717-272-6573  
139 South Ninth Street, Lebanon

**BELL SOCIALIZATION SERVICES**

*Bell Family Shelter opened  
in 1986 and remains York County's  
only 30-day emergency shelter  
serving homeless families.*

717-845-9536  
www.bellsocialization.com

**BETHESDA MISSION**

*Operates a shelter 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

**CARLISLE COMBINED AREA RESOURCES  
FOR EMERGENCY SHELTER**

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

**CHRISTIAN CHURCHES UNITED**

*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

**FAMILY PROMISE  
OF HARRISBURG CAPITAL REGION**

*Serves families who recently  
lost their homes.*

717-737-1100  
525 Hummel Ave., Lemoyne  
www.familypromisehcr.org

**INTERFAITH SHELTER  
FOR HOMELESS FAMILIES**

(Catholic Charities)

*Offers help and hope to homeless families in  
Dauphin, Cumberland and Perry counties.*

717-652-8740

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

**JUBILEE MINISTRIES**

*HOPES (Helping Others by Providing  
Emergency Shelter) serves as a home-base  
for those who need a place to stay and  
assistance to get back into housing.*

717-274-7528

235 S. 12th St., Lebanon  
www.jub.org

**LEBANON COUNTY  
CHRISTIAN MINISTRIES**

717-272-4400

www.lccm.us

**LEBANON RESCUE MISSION**

*Homeless men's shelter.*

717-273-2301

1223 Bittner Blvd., Lebanon  
www.lebanorescuemission.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 emergency shelter, bridge  
housing and self-enhancement programs  
for individuals and families.*

717-249-2200

102 West High St., Carlisle  
www.safeharbour.org

**SHALOM HOUSE**

*Shelter for homeless  
women and children.*

717-232-3482

www.shalomhouse.net

**SILENCE OF MARY HOME**

*Serves the poor and homeless  
717-737-4107 (office)*

**SUSQUEHANNA HARBOR SAFE HAVEN**

(Christian Churches United)

*For single men with  
a diagnosed mental illness.*

717-232-5029

1805 N. 12th St., Harrisburg  
www.ccuahbg.org

**YORK RESCUE MISSION**

*City soup kitchen and homeless shelter.*

717-845-7662

363-373 West Market Street, York  
www.yorkrescuemission.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)

**ANTIOCH TABERNACLE SOUP KITCHEN**

*Lunchtime meal program*

11 a.m. to 1 p.m. Thursdays  
717-233-8231

1920 North Street, Harrisburg  
www.antioch-tabernacle.org

**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

**CAMP CURTIN MEMORIAL-  
MITCHELL SOUP KITCHEN**

*Serves meals from 12 to 1 p.m.*

Monday through Friday  
2221 N. Sixth St., Harrisburg

**CATHEDRAL OF ST. PATRICK**

*Breakfasts on Saturday, 7:15 to 8:15 a.m.,  
and dinners on Sunday from 5 to 6 p.m.*

717-232-2169

212 State Street, Harrisburg  
www.stpatrickcathedral.com

**DOWNTOWN DAILY BREAD**

*Soup kitchen in downtown Harrisburg  
serving lunch seven days a week from  
12:30 to 1:30 p.m.  
717-238-4717  
234 South St., Harrisburg  
www.downtowndailybread.org*

**GRACE UNITED METHODIST CHURCH**

*Serves breakfast Sunday at 8 a.m.  
216 State St., Harrisburg  
717-238-6739  
www.graceinharrisburg.org*

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

*717-731-1807  
Serves meals 5 to 7 p.m. Thursday, Friday  
and Sunday at St. Michael Lutheran  
Church, 118 State St., Harrisburg  
www.helpinghandsministries.org*

**LEBANON COUNTY  
CHRISTIAN MINISTRIES**

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

**OUR DAILY BREAD**

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

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

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

**SALVATION ARMY SOUP KITCHEN**

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

**YORK RESCUE MISSION**

*City soup kitchen and homeless shelter.  
717-845-7662  
363-373 West Market Street, York*

**SUICIDE**

(See also MENTAL HEALTH)

**NATIONAL SUICIDE  
PREVENTION HOTLINE**

800-273-8255

**AMERICAN FOUNDATION  
FOR SUICIDE PREVENTION**

888-333-2377

**TEENS****BOYS AND GIRLS CLUB  
OF CENTRAL PENNSYLVANIA**

*Offers a drug-free, alcohol-free  
atmosphere with caring professionals.  
717-234-3268  
1227 Berryhill Street, Harrisburg  
www.bgccp.org*

**HOLY SPIRIT HOSPITAL**

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

**RUNAWAY HOTLINE**

800-RUNAWAY (786-2929)

**TEEN CHALLENGE HARRISBURG**

*Faith-based residential program  
for drug and alcohol abuse problems.  
717-303-5829  
www.harrisburgtc.org*

**UNITED METHODIST  
HOME FOR CHILDREN INC.**

*Serves a target population of males  
between the ages of 8-18 and females  
between the ages of 11-18. The children  
served at UMHC Residential Care have  
experienced behavior issues or family  
problems deemed severe enough to  
preclude them from remaining at home and  
in their community. All children are referred  
by County Child Welfare Agencies or  
Juvenile Probation  
717-766-7652  
5120 Simpson Ferry Road  
Mechanicsburg  
www.umhcservices.org*

**YOUTH AMERICA HOTLINE**

877-968-8454



**YWCA OF GREATER HARRISBURG**

1101 Market St., Harrisburg  
717-234-7931  
ywcahbg.org

**VETERANS****BETHESDA MISSION**

*Veteran representative available every Tuesday at 10 a.m. to assist veterans with benefits.*

717-257-4440  
611 Reily St., Harrisburg

**DAUPHIN COUNTY VETERANS AFFAIRS**

717-780-6356  
2 South Second Street, Harrisburg, 4th floor

**HARRISBURG VET CENTER**

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

**LEBANON VA MEDICAL CENTER**

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

**NATIONAL COALITION FOR 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 1 million veterans and their families; provides quality care to aging veterans.*

800-547-2838  
www.paveterans.state.pa.us  
www.dmva.state.pa.us

**SHALOM HOUSE**

*Helps provides transitional housing for homeless women veterans and children.*

717-232-3482  
www.shalomhouse.net

**VETERANS CRISIS LINE**

800-273-8255

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

VA Benefits 800-827-1000  
GI Bill 888-442-4551  
Healthcare 877-222-8387  
PTSD 802-296-6300  
www.va.gov

**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 eliminate all forms of sexual violence and to advocate for the rights and needs of victims of sexual assault.*

888-772-7227 (24-hour hotline)  
717-728-9740  
125 N. Enola Drive, Enola  
www.pcar.org

**OFFICE OF THE VICTIM ADVOCATE**

*Represents the post-sentencing interests of crime victims*  
(Pennsylvania Board of Probation and Parole)  
1101 S. Front St., Suite 5200, Harrisburg  
800-563-6399

(Department of Corrections)  
1920 Technology Parkway, Mechanicsburg  
800-322-4472  
www.o.va.state.pa.us

**VICTIM/WITNESS ASSISTANCE PROGRAM**

(Dauphin County)  
*Strives to empower victims, witnesses and family members.*

717-780-7075  
888-292-9611  
Dauphin County Courthouse  
101 Market St., Harrisburg  
www.victimwitness.org

**VICTIM SERVICES OF THE  
DISTRICT ATTORNEY'S OFFICE**  
(Cumberland County)

Main office  
888-697-0371, ext. 6220  
1 Courthouse Square, Carlisle  
West Shore office  
717-761-5599  
2120 Market St., Camp Hill

**YWCA of YORK/VICTIM SERVICES**

Hotlines  
Sexual violence  
800-422-3204 or 717-854-3131  
Domestic violence  
800-262-8444 or 717-846-5400

**VOLUNTEER**

(See also EDUCATION FOR ADULTS  
and MENTORING)

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

717-545-7299  
900 S. Arlington Ave., Suite 131A,  
Harrisburg  
[www.harrisburghabitat.org](http://www.harrisburghabitat.org)

**LEND A HAND**

*A local disaster response  
and assistance program.*  
717-731-8888 or 877-211-0700  
3040 Market St., Camp Hill  
[www.lendahand.net](http://www.lendahand.net)

**MENNONITE DISASTER SERVICE**

717-735-3536  
583 Airport Road, Lititz  
[www.mds.mennonite.net](http://www.mds.mennonite.net)

**RSVP OF THE CAPITAL REGION**

*Places volunteers in not-for-profit agencies,  
schools, government offices, hospitals  
and senior residences*  
717-541-9521  
800-870-2616  
50 Utlely Drive, suite 500, Camp Hill  
Perry County branch  
717-567-7733  
[www.rsvpcapreg.org](http://www.rsvpcapreg.org)

**UNITED WAY OF THE CAPITAL REGION**

2235 Millennium Way, Enola  
717-732-0700  
[www.uwcr.org](http://www.uwcr.org)

**VOLUNTEERS OF AMERICA**

Central Pennsylvania  
717-236-1440  
2601 N. Front St., Harrisburg  
[www.voapa.org](http://www.voapa.org)

**WOMEN**

**AGAPE FAMILY SHELTER**

(Lebanon Rescue Mission)  
*Shelter for homeless women  
and their children.*  
717-272-6573  
139 South Ninth Street, Lebanon

**BABIES**

*Pennsylvania Department of Health  
The Bureau of Family Health's Love'em  
with a Check-up Program is a statewide  
outreach initiative encouraging pregnant  
women and women that might be pregnant  
to get medical care. Women and families  
can get information and referrals to  
medical providers and healthcare  
coverage programs.*  
800-986-BABY

**BABY LOVE**

*Provides free intensive case management  
services designed to help women with  
addictions. Participants must be Dauphin  
County resident, pregnant or have a child  
under 5 years of age. Program is part of  
Hamilton Health Center.*  
1-866-530-2229  
[www.harrisburgbabylove.com](http://www.harrisburgbabylove.com)

**BETHESDA MISSION**

*Offers a women and children's shelter.*  
717-257-4442 (administrative offices)

**BETHANY CHRISTIAN SERVICES**

2101 N. Front St., Harrisburg  
717-238-3549

**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](http://www.bha-pa.org)

**BRIDGE OF HOPE HARRISBURG AREA**

*Since 1989, Bridge of Hope's program model has been implemented to end and prevent homelessness for single mothers and their children.*

717-635-5957

PO Box 15212, Harrisburg  
www.bridgeofhope.org

**CARLISLE AREA FAMILY LIFE CENTER**

*A crisis pregnancy resource and support service.*

717-243-1918

800-848-LOVE

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

**COMMUNITY CHECK-UP CENTER**

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

Pediatrics

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

Women:

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

717-233-1700

38C Hall Manor

www.communitycheckupcenter.org

**DOMESTIC VIOLENCE INTERVENTION**

*Women's shelter*

*and counseling service in Lebanon.*

717-273-7190

866-686-0451

www.dviolc.org

**DOMESTIC VIOLENCE HOTLINE**

800-799-SAFE

TDD: 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**

*A program of Hamilton Health Center that provides prenatal and postpartum care for women and children in the Harrisburg and Steelton area.*

717-909-1278

www.harrisburghealthystart.com

**HEART OF MARY****PREGNANCY SUPPORT SERVICES**

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

717-843-7986

26 E. College Ave., York.

**LIGHTHOUSE OUTREACH CENTER**

*Non-profit provides transitional housing for women, mostly coming out of prison.*

717-236-0735

**LOURDESHOUSE MATERNITY SERVICES**

(Catholic Charities)

*Temporary home for pregnant young women without financial support.*

717-412-4865

120 Willow Road, Suite A, Harrisburg

www.cchbg.org

**MORNINGSTAR****PREGNANCY SERVICES**

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

3837 Walnut St., Harrisburg

717-901-2799

503 Bridge St., New Cumberland

717-901-5433

35 S. Union St., Middletown

717-944-3888

www.morningstarchoices.com

**PENNSYLVANIA BREAST CANCER COALITION**

800-377-8828

www.pabreastcancer.org

**PENNSYLVANIA  
COMMISSION FOR WOMEN**

*Advances the diverse needs and interests  
of Pennsylvania women and girls.*  
717-787-1965  
www.pcw.state.pa.us

**PINNACLEHEALTH  
WOMANCARE CONNECTION**

*Nurse educators help develop health  
enhancement strategies through individual  
consultations, seminars, events, screenings  
and assessments for illness prevention  
and to promote wellness*  
717-231-8900

**PLANNED PARENTHOOD**

Harrisburg Medical Center  
1514 North 2nd Street, Harrisburg  
717-234-2468.  
Lancaster Medical Center  
31 S. Lime St., Lancaster  
717-299-2891  
Red Lion Center  
2997 Cape Horn Road, A4, Red Lion  
717-244-1412  
York Center  
728 Beaver St., York  
717-845-9681.  
www.plannedparenthood.org

**THE PROGRAM "It's About Change"  
FOR FEMALE OFFENDERS**

*Serves and supports primarily women  
and children; working with the criminal  
justice system to reduce recidivism and  
produce crime-free lives.*  
717-238-9950  
1515 Derry St., Harrisburg  
www.theprograminc.org

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

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

**REAL ALTERNATIVES**

*Provides life-affirming alternatives  
to abortion services.*  
888-LIFE-AID

**SHALOM HOUSE**

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

**WIC**

*A federally funded program that provides  
healthy supplemental foods and nutrition  
services for pregnant women, new mothers,  
infants and children under age five.*  
800-WIC-WINS (942-9467)  
www.pawic.com  
Services available at Hamilton Health  
Center  
717-230-3909

**YORK RESCUE MISSION**

*Offers an emergency shelter for women  
and children who are homeless  
for various reasons.*  
717-845-7662  
363-373 West Market Street, York  
www.yorkrescuemission.org

**HELP BY AREAS**

**CUMBERLAND AND PERRY  
COUNTIES**

**THE ARC OF CUMBERLAND  
AND PERRY COUNTIES**

*For people with intellectual  
and developmental disabilities.*  
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..  
Big Spring United Lutheran Church  
101 Crossroad School Road, Newville  
717-422-4603

**BREAD OF LIFE OUTREACH**

Newport Assembly of God Church  
Emergency needs  
Monday, Wednesday, Friday  
9 a.m. to 12 p.m.  
Food distribution  
Second Saturday of month  
717-567-3333

**THE BRIDGE  
EMERGENCY FOOD BANK**

(Christian Churches United)  
*Serves residents in New Cumberland,  
Lemoyne and Camp Hill, third Friday  
morning of every month at the Senior  
Center in New Cumberland*  
717-774-6255

**CARLISLE AREA FAMILY LIFE CENTER**

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

**CARLISLE COMBINED  
AREA RESOURCES  
FOR EMERGENCY SHELTER**

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

**CHRISTIAN LIFE ASSEMBLY  
FOOD BANK**

*Normally operates 9 a.m. to 12 p.m.  
on Tuesday following second Monday  
of the month.*  
2645 Lisburn Road, Camp Hill  
717-737-6560

**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

**COMMUNITY ACTION COMMISSION**

*Various programs serving Dauphin,  
Cumberland and Perry counties.*  
1514 Derry Street, Harrisburg  
717-232-9757  
www.cactriconcounty.org

**CONTACT HELPLINE**

*Information and referral service.*  
24 hours a day, 7 days a week  
800-932-4616  
717-249-6226 (Carlisle)  
www.contacthelpline.org

**CRISIS INTERVENTION**

*Immediate help dealing  
with a serious problem*  
Camp Hill, 763-2222  
Carlisle: 717-243-6005  
All other areas, 866-350-HELP

**CUMBERLAND COUNTY HOUSING  
AND REDEVELOPEMNT AUTHORITIES**

717-249-1315  
114 N. Hanover Street, Carlisle  
www.cchra.com

**CUMBERLAND COUNTY  
OFFICES ON AGING**

717-240-6110

**CUMBERLAND COUNTY  
ASSISTANCE OFFICE**

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

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

800-852-2102

**EMPLOYMENT SKILLS CENTER**

*Provides educational, counseling,  
training and employment services*  
717-243-6040  
29 S. Hanover Street, Carlisle  
www.employmentskillscenter.org

**FAMILY HEALTH COUNCIL  
OF CENTRAL PA**

*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

**FIVE LOAVES FOOD PANTRY**

*Serves residents of 17043,  
17011, 17010 and 17025 Zip codes.*  
Third Saturday of month, 10 a.m. to 12 p.m.  
32 S. Front St., Wormleysburg  
717-737-1903

**JOIN HANDS MINISTRY**

*For persons in Perry County, offers  
Emergency Heat Response Program to  
prevent the freezing and breaking of pipes  
through the delivery of emergency kerosene  
during the winter months for persons in  
need of home fuel.*

717-582-7844

PO Box 335

25 E. McClure St., Suite 6, New Bloomfield

**THE KING'S KETTLE FOOD PANTRY**

Open 1st, 2nd &amp; 3rd Tuesdays

5 to 6 p.m.

*Operated by Jesus Loves You Ministries, Inc.*

717-530-9200

30 North Fayette Street, Shippensburg

**MIDPENN LEGAL SERVICES**

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

Carlisle office:

401 E. Louthier St., Suite 103, Carlisle

717-243-9400

800-822-5288

[www.midpenn.org](http://www.midpenn.org)**MORNINGSTAR****PREGNANCY SERVICES**

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

503 Bridge St., New Cumberland

717-901-5433

[www.morningstarchoices.com](http://www.morningstarchoices.com)**MOUNT HOLLY SPRINGS****UNITED METHODIST CHURCH**

*Offers food bank serving residents in  
Mount Holly Springs, Gardners and Boiling  
Springs. Proof of residency is required.*

Tuesdays from 12 to 2 p.m.

202 W. Butler St., Mount Holly Springs

717-486-4883

**NEW HOPE MINISTRIES**

*After school children and youth programs  
from the Dillsburg, Dover, Enola, Lemoyne,  
Mechanicsburg and Wellsville areas, as  
well as summer camp programs.*

211 S. Baltimore St., Dillsburg

717-432-2087

[www.nhp-pa.org](http://www.nhp-pa.org)**PERRY COUNTY AGENCY ON AGING**

717-582-5128

**PERRY COUNTY****ASSISTANCE OFFICE***Crisis grants available for emergencies*

717-582-2127

100 Center Drive, New Bloomfield

**PERRY COUNTY****CHILDREN AND YOUTH SERVICES**

717-582-2131

**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

717-582-9978

300A S. Carlisle St., New Bloomfield

[www.perrycountyfoodbank.org](http://www.perrycountyfoodbank.org)**PERRY HUMAN SERVICES**

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

717-582-8703

Mulhollem Office Centre

8391 Spring Road, New Bloomfield

**PERRY COUNTY LITERACY COUNCIL***Literacy services*

133 S. Fifth St., Newport

717-567-7323

[www.perryliteracy.com](http://www.perryliteracy.com)**PROJECT S.H.A.R.E. 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

9 to 11 a.m. Saturday

717-249-7773

[www.projectsshare.net](http://www.projectsshare.net)**SADLER HEALTH CENTER CORP.***Provides services**to uninsured and underinsured.*

100 N. Hanover St., Carlisle

7:30 a.m. to 5:30 p.m., Mon.-Wed. &amp; Fri.

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

1104 Montour Road, Loysville

7:30 a.m. to 4 p.m. Mon.-Wed. and Friday;

9 a.m. to 5:30 p.m., Thursday.

717-218-6670

866-723-5377

[www.sadlerhealth.org](http://www.sadlerhealth.org)

### **SAFE HARBOUR**

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

717-249-2200  
102 West High St., Carlisle  
www.safeharbour.org

### **THE SALVATION ARMY**

*Provides various services.*  
717-249-1411  
20 E. Pomfret St., Carlisle

### **SENIOR CENTERS**

Big Spring 717-776-4478  
Carlisle 717-249-5007  
Enola 717-732-3915  
Mechanicsburg 717-697-5947  
Shippensburg 717-300-3563  
West Shore 717-774-0409

### **UNITED METHODIST HOME FOR CHILDREN INC.**

*Serves a target population of males between the ages of 8-18 and females between the ages of 11-18. The children served at UMHC Residential Care have experienced behavior issues or family problems deemed severe enough to preclude them from remaining at home and in their community. All children are referred by County Child Welfare Agencies or Juvenile Probation*

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 OF THE DISTRICT ATTORNEY'S OFFICE**

(Cumberland County)  
Main office  
888-697-0371, ext. 6220  
1 Courthouse Square., Carlisle  
West Shore office  
717-761-5599  
2120 Market St., Camp Hill

## **YORK COUNTY**

### **ACCESS YORK**

(YWCA York)  
*Dedicated to helping victims and their children who suffer from abuse or threatened abuse; assists in preparing a Protection From Abuse (PFA) petitions.*  
Domestic violence hotlines  
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 housing support and basic living skills to those living with mental illness, intellectual disabilities and homelessness.*  
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.*  
717-846-8571  
628 E. Market St., York  
www.catholicharvest.org

### **CENTRO HISPANO JOSE E. HERNANDEZ**

*Assists Hispanic community in York.*  
717-846-9434  
225 E. Princess St., York  
www.chjh-york.org

### **CHILDREN'S HOME OF YORK**

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

### **HEART OF MARY PREGNANCY SUPPORT SERVICES**

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

### **FAMILY FIRST HEALTH**

*Provides medical and dental services and offers reduced fee program.*

(Hours are for medical services)

116 South George St, York:

7 a.m. to 7 p.m. Monday through Friday

717-845-8617;

Hannah Penn Center:

415 E. Boundary Ave., York

7:30 a.m. to 4 p.m., Monday to Friday

717-843-5174;

Lewisberry office

308 Market St., Lewisberry

8 a.m. to 5 p.m., Monday, Wednesday through Friday

9:30 a.m. to 6 p.m. Tuesday

717-938-6695

Hanover office

1230 High St., Hanover

8 a.m. to 7 p.m. Monday through Wednesday

8 a.m. to 5 p.m. Thursday and Friday

717-632-9052

[www.myfamilyfirsthealth.org](http://www.myfamilyfirsthealth.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](http://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](http://www.nhm-pa.org)

### **OUR DAILY BREAD**

*City soup kitchen.*

717-848-1674

331 S. George Street, York

### **RED LAND SENIOR CENTER**

717-938-4649

717-938-4640

736 Wyndamere Road, Lewisberry

[www.redlandseniorcenter.org](http://www.redlandseniorcenter.org)

### **YORK COUNTY**

#### **AREA AGENCY ON AGING**

717-771-9610

100 W. Market Street, York

[www.ycaaa.org](http://www.ycaaa.org)

#### **CHILDREN & YOUTH SERVICES**

717-846-8496

800-729-9227

#### **CRIME STOPPERS**

717-755-TIPS

800-722-0991

#### **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](http://www.yorkliteracy.org)

#### **YORK RESCUE MISSION**

*City soup kitchen and homeless shelter.*

717-845-7662

363-373 West Market Street, York

[www.yorkrescuemission.org](http://www.yorkrescuemission.org)

### **UPPER DAUPHIN COUNTY**

#### **HALIFAX UNITED METHODIST CHURCH**

*Food bank. Serves residents*

*in Halifax and Millersburg area.*

717-896-8092

9 to 11 a.m. Mondays,

4 to 6 p.m. Tuesdays and Thursdays  
1st, 3rd and 5th Saturdays, 9 to 11 a.m.

105 Wind Hill Road, Halifax

[www.halifaxumc.com](http://www.halifaxumc.com)

#### **MILLERSBURG**

#### **ASSEMBLY OF GOD CHURCH**

*(Bread of Life Food Ministry)*

Second Saturday of month at 9:30 a.m.

2261 Shippen Dam Road, Millersburg

717-692-3904

#### **NORTHERN DAUPHIN FOOD PANTRY**

717-905-2512









**WHERE  
TO GO  
WHEN YOU NEED  
HELP**

**2015 EDITION**