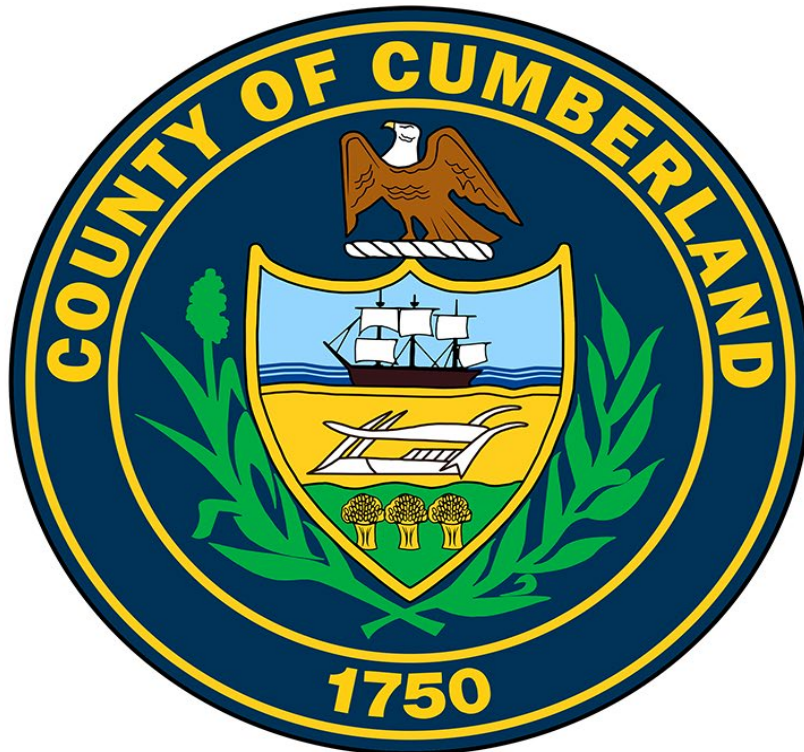


CUMBERLAND COUNTY GUIDE TO HUMAN SERVICES



CUMBERLAND COUNTY

P e n n s y l v a n i a

INDEX

AGING SERVICES.....	1
CHILD ADOPTION & FOSTER SERVICES.....	2
CHILDREN HEALTH & SAFETY.....	3
CLOTHING & NON-CONSUMABLE ITEMS.....	4
DISABILITY SERVICES.....	5
DRUG & ALCOHOL SERVICES.....	6
EMPLOYMENT & TRAINING.....	7
FINANCIAL ASSISTANCE.....	8
FOOD & NUTRITION.....	9
GRIEF & LOSS.....	10
HOMEBUYERS/HOMEOWNERS ASSISTANCE.....	11
HOMELESS SERVICES.....	12
HOUSING.....	14
IMMIGRATION & REFUGEE SERVICES.....	14
INFORMATION & REFERRAL.....	15
LEGAL SERVICES.....	15
MEDICAL/DENTAL.....	16
MENTAL HEALTH & INTELLECTUAL DEVELOPMENTALLY DISABLED (IDD).....	17
MISCELLANEOUS.....	18
PARENTING/FAMILY SUPPORTS.....	19
TRANSPORTATION.....	20
UTILITIES.....	21
VETERAN PROGRAM & SERVICES.....	22

AGING SERVICES

All programs are offered out of the Cumberland County Office of Aging and Community Services.

1100 Claremont Road, Carlisle, PA 17015 (717) 240-6110 www.cumberlandcountypa.gov/aging

Caregiver Support Program (CSP):

Grandparent Support Program – Resources & assistance for those 55+ raising their grandchildren.

Caregiver Support Program – Assists caregivers providing hands-on care to an older adult.

Community Health Choices:

Home and Community-Based Waiver Services, through a managed care organization to help individuals continue to live in their homes with supports and services.

Cumberland Link to Aging & Disability Resources (LINK)

Provides information and links to long-term living services & supports to persons of any age who have a disability and those 60+.

Home Modification

Provides minor home maintenance & minor modification for Cumberland County residents 60+.

Information & Assistance

Information & assistance for community-based services and supports.

Legal Services

Limited legal assistance for people 60+ in preparing Power-of Attorney (POA) and Living Will/ Advance Directive.

Meal Program

Meals on Wheels or Home Delivered Meals for those outside the Meals on Wheels service area.

Older Adult Protection Services

Service for older adult who is in need of Protective Services – identified as an incapacitated person 60+ who is unable to perform or obtain services necessary to maintain physical or mental health w/ no responsible caregiver and who is at imminent risk of danger. Examples: Physical abuse, emotional abuse, neglect, sexual abuse or assault, abandonment, and financial exploitation.

Ombudsman Program

Advocates for residents' rights and concerns in Long Term Care Facilities.

Options

Services provided to eligible consumers 60+ to assist them in maintaining independence in the community.

PA MEDI

State Health Insurance Program for Pennsylvanians with Medicare.

PACE/PACENET

Pennsylvania's prescription programs for older adults.

SENIOR CENTERS

Big Spring Senior Center , 91 Doubling Gap Road, Newville, PA 17241	(717) 776-4478
Mechanicsburg Place , 97 W. Portland St., Mechanicsburg, PA 17055	(717) 591-5581
Carlisle Senior Action Center , 20 E. Pomfret St., Carlisle, PA 17013	(717) 249-5007
Mary C. Schaner Senior Center , 98 S. Enola Dr., Enola, PA 17025	(717) 732-3915
Branch Creek Place , 115 N. Fayette St., Shippensburg, PA 17257	(717) 300-3563
West Shore Senior Citizens Center 122 Geary Ave., New Cumberland, PA 17070	(717) 774-0409

TRANSPORTATION

Rabbit Transportation Shared Ride is available to residents of Cumberland County age 60+.

CHILD ADOPTION & FOSTER SERVICES

ADOPTIONS FROM THE HEART – CENTRAL PA (717) 399-7766 5630 Linglestown Rd., Suite 3012, Harrisburg 17112
Mission is to provide safe, loving homes for children and offer comprehensive, high-quality services to adoptive families, birth parents & children. www.afth.org

CATHOLIC CHARITIES - (717) 657-4804 4800 Union Deposit Rd., Harrisburg Assists birthparents, adoptive families & children with adoptions that meet the needs of all three groups. www.cchbg.org

COMMON SENSE ADOPTION SERVICES – (717) 412-0772 1215 Manor Dr., Suite 206, Mechanicsburg, PA 17055
A licensed, non-profit adoption & foster care agency. www.commonseadoption.org

DIAKON ADOPTION & FOSTER CARE - 1-877-342-5667 www.diakon.org

JEWISH FAMILY SERVICE OF GREATER HARRISBURG, INC. – (717) 233-1681 3333 N. Front St., Harrisburg
www.jfsofhbg.org

PENNSYLVANIA STATE RESOURCE FAMILY ASSOCIATION – (800) 951-5151 PO Box 60216, Harrisburg 17106
Advocates for all those who care about children & their families. www.psrfa.org

SWAN (Statewide Adoption & Permanency Network) – (800) 585-7926 A broad-based cooperative effort & a centralized information & facilitation service funded & overseen by the Pennsylvania Department of Human Services.
www.adoptpakids.org

UNITED METHODIST HOME FOR CHILDREN, INC. – (717) 766-7652 Provides community-based care services to youth and families in need in central and southeastern Pennsylvania. Youth ages 12-20 receive safe housing, emotional and educational support, food, clothing, medical & behavioral healthcare, counseling and more in a family-like atmosphere. An affiliate of the Statewide Adoption and Permanency Network.

CHILDREN HEALTH & SAFETY

ASERT AUTISM RESOURCE CENTER – (877) 231-4244 Designed to bring together existing resources for families, providers, and self-advocates, and allow them to access a broad array of information to help meet the needs of those living with or serving people with autism. www.paaautism.org

AUTISM SOCIETY – GREATER HARRISBURG AREA CHAPTER - (717) 732-8408 Promotes opportunities for individuals with Autism Spectrum Disorders (ASD) to participate in the same valued life experiences as do other citizens. www.autismharrisburg.org

CHILDLINE ABUSE HOTLINE- (800) 932-0313 State child abuse registry. To report suspected child abuse or general child well-being concerns.

CHILDREN’S HEALTH INSURANCE PROGRAM (CHIP) - (800) 978-8762 Online: COMPASS

CUMBERLAND CARES for Families – (717) 240-6172 Cumberland County Office of Aging & Community Services - 1100 Claremont Road, Carlisle, PA 17015.

A free in-home visitation program to support & educate parents of children (pre-natal to age 5). Focusing on goals and needs of the family covering child development, behavioral techniques, and parenting skills.

CUMBERLAND COUNTY CHILDREN & YOUTH- (717) 240-6120 – 16 West High St., Suite 200, Carlisle, PA

- 1) Provide protection, safety and ensure welfare of children.
- 2) Preserve, support & strengthen the family.
- 3) Identify alternative care, safe environment, and permanent housing for those children unable to remain in their home.

EARLY INTERVENTION- (717) 240-6325 - Cumberland County Mental Health & Intellectual Disabilities, Provides services for children from birth to age five who have or are at risk of having disabilities/developmental delays and their families.

EDUCATION FOR CHILDREN & YOUTH EXPERIENCING HOMELESSNESS (ECYECH)

HEAD START AND EARLY HEAD START – Capital Area Head Start – (717) 541-1795 – Free preschool programs in Carlisle, Middlesex, East Pennsboro & Sporting Hill. Enrolling year round.

HEALTHY BABY HELPLINE – (800) 986-2229 – Provides possible affordable pre/post-natal care to mothers.

HEALTHY KIDS HELPLINE – (800) 985-5437 – CHIP information, free/reduced child immunization help. M-F 8AM-8PM and Saturday 9AM-3PM; www.helpinpa.state.pa.us

NURSE-FAMILY PARTNERSHIP (NFP) at UPMC – 2645 North 3rd St, 3rd Fl, Harrisburg, PA 17110 – (717) 782-2335 <https://www.nursefamilypartnership.org/first-time-moms/> Registered nurses, partner with first time pregnant, income eligible women with home visits, providing education, support & advocacy during early pregnancy to baby turning two. A free & voluntary service to achieve a healthy pregnancy, optimal child health & development and economic self-sufficiency.

PA NEWBORN SCREENING SERVICES – (717) 783-8143 Pennsylvania Department of Health - Harrisburg

SAFE HAVEN – (866) 921-7233 - Provides a safe option for new mothers not ready for motherhood and their newborn babies – with no questions asked. All hospitals in Pennsylvania as safe havens for newborn babies as long as the baby is unharmed and under 28 days old.

CLOTHING & NON-CONSUMABLE ITEMS

BOUNTIFUL BLESSINGS – (717) 802-1222 - www.bountifulblessings.com Offers consumable items for those in need. Those who receive through Bountiful Blessings as required to give back to the program through volunteer time.
1st & 3rd Wednesday (5am-7pm) at Trinity Evangelical Lutheran Church – 509 Hummel Ave., Lemoyne, PA
1st & 3rd Saturday (9:30am-11:30am) at Capital Area Christian Church – 1775 Lambs Gap Rd., Mechanicsburg, PA

CALVARY UNITED METHODIST CHURCH – 700 Market St., Lemoyne, PA Distribution of clothes is on the 3rd Saturday from 11:00am-1:00pm – Free lunch is provided the day of the clothing bank.

CAPITAL AREA PREGNANCY CENTER- (717) 761-4411 - 2515 Old Gettysburg Road, Camp Hill, PA – Clothing for baby and mother to be.

CARLISLE AREA FAMILY LIFE CENTER – (717) 243-1918 – 155 N. Hanover St., Carlisle, PA 17013 Hours vary, call for details. Pregnancy support & options. LEEM (Learning & Earning for Expecting Moms) – A free 8 week program for mothers to be and their partner covering: Healthy pregnancy, financial responsibility, baby safety, baby care, stress management & safe sleep, baby feeding, infant & maternal health and labor & delivery. Clothing & diapers available.

CHRIST UNITED METHODIST CHURCH- (717) 532-6850 - 47 East King St., Shippensburg, PA www.christumcshipp.org
Clothing bank on Saturday mornings from 9am-11am.

COMMUNITY AID - (717) 412-7706 4833 Carlisle Pike, Mechanicsburg, PA Thrift store & donation center. Faith based non-profit store providing clothing, household & collectible items. 50% off all items on Wednesday.

GOODWILL BOUTIQUE – (717) 737-6314 - 1051 Hummel Ave., Lemoyne, PA A source of low-cost clothing, used household goods and furniture. Monday to Saturday 9am-5pm.

GOODWILL STORE & DONATION CENTER –(717) 635-2881 – 4880 Carlisle Pike, Mechanicsburg, PA
Monday – Saturday 10am-6pm, Sunday 12pm-6pm

NEW DIGS (MISSION CENTRAL) - (717) 620-9735 – 5 Pleasant View Drive, Mechanicsburg, PA 17055 – info@newdigsministry.org Assists families with limited assets. Provides donated household items and goods. Consumers must be referred by an agency. Agency representative must complete a referral, liability waiver for a consumer and inventory checklist. Consumer must arrange for pick up.

SALVATION ARMY THRIFT STORE – (717) 731-0576 3907 Trindle Road, Camp Hill 17011 Monday – Saturday 9AM – 9PM

SALVATION ARMY THRIFT STORE-CARLISLE (717) 706-3670 469 East North St., Carlisle, PA 17013 – Tuesday, Thursday, Friday and Saturday 10AM- 3PM

SHIPPENSBURG DIAPER BANK – Shippensburg Produce & Outreach (SPO) (717) 477-9100 At Katie’s Place 130 S. Penn St., Shippensburg, PA 17257 - Call for hours.

THE MEETING HOUSE – (717) 243-1863 - 1155 Walnut Bottom Road, Carlisle, PA – Call about hours.

TRINITY METHODIST CHURCH- (717) 532-7606 – Fellowship Building (Old Jackson School) 116 W. Main St./Walnut Bottom Rd., Walnut Bottom, PA Hours 2nd & 4th Wednesdays and Saturdays 9am-12pm.

DISABILITY SERVICES

BLINDNESS & VISUAL SERVICES– (717) 787-7500 Forum Place, 555 Walnut Street, 8th Floor, Harrisburg, PA 17101

CENTER FOR INDEPENDENT LIVING (CIL) – (717) 731-1900 Information, referral & advocacy services to people with disabilities, also locates medical supplies & equipment to impaired people.

EASTER SEALS – (610) 289-0114 1501 Lehigh St., Suite201, Allentown Covers Western & Central Pennsylvania Programs & services to ensure people with disabilities or other special needs and their families have equal opportunities to live, learn, work and play in their communities. www.easterseals.com/wcpenna

KEYSTONE HUMAN SERVICES - (717) 232-7509 Mission to act as a change agent, creating opportunities for growth & meaningful life choices so that all people can be valued & contributing members of their communities. www.keystonehumanservices.org

LINK TO AGING & DISABILITY SERVICES – (717) 240-7887 - TTY: call PA relay 7-1-1; Information & referral services for persons of all ages with disabilities or for persons ages 60 and older. TheLink@cumberlandcountypa.gov

OFFICE OF VOCATIONAL REHABILITATION (OVR) – (717) 787-7834 Provides vocational rehabilitation services to help persons with disabilities prepare for, obtain or maintain employment. OVR has career counselors, diagnostic services, assessments, information & referral, job development & placement and personal services such as readers or sign language interpreters are provided at no cost to the individual. Referrals to OVR can be made by agencies, schools, clergy, hospitals, families, or any interested individuals.

PARENT TO PARENT OF PENNSYLVANIA – (717) 540-4722 Links families of children and adults with disabilities or special needs. www.parenttoparent.org

The ARC of Cumberland & Perry Counties (CPARC) (717) 249-2611 – 71 Ashland Ave., Carlisle, PA –

- **Advocacy Program** provides education and information to adults & families with special needs in accessing community services.
- **Family Education** acts as a community-based outreach service by providing individual counseling to persons with disabilities as well supportive & educational services to involved families/individuals of disabled persons.

SPECIAL KIDS NETWORK HELP PA – (800) 986-4550 (Pennsylvania Department of Health) Helps children & youth with special health care needs & disabilities get the services & support they require in order to thrive in their community and develop to their full potential.

UNITED CEREBRAL PALSY OF CENTRAL PA – (717) 737-3477 55 Utleigh Drive, Camp Hill 17011 Provides services to children & adults with special needs. www.ucpcentralpa.org

DRUG AND ALCOHOL SERVICES

Information and administrative services are offered out of the Cumberland & Perry Drug & Alcohol Commission. (717) 240-6300 – (800) 240-6300 - Dennis Marion Public Services Building – 16 West High Street, Suite 302 – Carlisle, PA 17013-2964 - www.cumberlandcountypa.gov

Prevention & Early Intervention Services

Detoxification Services

- **Gaudenzia Common Ground Detox** – (888) 237-8984 – Harrisburg, PA
- **Roxbury Detox** – (800) 648-4673 – Shippensburg, PA
- **White Deer Run York (Women)** – (877) -907-6237 – York, PA
- **White Deer Run York (Men)** – (717) 840-2308 – York, PA

Treatment Options

Priority Populations

Inpatient & Halfway House Services

Methadone Outpatient Treatment

- **ARS – Addiction Recovery Systems** – (717) 766-6974 – 920 Century Drive, Mechanicsburg, PA 17055
- **Mechanicsburg Comprehensive Treatment Center** – (717) 766-6974 – 920 Century Way, Mechanicsburg, PA 17055

Outpatient Treatment Services

- **Diakon Family Life Services** – (717) 795-0330 - 960 Century Drive, Mechanicsburg, PA 17055
- **Gaudenzia West Shore** – (717) 766-8517 – 4740 Delbrook Road, Mechanicsburg, PA 17050
- **Mazzitti & Sullivan** – (717) 590-7607 – 5021 East Trindle Road, Mechanicsburg, PA 17050
- **PA Counseling Services** – (717) 245-9255 – 1 Greystone Road, Carlisle, PA 17013
- **Perry Human Services** – (717) 582-8703 – POB 436, New Bloomfield, PA 17068
- **Roxbury** – (717)249-5010 – 401 E. Louther St., Suite 213, Carlisle, PA 17013

Community Based Supports

- **Alcoholics Anonymous (AA)** 717-422-4888
- **Narcotics Anonymous (NA)** 717-233-3733
- **Al-Anon/Alateen** 888-424-2666
- **PA Problem Gambling Hotline** 800-426-2537
- **Pennsylvania Quitline (tobacco)** 800-784-8669

RASE Project of Carlisle and Cumberland County – (717) -249-6499 Reduces the stigma associated with the disease of addiction. Offers professional training workshops, recovery support services, recovery coaching and Buprenorphine Care Coordination.

Statewide Drug & Alcohol Treatment Hotline 800-662-4357

EMPLOYMENT & TRAINING

EMPLOYMENT SKILLS CENTER – (717) 243-6040 29 S. Hanover St., Carlisle, PA 17013 www.employmentskillscenter.org
Hours: Monday-Thursday 8:30AM-4:30PM Programs: Adult Basic Education, GED Preparation & Testing, ESL (English as a second language), Nurse Aide Training, Forklift Training and Workforce Development Programs.

JOB JUNCTION – NEW HOPE MINISTRY – (717) 766-7333 Mechanicsburg Center; (717) 996-9006 Enola Center; (717) 774-6255 West Shore Center. Offering resume building, cover letters, interview skills and job searches. Call for an appointment with a volunteer.

OFFICE OF VOCATIONAL REHABILITATION (OVR) – (717) 787-7834 Provides vocational rehabilitation services to help persons with disabilities prepare for, obtain or maintain employment. OVR has career counselors, diagnostic services, assessments, information & referral, job development & placement and personal services such as readers or sign language interpreters are provided at no cost to the individual. Referrals to OVR can be made by agencies, schools, clergy, hospitals, families, or any interested individuals.

PA CAREERLINK – CUMBERLAND COUNTY – (717) 243-4431 1 Alexandra Ct., Carlisle, PA 17013
Weekdays 8:30AM – 4:30PM Provides numerous services to persons seeking employment including skill assessments, internet job search, resume services, veteran’s assistance, career guidance, job mailing lists & other supportive services.

RESCARE WORKFORCE SERVICES – (717) 245-2785 401 E. Louther St., Carlisle, PA 17013
Serves teens ages 16-21 who are out of school, unemployed or underemployed. Services: GED, literacy classes, job search & placement, and college prep. Additional help with drug & alcohol, housing, personal relationships, re-entry and transition problems.

SUSTAINABLE EMPLOYMENT REENTRANTS PROGRAM (SERP) - (717)249-0036
Hope Station - 149 W. Penn St., Carlisle, PA 17013 Weekdays 8AM – 4:30PM Program for individuals who have been incarcerated participate in Harrisburg Community College’s Step Program and job placement, upon completion.

YOUTH TRADES PROGRAM – For students 6-12, learning trade skills – (717) 249-0036
Hope Station - 149 W. Penn St., Carlisle, PA 17013 Weekdays 8AM – 4:30PM

FINANCIAL ASSISTANCE

CHRIST AMONG NEIGHBORS (CAN) – (717) 532-7577 130 S. Penn St., Shippensburg, PA 17257

Provides last resort crises help for food, clothing, utilities, medical, lodging, information & referral. Serves the Shippensburg School District & Village of Walnut Bottom residents.

CUMBERLAND COUNTY ASSISTANCE OFFICE– (717) 240-2700/(800)-269-0173

33 Westminster Dr., Carlisle, PA 17013 Weekdays 8AM – 4:30PM Provides: SNAP (food stamps), medical insurance, ESA – Emergency Shelter Allowance, LIHEAP Program and some emergency funds for very low income.

DOMESTIC RELATIONS – (717) 240-6225/(888) 6977-0372 ext. 6225 13 N. Hanover St., Carlisle, PA 17013 Establishes and enforces child support orders, civil paternity cases and spousal support orders.

MARANATHA – (717) 258-1000 20 N. Hanover St., Suite 202 – P.O. Box 1320 Carlisle, PA 17013

information@maranatha-carlisle.org Tuesday, Wednesday, Thursday 9AM – 3PM. Provides financial guidance for those unable to pay their own bills. Services: Budgeting assistance, representative payee, fiduciary or financial custodian. Financial literacy program available.

NEIGHBORS IN CHRIST – First Presbyterian Church, 111 Big Spring Ave., Newville, PA 17241 Saturday Hours: 9 – 10AM Provides limited emergency help for rent, Adams electric, food & clothing to residents of Big Spring School District.

SAMARITAN FELLOWSHIP – Carlisle United Methodist Church (CUMC) – 333 South Spring Garden St., Carlisle, PA 17013

www.samaritanfellowship.org Saturday 7AM-10AM Provides crisis financial and referral assistance to residents of Carlisle, South Middleton, and Middlesex Township. Referrals as required for persons receiving case management or in subsidized housing. Referrals submitted to samaritanfellowship@hotmail.com

SOCIAL SECURITY ADMINISTRATION –

Harrisburg – (888) 327-1176 555 Walnut St., #810, Harrisburg, PA 17101 Weekdays 9AM – 4PM

Carlisle – (800) 772-1213 200 South Spring Garden Street, Carlisle, PA 17013 Weekdays 9AM - 4PM

TODD BAIRD LINDSEY DEVLIN FOUNDATION – (717) 486-4121 P.O. Box 724, Carlisle, PA 17013 Financial services: housing expenses, utilities, taxes, prescription medications, medical equipment, nursing services, hearing aids & personal emergency response services fees. These services are for persons 55 years and older in the boroughs of Carlisle, Mt. Holly Springs & Newville. Townships of West Pennsboro, Dickinson, Middlesex, South Middleton, North Middleton, Penn, Lower Frankford & Upper Frankford. Applicants must live in service area for 6 months and meet certain income and asset guidelines.

TRI-COUNTY COMMUNITY ACTION (TCCA) - (717) 232-9757 1514 Derry St., Harrisburg

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

FOOD & NUTRITION

CUMBERLAND COUNTY FOOD BANKS

- **Big Spring Area Food Bank** – (717) -422-4603 101 Crossroad School Road, Newville, PA 17241
Distribution: Last Monday of the month (except May, November & December)
- **Christian Life Assembly Food Bank** – (717) 737-6560 2645 Lisburn Road, Camp Hill, PA 17011
Distribution: Second Tuesday 9AM – 12PM
- **Cornerstone Assembly: Five Loaves Food Pantry** – (717) 737-1903 2645 Lisburn Road, Camp Hill
Distribution: Every 3rd Saturday 10AM – 12PM
- **The King’s Kettle Food Pantry** – (717) 530-9200 30 North Fayette St., Shippensburg, PA 17257
Distribution: 1st, 2nd and 3rd Tuesdays 5PM-6:30PM
- **Mt. Holly Springs Food Bank** – (717) 486-4883 202 West Butler St., Mt. Holly Spring, PA 17065
Distribution: Tuesdays 12PM – 2PM
Must reside in Mt. Holly Springs, Gardners or Boiling Springs area. If new, bring photo ID and a bill with current address within the last 30 days.
- **New Hope Ministries Food Bank – Mechanicsburg** – (717) 766-7333 5228 East Trindle Rd., Mechanicsburg
Distribution: Monday-Friday 9AM-4PM or by appointment for Saturday 10AM-12PM (No fifth Saturdays); Tuesday 4PM-6PM (No fifth Tuesday) and Tuesday & Thursday evenings 7PM-9PM
- **New Hope Ministries – Lemoyne** – (717) 774-6255 701 Bosler Ave., Lemoyne
Distribution: Monday – Friday 9AM-4PM; By appointment for Saturday (10AM-12PM (No fifth Saturday); Thursday evenings 6:30PM-8:30PM (by appointment); Mobile Food Pantry – Third Saturday 10AM-11AM
- **Oasis of Love** – (717) 532-5112 303 South Washington St., Shippensburg, PA 17257
Distribution: Provides emergency food boxes as needed! Mondays & Thursdays 11AM-12PM
- **Project SHARE** – (717) 249-7773 5 North Orange St., Suite 4 Carlisle, PA www.projectsharepa.org
Distribution: Based on the 3rd Thursday --- Tuesday 12PM-2PM; Wednesday 9AM-11AM; Thursday 3:30PM-5:30PM; Saturday 9AM-11AM
Serving Carlisle, Mt. Holly Springs, Boiling Springs, Gardners, Plainfield, Middelsex and New Kingston.
Farm Stand – 123 Lincoln St., Carlisle
Distribution: Tuesday 3PM – 5PM; Thursday 12PM-2PM (Open every week EXCEPT distribution week)
- **Salvation Army Choice Pantry** – (717) 249-1411 24 East Pomfret St., Carlisle - (Social Services Office)
Distribution: By appointment only.
- **Shippensburg Produce and Outreach (SPO)** – (717) 477-9100 130 South Penn St., Shippensburg
Distribution: Tuesdays 4PM-6PM
Serving all eligible families on the Shippensburg Area School District and serves Cumberland & Franklin County residents of Shippensburg.
- **The Bridge** – (717) 774-6255 122 Geary Ave., New Cumberland, PA 17070 (West Shore Senior Center)
Distribution: Once a month – second Wednesday 2PM-4:30PM
Mobile Food Pantry – Call (717) 766-7333 x 3012 New Hope Ministry

CUMBERLAND COUNTY ASSISTANCE OFFICE – SNAP (717)240-2700/(800)269-0173

Apply online through the COMPASS website.

CUMBERLAND COUNTY OFFICE OF AGING & COMMUNITY SERVICES - (717) 240-6110 (see AGING)

FARMER’S MARKET NUTRITION PROGRAM (FMNP) – (717) 240-6110 (see AGING)

MEALS ON WHEELS – (717) 240-6110 (see AGING)

SALVATION ARMY - MY BROTHER’S TABLE – (717) 249-1411 Rear of 127 South Hanover St., Carlisle

- **Choice Pantry** – Appointment only.
- **Free Daily Meal** - Weekdays 4:30PM – 5:30PM; Saturday 12PM – 1PM; Sundays 5PM-6PM
- **Homeless Breakfast Program** - For homeless, every weekday 8AM – 9AM.

NATIONAL SCHOOL LUNCH & BREAKFAST PROGRAM – Contact your local school district

SENIOR CENTER MEALS (See AGING)

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) - Formerly called the Food Stamp Program, is designed to increase food purchasing power for eligible low-income households to help them buy a nutritionally adequate low-cost diet. Operated through – **Cumberland County Assistance Office** (717) 240-2700/(800)269-0173 33 Westminster Drive, Carlisle, PA 17013 Can apply online through COMPASS.

TAPESTRY OF HEALTH – WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM (WIC) - (717) 243-0523

401 East Louther St., Carlisle, PA 17013 WIC (Women, Infants & Children) program provides: Free nutrition information, breastfeeding support, health screening , supplemental food vouchers and referrals.

GRIEF & LOSS

DREW MICHAEL TAYLOR FOUNDATION – (717) 532-8922 Providing grief education and support programs for children, teens and adults.

HIGHMARK CARING PLACE – (866) 613-4673 3 Walnut St., #200, Lemoyne, PA 17043
Center for grieving children, adolescents, and their families.

HOMEBUYERS/HOMEOWNERS ASSISTANCE

AFFORDABLE HOUSING TRUST FUND DOWN PAYMENT & CLOSING COST ASSISTANCE PROGRAM –

(717) 249-0789 Ext.171 This program managed by the Redevelopment Authority of Cumberland County, offers assistance to low-moderate income households. They must live or work in Cumberland County for at least six months and be purchasing a home in Cumberland County.

This is a five year forgivable lien if the family stays in the home for five years. The grant is a 3-to-1 match. The applicant must contribute 1/3 of the grant amount toward their down payment & closing costs. Applications: cchra.com

AFFORDABLE HOUSING TRUST FUND EMERGENCY REPAIRS PROGRAM – (717) 249-0789 Ext.171

Managed by the Redevelopment Authority of Cumberland County, offers assistance to low-moderate income households with emergency repairs. A maximum of \$5,00 which is a deferred loan payable upon the change of the Deed. A lien will be placed on the home. See other requirements in the applications at cchra.com.

CARLISLE BOROUGH OWNER OCCUPIED REHABILITATION – (717) 249-0789 Ext. 171

Managed by the Redevelopment Authority of Cumberland County this program assists low-moderate income households with home repairs. A maximum of \$20,000 which will be a deferred loan payable upon the change of the Deed. A lien will be placed on the property. The home must be owner occupied and in Carlisle Borough. Applications available at cchra.com.

CARLISLE HOUSING OPPORTUNITIES CORPORATION (CHOC)– (717) 590-7367 P.O. Box 624. Mechanicsburg, PA 17015

A nonprofit, community-based organization to provide high quality, safe & affordable housing to low to moderate income people on the Borough of Carlisle.

CUMBERLAND COUNTY FIRST TIME HOMEBUYER DOWN PAYMENT & CLOSING COST ASSISTANCE PROGRAM

CUMBERLAND COUNTY HOUSING & REDEVELOPMENT AUTHORITY – (717) 249-0789 option 2 to register.

The workshop consisting of two evening classes, helps attendees determine if they are ready to purchase a home & the steps to purchase a home.

CUMBERLAND COUNTY OWNER OCCUPIED REHABILITATION – (717) 249-0789 Ext.171

Managed by The Redevelopment Authority of Cumberland County, assisting low-moderate households with home repairs. A maximum of \$20,000 which will be a deferred loan payable upon the change of the Deed. A lien will be placed on the property. The home must be owner occupied and in Carlisle Borough. Applications available at cchra.com.

A maximum of \$20,000 which will be a deferred loan payable upon the change of the Deed. A lien will be placed on the property. The home must be owner occupied and in Carlisle Borough. Applications available at cchra.com.

CUMBERLAND VALLEY HABITAT FOR HUMANITY – (717) 258-1830 39 Heisers Lane, Carlisle, PA 17015

Non-profit, ecumenical, grassroots Christian ministry which builds simple, decent, & affordable houses in partnership with families in need, donors & volunteers. <https://www.cv-hfh.org/>

HUD CERTIFIED HOUSING COUNSELING – (717) 249-0789 Ext. 136

The Redevelopment Authority of Cumberland County offers Housing Counseling in several areas: Pre-Purchase, Credit & Budget, Default & Delinquency, Mediation & Diversion, and Housing Stability. All HUD- Certified Housing Counseling is free of charge.

PENNSYLVANIA HOUSING FINANCE AGENCY – (717) 780-3800 211 Front St., Harrisburg, PA 17101

A variety of multi-family rental housing, homeownership programs, and foreclosure prevention programs.

- **Homeowner's Mortgage Assistance Program** – (717) 780-3871 – Offers mortgages for first time home buyers.
- **Housing Emergency Mortgage Assistance Program** – (717) 780-3940 Offers financial assistance for mortgages in foreclosure. Must have an Act 91 Notice.
- **PAHousingSearch.com** – A free services to list and find affordable apartments & homes across PA.
- **Customer Solutions Center** – 1-855-827-3466
- **Housing Counseling Services** – (717) 780-3907 Provides counseling to assist on evaluating mortgagor readiness, fair housing, credit report management and selecting real estate agent/home inspection.
- **Pennsylvania Homeowner Assistance Fund (PAHAF)** – (888) 987-2423 Must apply online: <https://pahaf.org/> Housing related program funded by the U.S. Treasury to assistance Pennsylvania homeowners facing financial hardship as a result of the COVID-19 pandemic. The program provides financial assistance to homeowners qualified mortgage & housing-related expenses to address delinquency & avoid default, foreclosure or displacement.

HOMELESS SERVICES

211 – COORDINATED ENTRY If you are homeless dial 211 or call toll free (855) 567-5341 and register through the Coordinated Entry System.

BRIDGE OF HOPE HARRISBURG AREA – (717) 635-5957 Offers a long-term holistic and supportive program to single mothers and their children experiencing homelessness. www.harrisburg.bridgeofhopeinc.org

COMMUNITY CARES & RESOURCE CENTER – (717) 249-1009

50 West Penn St., Carlisle, PA 17013

Offers emergency night shelter from 9PM - 7AM. Supportive Service Coordinators available to work towards housing independence. Resource Center offers snacks, receive mail, rest when ill, do laundry & take showers.

infor@morethanshelter.org

COMMUNITY CARES – SHIPPENSBURG FAMILY SHELTER – (717) 249-1009 206 East Burd St., Shippensburg, PA

Temporary shelter for up to 8 families a day. Supportive Service Coordinators available to work towards housing independence.

COMMUNITY CARES STREET OUTREACH – (717) 448-8850 Mobile outreach for those who are homeless.

streetoutreach@morethanshelter.org

COORDINATED ENTRY SYSTEM WALK-IN SITE – Located at COMMUNITY CARES RESOURCE CENTER.

50 West Penn Street, Carlisle, PA 17013

CUMBERLAND COUNTY HOMELESS AND SPECIAL NEEDS PROGRAM – Manages the rapid re-housing and permanent supportive housing programs. Anyone experiencing homelessness must utilized the Coordinated Entry system to be assessed and place on the Community Queue (Dial 211 or toll free (855) 567-5341) or visit the Carlisle access site at COMMUNITY CARES – 50 West Penn St.

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM – (717) 240-6110 1100 Claremont Rd., Carlisle
Provides: Security deposits, Rental assistance, Needs assessment, Budgeting and Case management.

CUMBERLAND COUNTY RENTAL RESOURCES – A starters guide is available at the Cumberland County Homeless Assistance Program through Aging & Community Services at (717) 240-6110. www.cumberlandcountypa.gov/Aging

DOMESTIC VIOLENCE SERVICES OF CUMBERLAND & PERRY COUNTIES – 24/7 Hotline 1-800-852-2102 (call or text)
Supports the empowerment of those experiencing domestic violence through the provision of equitable & inclusive direct services and the promotion of nonviolence through social & system change.

- Emergency Shelter
- Individual/Group counseling
- Support/Group Counseling
- Protection from Abuse Orders (PFA)
- Medical Accompaniment
- Referral Services
- Professional Training & Public Education
- Children’s Programs
- AMEND Batterers’ Intervention Program

FAMILY PROMISE OF HARRISBURG CAPITAL REGION – (717) 737-1100 56 Erford Rd., Camp Hill
Mission is to empower families through relationships and skill building to move from homelessness to home.
www.familypromiseher.org

HELP MINISTRIES of CHRISTIAN CHURCHES UNITED – (717) 230-9550 413 S. 19th St., Harrisburg
Provides homeless & near homeless services in Dauphin County. www.ccuahbg.org

HOMELESS VETERANS’ REINTEGRATION PROGRAM – YWCA HARRISBURG – (717) 234-7931 ext. 3126
1101 Market Street – Harrisburg, PA 17103

- Finding Housing
- Career Planning
- Job Search
- Resume Writing
- Getting a job if you have a criminal record
- Business Ethics & Professional Conduct
- Interview Skills
- Child Care

SAFE HARBOUR – THE JAMES WILSON EMERGENCY CENTER – (717) 249-2200 102 W. High St., Carlisle, PA 17103
Provides a continuum of housing & supportive services for homeless and nearly homeless individuals and families, through temporary shelter.

HOUSING

CARLISLE OPPORTUNITY HOMES – (717) 245-0516 60 W. Penn St., Carlisle, PA 17013

Provides homes to residents in Carlisle & Mt. Holly Springs. Applications should be completed as soon as possible due to a waiting list. Applications are available at www.cchra.com.

CUMBERLAND COUNTY HOUSING AND REDEVELOPMENT AUTHORITY (HUD) – (717) 249-1314

114 North Hanover St., Carlisle, PA 17013 Manages and oversees HUD's Section 8 Housing Choice Vouchers, Homeless & Special Needs Programs, Senior Housing and Family Public Housing. Apply for the waiting list applications at www.cchra.com.

CUMBERLAND COUNTY RENTAL RESOURCES – A starters guide is available at the Cumberland County Homeless Assistance Program through Aging & Community Services at (717) 240-6110. www.cumberlandcountypa.gov/Aging

FAMILY PUBLIC HOUSING – (717) 245-0516 60 West Penn St., Carlisle, PA 17103 Offers affordable housing based on income to County residents. Applications should be completed as soon as possible due to a waiting list. Applications are available at www.cchra.com.

HOUSING ALLIANCE OF PENNSYLVANIA – (717) 909-2006 610 N. Third St., Harrisburg

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

PENNSYLVANIA HOUSING FINANCE AGENCY – (855) 827-3466 (Customer Solutions Center) 211 N. Front St., Harrisburg Works to provide affordable homeownership and rental apartment options for senior adults, low & moderate income families, and people with special housing needs. www.phfa.org

PERMANENT SUPPORTIVE HOUSING – (717) 249-1315 Cumberland County Housing & Redevelopment Authority. Subsidized permanent housing to chronically homeless individuals & families with mental health or substance abuse disability.

SENIOR AND/OR DISABLED HOUSING - (717) 240-6110 Contact the Office of Aging & Community Services and ask for a copy of the CUMBERLAND COUNTY RENTAL RESOURCES.

IMMIGRATION AND REFUGEE SERVICES

BETHANY CHRISTIAN SERVICES OF LANCASTER (717) 399-3213 Connects refugee and immigrant families with churches and community resources to help them adjust to their new life in the U.S. www.bethany.org/lancaster

CATHOLIC CHARITIES, IMMIGRATION & REFUGEE SERVICES (717) 232-0568 939 East Park Drive, Suite 102, Harrisburg Works with state and federal governments to resettle refugees, helping them to adjust to new lives. www.cchbg.org

COMMUNITY JUSTICE PROJECT (717) 236-9486 118 Locust St., Harrisburg Provides assistance for immigrants regardless of their immigration status or country of origin. www.communityjusticeproject.org

INTERNATIONAL SERVICE CENTER (717) 236-9401 21 S. River St., Harrisburg Mission is to promote, support, and implement educational, cultural, social, and economic programs to serve the disadvantaged and underprivileged people, that will enable them to become self-supporting & productive members of our pluralistic society.

www.isc76.org

PENNSYLVANIA IMMIGRANT & REFUGEE WOMEN'S NETWORK (717) 980-3888 2101 N. Front St., Governors Plaza – North 2, Harrisburg Created to honor and enhance the lives of refugee and immigrant women in Pennsylvania.

www.pairwn.org

PENNSYLVANIA IMMIGRATION RESOURCE CENTER (717) 600-8099 294 Pleasant Acres Road, Suite 202, York Works to provide access to justice for vulnerable immigrants in detention and in the community through legal services, education & advocacy. www.pirclaw.org

INFORMATION & REFERRAL

211 – CONTACT HELPLINE

LINK TO AGING & DISABILITIES – (717) 240-6110 or (717) 240-7888

LEGAL SERVICES

AMERICAN CIVIL LIBERTIES UNION - (717) 238-2258 South Central PA Chapter, PO Box 11761, Harrisburg 17108

www.aclupa.org

BETTER BUSINESS BUREAU – (717) 364-3250 1337 N. Front St., Harrisburg, PA 17102 Hours: M-F 8AM-5PM
BBB helps people find businesses, brands and charities that they can trust.

CONSUMER COMPLAINTS – (800) 782-1110

CONSUMER PROTECTION - (800) 441-2555

CUMBERLAND COUNTY BAR ASSOCIATION – LAWYER REFERRAL SERVICES - (717) 249-3166 32 s. Bedford St., Carlisle, PA 17013 Hours: M-F 8:30AM-4:30PM Participating attorneys agree to ½ hour consultation for \$25.00. Should they work beyond the first half hour, fees are agreed upon between the attorney and the client. www.CumberlandBar.com

DICKINSON FAMILY LAW CLINIC/DISABILITY LAW CLINIC - (717) 243- 2968 45 N. Pitt St., Carlisle, PA 17013
Hours: M-F 8:30AM-4:30PM Provides free legal assistance as needed to area low income persons.

MID-PENN LEGAL SERVICES – CUMBERLAND COUNTY- (717) 243-9400 401 E. Louthier St., Suite 103, Carlisle, PA 17013
Hours: M-F 8:30AM-4:30PM Provides free legal assistance as needed to area low income persons.

NEIGHBORHOOD DISPUTE SETTLEMENT – (717) 233-8255 315 Peffer St., Harrisburg, PA 17102
Hours: M-F 9AM-4:30PM Provides mediation services to clients despite ability to pay, to solve disputes between tenants & landlords, businesses, employers, neighbors, etc.

PA LAW HELP A guide to legal information & free civil legal services for low income persons and seniors in Pennsylvania. www.palawhelp.org

PENNSYLVANIA OFFICE OF THE ATTORNEY GENERAL - (800) 441-2555 Strawberry Square, Harrisburg, PA 17120
Works with consumer protection, complaints, and scams.

MEDICAL/DENTAL

ALZHEIMER'S ASSOCIATION GREATER PENNSYLVANIA – (800) 272-3900
9378, 2595 Interstate Dr., Suite 100, Harrisburg, PA 17110

WELLSPAN CHAMBERSBURG HOSPITAL – (717) 267-3000 112 N. 7th St., Chambersburg, PA 17201

CHIP – CHILDREN'S HEALTH INSURANCE PROGRAM - (800) 986-5437 www.dhs.pa.gov

PENN STATE HEALTH –

- **HAMPDEN MEDICAL CENTER** – (717) 981-9000
- **HOLY SPIRIT HOSPITAL** – (717) 763-2100 503 North 21st, Camp Hill, PA 17011
- **MILTON S. HERSHEY MEDICAL CENTER** – (800) 243-1455
- **PENN STATE CHILDREN'S HOSPITAL** – (800) 243-1455
- **SAINT JOSEPH MEDICAL CENTER** – (610) 378-2000

HOSPICE OF CENTRAL PENNSYLVANIA – (717) 732-1000 1320 Linglestown Road, Harrisburg, PA 17110
Providing high quality of emotional, Physical and spiritual support with compassion and respect.

PENNSYLVANIA DEPARTMENT OF HEALTH- (877) 724-3258 625 Forester Street, Harrisburg, PA 17120
www.health.pa.gov

PLANNED PARENTHOOD – HARRISBURG MEDICAL CENTER OF HARRISBURG, PA – (717) 234-2468
1514 North 2nd Street, Harrisburg, PA 17102 Offering primary care, sex education, pregnancy test & services, birth control, STD testing – treatment & services, HIV services, women's health care, abortion, emergency contraception, transgender hormone therapy and men's health care.

POISON CONTROL EMERGENCIES (800) 222-1222

SADLER HEALTH CENTER CORPORATION – (717) 218-6670 100 North Hanover St., Carlisle, PA 17013
Federally funded qualified health center providing comprehensive community-based primary care, dental care and behavioral health services.

SHIPPENSBURG COMMUNITY NURSE – (717) 530-7900 126 E. King St., Shippensburg, PA 17257 Assistance with medicine box preparation, wound care and blood pressure screenings. Free service

STATE HEALTH CENTER - (717) 243-5151 431 E. North St., Carlisle, PA 17013

UPMC CARLISLE MEDICAL CENTER (717) 249-1212 361 Alexander Spring Road, Carlisle, PA 17015 www.upmc.com

UPMC WEST SHORE – (717) 791-2600 1995 Technology Pkwy, Mechanicsburg, PA 17050 www.upmc.com

MENTAL HEALTH & INTELLECTUAL DEVELOPMENTALLY DISABLED (IDD)

CHILD & ADOLESCENT SERVICE SYSTEM PROGRAM (CASSP) - (717) 240-6320 1615 Ritner Highway, Carlisle, PA 17013

A comprehensive system of care for children & adolescents with severe emotional disturbances. It brings professionals from all the child-serving agencies in Cumberland County in a consistent & unified approach to treatment planning & service delivery to children who are experiencing difficulty in any of the several developmental areas.

CUMBERLAND/PERRY COUNTIES MENTAL HEALTH SERVICES – (717) 240-6320 1615 Ritner Highway, Carlisle, PA 17013

An alliance of three organizations - Mental Health (MH), Intellectual & Development Disabilities (IDD) and Early Intervention (EI), sharing the mission of empowerment & support. Offers services to people of all ages with serious mental illness & intellectual & developmental disabilities.

CUMBERLAND/PERRY COUNTIES INTELLECTUAL DEVELOPMENTALLY DISABLED SERVICES (IDD) – (717) 240-6320

The services & supports provided by the IDD programs are guided by the principles of Self-Determination & Everyday Lives – choice, control, individuality, community inclusion, growth & development. Individuals with IDD will have the opportunity to live in least restrictive, yet appropriate living arrangements, and to experience services & supports that are in their neighborhood & closer to home.

CUMBERLAND/PERRY WARM LINE – 1 (877) 243-7153

Mon/Fri 7-9PM; Tues/Thurs 7-10PM; Sat 1-4PM; Sun 6-9PM

The Warm Line is a professional free caring, confidential, and inclusive mental Health Support line available by phone.

CRISES SERVICES

- Camp Hill area (717) 763-2222
- Carlisle area (717) 243-6005
- Other areas (866) 350-4357

Telephone service is available 24/7 to people in crises or callers asking for assistance with mental health problems.

WALK-IN CRISES SERVICES

- UPMC Carlisle Hospital – 361 Alexander Spring Rd., Carlisle, PA 17015
- Penn State Health Holy Spirit Medical Center – 503 N. 21st St., Camp Hill, PA 17011

MOBILE OUTREACH SERVICE

This service is open 24/7, providing crisis intervention where the person in crisis is located. This service must be used in an emergency psychiatric or mental health crisis and involve a situation which a client cannot or refuses to come to one of the crisis offices. The decision to activate the mobile crisis unit remains solely with the Crisis Intervention Service.

DIAKON LUTHERAN SOCIAL MINISTRIES – (717) 795-0300 960 Century Drive, Mechanicsburg, PA 17055

MERAKEY – (717) 243-6033 33 State Avenue, Carlisle, PA 17013

Developmental, behavioral health and education provider of integrated services to individuals and communities.

SUICIDE AND CRISIS LIFELINE – Dial 988 Free and confidential 24/7 support for people in distress.

MISCELLANEOUS

AMERICAN RED CROSS – (814) 237-3162 145 South Hanover St., Carlisle, PA 17013

Helps people prepare for, respond to, and recover from big & small disasters.

BIG BROTHERS – BIG SISTERS OF THE CAPITAL REGION – (717) 236-0199 1519 North Third Street, Harrisburg, PA 17102 Create & support one-to-one mentoring relationships that ignite the power & promise of youth.

LEND A HAND – (717) 731-8888 2601 N. Front St., Suite 107, Harrisburg A local disaster response and assistance program. www.lendahand.net

MENNONITE DISASTER SERVICE – (717) 735-3536 Responds to those affected by disasters. www.mds.mennonite.net

PARTNERSHIP FOR BETTER HEALTH – (717) 960-9009 274 Wilson St., Carlisle, PA 17013 A community foundation that works collaboratively with key stakeholders throughout parts of Cumberland, Perry, Adams and Franklin counties to positively influence the lives of our neighbors.

PENNSYLVANIA COMMISSION FOR WOMEN - (717) 772-3880 Responsible for advising the Governor on policies and legislation that impact women. www.governor.pa.gov/about/pennsylvania-commission-for-women

PENNSYLVANIA DEPARTMENT OF HUMAN SERVICES – (866) 947-7148 625 Foster St., Harrisburg, PA 17120
Our mission is to assist Pennsylvanians in leading safe, healthy and productive lives through equitable, trauma-informed, and outcome-focused services while being accountable steward of commonwealth resources.

SHIPPENSBURG UNIVERSITY PRIDE CENTER - (717) 477-1291 1871 Old Main, Room 230; Shippensburg, PA 17257
www.ship.edu/pride Weekday hours: 8AM – 4:30PM

Services:

- Mentor/Mentee program for LGBTQIA individuals
- Safe Zone trainings for individuals and organizations on campus and in Cumberland/Franklin counties
- LGBTQIA Equity & Inclusion consultation & training
- LGBTQIA resource & referrals

PARENTING/FAMILY SUPPORTS

ALTERNATIVE BEHAVIOR CONSULTANTS (ABC) – (717) 241-6870 /1-866-470-8477 224 S. Hanover St., Carlisle 17013
The mission is to strengthen families through parenting education and skill development, behavior change groups and therapeutic interventions. Services provided in your home, at our Parenting Skills Center, or in a group format. ABC provides: parenting education classes, in-home parenting support, reunification services, supervised visitation, anger management and shoplifting prevention classes. www.abchelps.com

CAPITAL AREA HEAD START – (717) 541-1795 for free preschool programs in Carlisle, Middlesex, East Pennsboro and Sporting Hill. We also offer free Early Head Start programs for pregnant moms through age 3. We enroll all year long.

CAPITAL ARE INTERMEDIATE UNIT (CAIU) – (717) 732-8400 55 Miller Street, Enola, PA 17025 info@caiu.org

CAPITAL AREA PREGNANCY CENTER – (717) 761-4411 2515 Gettysburg Rd., Camp Hill 17011
Provides pregnancy testing, pregnancy information, referrals for medical care, social services, adoption, foster care, legal services, short term housing for homeless clients, support groups and clothing.

CARLISLE FAMILY LIFE CENTER –

CENTRAL PA FAMILY SUPPORTS SERVICES – (717) 614-0130 Provides emotional and social support to families and youth in Central Pennsylvania. Programs: Parental Support Program, Re-Entry Support Program, Education Re-Engagement Program, Supervised Visitation Program and Healthy Lifestyles Program. <http://www.pafamilysupports.org>

CHILDCARE CONSULTANTS – (717) 210-3334 701 Bosler Ave., Lemoyne 17043
Serving Cumberland, Dauphin, Lebanon and Perry Counties. Supports families in finding and paying for quality child care. Provides resources, training and on-site technical assistance to help all types of early children education providers to improve their programs to ensure every child is successful in school and life. www.childcareconsultants.org

COURT APPOINTED SPECIAL ADVOCATES (CASA) - (717) 240 -6159 The Cumberland County CASA Program is responsible for recruiting, screening, training, assigning and coaching CASA volunteers for their work on behalf of dependent children within the Cumberland County Court system. casa@cumberlandcountypa.gov

CUMBERLAND CARES FOR FAMILIES – (717) 240-6172 A free in-home visitation program to support & education parents of children (pre-natal to age 5). Goals are established by the parent(s)/caregiver(s) to help with child development and targeted parenting skills. Information and supports are offered to access other social services, financial assistance, medical, counseling, housing, legal, and educational services.

CUMBERLAND/PERRY EARLY INTERVENTION – (717) 240-6320 1615 Ritner Hwy, Carlisle 17013
Providing services & supports designed to help families with children who have developmental delays or disabilities. Services can include information about how children develop, parent & caregiver education, family supports, and developmental & instructional therapies that assist in child development. Early Intervention builds upon the natural learning that occurs in the first few years.

FAMILY SUPPORT OF CENTRAL PA – (800) 984-9923 Offers free weekly support groups to parents who are overwhelmed and motivated to strengthen their family relationships. Free childcare during group sessions. Separate Teens Together and Parents with Teens groups offering families and opportunity to improve communication and recognize signs of their behavior and how they are affecting others.

HEALTHY BABY HELPLINE – (800) 986-2229 A helpline specialist will assist in locating prenatal care providers, breastfeeding consultants, immunizations, car seats and needed baby supplies.

LOURDESHOUSE MATERNITY HOME – (717) 412-4865 120 Willow Road, Suite A., Harrisburg
(Catholic Charities) Provides specialized. Comprehensive maternity care and residential services to women in need in South Central Pennsylvania. www.cchbg.org

PMI PREGNANCY RESOURCE CENTER – (717) 532-4446 20 E. Burd St., Shippensburg 17257
Offers free services: pregnancy tests, limited STD testing/treatment, referrals for first trimester ultrasound, ongoing supportive/education services for moms to be. Material support with baby bucks earned through our education program. Limited emergency supplies for diapers and formula. <http://pmipregnancycenter.org>

PRESSLEY RIDGE – (717) 774-3673 331 Bridge St., New Cumberland 17070 Offers in-home parenting training & center-based parent support groups.

SHIPPENSBURG HEAD START PROGRAM – (717) 477-1626 Grove Spiritual Center 1871 Old Main Dr., Shippensburg
A free program serving pregnant mothers, infants and children ages 0-5. Programs include Early Head Start, Head Start and Pre-K Counts. Center-based and home based programs assist enrolled families with education, health and social services, nutrition services and special needs. Areas served: Shippensburg, Newville, Carlisle and South Middleton school districts.

YWCA – CARLISLE – (717) 243-3818 301 G St., Carlisle 17013 Weekdays 8:30am – 4:30pm
Provides Carlisle area parents w/ on site parenting classes on a sliding fee scale. Financial budgeting classes are available. Scholarships are available. YWCA Preschool (ages 3-5). Child care is available. YWCA support groups include: ADD Support Group, Rape Crises Services, various recreation & summer camp programs.

TRANSPORTATION

CAPITAL AREA TRANSIT (CAT) - (717) 238-8304 Provides transit services w/ reduced fees. Bus route booklets available.

LIFECYCLE – (717) 240-0060 New Life Community Church; 64 East North St., Carlisle, PA 17013
The mission of the Bike Shop is to help provide quality, safe bicycles for transportation, leisure and wellness to individuals of all ages in Cumberland County. STEP ONE: Fill out an application STEP TWO: Select a bike (You can apply for the “Earn A Bike “ program or directly purchase) STEP THREE: Service time. Call for hours!

RABBIT TRANSIT SHARED RIDE TRANSPORTATION – (800) 632-9063 Provides free and reduced transportation depending on individual qualifying background. Senior citizens, persons with disabilities, mental health\intellectual disability clients, and Medical Assistance individuals are eligible. Contact them for more information on eligibility, application processes, service delivery guidelines and cost.

RAIDER REGIONAL TRANSIT – (717) 530-8891 Shippensburg area transit services. Free to senior citizens w/ Commonwealth ID card & to Shippensburg University Students w/ student ID.

SALVATION ARMY – (717) 249-1411 Social Services Center – 24 E. Pomfret St., Carlisle
Bus tickets and gas cards for employment and medical purposes.

UTILITIES

ADAMS ELECTRIC – (717)532-2214/ (888) 232-6732 Adams Electric Help:

- Neighbors in Christ is providing financial assistance all area customers in the Big Spring School District
- SCCAP (717) 263-5060) in Chambersburg also provides financial assistance
- Complaints: PA Legal Services (800) 732-3545

CUMBERLAND COUNTY ASSISTANCE OFFICE – (717) 240-2700/ (800) 269-0173 33 Westminster Dr., Carlisle

- **LIHEAP** (Low Income Heating Energy Assistance Program) – Annual program from November to April for low income households. One time seasonal assistance up to \$XXXX
- **CRISES LIHEAP** Part of the LIHEAP Program for those who have run out or are running out of their winter heat source. Eligible households can apply the maximum of two times a season.

METROPOLITAN EDISON (MET ED) – (800) 545-7741 New Hope Ministries in Mechanicsburg has financial assistance (717) 766-7333.

PA AMERICAN WATER COMPANY – (800) 717-7292 New Hope Ministries in Mechanicsburg has financial assistance (717) 766-7333.

PENELEC – (717) 545-7741/ (800) 962-4848 Provides electric services to Shippensburg area.

PCAP program for low income customers (800) 207-9276 or SCCAP in Chambersburg (717) 263-5060

PPL ELECTRIC – (800) 342-5775 1030 McClay Street, Harrisburg, PA 17103

- **OPERATION HELP** – A financial assistance program (must not exceed 200% poverty guidelines). Call Tr-County Community Action: (717) 232-9757
- **ON TRACK** – A low income program (150% poverty guidelines) that helps lower bill payment and debt forgiveness. Call Tri County Community Action: (717) 232-9757

PUBLIC UTILITY COMMISSION (PUC) - General: (717)-783-1740; Terminations: (800) 692-7380
Complaints: (800) 782-1110

UGI – (natural gas) (717) 234-5951/(800) 648-6280; Carlisle customers: (800) 609-4844

- **Customer Assistance Program (CAP):** To assist current customers with a payment plan.
- **LIURP (Low Income Usage Reduction Program):** (800) 340-5393 to see if eligible. A weatherization program approved by the landlord.
- **Operation Share:** (717) 233-6755 Salvation Army of Harrisburg financial assistance program.

UNITED WAY OF CARLISLE & CUMBERLAND COUNTY – (717) 243-4805 145 South Hanover St., Carlisle, PA

- Program to assist with **propane, kerosene and wood pellets**. Individual, must have proof of applying for LIHEAP assistance and determination of approval/denial. Additionally proof of income, photo ID and past heating bill. If over age 55 contact Todd Baird Lindsey Devlin Foundation (717) 486-4121.

Resident (income cannot exceed 200% of Federal Poverty Guidelines) of Carlisle, Boiling Springs, Mt. Holly Springs, New Kingston, Plainfield or Newville.

WEATHERIZATION – (800) 451-9869 SCCAP Gettysburg - Provides free or affordable aid to low income households with various home energy insulation benefits.

NOTE: SEWER, WATER, TRASH and RECYCLE – Contact your local Borough or Township office.

VETERANS'S PROGRAMS & SERVICES

CUMBERLAND COUNTY VETERAN'S AFFAIRS – (717) 240-6178

20 N. Hanover St., Suite 103; Carlisle, PA 17012 Hours: Week days 8AM – 4:30PM

- Assist service members, veterans and families apply for local, state and federal benefits.
- Advocate for veterans and help coordinate services to meet individual needs, both long-term and immediate.
- Represent veterans and their families to the U.S. Department of Veteran's Affairs. We provide support through the entire process, including representation in appealing a negative outcome to the Board of Veteran Appeals.

CUMBERLAND COUNTY VA CLINIC (717) 590-1525 Mental Health (717) 272-6621 ext. 4232

5070 Ritter Road, Rossmoyne Business Park, Mechanicsburg, PA 17055

Services: Audiology, Dermatology, Mental Health Care, Optometry, Orthopedics, Podiatry, Primary care, Urology and Women's health. Weekdays: 7:30AM – 4:00PM

HEALTH CARE FOR HOMELESS VETERAN'S PROGRAM – LEBANON VA MEDICAL CENTER (800) 827-1000

The program's goal is to reduce homelessness among veterans by conducting outreach and bringing veterans into treatment and rehabilitative programs.

LEBANON VA CENTER – (717) 730-9782/ (800) 409-8771 1700 S. Lincoln Ave., Lebanon

Provides medical help, social services and support to veterans. www.lebanon.va.gov

PENNSYLVANIA DEPARTMENT OF MILITARY & VETERANS AFFAIRS Provides advice and assistance to Pennsylvania's nearly 800,000 veterans and their families. www.dmva.pa.gov

PENNSYLVANIA VETERANS REGISTRY An online application that allows veterans, family members and people who work with veterans to connect with Department of Military and Veteran Affairs to request information related to valuable state benefits, programs and services. www.dmva.state.pa.us

SUPPORTIVE SERVICES FOR VETERAN FAMILIES - YWCA GREATER HARRISBURG

(717) 234-7931 EXT. 3078 1101 Market St., Harrisburg, PA 17103

The SSVF program promotes housing stability among very low-income veteran families who reside in or are transitioning to permanent housing. The team provides outreach services, case management, assistance in VA benefits, and assistance in obtaining & coordinating other public and mainstream benefits.

Additionally, services include intensive case management to the homeless and those seeking permanent housing to overcome barriers and build on supportive services.

U.S. DEPARTMENT OF VETERAN AFFAIRS – www.va.gov

- **GI Bill** (888) 442-4551
- **Healthcare Benefits** (877) 222-8387
- **PTSD** (802) 296-6300

VETERAN'S BENEFITS HOT LINE - (800) 827-1000

VETERANS NATIONAL CRISIS LINE - (800) 273-8255

VOLUNTEERS OF AMERICA - PENNSYLVANIA SUPPORTIVE SERVICES FOR VETERAN FAMILIES –

(717) 236-1440 EXT. 16 2112 Walnut St., Harrisburg, PA 17103

Provided services: Case management for qualifying veterans/veteran families for rapid rehousing or imminent risk of homelessness.