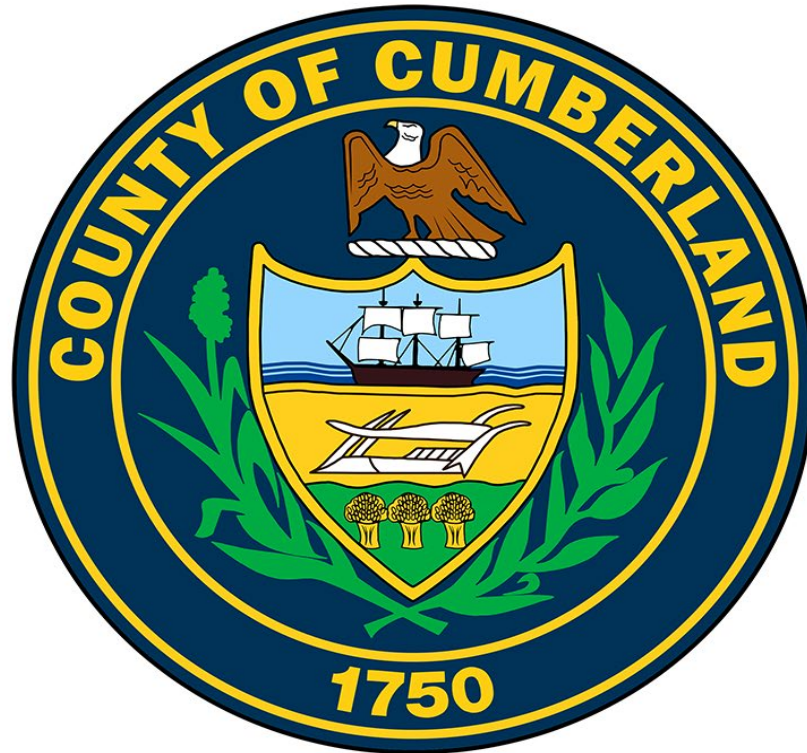


**CUMBERLAND COUNTY
GUIDE TO HUMAN SERVICES
2024**



CUMBERLAND COUNTY

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AGING SERVICES

CUMBERLAND COUNTY AGING & COMMUNITY SERVICES - (717) 240-6110 - 1100 Claremont Road, Carlisle, PA 17015
email: aging@cumberlandcountypa.gov website: www.cumberlandcountypa.gov/aging

- **Caregiver Support Program (CSP) –**
 - **Caregiver Support Program** – Reimbursement program to assist caregivers in paying for hands-on care, incontinence supplies, and nutritional support to an older adult.
 - **Grandparent Support Program** – Resources & assistance for those 55+ raising their grandchildren.
- **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+.
- **Farmer’s Market Nutrition Program** - Financially eligible seniors receive vouchers that can be used to purchase fresh fruits and vegetables grown in PA. The program starts each year in June and the vouchers are good until November 30th.
- **Home Modification** - Provides minor home maintenance & minor modification for 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** - Home Delivered Meals for those outside of the Meals on Wheels service areas (See Food & Nutrition pg. 15). Qualified older adults should be limited in their ability to leave their home and prepare meals.
- **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. Program is resident directed.
- **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** - Offering a variety of programs and free meals Monday thru Friday. Donations are welcome. Contact Rabbit Transit for transportation, 1(800)632-9063.
 - Big Spring Senior Center**, 91 Doubling Gap Road, Newville, PA 17241 (717) 776-4478
 - Branch Creek Place**, 115 N. Fayette St., Shippensburg, PA 17257 (717) 300-3563
 - 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
 - Mechanicsburg Place**, 97 W. Portland St., Mechanicsburg, PA 17055 (717) 591-5581
 - 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+.

COMMUNITY HEALTH CHOICES – PA Independent Enrollment Broker (IEB) - (877) 550-4227 Home and Community-Based Waiver Services, through a managed care organization, may be available to Pennsylvanians to enable them to continue to live in their homes and communities with support and services as an alternative to nursing home placement. Call to initiate the enrollment process.

STAR HOMEBOUND SERVICES – CUMBERLAND COUNTY LIBRARY SYSTEMS – (717) 240-1771 STAR stands for Service to Adult Readers that are unable to visit the library due to age, chronic illness, disability or lack of regular transportation. STAR service provides homebound adults with free monthly, personalized selection and delivery of regular print books, large print books, audiobooks, music CDs, DVDs, and pre-loaded Kindle eReaders and tablets.

<https://www.cumberlandcountylibraries.org/STAR>

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, PA 17109 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 in Central PA. www.commonsenseadoption.org

DIAKON ADOPTION & FOSTER CARE – (717) 795-0320 - 960 Century Dr., Suite 206, Mechanicsburg, PA 17055 www.diakon.org/adoption/

JEWISH FAMILY SERVICE OF GREATER HARRISBURG, INC. – (717) 233-1681 - 3333 N. Front St., Harrisburg, PA 17110 www.jfsofhbg.org

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

STATEWIDE ADOPTION & PERMANENCY NETWORK (SWAN) – (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 - 5120 Simpson Ferry Rd., Mechanicsburg, PA 17050 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. www.umhc.org

CHILDREN: HEALTH, SAFETY & EDUCATION

ASERT AUTISM RESOURCE CENTER – (877) 231-4244 Designed to bring together existing resources for families, providers, and self-advocates allowing them to access a broad array of information to help meet the needs of those living with or serving people with autism. www.paautism.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. Available 24 hrs a day/seven days a week. www.dhs.pa.gov/keepkidssafe

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP) – (800) 985-5437 Free to low-cost health insurance for uninsured children and teens who are not eligible for or enrolled in Medical Assistance. Free/reduced child immunization help.
<https://www.pa.gov/en/agencies/dhs/resources/chip/about-chip.html>

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. www.cumberlandcountypa.gov/2488/Newborns-and-their-Parents

CUMBERLAND COUNTY CHILDREN & YOUTH - (717) 240-6120 – 16 West High St., Suite 200, Carlisle, PA 17013

- Provide protection, safety and ensure welfare of children.
- Preserve, support & strengthen the family.
- Identify alternative care, safe environment, and permanent housing for those children unable to remain in their home. www.cumberlandcountypa.gov/108/children-youth-services

EARLY INTERVENTION – CUMBERLAND/PERRY MH/IDD - (717) 240-6320 Provides services for children from birth to age five who have or are at risk of having disabilities/developmental delays and their families.
<https://www.cumberlandcountypa.gov/3809/Early-Intervention-Services>

HEAD START AND EARLY HEAD START – Free programs designed to promote school readiness for infants, toddlers, and preschoolers from families that meet income eligibility requirements.

- **Capital Area Head Start (CAHS) through Keystone Human Services** – (717) 541-1795
<https://www.khs.org/what-we-do/head-start-services/>
 - Early Head Start program serves children ages birth to three and women who are pregnant.
 - Head Start pre-kindergarten programs are comprehensive, state and federally-funded child development programs serving children ages 3-5.
 - Service area Carlisle and West Shore.
- **Head Start & Pre-K through Shippensburg Univ.** – (717) 477-1626 www.ship.edu/headstart
 - Head Start program serves children between age four and the entry age for kindergarten are eligible. Priority is given to the most at-risk children in the community. Services in three center-based classrooms, and five Early Head Start home-based groups. Service area encompassing the Shippensburg, Newburg, Newville, and Carlisle areas.
 - Pre-K Counts Programs are "housed" within the Shippensburg, Big Spring, Carlisle, and South Middleton School Districts.

HEALTHY BABY HELPLINE – (800) 986-BABY (2229) For information on finding a doctor, getting healthcare coverage, immunizations, tests for baby, breastfeeding.

NURSE-FAMILY PARTNERSHIP (NFP) at UPMC – (717) 782-2335 - 2645 North 3rd St, 3rd Fl, Harrisburg, PA 17110 Registered nurses, partner with first time pregnant, income eligible women with home visits, providing education, support & advocacy during early pregnancy to baby turning two. <https://www.nursefamilypartnership.org/first-time-moms/>

PA NEWBORN SCREENING PROGRAM – PA DEPT OF HEALTH - (717) 783-8143 If you have questions about your baby's newborn screening, contact your baby's health care provider or call the Pennsylvania Department of Health's Newborn Screening. <https://www.health.pa.gov/topics/programs/Newborn-Screening/Pages/Newborn%20Screening.aspx>

SAFE HAVEN – (866) 921-7233 If you're not ready to take care of a newborn and don't have anyone to ask for help, there's a place where you can take your baby to ensure his or her safety and health. Under the Safe Haven law, you may bring your newborn (up to 28 days old) to any Pennsylvania hospital, to a police officer at a police station, or an emergency services provider at an EMS station. <https://www.dhs.pa.gov/secretsafe/Pages/default.aspx>

CLOTHING & NON-CONSUMABLE ITEMS

BOUNTIFUL BLESSINGS – (717) 802-1222 Offers a variety of non-food items to families and seniors who struggle financially. Those who receive through Bountiful Blessings are required to give back to the program through volunteer time. Location & Hours: 1st & 3rd Saturday (9:30am-11:30am) at Vibrant A Christian Church – 1775 Lambs Gap Rd., Mechanicsburg, PA 17050 2nd & 4th Wednesday (4:00pm-6:00pm) at St. Paul Lutheran Church- 201 W Louthier St., Carlisle, PA 17013 <https://www.bountifulblessingsinc.org/>

BREADS AND THREADS FOOD MARKET & CLOTHING BOUTIQUE – CHRISTIAN LIFE ASSEMBLY – (717) 737-6560 2645 Lisburn Road, Camp Hill, PA 17011 Free Toiletries, diapers, gently used clothing, shoes, accessories, household items and toys. Hours: Mon. 4:30-6:30 PM, Tues. 1:00-3:00 PM, Wed. 4:30-6:30 PM, 3rd Sat. 9:00-11:00 AM, Sun. 11:00 AM-1:00 PM. For food, see pg. X Appointments recommended, not required on website or phone. <https://clacamphill.com/care>

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

CHRIST UNITED METHODIST CHURCH- (717) 532-6850 - 47 East King St., Shippensburg, PA 17257 Clothing bank on Saturday mornings from 9am-11am. See Food & Nutrition - Meals, pg. 13 www.christumcshipp.org

CIRCLE OF LOVE COMMUNITY OUTREACH – (717) 372-1112 150 Reading Road , Shippensburg, PA 17257 email: circleoflovegiveaway@gmail.com Distribute used clothing, toys, shoes, linens, household items, personal care items, food, etc to families in need. Distribute items on an as-needed basis to those going through a financial hardship, are a victim of violence, are experiencing a life changing medical condition, or just a family on a budget, etc. We also offer information on other local services and programs that may benefit those in need. Not income based - All are welcome! <https://www.facebook.com/circleoflovegiveaway/>

COMMUNITY AID - (717) 412-7706 - 4833 Carlisle Pike, Mechanicsburg, PA 17050 Thrift store & donation center. Faith based non-profit store providing clothing, household & collectible items. 50% off all items on Wednesday for everyone. 50% off on Tuesdays for Seniors 55 and older. www.communityaid.org

GOODWILL STORE & DONATION CENTER – A source of low-cost clothing, used household goods, and furniture.

- **Lemoyne** - (717) 7376134—1200 Market St., Mon-Sat 9am-8pm, Sun 12pm-6pm
- **Mechanicsburg** - (717) 635-2881 – 4880 Carlisle Pike, Mon - Sat 9am-8pm; Sun 12pm-6pm

<https://www.yourgoodwill.org/>

LITTLE DAISY'S CLOSET - (717) 414-2646 –1613 Orchard Dr, Chambersburg, PA 17201 No cost clothing ministry. They also have, toys, personal items, and household goods. Shopping Hours: Tuesday & Thursday 12 – 4PM. Valid photo ID, passport, or permanent resident card required. <https://littledaisyscloset.org/>

NEW DIGS (MISSION CENTRAL) - (717) 620-9735 – 5 Pleasant View Drive, Mechanicsburg, PA 17050 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. <https://newdigsministry.org/>

PA BIBLE TEACHING FELLOWSHIP – 700 Market St., Lemoyne, PA 17043 Distribution of clothes is on the 3rd Saturday from 11:00 am-1:00 pm. Free lunch is provided the day of the clothing bank. <https://pabibletf.org/>

SALVATION ARMY THRIFT STORE – A source of low-cost clothing and used household goods.

- **Camp Hill** - (717) 800-728-7825 - 3901 E Trindle Rd., Monday – Saturday 9am – 7pm
- **Carlisle** - (717) 706-3670 - 469 East North St., Tuesday, Thursday, Friday, and Saturday 10am- 3pm

<https://pa.salvationarmy.org/>

SHIPPENSBURG DIAPER BANK – SHIPPENSBURG PRODUCE AND OUTREACH (SPO) - (717) 477-9100 At Katie’s Place, 130 S. Penn St., Shippensburg, PA 17257 Registration online at <https://www.shipout.org/diaper-personal-care-bank/>

THE MEETING HOUSE – (717) 243-1863 - 1155 Walnut Bottom Road, Carlisle, PA 17015 Clothing Closet on Monday, Wednesday, and Thursdays from 12 - 3pm. <https://tmh.church/>

TRINITY METHODIST CHURCH - (717) 532-7606 Fellowship Building (Old Jackson School) 116 W. Main St./Walnut Bottom Rd., Walnut Bottom, PA 17266 Reduced price clothing closet on the 2nd & 4th Wednesdays and Saturdays 9am-12pm. Give away clothing in an event of a disaster (ex: fire, flood, etc.). <https://sites.google.com/view/trinitywb/>

DISABILITY SERVICES

BUREAU OF BLINDNESS & VISUAL SERVICES – (717) 787-7500, (717) 787-1733 TTY Forum Place, 555 Walnut Street, 8th Floor, Harrisburg, PA 17101 The mission of the Bureau is to assist Pennsylvanians who are blind or visually impaired gain the skills necessary to live and work independently in their communities through finding employment, setting up a business, independent living skills, and specialized children services.

www.dli.pa.gov/Individuals/Disability-Services/bbvs/Pages/default.aspx

CENTER FOR INDEPENDENT LIVING OF CENTRAL PA (CILCPA) – (717) 731-1900 3211 North Front Street, Suite 100 Harrisburg, PA 17110 Information, referral, and advocacy services to people with disabilities. <https://cilcp.org/>

EASTER SEALS OF WESTERN & CENTRAL PA – (717) 741-3891 - 2550 Kingston Rd., Suite 219, York, PA 17402 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. This includes activities such as Bowling and Summer Camps. <https://www.easterseals.com/wcpenna/>

KEYSTONE HUMAN SERVICES - (717) 232-7509 Offers a broad array of services in the areas of intellectual disabilities, mental health, and autism, as well as Head Start services through Capital Area Head Start and assistance dogs through Susquehanna Service Dogs. We offer technical assistance to governments, regulators, and other organizations, and provide educational opportunities to promote inclusion everywhere. 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; 717-255-0856 Video Phone. Provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment through a network of approved vendors. 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. <https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>

PARENT TO PARENT OF PENNSYLVANIA – 1-888-727-2706 or p2pinfo@parenttoparent.org Links families of children and adults with disabilities or special needs by the staff at Parent to Parent of Pennsylvania who are all parents of children or adults with a disability or special needs. www.parenttoparent.org

THE ARC OF CUMBERLAND & PERRY COUNTIES (CPARC) - (717) 249-2611 – 71 Ashland Ave., Carlisle, PA 17013

- **Advocacy Program**- Provides education and information to adults and 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 as supportive and educational services to involved families/individuals of persons with a disability.
- **Residential Services**- Offers community living opportunities for adults with intellectual disabilities.
- **Life Time Adult Day Care**- Delivers compassionate care to older adults.
- **Center For Industrial Training**- Provides job training and employment to people with disabilities.
- **Sassy Gourmet**- Caters your next function. Food is prepared by people with disabilities.

<https://cparc.org/>

SPECIAL KIDS NETWORK HELP PA (SKN) - PA DEPT. OF HEALTH – (800) 986-4550 Helps children and youth (birth-21 years) with special health care needs and disabilities get the services and supports they require in order to thrive in their community and develop to their full potential.

<https://www.health.pa.gov/topics/programs/Special%20Kids%20Network/pages/special%20kids%20network.aspx>

STAR HOMEBOUND SERVICES – CUMBERLAND COUNTY LIBRARY SYSTEMS – (717) 240-1771 See pg. 4

UNITED CEREBRAL PALSY OF CENTRAL PA (UCP) – (717) 737-3477 - 55 Utlely Drive, Camp Hill, PA 17011

Supporting people with complex needs- physical, developmental, emotional, and behavioral - in every aspect of their lives. Empowers people of diverse abilities to live a meaningful life through innovative support and services.

www.ucpcentralpa.org

DRUG AND ALCOHOL SERVICES

Community Based Supports

- **Alcoholics Anonymous (AA)** 717-422-4888
- **Narcotics Anonymous (NA)** 717-233-3733
- **Al-Anon/Alateen** 888-425-2666
- **PA Problem Gambling Hotline** 800-426-2537
- **Pennsylvania Quitline (tobacco)** 800-784-8669

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

Public-funded substance use disorder services for Cumberland and Perry County residents.

www.cumberlandcountypa.gov

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

Inpatient & Halfway House Services

Funding for inpatient treatment services is available through the Cumberland-Perry Drug & Alcohol Commission. Admission is based on case management assessment for this level of care and eligibility for funding.

- **Cumberland-Perry Drug & Alcohol Commission Case Management** – (717) 240-6300 – Dennis Marion Public Services Building, 16 West High Street, Suite 302, Carlisle, PA 17013-2964

Methadone Outpatient Treatment

- **ARS – Addiction Recovery Systems** – (717) 761-4500 – 3433 Trindle Rd., Camp Hill, PA 17011
- **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 – PO Box 436, New Bloomfield, PA 17068
- **Roxbury** – (717) 249-5010 – 401 E. Louthier St., Suite 213, Carlisle, PA 17013

Prevention & Early Intervention Services

- Cumberland-Perry Drug & Alcohol Commission Resource Center – (717) 240-6300 – Dennis Marion Public Services Building, 16 West High Street, Suite 302, Carlisle, PA 17013-2964
- Perry Human Services – (717) 582-8703 – Mullhollem Office Centre, 8391 Spring Road, PO Box 436, New Bloomfield, PA 17068

RASE Project of Carlisle and Cumberland County – (717) -249-6499 1200 Walnut Bottom Rd., Carlisle, PA 17015 Reduces the stigma associated with the disease of addiction. Offers professional training workshops, recovery support services, recovery coaching and Buprenorphine Care Coordination. <https://raseproject.org/>

Statewide Drug and Alcohol Treatment Hotline – GET HELP NOW – 1-800-662-4357

EMPLOYMENT & TRAINING

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

HOPE STATION – 717-249-5144 149 West Penn Street, Carlisle, PA 17013 Cultural Center strives to uplift community pride and provide opportunities for advancement through education, economic development, leadership, and cultural awareness. <https://www.carlislehopestation.org/>

NEW HOPE MINISTRIES – STABILITY & WORKFORCE DEVELOPMENT PROGRAMS – (717) 432-2087 **Must live in service area.** Call for more information or an appointment for the following programs: Road to Success, Job Junction, Job Fairs, Dollars & Sense, Soft Skills Training, GED, Nurse Aide Program, CDL Class A Training, Forklift Certification, EMT, Rise Up Retail Program, CDA Certificate, Pharmacy Technician, Phlebotomy Technician, and Medical Assisting. Program descriptions, service areas, and other resources located here: <https://nhm-pa.org/stability-and-workforce-development-programs/>

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 counseling, vocational evaluation, diagnostic services, assessments, information & referral, job development, restoration services, placement assistance, assistive technology, support services, 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. <https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>

PA CAREERLINK – CUMBERLAND COUNTY – (717) 243-4431 - 40 Noble Blvd., Ste 12, Carlisle, PA, 17013 Monday-Friday 8:00AM – 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, disability services, unemployment compensation and other supportive services. <https://www.pacareerlink.pa.gov/JPOnline/>

TRI COUNTY COMMUNITY ACTION (TCCA) - (717) 232-9757 1514 Derry St., Harrisburg, PA 17103 Serves: Cumberland, Dauphin, and Perry Counties. Self Sufficiency Case Management Program offers ongoing advocacy specific to employment, education, and financial empowerment. The individual must fall under 200% of the federal poverty guidelines. <https://cactricounty.org/>

UNITED WAY OF CAPITAL REGION– ROAD TO SUCCESS - Helps the un- and underemployed get – and keep – jobs where they earn a living wage. We can guide you every step of the way as you find your road to success. <https://www.uwcr.org/how-we-help/workforce-development/road-to-success/>

We can connect you to:

- Available jobs. We support you as you advance in the workplace.
- Transportation.
- Translation services.
- Child care.
- Clothing and uniforms.
- Access to health care.
- Training (if needed).

For more information email: roadtosuccess@uwcr.org

FINANCIAL ASSISTANCE

CHRIST AMONG NEIGHBORS (CAN) – (717) 532-7577 - 130 S. Penn St., Shippensburg, PA 17257 Provides last resort crisis help for food, clothing, utilities, medical, lodging, information & referral. Serves the Shippensburg School District & Village of Walnut Bottom residents. www.christamongneighbors.com/

COMMUNITY CARES – HOMELESS PREVENTION PROGRAM – (717) 249-1009 ext. 2228- 50 W. Penn St., Carlisle, PA 17013 Rental Assistance for eviction, security deposits, and utility assistance with a shut-off notice. More information and application at www.morethanshelter.org/homeless-prevention.

CUMBERLAND COUNTY ASSISTANCE OFFICE– (717) 240-2700 or Statewide Compass/Benefits Helpline (800) 692-7462 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. To apply online: www.compass.state.pa.us

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM (HAP): RENTAL ASSISTANCE & CASE MANAGEMENT PROGRAMS – (717) 240-7809 - 1100 Claremont Rd., Carlisle, PA 17015

Email: rentalassistance@cumberlandcountypa.gov

- Contribute to Security Deposit or First Month's Rent for homeless individuals and families.
- Contribute to past due rent owed to landlord with a Notice to Quit or Court Ordered Eviction.
- Case Management – Strength's Based and Client Centered.
- Phone/Email Hotline for Need's Assessment and Referrals with Warm Hand-Off, when necessary.
- Housing Location Guidance, for All. (see Housing - Rental Resource Packet, pg. 19)
- Housing Choice Voucher Application Assistance for seniors, 60+, and others based on appointment availability.

www.cumberlandcountypa.gov/226/Homeless-Assistance-Program

DOMESTIC RELATIONS – (717) 240-6225 ext. 6225 Establishes and enforces child support orders, civil paternity cases, and spousal support orders, and APL (*alimony pendente lite*) orders.

<https://www.cumberlandcountypa.gov/114/Domestic-Relations>

MARANATHA – (717) 258-1000 - 20 N. Hanover St., Suite 202, Carlisle, PA 17013 Provides financial guidance for those unable to pay their own bills. Services: Budgeting assistance, representative payee, financial education. Tuesday, Wednesday, Thursday 9AM – 3PM. Email: information@maranatha-carlisle.org <https://maranatha-carlisle.org/services/>

NEIGHBORS IN CHRIST – 717-385-1053 Zion Evangelical Lutheran Church, 111 Big Spring Ave., Newville, PA 17241 Provides limited emergency help for rent, Adams electric, medical bills, food & clothing to residents of Big Spring School District. Saturday Hours: 8:30AM– 10AM www.zionnewville.org/neighbors-in-christ.html

SAMARITAN FELLOWSHIP – Carlisle United Methodist Church (CUMC) – 333 Spring Garden St., Carlisle, PA 17013 Provides crisis financial and referral assistance to residents of Carlisle, South Middleton, and Middlesex Township. Arrive on Saturdays between 7:45AM-9:45AM for interview. Referrals are required for persons receiving case management or subsidized housing. Referrals submitted to samaritanfellowship@hotmail.com www.samaritanfellowship.org

SOCIAL SECURITY ADMINISTRATION – <https://www.ssa.gov/>

- Harrisburg – (888) 327-1176 - 555 Walnut St., #810, Harrisburg, PA 17101 Monday-Friday 9AM – 4PM
- Carlisle – (800) 772-1213 - 200 South Spring Garden Street, Carlisle, PA 17013 Mon, Tue, Thur, Fri 9AM - 4PM Wednesday 9AM-12PM.

TODD BAIRD LINDSEY DEVLIN FOUNDATION – (717) 486-4121 Monday-Friday 8:30AM-4:30PM. Financial services: housing expenditures, 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 or 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.

https://tbl.dreamhosters.com/?page_id=1339

TRI COUNTY COMMUNITY ACTION (TCCA) - (717) 232-9757 1514 Derry St., Harrisburg, PA 17103

Offers classes on budgeting, credit & credit repair, and first-time homebuyer guidance. <https://cactricounty.org/>

FOOD & NUTRITION

BREADS AND THREADS FOOD MARKET & CLOTHING BOUTIQUE – CHRISTIAN LIFE ASSEMBLY – (717) 737-6560 2645 Lisburn Road, Camp Hill, PA 17011 Free Food. Hours: Mon. 4:30-6:30 PM, Tues. 1:00-3:00 PM, Wed. 4:30-6:30 PM, 3rd Sat. 9:00-11:00 AM, Sun. 11:00 AM-1:00 PM. Also, see Clothing & Non-Consumables, pg. 7. <https://clacamphill.com/care>

CHRIST UNITED METHODIST CHURCH- (717) 532-6850 - 47 East King St., Shippensburg, PA 17257 Sit-down meal the first Tuesday of every month at 6:05 p.m. Use the Apple Street entrance and come to the downstairs door to grab your meal. Breakfast is served the first three Saturdays of every month at 9:30 a.m. with a devotional time. Please use doors up the ramp as breakfast will be served upstairs in the fellowship hall. www.christumcshipp.org

CUMBERLAND COUNTY FOOD BANKS:

- **Big Spring Area Food Bank** – (717) -422-4603 - 101 Crossroad School Rd., Newville, PA 17241
Distribution: Last Monday of the month, 9am – 11am (EXCEPT May, November & December)
- **Christian Life Assembly Food Bank** – (717) 737-6560 - 2645 Lisburn Rd., Camp Hill, PA 17011
Distribution: Second Tuesday 9am – 12pm
- **Cornerstone Assembly: Five Loaves Food Pantry** – (717) 737-1903 - 32 South Front Str., Wormleysburg, PA
Distribution: Third Saturday of the month 10:00 AM – 12:00 Noon, *Serving the local communities of 17043, 17011, 17025*
- **Mt. Holly Springs Food Bank** – (717) 486-4818 - 602 McLand Rd., Mt. Holly Springs, PA 17065
Distribution: Second Thursday of each month 12pm-1pm and 6pm-7pm
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, PA 17050
Distribution: Monday through Friday, 9am – 4pm; Tuesday evenings, 4pm – 6pm and 6:30pm – 8:30pm; Thursdays 6:30pm – 8:30pm; Saturdays, 10am to noon
Food shopping by appt only each day open; Marketplace walk-in only and lunch served at each location that is walk-in.
- **New Hope Ministries – Lemoyne** – (717) 774-6255 - 701 Bosler Ave., Lemoyne, PA 17043
Distribution: Monday through Friday, 9am – 4pm; Thursday evenings, 6:30pm – 8:30pm; 1st, 2nd, 3rd, and 5th Saturday, 10am to noon
Food shopping by appt only each day open; Marketplace walk-in only and lunch served at each location that is walk-in.
- **New Hope Ministries – Enola** – (717) 996-9006 - 110 Altoona Ave., Enola, PA 17025
Distribution: Monday – Thursday, 9am to 4pm; 2nd Tuesday of each month open until 6pm; 2nd Saturday of each month from 10am – noon
Food shopping by appt only each day open; Marketplace walk-in only and lunch served at each location that is walk-in.
- **New Hope Ministries – Mobile Food Pantry** – (717) 432-2087 ext. 308
Schedule with Locations: <https://nhm-pa.org/mobile-food-pantry/>
- **Oasis of Love** – (717) 532-5112 - 303 South Washington St., Shippensburg, PA 17257
Distribution: Grab and Go Meals – Wednesday’s 4:30pm – 5:30pm

- **Project SHARE** – (717) 249-7773 - 5 North Orange St., Suite 4, Carlisle, PA 17013 www.projectsharepa.org
Distribution: Drive-Thru Distribution – One each month – No appointment needed; Tuesday 12pm-2pm
Your Choice – Walk-in Distribution Days – Appointment only; Wednesday 9am-12pm; Two Wednesday's a month – 2pm-5:30pm; One Thursday a month – 2pm-5:30pm; Two Saturday's a month – 8:30am – 12pm
Serving Boiling Springs; Carlisle; Carlisle Springs; Gardners; New Kingstown; Newville; Middlesex; Mt. Holly Springs; Plainfield.
Farm Stand – 123 Lincoln St., Carlisle, PA 17013 Drive-Thru Tuesday 3pm-5pm and Thursday 12pm-2pm; Walk-In by Appointment – Friday's 9am-11am and 12pm-2pm (One visit per week for Farmstand)
- **Salvation Army Choice Pantry** – (717) 249-1411 – rear 127 South Hanover St., Carlisle, PA 17013
Distribution: Tuesday & Friday 9:00AM-11:30AM and 1:00PM-3:00PM, Thursday 10:00AM-11:30AM and 1:00PM-4:30PM
- **Shippensburg Produce and Outreach (SPO)** – (717) 477-9100 - 130 South Penn St., Shippensburg, PA 17257
Distribution: Tuesdays 3:30pm – 6:00pm *Serving all eligible families in the Shippensburg Area School District*

CUMBERLAND COUNTY ASSISTANCE OFFICE – SNAP - Office (717)240-2700 or Statewide Compass/Benefits Helpline (800) 692-7462 - 33 Westminster Drive, Carlisle, PA 17013

- The Supplemental Nutrition Assistance Program (SNAP) provides monthly financial assistance to eligible low-income households through an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases. Apply in-person or online through the COMPASS website: www.compass.state.pa.us
- SUN Bucks - \$40 per summer month (\$120 total) per child to families with eligible school-age children for them to buy groceries during summer break. Families currently receiving SNAP benefits are automatically enrolled. Medicaid recipients, free lunch program recipients, low-income families can apply via paper app at the CAO or online at DHS, starting July 1, 2024. Please note: Application and disbursement will be late this year, but on time for summer break next year. <https://www.dhs.pa.gov/Services/Assistance/Pages/SUNBucks.aspx>

CUMBERLAND COUNTY OFFICE OF AGING & COMMUNITY SERVICES - (717) 240-6110 Home Delivered Meals for those outside the Meals on Wheels service area and are homebound or unable to prepare meals.

FARMER'S MARKET NUTRITION PROGRAM - (717) 240-6110 (See Aging, pg. 3.)

MEALS ON WHEELS - Home delivered meals to seniors (60+) that are homebound or unable to prepare meals. Contact the program nearest your home to arrange services. *Charges apply*

- CARLISLE Borough: 717-245-0707, Meals supplied Monday – Friday. Regular and Special Diets.
- NEWVILLE: 717-776-9142 or 776-0013, Meals supplied Monday - Friday to Newville and 7-mile radius. Regular and Diabetic Diets. Delivered between 11AM-12PM. Volunteer run please leave VM.
- SHIPPENSBURG: 717-300-3563, Meals supplied Monday – Friday to Shippensburg borough Residents and within 7-mile radius. Regular diets only. Meals delivered between 11AM-12:30PM. Ran by volunteers.
- MECHANICSBURG: 717-697-5011, Meals supplied Monday, Wednesday, & Fridays to Mechanicsburg Borough, Hampden, Monroe, Silver Spring, & Upper Allen townships. Regular diets only.
- WEST SHORE: 717-737-3924, Meals supplied Monday – Friday to Camp Hill Borough residents and west to St. John's Church Rd., & Lemoyne, Wormleysburg, New Cumberland south before Yellow Breeches, Mallard Run Apts., and The Woods. Regular diets.
- EAST PENNSBORO TOWNSHIP: 717-697-5011, Meals supplied Monday, Wednesday, & Fridays.

SALVATION ARMY - (717) 249-1411 Rear of 127 South Hanover St., Carlisle, PA 17013

- **Choice Pantry** –Emergency Food Distribution: Tuesday & Friday 9:00AM-11:30AM and 1:00PM-3:00PM, Thursday 10:00AM-11:30AM and 1:00PM-4:30PM.
- **Homeless Breakfast Program** - For homeless, every weekday 8:30AM – 9AM.
- **My Brother’s Table –Free Daily Meal** – Open to public, Weekdays 4:30PM – 5:30PM; Saturday 12PM – 1PM; Sundays 5PM-6PM.

NATIONAL SCHOOL LUNCH & BREAKFAST PROGRAM (NSLP)– Serves nutritious meals to children nationwide each school day. Contact your local school district.

SENIOR CENTER MEALS - Meals are provided at all Cumberland County Senior Centers at no cost (donations accepted). Locations list in Aging, pg. 3.

TAPESTRY OF HEALTH - WIC NUTRITION – See Parenting/Family Supports, pg. 27.

GRIEF & LOSS

DREW MICHAEL TAYLOR FOUNDATION – (717) 532-8922 Providing grief education and support programs for children, teens and adults. <https://drewmichaeltaylor.org/>

HIGHMARK CARING PLACE – (866) 613-4673 - 1800 Center St, Camp Hill, PA 17011
Center for grieving children, adolescents, and their families. <https://www.highmarkcaringplace.com/cp2/index.shtml>

HOMEBUYERS/HOMEOWNERS ASSISTANCE

CUMBERLAND COUNTY HOUSING & REDEVELOPMENT AUTHORITIES – (717) 249-0789 114 N. Hanover St., Carlisle, PA 17013 Programs as follows and on their website: www.cchra.com

- **Affordable Housing Trust Fund Down Payment & Closing Cost Assistance** - (717) 249-0789 This program is 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. Applications: www.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 – Must contact Carlisle Borough 717-249-4422** 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.
- **Cumberland County First Time Homebuyer Down Payment & Closing Cost Assistance Program**– (717) 249-0789 option 2 to register, through The Redevelopment Authority of Cumberland County. 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 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. **Check availability on website: www.cchra.com . Currently on hold.**
- **HUD Certified Housing Counseling** – (717) 249-0789 ext. 125 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.

CUMBERLAND VALLEY HABITAT FOR HUMANITY (CVHFH) – (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, and volunteers.

Habitat Homeownership - Selection Criteria:

1. **NEED:** There must be a demonstrated need for housing (e.g. Substandard Housing, Over-Crowded Housing, or Overly Expensive Housing).
2. **ABILITY TO PAY:** Your income must meet the guidelines listed in the pre-qualification checklist.
3. **WILLINGNESS TO PARTNER:** The Family should be willing to help with the construction of their home and take advice on financial matters.

*Applicants must exhibit a sincere desire for homeownership and be willing to accept the predetermined responsibilities.

Home Again Program

- Provides low-income homeowners an affordable way to improve the quality of their living conditions through home repair and enhancements to their house. In most cases, the work is completed at no additional charge to the homeowner.
- **Qualifications:** YOU must own the home; The taxes and utilities must be current; Fall under 80% of the HUD Maximum Median Income for Cumberland County, PA; Willingness to Partner with CVHFH; Submit an application with a non-refundable fee of \$50.
- **Scope of Work:**
 - Beautification: Painting, Landscaping and Exterior Repair
 - Weatherizing: Windows, Doors, Insulation and Caulking
 - Mechanical: Heating, Plumbing and Electrical
 - Construction: Ramps, Stairs and other needs

For more information, and application process: <https://www.cv-hfh.org/>

PENNSYLVANIA HOUSING FINANCE AGENCY (PHFA) – (717) 780-3800 - 211 Front St., Harrisburg, PA 17101 A variety of multi-family rental housing, homeownership programs, and foreclosure prevention programs. <https://phfa.org/>

- **Homeowner's Mortgage Assistance Program** – (888) 987-2423 Offers mortgages for first time home buyers.
- **Housing Emergency Mortgage Assistance Program** – (855) 827-3466 Offers financial assistance for mortgages in foreclosure. Must have an Act 91 Notice.
- **PAHousingSearch.com** – (877) 428-8844 A free service to list and find affordable apartments and homes in PA.
- **Customer Solutions Center** – (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

PA 211 – RESOURCES & COORDINATED ENTRY - If you are homeless dial 211 for referrals to resources and Coordinated Entry Intake to be placed on the By Name List for potential housing programs. Statewide resources also on website: www.pa211.org

BETHANY HOUSE – (717) 587-4605 Carlisle, PA 17013 Provides transitional housing and supportive services to young ladies between the ages of 18-24 who are aging out of foster care or at risk of experiencing homelessness. Email : BHdirector@outlook.com Website: <https://www.bethany.house/>

BRIDGE OF HOPE HARRISBURG AREA – (717) 303-9933 Assists single mothers with children facing homelessness in Cumberland, Dauphin and York Counties. Support moms to help secure and maintain permanent housing. Not an Emergency Shelter and does not provide Rental Assistance. www.harrisburg.bridgeofhopeinc.org

COMMUNITY CARES – EMERGENCY SHELTER & RESOURCE CENTER – (717) 249-1009 50 W. Penn St., Carlisle, PA 17013 Offers emergency night shelter. Supportive Service Coordinators available to work towards building independent, healthy, and stable lives. Provides a resource day center where unsheltered can shower, do laundry, cook meals, make phone calls, receive mail & messages, store personal items and work regularly with Case Management. Open daily form 9am-12pm and 3pm-5PM. www.morethanshelter.org/

COMMUNITY CARES – HOMELESS PREVENTION PROGRAM – (717) 249-1009 ext. 2228- 50 W. Penn St., Carlisle, PA 17013 Rental Assistance with eviction, security deposits, and utility assistance with a shut-off notice. For more information and application: www.morethanshelter.org/homeless-prevention

COMMUNITY CARES – SHIPPENSBURG FAMILY SHELTER – (717) 249-1009 - 206 East Burd St., Shippensburg, PA 17257 Temporary shelter for up to 8 families a day. Supportive Service Coordinators available to work with families and partner with many agencies to assist in providing food support, transportation, employment, budget building, housing search, and much more. www.morethanshelter.org/blank

COMMUNITY CARES - STREET OUTREACH – (717) 448-8850 Homeless outreach if you need help or know of someone who may, call or email the mobile outreach team. Email: streetoutreach@morethanshelter.org

COORDINATED ENTRY SYSTEM - Households experiencing homelessness can request a Coordinated Entry Intake assessment and be placed on the By Name List for potential Rapid Re-Housing and Permanent Supportive Housing programs and referrals to supportive services as openings become available through participating agencies.

- **CALL 211** – Dial 211 for Coordinated Entry Intake assessment and referrals via phone.
- **WALK-IN SITE** – Community CARES - 50 W. Penn Str., Carlisle, PA 17013 In-person assessments and referrals available.

CUMBERLAND COUNTY HOMELESS AND SPECIAL NEEDS HOUSING PROGRAMS - Manages the rapid re-housing and permanent supportive housing programs. Anyone experiencing homelessness must utilize the Coordinated Entry system to be assessed and place on the Community Queue/By Name List (Dial 211 or toll free (855) 567-5341) or visit the Carlisle access site at COMMUNITY CARES – 50 West Penn St. Carlisle, PA 17013.

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM (HAP): RENTAL ASSISTANCE & CASE MANAGEMENT PROGRAMS – (717) 240-7809 - 1100 Claremont Rd., Carlisle, PA 17015

Email: rentalassistance@cumberlandcountypa.gov

- Contribute to Security Deposit or First Month's Rent for Homeless Individuals and Families.
- Contribute to Past Due Rent owed to landlord with a Notice to Quit or Court Ordered Eviction.
- Case Management – Strength's Based and Client Centered.
- Phone/Email Hotline for Need's Assessment and Referrals with Warm Hand-Off, when necessary.
- Housing Location Guidance, for All. (see Housing - Rental Resource Packet, pg. 19)
- Housing Choice Voucher Application Assistance for seniors, 60+, and others based on appointment availability.

www.cumberlandcountypa.gov/226/Homeless-Assistance-Program

CUMBERLAND COUNTY RENTAL RESOURCE PACKET – (717) 240-7809 - 1100 Claremont Rd., Carlisle, PA 17015 A starter's guide for rental units with a focus on homeless, low-income, and low-income seniors available through the Cumberland County Homeless Assistance Program. Call, stop by, or email requests to

rentalassistance@cumberlandcountypa.gov.

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. <https://www.dvscp.org/>

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

EDUCATION FOR CHILDREN & YOUTH EXPERIENCING HOMELESSNESS (ECYEH) - (717)718-5924 Locate the homeless support contact in your school district, shelter, and other resources. <https://ecyehpennsylvania.center-school.org/>

School District contacts:

- Big Spring - Jessica Winesickle, (717) 776-2446 jwinesickle@bigspring.k12.pa.us
- Camp Hill - Autumn Reely, (717) 775-5935 areely@camphillsd.k12.pa.us
- Carlisle - Sandy Seaux, (717) 240-6800 ext. 27810 seaux@carliseschools.org
- Cumberland Valley - Doris Hagemann, (717) 506-3320 dhagemann@cvschools.org
- East Pennsboro - Kim Wood, (717) 732-3601 ext. 5301 kwood@epasd.org
- Mechanicsburg - Bethany Bridges, (717) 506-0858 bbridges@mbgs.org
Paul Bigham, Back Up Liaison, (717) 691-3684 pbigham@mbgsd.org
- Shippensburg - Lauren Zima-Engro, (717) 530-2700 Lauren.Zima@ship.k12.pa.us
- South Middleton - Angelina Romano, (717) 258-6484 ext. 2315 aromano@smsd.us
- West Shore - Shannon Murphy, (717) 938-9577 ext. 10142 smurphy@wssd.k12.pa.us

FAMILY PROMISE OF HARRISBURG CAPITAL REGION – (717) 737-1100 - 56 Erford Rd., Camp Hill, PA 17011

Family Promise serves families with children experiencing homelessness or at risk for being homeless through shelter, prevention, and stabilization.

- Shelter program: serves up to three families at a time through a rotational shelter utilizing area faith institutions for overnight accommodations.
- Prevention program: Move UP provides up to a \$2,000 partial grant to pay for first month rent/deposit, back rent, and utilities.
- Stabilization programs: Wheels UP which has funds for vehicle repair/purchase paid as a \$2,000 partial grant and Heads UP which provides funds for temporary mental health counseling.

Continued onto next pg., 18.

- A United Way Road to Success program case management site designed to help individuals obtain and maintain jobs that pay a family-sustaining wage.

Review additional program guidelines in the online application by clicking the “Need Help” button on the website: www.familypromisehcr.org. Email: info@familypromisehcr.org

HOMELESS VETERANS’ REINTEGRATION PROGRAM – YWCA HARRISBURG – (717) 234-7931 - 1101 Market Str., Harrisburg, PA 17103 <https://www.ywcahbg.org/programs/homeless-veterans-reintegration-program>

- | | |
|-------------------|--|
| • Find Housing | • Getting a job with a criminal record |
| • Career Planning | • Business Ethics & Professional Conduct |
| • Job Search | • Interview Skills |
| • Resume Writing | • Child Care |

LAUNCH PAD INDEPENDENT LIVING – (717) 422-8385 - 31 E. Main St., Newville, PA 17421 Supports older male youth 18-24 who are aging out of foster care or facing homelessness. We provide evidence-based solutions that make a softer landing for young adults.

LP Residential Program - Supports the goals of the Chafee Foster Care Independence Program in compliance with the 2014 Youth Independent Living Services Guidelines Bulletin as stated in the Foster Care Act.

- | | |
|------------------------------------|---|
| • Employment & Education Support | • Mentoring |
| • Independent Living Services | • Spiritual Support |
| • Community Involvement | • Recreational Trips |
| • 24/7 On-Call and Holiday Support | • Semi-Supervised, Trauma-Informed Apartments |

<https://launchpadil.com/> (agency referral form online)

NEW HOPE MINISTRIES – HOUSING ASSISTANCE – Must live in service area. Enola: (717) 996-9006, Lemoyne: (717) 774-6255, Mechanicsburg: (717) 766-7333. Provides housing assistance for low-income families to maintain housing security to avoid eviction, homelessness, and long-term poverty. Provides financial assistance by paying rent, mortgage, and limited overnight hotel stays for eligible households facing economic challenges. Promotes security and quality of living by ensuring that families have emergency utility and heating assistance available to them. Program description, service areas, and other resources located here: <https://nhm-pa.org/housing-assistance/>

SAFE HARBOUR – (717) 249-2200 - 102 W. High St., Carlisle, PA 17103

Safe Harbour provides a full continuum of housing and supportive services – ranging from short- and long-term temporary shelters to permanent residence – designed to create a connection between the shelter and independent living in the community. <https://safeharbour.org/>

SALVATION ARMY (717) 249-1411 24 E. Pomfret Street, Carlisle 17013:

GENESIS HOUSE-permanent housing option for single, homeless men (ages 18+) in Cumberland County. Each resident has his own room, while the common areas (kitchen/lounge, shower room, bathrooms) are shared with other residents. Rent and security deposit required.

STUART HOUSE- permanent housing option for:

1. A single homeless or near homeless female who is 18 or older.
2. A single homeless or near homeless female with up to three children in her custody.
3. A homeless or near homeless adult only, two female family unit. Each resident has their own room, while the common areas (kitchen/lounge, shower room, bathrooms) are shared with other residents. Rent and security deposit required.

PERMANENT SUPPORTIVE HOUSING- HUD funded, housing first modeled housing program for those who meet HUD’s definition of chronically homeless. Rent is based on the individual’s income. Each resident has their own apartment, as well as access to resources and case management through the Salvation Army. Interested individuals need to contact 211 and enroll with Connect to Home/or Coordinated Entry.

HOUSING

CUMBERLAND COUNTY HOUSING AND REDEVELOPMENT AUTHORITIES – (717) 249-1314 - 114 North Hanover St., Carlisle, PA 17013 Administers HUD’s Housing Choice Voucher (Section 8), Senior Housing, and Family Public Housing. Information and applications at www.cchra.com. Homeless & Special Needs Program information, see pg. 18.

CUMBERLAND COUNTY RENTAL RESOURCE PACKET – (717) 240-7809 - 1100 Claremont Rd., Carlisle, PA 17015 A starter’s guide for rental units with a focus on homeless, low-income, and low-income seniors available through the Cumberland County Homeless Assistance Program. Call, stop by, or email requests to: rentalassistance@cumberlandcountypa.gov.

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

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, PA 17111 Works with state and federal governments to resettle refugees, helping them to adjust to new lives. <https://www.cchbg.org/get-help/immigration-refugee-services/>

CHURCH WORLD SERVICES – (717) 358-9351 - 2101 N. Front Str., Building 3 - Suite 301, Harrisburg, PA 17110 Provides assistance to ease clients' adjustment to their new community upon arrival in the United States. We support their integration process throughout the following five years through specialized programs.

Services offered:

- **Reception and Placement** - services include case management; the provision of housing, food, and clothing; placement in ESL and cultural orientation classes; medical appointments; registration in selective service; enrollment of children in school; assistance obtaining social security cards; and other supportive assistance. **Eligibility:** Refugees resettled through the United States Refugee Admission Program (USRAP).
- **Matching Grant** - Alternative to public cash assistance providing services to enable clients to become economically self-sufficient through employment within 120 to 180 days of program eligibility. MG services include case management, ESL classes, technical training, employment services, and maintenance assistance, among others. Enrollment must occur within 31 days of becoming eligible to ensure adequate services are provided and self-sufficiency is achieved and maintained within the period of eligibility. **Eligibility:** ORR-eligible populations (refugees, asylees, Cuban and Haitian entrants, certified victims of Trafficking, Amerasians, and SIVs)
- **Preferred Communities - Intensive Case Management Programming** - Serves clients who have proven special needs and/or vulnerabilities that make it challenging for them to become fully self-sufficient at the end of the initial resettlement period. Special need and vulnerable groups who are eligible for services include the disabled; youth and young adults without parents; single parents and women at risk; the elderly; refugees experiencing trauma and PTSD; survivors of torture, and LGBT clients, among others. Clients receive intensive case management for a period of 6 months to 2 years, within 5 years of arrival to the US. Clients are deemed to have reached self-sufficiency once they meet the goals that they set for themselves at the beginning of the service period, find stability in life areas affected by their vulnerabilities, and are able to live independently of agency services. **Eligibility:** ORR-eligible populations (refugees, asylees, Cuban and Haitian entrants, certified victims of Trafficking, Amerasians, and SIVs)

Continued onto next page, 20.

- **Preferred Communities - Gap Services for Afghans and Ukrainians** - Program provides a pathway for Ukrainian citizens and their immediate family members who are outside the United States to come to the U.S. temporarily through a two-year period of Humanitarian Parole. Ukrainians participating in U4U must have a supporter in the United States who agrees to provide them with financial support for the duration of their stay in the United States. Unlike refugee resettlement, the U4U program relies on the full support of local sponsors for new arrivals' housing and community navigation needs. **Eligibility** - U4U clients are eligible for CWS Employment and Extended support programming, which includes intensive case management support for individuals with specific vulnerabilities like physical and mental health needs. They may be eligible for federal "mainstream" (non-ORR funded) benefits. The CWS Immigration Legal Services program can also provide assistance.

Visit website: <https://cwsharrisburg.org/> Email: harrisburg@cwsglobal.org

COMMUNITY JUSTICE PROJECT - (717) 236-9486 - 118 Locust St., Harrisburg PA 17101 Provides assistance for immigrants regardless of their immigration status or country of origin. We provide direct legal services in the following areas in our Reading office:

- Citizenship services
- Renewal of work permits
- U-visa: U-visas are temporary visas available to victims of crimes and their immediate family members, who have been abused and are willing to assist law enforcement in the investigation or prosecution of the crime.
- T-visa: T-visas are temporary visas available to victims of trafficking who are willing to assist law enforcement in the investigation or prosecution of trafficking.
- VAWA: VAWA visas are permanent visas available to non-citizens who were abused by their spouse, child, or parent, if the abuser is a U.S. citizen or, in some cases, a Green-card resident.
- General immigration guidance and referrals.

www.communityjusticeproject.org For non-immigration services, see pg. 23.

IMMANUEL CHURCH – (717) 766.4633 - 800 S Market St., Mechanicsburg, PA 17055

Email - eslministry@immanuelcma.org Free Adult English Classes. Tues 9:30 a.m. – 11:00 a.m., 7:00 p.m. - 8:30 p.m.; Thurs - 9:30 a.m. – 11:00 a.m., 7:00 p.m. - 8:30 p.m. <https://www.immanuelcma.org/englishclasses/>

INTERNATIONAL SERVICE CENTER - (717) 236-9401 - 21 S. River St., Harrisburg PA 17101 Mission is to promote, support, and implement educational, cultural, social, and economic programs to serve the disadvantaged and underprivileged people, to enable them to become self-supporting & productive members of our pluralistic society. To foster the spirit of mutual understanding and mutual assistance among people of different cultural, language, and backgrounds.

- Emergency food assistance (Fridays 1:00PM-4:00PM)
- Language Supports
- Translation and Interpretation Services
- Refugee services/Job placement/Work permit/Green card
- Linguistic and Cultural consultations
- Referrals

www.isc76.org

PENNSYLVANIA IMMIGRATION RESOURCE CENTER - (717) 600-8099 - 294 Pleasant Acres Road, Suite 202, York PA 17402 Provides high quality legal services so that vulnerable immigrants and their families in PA Have access to justice and a more secure future. www.pirclaw.org

INFORMATION & REFERRAL

211 – CONTACT HELPLINE – Dial 211 - If you need to connect with resources in your community, but don't know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Specialists will listen to your needs and give you information on programs in your community that might be able to help.

<https://www.pa211.org/>

GENERAL HELPLINES - PA OFFICE OF ATTORNEY GENERAL

- Child Predator – 800-385-1044
- Drugs Tip Line – 800-442-8006
- Senior Protection – 866-623-2137
- Consumer Protection- 800-441-2555
- Public Engagement – 800-525-7642
- Health Care – 877-888-4877
- Do Not Call – 888-777-3406
- Military and Veterans Affairs – 717-783-1944
- Home Improvement Consumer – 888-520-6680
- Home Improvement Contractor – 717-772-2425

<https://www.attorneygeneral.gov/get-help/>

NATIONAL HUMAN TRAFFICKING HOTLINE - 888-373-7888 Text "HELP" to BeFree (233733)

Email: help@humantraffickinghotline.org

PA LINK TO AGING & DISABILITY RESOURCE CENTER – (800) 753-8827 Provides information and links to long-term living services & supports to persons of any age who have a disability and those 60+. <https://www.dhs.pa.gov/PA-Community-Care/Pages/Home.aspx>

PA NAVIGATE - PA Navigate is a statewide community information tool designed to address health and social care needs for Pennsylvanians by connecting them to community services. <https://pa-navigate.org/>

LEGAL SERVICES

AMERICAN CIVIL LIBERTIES UNION - (717) 238-2258 Serving Central PA. A nonprofit, nonpartisan organization dedicated to defending and protecting our individual rights and personal freedoms. www.aclupa.org

BETTER BUSINESS BUREAU (BBB) – (717) 364-3250 - 1337 N. Front St., Harrisburg, PA 17102 Hours: M-F 8AM-5PM
BBB helps people find businesses that they can trust. <https://www.bbb.org/>

COMMUNITY JUSTICE PROJECT - (717) 236-9486 - 118 Locust St., Harrisburg PA 17101 Provides free legal representation for low-income people when particular legal problems occur.

- **EMPLOYMENT** - If you do not receive minimum wage or overtime or you are treated unfairly in the workplace.
- **LEAD CONTAMINATION** - If you believe that water or paint on the walls in your home may be contaminated with lead and it is affecting your children's health.
- **HOUSING** - If repairs to your mobile home or apartment are not made, incorrect rent has been demanded or eviction has been threatened.
- **LANGUAGE ACCESS** - If an agency or government office is not providing needed translation into your native language.
- **DISCRIMINATION** - If you feel you have been discriminated against due to race, ethnicity, disability or other illegal reason.
- **PROPERTY TAX ASSESSMENT**
- **CONSUMER RIGHTS**
- **CIVIL RIGHTS**
- **IMMIGRATION** - Provide direct legal services in the following areas in our Reading office:

- Citizenship services
- Renewal of work permits
- U-visa: U-visas are temporary visas available to victims of crimes and their immediate family members, who have been abused and are willing to assist law enforcement in the investigation or prosecution of the crime.
- T-visa: T-visas are temporary visas available to victims of trafficking who are willing to assist law enforcement in the investigation or prosecution of trafficking.
- VAWA: VAWA visas are permanent visas available to non-citizens who were abused by their spouse, child, or parent, if the abuser is a U.S. citizen or, in some cases, a Green-card resident.
- General immigration guidance and referrals.

www.communityjusticeproject.org

CONSUMER PROTECTION - PA OFFICE OF ATTORNEY GENERAL - (800) 441-2555 <https://www.attorneygeneral.gov/get-help/>

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 \$35.00. Should they work beyond the first half hour, fees are agreed upon between the attorney and the client. www.CumberlandBar.com

COMMUNITY LAW CLINIC - (717) 243- 2968 - 45 N. Pitt St., Carlisle, PA 17013 Provides free legal assistance to qualifying low-income persons. Hours: M-F 8:00AM-5:00PM

MID-PENN LEGAL SERVICES – CUMBERLAND COUNTY- (800) 326-9177 - 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 residents. Civil cases only. Apply online: www.midpenn.org

NEIGHBORHOOD DISPUTE SETTLEMENT (NDS) – Make appointment at (717) 233-8255 or email staffnds@gmail.com 2001 N. Front Street, Building 1, Ste 211 Harrisburg, PA 17102 Hours: M-F 9AM-4:30PM Community based mediation center that seeks to promote and provide conflict resolution solutions through direct services, training, and education. Provides mediation services to parties despite ability to pay, to solve disputes between tenants and landlords, businesses, employers, neighbors, etc. Non-profit/free service however donations are appreciated. <https://www.neighborhooddisputesettlement.org/>

PA LAW HELP - A guide to legal information and free civil legal services for low-income persons and seniors in Pennsylvania. Help with locating information and variety of legal issues as well as info on how to contact programs providing legal assistance in Pennsylvania. www.palawhelp.org

MEDICAL/DENTAL

ALZHEIMER’S ASSOCIATION GREATER PENNSYLVANIA – (800) 272-3900 - 2595 Interstate Dr., Suite 100, Harrisburg, PA 17110 <https://www.alz.org/about>

CHILDREN’S HEALTH INSURANCE PROGRAM (CHIP) - (800) 978-8762 www.dhs.pa.gov/CHIP

HOSPICE OF CENTRAL PENNSYLVANIA – (717) 732-1000 - 1320 Linglestown Rd., Harrisburg, PA 17110 Personalizes your plan of care to meet your individual needs through medical, emotional, and spiritual support. Care team consists of physicians, nurses, nursing assistants, chaplains, social workers, and volunteers. <https://hospiceofcentralpa.org/>

PENN STATE HEALTH – <https://www.pennstatehealth.org/cumberland-county>

- **HAMPDEN MEDICAL CENTER** – (717) 981-9000 - 2200 Good Hope Rd, Enola, 17025
- **PENN STATE URGENT CARE- CAMP HILL** – (717) 763-3730 - 431 N 21st St., Suite 100, Camp Hill, PA 17011
- **PENN STATE URGENT CARE – CARLISLE** – (717) 218-3990 - 1211 Forge Rd., Suite 500, Bldg A, Carlisle, PA 17013
- **PENN STATE HOLY SPIRIT MEDICAL CENTER** – (717) 763-2100 - 503 North 21st, Camp Hill, PA 17011
- **MILTON S. HERSHEY MEDICAL CENTER** – (800) 243-1455 - 500 University Dr, Hershey, 17033
- **PENN STATE CHILDREN’S HOSPITAL** – (800) 243-1455 - 600 University Dr, Hershey, PA 17033

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 and, services, HIV services, women’s health care, abortion, emergency contraception, transgender hormone therapy and men’s health care. You can privately and easily book your appointment online for select services 24/7 by clicking the book online button at <https://www.plannedparenthood.org/health-center/pennsylvania/harrisburg/17102/harrisburg-medical-center-3357-91410>

POISON CONTROL EMERGENCIES - (800) 222-1222

SADLER HEALTH CENTER – (717) 218-6670 Two Locations: 100 North Hanover St., Carlisle, PA 17013 and 5210 E Trindle Rd Mechanicsburg 17050 Federally funded qualified health center providing comprehensive community-based primary care. Provides medical, dental, lab testing, pediatrics, women’s health, addiction recovery, behavioral healthcare, insurance enrollment, pharmacy, and mobile van services. <https://www.sadlerhealth.org/>

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

UBER HEALTH BENEFITS – JOIN THE WAITLIST - <https://www.uberhealth.com/> Uber Caregiver helps manage daily care for loved ones. Arrange transportation and deliveries of groceries and over-the-counter (OTC) items in one place.

- **Simplify logistics** - In just a few steps, arrange transportation for appointments or help restock essentials for a loved one.
- **Coordinate care together** - You and your loved one can manage and track rides and deliveries in the Uber app, so time or distance aren’t barriers to care.
- **Pay with benefits** - Apply healthcare benefits through the Uber app to help pay for eligible rides and for deliveries of groceries and over-the-counter items.

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

WELLSPAN CHAMBERSBURG HOSPITAL – (717) 267-3000 - 112 N. 7th St., Chambersburg, PA 17201
<https://www.wellspan.org/>

MENTAL HEALTH & INTELLECTUAL DEVELOPMENTALLY DISABLED (MH/IDD)

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

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

<https://www.cumberlandcountypa.gov/4667/CASSP-Program>

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

Email: mhidd@cumberlandcountypa.gov Offers services and resources to adults and children to people with serious mental illness. <https://www.cumberlandcountypa.gov/118/Mental-Health-Intellectual-Develop-Dis>

CUMBERLAND/PERRY COUNTIES INTELLECTUAL DEVELOPMENTALLY DISABLED SERVICES (IDD) – (717) 240-6320 - 1615

Ritner Highway, Carlisle, PA 17013 Email: mhidd@cumberlandcountypa.gov The services and supports provided by the IDD programs are guided by the principles of Self-Determination and Everyday Lives – choice, control, individuality, community inclusion, growth and development. Individuals with IDD will have the opportunity to live in least restrictive, yet appropriate living arrangements, and to experience services and supports that are in their neighborhood & closer to home. <https://www.cumberlandcountypa.gov/118/Mental-Health-Intellectual-Develop-Dis>

CUMBERLAND/PERRY WARM LINE – 1 (877) 243-7153 Mon/Fri 7-9PM; Tues/Thurs 7-10PM; Sat/Sun 1-4PM

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

CRISIS INTERVENTION SERVICE – CUMBERLAND/PERRY COUNTY MH/IDD - Provides psychiatric or mental health emergency assistance, 24 hours a day, 7 days a week:

CRISIS 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 CRISIS SERVICE LOCATIONS

- 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) 795-0330 - 960 Century Drive, Mechanicsburg, PA 17055 Offers a continuum of senior lifestyle and health-care services, including Continuing Care Retirement Communities, and a range of programs for children, youths, families, adult individuals of all ages and entire communities.

- Mental Health Counseling
- Family-Based Mental Health Services
- Addictions Counseling
- Psychiatric Services
- Specialized In-Home Services (SPIN)
- Trauma-Focused Therapy

<https://www.diakon.org/family-life-services/locations/>

MERAKEY – (717) 243-6033 - 33 State Avenue, Carlisle, PA 17013 Developmental, behavioral health, and education provider of integrated services to individuals and communities. Autism Services, Intellectual and Developmental Disability Services, Veterans Assistance Services, Children & Family Services, Foster Care Services, Aging Services, Pharmacy Services. <https://www.merakey.org/>

SUICIDE AND CRISIS LIFELINE – Dial **988** for Free and confidential 24/7 support for people in suicidal crisis or emotional distress. **To text complete form here:** <https://988lifeline.org/chat/>

MISCELLANEOUS

AMERICAN RED CROSS – (866) 311-3832 - 145 South Hanover St., Carlisle, PA 17013 Helps people prepare for, respond to, and recover from big & small disasters. <https://www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us.html>

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. <https://capbig.org/>

CHRISTIAN LIFE ASSEMBLY – (717) 737-6560 2645 Lisburn Road, Camp Hill, PA 17011 Free Food, clothes, toys. Support Groups. Prayer: 717-482-5994 or email at prayer@clacamphill.com. <https://clacamphill.com/care>

JUSTICE HOUSE OF HOPE – (717) 208-4428 1821 Fulton Str., Harrisburg, PA 17102

A non- Profit organization that strives to raise awareness of and intervene in the exploitation of youth sex and labor trafficking victims in Pennsylvania. Email: <https://justicehouseofhope.org/contact-us/#>

- Outreach
- Safe Space
- Help and Resources
- Trauma-Informed Care
- Individual Group Counseling
- Power Through Learning

Email: <https://justicehouseofhope.org/contact-us/#> Website: <https://justicehouseofhope.org/>

MEET THE NEEDS, INC – 130 South Penn Street Shippensburg, PA 17257 Email: mtnincorporated@gmail.com There are times when life happens and the unexpected need for different essentials occur. Assist directly, help navigate to other agencies, or work with other agencies to complete a request. Services: Transportation, Clothes, Food, Needs Outside the Box. <https://www.meettheneeds.org/>

PENNSYLVANIA DEPARTMENT OF HUMAN SERVICES – 1-800-692-7462 - 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. www.dhs.pa.gov

PINK HANDS OF HOPE- (717) 620-8264 - 5325 E Trindle Rd, Hampden Township, PA 17050 Thrift store and non-profit organization committed to supporting women fighting breast cancer in Central Pennsylvania. Mission is to enhance the lives of those affected by breast cancer by offering free products and services including wigs. We are dedicated to positively impacting our community and those in need. <https://www.pinkhandsofhope.org/>

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

- Support and advocacy for LGBTQ campus members
- LGBTQ Cultural Humility, Queer/Genderqueer Safer Sex, Consent and Healthy Relationships trainings for individuals and groups
- LGBTQ Equity & Inclusion training and assistance
- LGBTQ resources & connections

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 ARE INTERMEDIATE UNIT (CAIU) – (717) 732-8400 - 55 Miller Street, Enola, PA 17025 Provides innovative support and services in partnership with schools, families, and communities through local school districts. These services include curriculum, technology, special education, and staff development. Also offers pupil services, nonpublic school services (Aid to Non-Public Schools or ANPS), and other core and support services and participate in cooperative statewide projects. <https://www.caiu.org/>

LIFE CHOICES CLINIC - (717) 761-4410 - 2515 Gettysburg Road, Camp Hill, PA 17011 Clothing for baby and mother to be. They also offer free pregnancy tests, ultrasounds for early pregnancy, pregnancy supports, and after abortion care. <https://www.lifechoicesclinic.org/options-consultations>

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

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

COMMUNITY CONNECTIONS FOR CHILDREN – (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. <https://cccforga.org/>

COURT APPOINTED SPECIAL ADVOCATES (CASA) - (717) 240 -6460 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. <https://www.cumberlandcountypa.gov/2488/Newborns-and-their-Parents>

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

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 17109 Catholic Charities) Provides specialized. Comprehensive maternity care and residential services to women in need in South Central Pennsylvania. www.cchbg.org

NEW HOPE MINISTRIES – YOUTH PROGRAMS – Must live in service area. Enola: (717) 996-9006, Lemoyne: (717) 774-6255, Mechanicsburg: (717) 766-7333. Baby Bundles layette program, Reading Corners program, Dual Enrollment Scholarships (H.S. and college), Early childhood education scholarships (pre-K), After School Tutoring/ Homework Help (K – 8th grade), Back Pack supplemental nutrition program, and Back to School Daze Craze. Program descriptions and other resources located here: <https://nhm-pa.org/youth-programs/>

PREGNANCY MINISTRIES - (717) 532-4446 - 20 E. Burd St., Suite 4, Shippensburg, PA 17257 Offers free services: Pregnancy tests, STD education, referrals for first trimester ultrasound, and 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. www.pregnancyministries.org

PRESSLEY RIDGE – (717) 774-3673 - 50 Utley St, Suite 200, Camp Hill, PA 17011 Supports youth, individuals, and families through life’s challenges with a full continuum of mental health services, foster care, residential treatment, and specialized education programs. <https://www.pressleyridge.org/>

TAPESTRY OF HEALTH – WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM (WIC) - (717) 243-0523 401 East Louther St., Carlisle, PA 17013 Monday 10:00 am – 6:00 pm, Tuesday – Friday 8:00 am – 4:00 pm, 1st Saturday monthly 8:00 am – 4:00 pm. WIC (Women, Infants & Children) program provides: Free nutrition information, breastfeeding support, health screening, supplemental food vouchers and referrals. <https://www.tapestryofhealth.org/>

TRI COUNTY COMMUNITY ACTION (TCCA) - (717) 232-9757 1514 Derry St., Harrisburg, PA 17103 Serves: Cumberland, Dauphin, and Perry Counties. Provides opportunities for children, parents/guardians, and families to learn and grow through a variety of Early Childhood and Family Development education and support programs. For more information: <https://cactricounty.org/>

YWCA – CARLISLE - (717) 243-3818 - 301 G St., Carlisle, PA 17013 Weekdays 8:30am – 4:30pm Preschool (ages 3-5). Childcare is available. Scholarships are available. YWCA support groups include: Sexual Assault Rape Crises Services, Racial Justice Programming, Moving Circles, Youth Leadership Conference, and various recreation & summer camp programs. <https://ywcacarlisle.org/>

TRANSPORTATION

HIS HANDS AUTO REPAIR MINISTRY, INC. & AUTO SALES – (717) 258-5483 - 730 North College St., Carlisle, PA 17013 Monday -Friday 8 am – 5 pm; Sat. 8 am – 2 pm. Car sales and repair for low-income households. State Inspection for anyone. www.hishandsauto.org

LIFECYCLE – NEW LIFE COMMUNITY CHURCH (717) 240-0060 - 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. 1. Fill out an application, online or on site 2. Select a bike 3. Apply for the “Earn A Bike “ program or directly purchase. <https://newlifecommunity.us/services/life-cycle/>

NEW HOPE MINISTRIES – TRANSPORTATION - Must live in service area. Enola: (717) 996-9006, Lemoyne: (717) 774-6255, Mechanicsburg: (717) 766-7333.

- Offering financial assistance for vehicle repairs, insurance, and registration.
- Vehicle donation program, help with driver training, vehicle fuel, and other solutions such as bicycles, bus passes, and ride-share assistance.
- **Hope Rides** is a car loaner program to get guests into good-paying jobs and start earning a living wage that would qualify them for a loan for a car of their own. Unemployed or underemployed guests will be enrolled into our workforce development classes. Guest is responsible for gas during their one-month loaner car period with extensions as eligible.

Program descriptions and other resources located here: <https://nhm-pa.org/transportation-assistance/>

RABBIT TRANSIT – (800) 632-9063 A regional public transportation provider, offers a variety of transportation services to the residents of Cumberland and surrounding counties to get to work, medical facilities, school, and other life-sustaining activities. 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. <https://www.rabbittransit.org/>

RAIDER REGIONAL TRANSIT – (717) 530-8891 Shippensburg area transit services. Free to senior citizens w/ Commonwealth ID card and to Shippensburg University Students w/ student ID. <https://www.ship.edu/life/resources/rrt/>

SALVATION ARMY CARLISLE– (717) 249-1411 - Social Services Center – 24 E. Pomfret St., Carlisle, PA 17013
Bus tickets and gas cards for employment and medical purposes. <https://pa.salvationarmy.org/carlisle/social-services>

UTILITIES

ADAMS ELECTRIC – (717)532-2214 Adams Electric Help:

- Neighbors in Christ - (717) 385-1053 is providing financial assistance to customers in the Big Spring School District.
- SCCAP - (717) 263-5060) in Chambersburg provides financial assistance.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) - COUNTY ASSISTANCE OFFICE – (717) 240-2700 – 33 Westminster Dr., Carlisle, PA 17013

- **LIHEAP HOTLINE –** (866) 857-7095
- **LIHEAP** - Annual program from November to April for low- income households. One-time seasonal assistance.
- **CRISIS LIHEAP** - If your main heating source is broken, in danger of being shut off, or is currently shut off, you may be eligible.

NEW HOPE MINISTRIES – UTILITY ASSISTANCE - Must live in service area. Enola: (717) 996-9006, Lemoyne: (717) 774-6255, Mechanicsburg: (717) 766-7333. Provides electric, water, sewer, gas, and heating fuel assistance for those facing utility disconnect or who cannot meet their heating needs. Program description, service areas, and other resources located here: <https://nhm-pa.org/housing-assistance/>

PA AMERICAN WATER COMPANY – (800) 565-7292

H2O Help Others Program –

- Grants are funded through a corporate donation and customer and employee donations. To qualify for a grant, customers must have annual household incomes at or below 200 percent of the Federal Poverty guidelines and have made a sincere effort to pay their bill.

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- To see if you qualify, contact Dollar Energy Fund, our program administrator, at 1-888-282-6816, or apply online at <https://www.dollarenergy.org/myapp/>. Program participation is subject to income verification.

Payment Arrangements -

- If you cannot pay your bill by the due date, please contact our customer service center immediately, BEFORE the due date, at 1-800-565-7292. We will work with you to determine payment plan options that may be available.

Medical Certification -

- If you are behind on your bill, you may be able to avoid shutoff or have your service restored if there is a medical emergency in your household. A medical emergency exists if you or a member of your household are seriously ill or have a medical condition that will be worsened if you do not have public utility service.

Protection from Abuse and Other Court Orders -

- If you have a Protection from Abuse (PFA) order or an order issued by a Pennsylvania Court that identifies you or a household member as a victim/survivor of domestic violence, you have the following protections, regardless of your income:
 - Pennsylvania American Water cannot shut off your water service during the winter without Pennsylvania Public Utility Commission (PaPUC) permission.
 - Depending on your income, a special payment arrangement may be available.
 - Service may not be terminated on a Friday.
 - You may not be held responsible for a bill in someone else's name.
 - You may not be required to pay a security deposit. If you are required to pay a security deposit, you may be able to pay it over three payments.
 - You will receive additional notice prior to termination.

<https://www.amwater.com/paaw/customer-service-billing/Customer-Assistance-Programs/>

DOLLAR ENERGY FUND (DEF) – PA CUSTOMER ASSISTANCE PROGRAM (PCACP) – Open Year-Round for *MET ED & PENELEC CUSTOMERS ONLY*– (888) 282-6816, Option 3

In PCAP, you will:

- Be billed approximately the same amount each month on the budget plan, Equal Payment Plan (EPP) - enrollment in EPP is required for PCAP participants.
- Receive credits on your bill to either reduce your monthly budget bill or help pay a past due balance, or both.
- Have the security deposit released and applied to your account if it was held on your account.
- Be considered for the WARM Program to improve the safety and comfort of your home at no cost to you.

https://www.firstenergycorp.com/help/billingpayments/assistance_serviceprogram/penelec.html

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

- **OPERATION HELP** – A financial assistance program (must not exceed 200% poverty guidelines). Call Tri 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

PA PUBLIC UTILITY COMMISSION (PUC) - General: (717)-783-1740; Terminations: (800) 692-7380 For more information or to file a Utility Complaint: <https://www.puc.pa.gov/complaints/>

UGI – (natural gas) - 800-276-2722 Open Monday-Friday, 8 AM – 5PM Email: customerservice@ugi.com

- **Customer Assistance Program (CAP):** To assist current customers with a payment plan.
- **Low Income Usage Reduction Program (LIURP):** A weatherization program that must be approved by the landlord.

For more information: Call (800) UGI-WARM (340-5393) or Apply Online: <https://www.ugi.com/assistance-programs/>

- **Operation Share:** (717) 233-6755 – Provided through Salvation Army of Harrisburg financial assistance program.

UNITED WAY OF CARLISLE & CUMBERLAND COUNTY – (717) 243-4805 - 145 South Hanover St., Carlisle, PA 17013

- 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 ASSISTANCE PROGRAM (WAP) - SOUTH CENTRAL COMMUNITY ACTION PROGRAM (SCCAP) –

(717) 263-5060 - 533 S Main Str., Chambersburg, PA 17201 Email: info@sccap.org

- Weatherization is a program to help reduce heating and energy costs for low income families by improving the energy efficiency of their homes.
- Services provided by Weatherization can include energy audits, insulation, air sealing, electrical reduction measures, minor heating repairs, and energy usage education. (We do not typically replace Windows or Doors and we cannot repair or replace roofs)
- Through Weatherization you can cut your heating bills, save energy, and have a warmer home.
- SCCAP administers the Weatherization Program for Adams, Cumberland, Dauphin, and Franklin Counties.

For more information and to apply: <https://www.sccap.org/weather>

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 17013

Hours: Weekdays 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. 4992 - 5070 Ritter Road, Rossmoyne Business Park, Mechanicsburg, PA 17055 - Hours: Weekdays 7:30AM – 4:00PM

Services: Audiology, Dermatology, Mental Health Care, Optometry, Orthopedics, Podiatry, Primary care, Urology and Women's health.

HEALTH CARE FOR HOMELESS VETERAN'S PROGRAM – LEBANON VA MEDICAL CENTER - (877) 424-3838

The program's goal is to reduce homelessness among veterans by conducting outreach and bringing veterans into treatment and rehabilitative programs. <https://www.va.gov/homeless/hchv.asp>

LEBANON VA CENTER – (717) 272-6621 - 1700 S. Lincoln Ave., Lebanon, PA 17042-7529 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

- **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.
- **Military Family Education Program (MFEP)** - An educational assistance grant for dependents (spouse or children), earned by Army and Air National Guard members for their commitment to and service in the Pennsylvania National Guard.

VETERANS SERVICES - YWCA GREATER HARRISBURG - (717) 234-7931, ext. 3078 - 1101 Market St., Harrisburg, PA 17103 Serves those who are homeless, at-risk, and veterans in need and their families qualify for these services.

- Employment Readiness Services for Homeless Veterans
- Supportive Services for Veterans and Families
- Homeless Veterans Housing
- Homeless Veterans Stand Down

<https://www.ywcahbg.org/programs/veterans-services/>

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

- **GI Bill** (888) 442-4551
- **Healthcare Benefits** (877) 222-8387
- **PTSD** (877) 927-8387

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

VETERANS NATIONAL CRISIS LINE - 988, press 1, or (800) 273-8255

VOLUNTEERS OF AMERICA - PENNSYLVANIA SUPPORTIVE SERVICES FOR VETERAN FAMILIES (SSVF) – (717) 236-1440 – 112 Walnut St., Harrisburg, PA 17103 A program that promotes housing stability among low-income veteran families who are experiencing or at-risk of experiencing homelessness.

Services may include:

- Rental assistance (including limited rental payments, security deposits, and rental arrear payments)
- Housing counseling
- Landlord mediation and assistance securing moving services
- Identifying affordable childcare providers
- Case management
- Health care navigation
- Daily living services
- Transportation assistance
- Budgeting
- Employment resources
- Temporary financial assistance
- Assistance with obtaining VA and other public benefits
- Vocational and rehabilitation counseling
- Legal Services

<https://www.voa.org/>