What To Know About Cumberland County

A Beginner's Guide to Human Services

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Prepared by:

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM

Cumberland County Aging & Community Services
1100 Claremont Road
Carlisle, PA 17015

(717) 240-6110 / 1-888-697-0371 (ext. 6110)

Copies may also be obtained at our website: www.ccpa.net/aging

To update information for your agency or program, call Patrice Pickering at: 717-243-4283

CUMBERLAND COUNTY SERVICES

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EMERGENCY SERVICES/HOUSING/INFORMATION & REFERRAL

CUMBERLAND COUNTY HOMELESS SHELTERS:

- **Carlisle CARES Resource Center/Carlisle CARES Shelter Program –**50 W. Penn Street, Carlisle, 17013 – 717-249-1009. Provides night-time emergency shelter for adults at local churches on a rotating basis for adults. Please refer to www.carlislecares.org for more information.

- **Domestic Violence Services -** Carlisle 17013 – 717-258-4249/800-852-2102/911 - 24 hour emergency crisis or shelter services - Offers emergency shelter, counseling & legal services to victims of domestic violence.

- **Genesis House – The Salvation Army –** Rear of 127 S. Hanover Street, Carlisle 17013 – 717-249-1411 – Weekday inquiry hours – 8:00am – 4:00pm Transitional housing for men.

- **James Wilson Emergency Shelter** – 102 W. High St. – Carlisle, PA 17013 – 717-249-2200 – Open 24 hours – provides short-term emergency housing to single females & single parent females w/children. Must be processed through Carlisle Police Department, NCIC check 1st before entry.

- **James Wilson Safe Harbour** - 102 W. High St. Carlisle 17013 – 717-249-2200 - Weekday Hours: 9:00 am. to 4:30 pm. - Provides transitional housing to persons according to their income, who need more long-term care than a shelter provides. There is a waiting list. Permanent rental housing on site is available to single adults.

- **Stuart House - The Salvation Army –** Rear of 127 S. Hanover Street Carlisle 17013 – 717-249-1411-Weekday Inquiry Hours – 8:00 am to 4:00 pm. Must be referred from emergency shelter to apply - Provides transitional housing to eligible homeless women with children (boys ages 13 and under, girls ages 18 and under) for up to two years. Programs available to assist the clients to work toward self-sufficiency & independent living.

American Red Cross – 79 East Pomfret St., Carlisle PA 17013 – 717-243-5211 Weekday Hours: 8:00 am. to 4:00 pm. After hour emergencies, same # to 24 hour answering service.

Christ Among Neighbors – (C.A.N.) 130 S. Penn St. Shippensburg, Mailing Address P.O. Box 401, Shippensburg PA 17257 (PHONE 717-532-7577) -Interview Hours: **(Saturday Mornings Only 9:00 to 10:00 a.m.)** – Provides last resort crisis help such as food, clothing, utilities, medical & lodging along w/ information/referral & networking w/ community resources. Serves Shippensburg School District & Village of Walnut Bottom 17266/17257. Must get written referral by Shippensburg Community Action Center, King's Kettle or the Homeless Assistance Program. Need to take: 1) Proof of ID such as a driver's license, birth certificate, or other form of picture ID, 2) Proof of S.S.#'s of all in household or medical card., 3) Proof of all income in household back (1) month from the date of application for help such as pay stubs, SSI, Disability, child support, letter from Public Assistance/medical card, unemployment benefits, alimony, etc., 4) Eviction &/or magistrate notice if behind on rent. For back utility or other bills, bring proof also. Bill/note proof should be current through the month you are applying for help, & 5) Reason(s) why you need help, like written proof from your doctor, temporary housing, car insurance or daycare. & 6) proof of all recent household bills to determine your monthly household expenses.

Cumberland County Assistance Office - 33 Westminster Drive Carlisle 17013 717-240-2700/800-269-0173
Hours: 8:00 am. to 5:00 pm. Some emergency funds are available for low income households. **See: INCOME section** for other details/directions.

Cumberland County Aging & Community Services: Homeless Assistance Program –
401 E. Louther St. Suite 204 (middle entrance), Carlisle 17013
Hours: Weekdays 8:00 am. to 4:30 pm. – Appointment needed – Walk-ins welcomed as time permits

A-I call: Patrice Pickering – 717-243-4283 assists clients needing rent and/or security deposit help, basic budgeting and life skills management. Additional program-*PPL Operation Help* for all PPL electric customers living West of Mechanicsburg.

J-Z call: Kellie Crawford – 717-243-4691 assists clients needing rent and/or security deposit, basic budgeting and life skills management.

Cumberland Link to Aging & Disability Resources –1100 Claremont Road Carlisle 17015 – 717-240-7887/866-570-5465/fax number 717-240-6118 – Hours: 8:00 am. to 4:30 pm. weekdays - Information and referral services agency for persons of all ages with disabilities or for persons ages 60 and older.

Neighbors In Christ - First Presbyterian Church, 111 Big Spring Ave. Newville 17241 **Saturday Hours: 9 to 10 am.** Provides limited emergency help such as shelter, rent, Adams electric, food, & clothing services to persons living in the Big Spring School District. Need to take: 1) Proof of ID such as a driver's license, birth certificate, or other form of picture ID, 2) Proof of S.S.#'s of all in household or medical card., 3) Proof of all income in household back (1) month from the date of application for help such as pay stubs, SSI, Disability, child support, County Assistance note/medical card, unemployment benefits, alimony, etc., 4) Eviction &/or magistrate notice if behind on rent. If need utility/bill help, bring recent proof of them w/i 30 days. & 5) Reason (s) why you need help like written medical, temporary housing, and/or other high bill proof to determine your monthly household expenses.

New Hope Ministries – 5228 East Trindle Road. Mechanicsburg 17050 717-766-7333 - Weekday Hours: 9 am. to 4 pm. Provides persons living in the Mechanicsburg/West Shore area w/ emergency & referral services such as heat, utilities, housing, medical assistance, transportation and Job Junction. A food bank is available on site. Food pantry open daily from 9am-4pm (Call for information). If they qualify, clients can be referred for free/reduced rate medical services, PA American Water Co. and utility bill services such as Met Ed and Penelec electric help for the CAP program are also on premises. Clients are able to access COMPASS service which allows individuals access to screen for, apply for and renew a broad range of social programs: health care coverage, food stamps benefits, cash assistance, etc…

The Salvation Army – Social Services Center – 24 E. Pomfret St. – Carlisle 17013 – 249-1411 ext. 141 – Normal walk-in hours are weekdays 8:00 am. to 4:00 p.m. Enter the door to the right of the large window at the top of the steps - Help w/ food & clothing, bus tickets, diapers, personal care items, household items & formula is offered as donated. Free transportation is available @ 8:00am and 3:30pm (must sign up by 12:00pm the previous day to surrounding Carlisle area agencies). - Bible school registration begins mid May. - Client sign-ups for the Christmas food baskets & toys (for small children) begin in late October. - My Brother's Table offers a daily meal at Rear of 127 S. Hanover St. daily (weekdays 4:300 pm. to 5:3 0 pm., Saturdays noon to 1:00 pm. & Sundays 5:00 pm. to 6:00 pm.). - A thrift shop with limited hours is located at 125 S. Hanover St. A Senior Action Center offers weekday noon meals/numerous activities to those ages 60 & up. Various church-related programs to accommodate youth & adults are open to the community. Sunday School services are held Sundays at 9:45 am. & Church Worship Services begin at 11:00 am. Camp Ladore-a free one (1) week summer recreational camp ages 7-12. Volunteers are highly welcome.

Samaritan Fellowship - 99 Mooreland Ave. Carlisle 17013 - **Saturday Hours: 7:30 AM to 10:00 AM only** – Crisis help to persons living in Carlisle & South Middleton school districts, Middlesex township & Gardners area. - Directions: From Carlisle square, go West on High St. Follow High St. four blocks to the intersections of W. High St. & Mooreland Ave. Turn left onto Mooreland. Down the block on the left you will see Allison U.M. Church (gray stone). Enter at rear door of church by ringing doorbell (black box to the right of the doorway). Please bring the following proof: 1) Proof of I.D. such as social security card, drivers license, or birth certificate; 2) income proof such as pay stubs, SSI, County Assistance, unemployment benefits, etc.; 3) eviction note/household bill if overdue; 4) reason(s) for needing help (medical, job loss). Referrals from Case managers are required for all residents of subsidized housing (ie: HUD, Family Public Housing, etc…). See website www.samaritanfellowship.org for more information.

Todd Baird Lindsey Foundation – P.O. Box 724, Carlisle 17013 – 717-486-4121 – Provides assistance for persons meeting certain income and asset guidelines and persons *ages 55 and older* with cost of housing expenses (rent, lot rent, mortgage, utilities, taxes, etc.) prescription medications, medical equipment, nursing services, hearing aids & personal emergency response services fees. Provides both emergency and long term assistance to persons who live in service areas including the boroughs of Carlisle, Mt. Holly Springs, and Newville and the townships of West Pennsboro, Dickinson, Middlesex, S. Middleton, N. Middleton, Penn, L. Frankford and U. Frankford.

HOUSING/LONG TERM OPTIONS--NON-EMERGENCY

Rooms/efficiencies/temporary housing:

1) **YMCA**
   Front & North Streets
   Harrisburg, PA 17110
   249-3120
   Rents rooms to men only.

2) **Colony House (Restaurant)**
   125 W. Main Street
   Mechanicsburg, PA 17055
   691-3131
   Individuals/couples rooms only.

3) **Harvon Motel**
   851 N. Hanover Street
   Carlisle, PA 17013
   243-3113
   Rents rooms/efficiencies.

4) **Pike Motel**
1121 Harrisburg Pike
Carlisle, PA 17013
249-3120
Rents rooms/efficiencies.

5) **Cumberland Valley Motel**
Carlisle Pike
New Kingstown, PA 17072
766-3779
Rents rooms/efficiencies.

PERMANENT HOUSING - Some w/ Possible Waiting Lists

***Cumberland County Housing and Redevelopment Authority (HUD)** - 114 N. Hanover St. Carlisle 17013 717-249-1315/1-866-683-5907 Weekday Hours: 8:00 am - 5:00 pm – Manages HUD's Section 8 and Supportive Housing Programs. Contact the office for applications & get on the waiting list. You are responsible for locating your own housing. Credit counseling & first-time homebuyer's loans/homeownership programs are available.

***Family Public Housing -** 60 W. Penn St. Carlisle 17013 – 717-245-0516 Weekday Hours: 8:00am--4:30pm- Offers affordable housing based on income to County residents. - Applications for another housing program, **Carlisle Opportunity Homes** is also located at this site. Their program provides homes to residents in Carlisle & Mt. Holly Springs. Applications should be completed as soon as possible due to a waiting list. Also may apply to their homeownership program.

American House Apartments - 26 North Market Street, Mechanicsburg 17055 – 717-766-1633 - **HUD** subsidized one-bedroom apartments designed for the elderly 62+ and/or handicapped.

Bethany Towers - 335 Wesley Drive Mechanicsburg 17055 – 717-766-7698 - **HUD** subsidized one-bedroom apartments designed for the elderly and/or handicapped.

Chestnut Commons - 324 Chestnut Street Mt. Holly Springs 17065 -717-249-3484 - **HUD** subsidized one-bedroom apartments designed for the elderly 62+ and/or handicapped.

***Cottages of Shippensburg -** 300 Dwelling Court Shippensburg 17257 – 717-530-1573 - Offers two bedroom cottages to individuals with a maximum income limit based on number of people in household.

Eastgate Apartments - 35 E. Gate Drive Carlisle 17015 – 717-249-9800 - One bedroom apartments for individuals 62+ years of age. Below fair market rates with utilities included. Income guidelines apply.

Enola Commons - 16 S. Enola Dr. Enola 17025 – 717-732-2811- **HUD** subsidized 1 and 2 bedroom apartments for persons 62+ years of age.

Episcopal Square - 101 N. Prince St. Shippensburg 17257 – 717-530-1277 – Provides one bedroom & efficiency housing to low income elderly & disabled persons.

Essex House - 20 N 12th Street Lemoyne 17043 – 717-730-7302 - Offers studios, one & two bedroom housing for the elderly.

***Geneva Green Apartments -** 500 Geneva Drive Mechanicsburg 17055 – 717-691-8620 - No minimum age – 2 and 3 bedroom apartments. General occupancy that does **accept Section 8**.

Mallard Run Apartments - 820 Lisburn Rd. Camp Hill 17011 – 717-761-5414 - Provides One & two bedroom units to low income individuals & couples who are elderly 62+ &/or disabled.

Meadowood Apartments - 1051 Allendale Road Mechanicsburg 17055 – 717-697-9517- **Rural Housing Service subsidized** one-bedroom apartments designed for elderly, handicapped and disabled.

Middlesex Senior Apartments - 371 Army Heritage Drive Carlisle 17013 – Phone: 717-258-9317 - Provides affordable, low income housing to elderly &/or disabled individuals & couples.

Mountain View Apartments - 91 Doubling Gap Road Newville 17241 – 717-776-3292 - **HUD** subsidized one-bedroom apartments designed for the elderly 62+ and/or handicapped.

One West Penn - 1 W. Penn St. Carlisle 17013 – 717-249-7797 - Weekday Hours: 8:00 a.m. to 4:30 p.m. – Provides affordable housing to elderly 55+ &/or disabled singles & couples. 250% poverty level

***Orchard Apartments** - 2204 Cedar Run Drive Ext. Camp Hill 17011 – 717-763-0937 - Offers two & three bedroom low income housing units to families & individuals.

Penn School Apartments - 121 N. Bedford Street Carlisle 17013 – 717-243-8555 - Subsidized one-bedroom apartments for elderly, handicapped or disabled.

***Pheasant Run Estates -** 1824 Sterrets Gap Avenue Carlisle 17013 – 717-249-3939 - Accepts one and two bedroom persons housing.

***Pine Run Estates** - 7 Pine Rd. Mt. Holly Springs 17065 – 717-486-4063 - Offers one & two bedroom low income housing units to families & individuals.

***Plaza Apartments** – 297 Plaza Drive (behind Karns store) Boiling Springs 17007 – 717-258-8387
Offers one & two bedroom low income housing units to families & individuals.

Round House View Apartments - 21 Susquehanna Ave. Enola 17025 – 717-732-0622
Provides apartment units to low income individuals & couples who are elderly 62+ &/or disabled.

Shippen Place- 10 Hollar Ave. Shippensburg 17257 – 717-532-7885 – Age 62 & up – 1 & 2 bedrooms only

Silver Spring Courtyards - 43 Ashburg Drive, Suite 23 Mechanicsburg 17050 – 717-591-1413- A federal program sets the rents based on income guidelines. For people ages 55 or older.

Susquehanna View-208 Senate Ave, Camp Hill 17011—717-763-1184. Provides 1 BR housing to disabled & elderly persons 62+.

Two West Penn - 2 W. Penn St. Carlisle 17013 – 717-249-3484 - Weekday Hours: 8:00 a.m. to 4:30 p.m. - Provides affordable, low income housing to elderly 50+ &/or disabled individuals & couples.

Valley Ridge Apartments – 311 Claremont Drive Carlisle – 717-258-9317 – 62+ and/or disabled.

HOMEBUYERS / HOMEOWNERS ASSISTANCE

Cumberland County Habitat for Humanity – 717-258-1830 - An option to obtain affordable home in exchange for actual work hours.

Carlisle Housing Opportunities Corporation – Located at Hope Station, 149 W Penn Street, Carlisle-- Phone 717-241-0472. Low to moderate income, first-time homebuyers with good credit can purchase a home and receive a 10% Forgivable loan off of the appraised value of the home. Cumberland County Homebuyer's Coalition offers $3,000 towards closing costs to qualified buyers who complete the Homebuyers Workshop.

Cumberland County Housing and Redevelopment Authority - 114 N. Hanover St. Carlisle 17013 - 249-1315-
Weekday Hours: 8:00 am. to 5:00 pm. - Provides assistance to persons seeking an affordable homebuyer's loan. Free credit & debt counseling is available.

Homeowner's Mortgage Assistance Program (PHFA) – 717-780-3871 – Offers mortgages for 1st time home buyers.
Housing Emergency Mortgage Assistance Program (PHFA) – 1-800-342-2397 or 717-780-3940 - 211 North Front Street – Harrisburg, PA 17101 Offers financial assistance for mortgages in foreclosure, must have an Act 91 Notice.

Pennsylvania Housing Finance Agency – 717-780-3800 – 211 North Front Street; Harrisburg, PA 17101
Multi family rental housing; Homeownership Programs; and Foreclosure Prevention

CLOTHING AND NON-CONSUMABLE GOODS

Carlisle Area Family Life Center (formerly Birthright of Carlisle, Inc.) – 155 N. Hanover St., Carlisle – 717-243-1918 Call for Weekday hours. Maternity, newborn layettes, infant clothing to 2T available, as well as diapers & related infant supplies.

Bountiful Blessings P.O. Box 299 Mechanicsburg, PA 17055 www.bountifulblessings.com 717-802-1222**–** Offers non-consumable goods to those in need. Those who receive through Bountiful Blessings are required to give back to the program through volunteer time. 1st & 3rd Wednesday from 5am – 7pm at the Trinity Evangelical Lutheran Church; 509 Hummel Avenue, Lemoyne, PA; 1st and 3rd Saturday 9:30 am-11:30 am at the Capital Area Christian Church 1775 Lambs Gap Road, Mechanicsburg, PA.

Brethren in Christ Church - 1155 Walnut Bottom Rd. Carlisle 17015 – 717-243-1863 – Hours: 8:30 to 4:30 weekdays.

Calvary United Methodist Church- 700 Market Street Lemoyne. Distribution of clothes is on the 3rd Saturday of the month from 11:00 am-1:00 pm. Free lunch is provided the day of the clothing bank.

Capital Area Pregnancy Center – 2515 Old Gettysburg Road Camp Hill 17011 717-761-4411. Provides pregnancy testing, information about pregnancy, referrals for medical care, social services, adoption, foster care, legal services, short term housing for homeless clients, support groups & clothing etc. for baby & mother to be.

Caring Closet – West Shore Evangelical Free Church, 1345 Williams Grove Road, Mechanicsburg, PA 17055 – 717-697-0226 3rd Friday monthly 9-noon; (Closed June, July, & January): clothing closet, household goods, etc…

Carlisle Barracks Thrift Shop - Carlisle Barracks Bldg. 632 Ligget Rd. Carlisle 17013 – 717-243-1434 Open Tuesdays & Thursdays 10:00 am-1:00 pm. & Tuesdays 7:00 pm to 9:00 pm.

Christ United Methodist Church-47 East King Street, Shippensburg 17257- 717-532-6850 Clothing bank on Saturday mornings from 9am-11am, Call for more information. http://www.christumcshipp.org/

Church of the Brethren-Ridge Church- 116 W. Main Street Walnut Bottom Road Shippensburg 17257- 717-432-5228- clothing bank, hours Wednesday-Friday: 9AM-2PM or call for more information.

Community Aid 4833 Carlisle Pike Mechanicsburg, PA 17050 717-412-7706 Thrift store and donation center-faith based non-profit store providing clothing, household and collectible items. Neighbors helping neighbors, offering items of resale at affordable prices. 50% off all items on Wednesdays.

Cumberland Valley Animal Shelter Thrift Store – 1 E. King St. Shippensburg 17257 – 717-477-8025. Open Monday through Friday 9am- 5pm and Saturday 9am-5pm.

Goodwill Boutique - 1051 Hummel Avenue – Lemoyne 17043 – 717-737-6134 Monday to Saturday 9am-5pm. A source of low cost used clothing, used household goods and furniture.

Goodwill Store – 105 Gateway Drive, Mechanicsburg 17055 – 717-691-3699 Hours: Monday thru Saturday 9:00 – 6:00 pm. & Sundays noon – 5:00 pm.

Pregnancy Resource Center of Camp Hill – 2515 Gettysburg Rd., Camp Hill 17011 – 717-761-4410. Provides free 1st trimester sonograms, pregnancy testing. Also completes limited STD testing, Support groups, options counseling, and other supportive counseling is available. Pregnancy clothing and baby size clothing newborn thru 9 months is offered. Office hours are Monday, Wednesday & Thursday 9:00 am. to 5:00 pm. Thursday 6:00 pm. to 8:00 pm. & Friday 9:00 am. to 3:00 pm.

Pregnancy Resource Center (P.M.I) –20 E. Burd Street Shippensburg 17257 – 717-532-4446-Offers free services for the following: pregnancy tests, S.T.D. testing, ongoing supportive services for those carrying to term, referrals for a first trimester ultrasound, and clothing and formula. http://pregnancyministries.org

Sally's Shop – Carlisle Salvation Army Thrift Store – 125 S. Hanover St., Carlisle 17013 – 717-249-1411 X135 – Call and check for times open. Donation bins located behind the store.
Salvation Army A.R.C. Thrift Store - 3901 E. Trindle Rd. Mechanicsburg 17055 – 717-731-0576 Open 9:00 am. to 9:00 pm. Monday through Saturday. They accept Visa credit cards.

Trinity Methodist Church - Fellowship Building (Old Jackson School) 116 W. Main St. Walnut Bottom Rd. Shippensburg 17257. Phone: 717-532-7606 Open 2nd & 4th Wednesdays & Saturdays 9 am-12 Noon or call for more information.

Volunteers of America – 675 Silver Spring Road, Mechanicsburg 17055 – 717-766-2999 – Open weekdays 9:00 – 8:00 pm. Saturdays 9:00 to 6:00 pm.

FOOD

County Assistance Office – Food Stamp information available. Questions? Call the Cumberland County Assistance Office at 717-240-2700/800-269-0173 or the Department of Public Welfare Helpline 1-800-692-7462/ TDD for hearing impairments 1-800-451-5886.

Cumberland County Aging & Community Services -1100 Claremont Road, Carlisle 17015 – Hours: Weekdays: 8:00 – 4:30 pm. 717-240-6110/888-697-0371 ex. 6110 – provides info/referral services to persons over age 59 such as "Meals on Wheels" & area Senior Centers.

The Salvation Army - Social Services Center 24 E. Pomfret St. Carlisle 17013 – 717-249-1411 ext. 141 - Weekday Hours: 8:00 am. to 4:00 pm. - Walk-in services for emergency food, clothing, house wares, diapers & formula as available.

Tapestry of Health (WIC) – 401 E. Louther Street, Suite 104 Carlisle 17013 - Weekday Hours: 8:00 am. to 4:30 pm. (717) 717-243-0523/800-882-8812 - Provides food vouchers/nutrition education to low income children & pregnant women.

CUMBERLAND COUNTY FOOD BANKS

The following is a listing of all Cumberland County Food Banks. Please inform your client(s) that they should use the one closest to their home. They may not go to more than one food bank a month, unless there is an emergency situation.
PLEASE REMIND YOUR CLIENT(S) TO TAKE ALONG PROOF OF INCOME & RESIDENCE.

FOOD BANK LOCATION	DISTRIBUTION DATE & TIME
Big Spring Area Food Bank United Lutheran Church 101 Crossroad School Road (near Rt.641) Newville, PA 17241	Last Monday of the month (except May, November, December when distribution is the Monday preceding the holiday) **Director:** Joyce Gensler 717-243-2776 9:00 AM – 11:00 AM
Christian Life Assembly Food Bank 2645 Lisburn Road (At Church) Camp Hill, PA 17011	Second Tuesday 9:00 AM – 12:00 Noon Phone – 717-737-6560 (Check one month prior for changes)
Cornerstone Assembly (St. Paul's Lutheran Church) Corner of Front/Locust Street Wormleysburg, PA 17043	Every 3rd Saturday 10am-12 Noon Phone: 717-737-1903 ***(Mobile food pantry through New Hope Ministries)***
The King's Kettle Food Pantry 30 N Fayette Street Shippensburg, PA 17257	1st, 2nd & 3rd Tuesday of the month 5:00 PM – 6:30 PM Phone: 717-530-9200
Shippensburg Produce and Outreach 130 South Penn Street Shippensburg, PA 17257	**All Kings Kettle Patrons Welcome (Please bring ID)* 1st, 2nd, and 3rd Tuesdays of the month at King's Kettle 5:00pm-7:00pm 4th and 5th Tuesdays of the month at Katie's Place, 130 S. Penn Street 4:30pm-6:00pm Phone: 717-477-9100 Provides fresh produce and senior boxes of food.
Mt. Holly Springs Food Bank 202 West Butler Street Mt. Holly Springs, PA 17065	Tuesdays 12:00 PM-2:00 PM Phone: 717-486-4883

	Must reside in Mt. Holly Springs, Gardners, or Boiling Springs area. Please bring photo id and bill with current address within last 30 days.
New Hope Ministries Food Bank 5228 East Trindle Road Mechanicsburg, PA 17050	Mon-Fri 10AM-4PM Third Thursday of every month 10-12pm, 1-3pm, 6:30-7:30p Tuesday evening call for appointment Phone: 717-766-7333
Oasis of Love 303 South Washington Street Shippensburg, PA 17257	Provides emergency food throughout the year. Mondays and Thursdays 11:00am-2:00pm provides baked goods, bread and groceries to those in need. Phone: 717-532-5112
Project S.H.A.R.E 5 North Orange Street, #4 Carlisle, PA 17013 www.projectshare.net	Tuesday Express/*S.H.A.R.E Express 12-2:00 PM, Wed 3:30 PM-5:30 PM 3rd Thursday-regular food distribution 9:00 AM-11:00 AM Saturday morning following 3rd Thursday 9:00AM-11:00AM Phone 717-249-7773 **Farm Stand-**404 N. Pitt Street Carlisle, PA Hours: Tuesdays and Thursdays 10:00AM-Noon-Free vegetables and fruits to all County residents. **Summer Hours**-starts June 1st-October 31st Tuesdays 10am-12 Noon, Wednesdays 10am-11:30am, and Thursdays 10 AM-Noon and 3pm-4pm.
River of God Church 747 Wertzville Road Enola, PA 17025	3rd Monday every month 4pm-6pm Phone: 717-732-1434 ***(Mobile food pantry through New Hope Ministries)***
The Salvation Army Food Bank 24 E. Pomfret Street (Social Services Office) Carlisle, PA 17013	Emergency Food Bank-Plus Daily Soup Kitchen 8:00 AM-4:00 PM (Monday thru Friday) Phone 717-249-1411 *Provide proof of id and address (first time attending)
The Bridge Food Bank 122 Geary Ave.-West Shore Senior Center New Cumberland, PA 17070	Third Friday 9:00 AM-11:30 AM Phone 717-774-6255

EDUCATION / EMPLOYMENT / INCOME / TRAINING

PA Career Link Capital Region – 349 Wicomico St. Harrisburg 17110 – 717-783-3270 - Weekdays 8:00 am. to 4:30 pm. - Provides numerous services to persons seeking employment including skill assessments, internet job search capable in area & worldwide, resume services, veterans assistance, & career guidance. Job mailing lists & other supportive services are available.

PA Career Link Cumberland County - 1 Alexandra Ct. Carlisle 17013 **(Across from Carlisle Regional Hospital)** 717-243-4431 - Weekdays 8:30 a.m. to 4:30 p.m. - Provides numerous services to persons seeking employment including skill assessments, internet job search capable in area & worldwide, resume services, veterans' assistance, & career guidance. Job mailing lists & other supportive services are available.

Community Action Commission – 130 South Penn St. Shippensburg 17257 – 717-532-8611 Hours: Monday, Wednesday, Thursday and Friday 9am-5pm. Provides extensive, ongoing case management services to Shippensburg, Newville & Carlisle area persons seeking to attain &/or maintain permanent employment.

Community Action Commission – 125 N. Enola Drive, Suite 204B, Enola 17025 – 717-732-1944 – Weekdays 9:00 to 5:00 pm. Provides extensive, ongoing case management services to West Shore and Carlisle (outside of the boro) area persons seeking to attain &/or maintain permanent employment.

Cumberland County Assistance Office - 33 Westminster Drive Carlisle 17013 – 717-240-2700/800-269-0173 - Weekday Hours: 8:00 am. to 4:30 pm. Some emergency funds are available for very low income only. Directions: From Carlisle square, go East on High St. Go to 3rd traffic light. Bear right at road fork at third traffic light (Hess Station) onto York Rd. Follow York Rd. for about 3/4 mile & look for Messick's (on left). Turn right onto Petersburg Rd. Follow under the Rt. 81 overpass. Turn left onto Westminster Drive. You will see the office on your left. – Provides food stamps, medical &/or financial help to eligible residents. Emergency rent assistance is also available. Assistance w/ heating bills is offered in November. Intensive counseling services are now provided by the office workers emphasizing income self-sufficiency to the clients through employment/government disability programs.

Cumberland County Aging & Community Services – 1100 Claremont Road Carlisle 17015— 717-240-6110/888-697-0371 ext. 6110. Weekday Hours 8:00 to 4:30 p.m. –Information available on job programs including AARP & Experience Works.

Cumberland Link to Aging & Disability Resources –1100 Claremont Road Carlisle 17015 – 717-240-7887/866-570-5465/fax # 717-240-6118 – Hours: 8:00 am. to 4:30 pm. weekdays - Information and referral services agency for persons of all ages with disabilities or for persons ages 60 and older.

The Arc of Cumberland and Perry Counties (CPARC) – 71 Ashland Ave. Carlisle 17013 – 717-249-2611 – provides an **Advocacy Program** provides education and information to adults & families with special needs in accessing community services. **Family Education** acts as a community-based outreach service by providing individual counseling to persons with disabilities as well supportive and educational services to involved families/individuals of disabled persons.

Cyberspace – 219 N Pitt St. Carlisle 17013 717-249-7267 – A computer/internet community resource center
Hours: Weekdays: Monday through Thursday 1:00 pm. to 5:00 pm.

Domestic Relations – 13 N. Hanover St. /Box 320 Carlisle 17013 – 717-240-6225/888-697-0371 ext. 6225 - Child support benefits or to locate missing child supporters.

Employment Skills (was OIC) Center - 29 S. Hanover St., Carlisle 17013 – 717-243-6040 Programs include: Adult Basic Education/GED; Adult Literacy; ESL/Civics: Job-Readiness & Employability Skills Training, & Life Management Skills Workshops. Nurse aide training sessions are also offered (CNA Classes).

Hope Station – 149 W. Penn St. – Carlisle, PA 17013 – 717-249-0036/717-249-5144/fax #249-5228 – Weekdays 8:30 to 5:30 pm. – Provides the HIRE PLUS Program that familiarizes local area residents with computer technology and other skills needed to succeed in the workplace. Boy and Girls Scout program and field trips for area youth. **On 2nd Thought** adolescent program about dangers of Drug and alcohol abuse/other risky behaviors. FSA & Penny Pinchers Financial literacy programs offers a variety of assistance and education for better financial management and budgeting skills.

Job Corps Admissions Center - 2001 N. Front St. Harrisburg 17102 – 717-233-7305 Provides work & career opportunities to young adults.

McCann 346 York Road Carlisle, PA 17015 www.mccann.edu 717-218-3400

New Hope Ministries- 5228 East Trindle Road Mechanicsburg, PA 17050 717-766-7333 United Way Capital Region prosperity center offering budgeting classes monthly. **Job Junction:** helping people build resumes, job search assistance and application process assistance.

Office of Vocational Rehabilitation (OVR) – OVR Harrisburg District Office is located at Forum Place, 555 Walnut Street, 8th Floor, Harrisburg, PA 17101-717-787-7834/800-442-6352-weekdays 8:00am to 4:30pm. OVR provides vocational rehabilitation services to help persons with disabilities prepare for, obtain or maintain employment. Services are provided on an individual basis. The OVR counselor, during face-to-face interviews, assists customers in selecting their choice of vocational goals, services, and service providers. Counseling and guidance, diagnostic services, assessments, information and referral, job development and 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.

Penn State Cooperative Extension Office – 310 Allen Road, Suite 601 Carlisle 17013 - 717-240-6500 – 717-697-0371 ext. 6500 717-532-7286 ext. 6500 - Assists w/ free financial management, debt counseling & screens to determine bankruptcy. Access to free local/state information.

Rescare Workforce Services (formally ARBOR, Teen Works)-401 E. Louther Street Carlisle, PA 17013 717-245-2785. Serves teens ages 16-21 who are out of school and unemployed or underemployed. Services offered: GED and literacy classes, job search and placement help, college prep, and help with drug and alcohol, housing, personal relationships, re-entry and other transition problems.

Rural Opportunities, Inc. - 1300 Market St. Lemoyne – 717-731-8120 - Provides employment & training opportunities for seasonal & migrant workers.

SEC – South Central Employment Corporation (formerly SETCO) - at Carlisle Career Link, 1 Alexander Ct. **Carlisle** 17013 – 717-243-4212/800-692-7328 –also at 349 Wiconisco Street **Harrisburg** 17110 717-783-3270 Provides various kinds of career assessments, a customized service career plan, on-the-job training, job readiness classes, resume help & programs to service dislocated workers, veterans, older workers & youth. **Chambersburg** = 600 N. Norland Ave.#1 at 717-264-4584

Social Security Hotline - 800-772-1213/800-288-7185 TDD - Weekdays 7:00 am to 7:00 pm – Info. on Social Security.
Social Security Administration – 200 S. Spring Garden St. **– Carlisle** 17013 – 717-243-0085/1-866-635-0507 or 555 Walnut St. **Harrisburg** 17111 – 717-782-3400 – Weekdays 8-4:00 - Apply here for any federal disability/retirement income, get income disability/SS# proof.

Temporary Agencies

Abel Personnel/Abel Temps	1300 Market Street – Lemoyne 3356 Paxton Street - Harrisburg	761-8111 561-2222
Accountemps	4999 Louise Drive – Mechanicsburg	691-2160
ADDECO	4811 Jonestown Road - Harrisburg	526-7887
Appleone Employment Services	4242 Carlisle Pike – Camp Hill	731-9400
Berks and Beyond	1505 Market Street – Camp Hill 300 S. Hanover Street – Carlisle	737-5001 218-5011
County Wide Staffing LLC	370 Market Street – Lemoyne	920-3970
Drexel Group	1832 Market Street - Camp Hill	730-9841
Experience Works	2 East Arch Street – Shamokin, PA	790-0165 (Mechanicsburg location closed)
JFC Staffing Associates	101 W. High Street – Carlisle 1520 Market Street – Camp Hill 4702 Fritchey Street – Harrisburg 634 Lincoln Way East – Chambersburg	243-4475 761-8095 657-4923 709-9675
Kelly Services	717 Market Street - Lemoyne	737-6738
Keystone Staffing	360 Market Street – Lemoyne	761-5860
Manpower	950 Walnut Bottom Road – Carlisle 300 S. Fayette Street – Shippensburg 433 N. Enola Road – Enola	258-1945 532-2060 540-6000
MDT Personnel	940 Century Drive – Mechanicsburg	691-6801
Olsten Staffing Services	4720 Carlisle Pike – Mechanicsburg	761-6100
REM	840 Market Street – Lemoyne	920-8727
Signature Staffing	814 Market Street – Lemoyne	731-8777
SMX	21 Roadway Drive, Carlisle, PA	243-5108
Spherion Staffing Group	3512 Trindle Road – Camp Hill	651-1200

Veteran's Affairs - 18 N. Hanover St. Suite 103, Carlisle 17013 – 717-240-6178/888-697-0371 ext. 6178 - Information/referral services to veterans & their families.

Veterans Benefits Hotline - 800-827-1000

MEDICAL/SOCIAL SERVICES

All Better Care Urgent Care Center –6481 Carlisle Pike Mechanicsburg, PA 17050 717-796-9355
Hours M-F 8-8 and Sat-Sun 9-5

Ambulance - Call 911. Also voice/TDD.

AMEND provides a 26-week educational curriculum based on the Duluth model-nationally recognized as the best means of challenging and modifying men's physical and emotional abuse of their intimate partners. The **AMEND** class meets on Thursday evenings from 6:00 p.m. to 8:00 p.m. At St. Paul's Evangelical Lutheran Church in Carlisle. Potential participants complete an intake interview, assessment, and orientation before starting group. For more information call 717-480-0489 and ask for Eric or view the website at **www.dvscp.org**

Careline - 800-243-1455/531-6955 - Assists patients using Hershey Medical Center.

Caring Place – 3 Walnut St. Suite 200, Lemoyne 17043 –717-302-8404 (manager) and 717-302-8402(Education and Outreach coordinator)– Provides fee free grief support for children, adolescents & their families.

Camp Koala-201 N. Hanover Street Carlisle 17013-717-258-1122. A grief support program for grieving children, teens and their families, with a weekend grief camp for children and teens. Mission is to provide grieving children and their families tools and resources to help them manage their grief in a healthy way, and to offer companionship in a supportive environment. www.campkoala.org

Carlisle Regional Medical Center - 361 Alexander Spring Rd. Carlisle 17013 – 717-249-1212

Center for Independent Living (CIL) – 717-731-1900/800-323-6060/731-1077 TDD Information & referral + advocacy services to all area persons with disabilities, also locates medical supplies and equipment to impaired persons. ***Living Well Program.***

Chambersburg Hospital (Shippensburg area) - 112 N. Seventh St. Chambersburg 17201 – 717-267-3000

Changing Hands-717-737-3477 or 1-800-998-4827**-**for those who have a need for home medical equipment or assistive technology but have limited insurance coverage or limited financial resources. They work through local Agencies on Aging and various human services organizations to provide support for individuals who might benefit from recycled equipment (walkers, Hoyer lifts, bath seats and toilet seats, manual/power wheelchairs, daily living aids, communication devices, assistive listening devices, blind/vision aids, etc...)

CHIP - 800-543-7101 - Offers free services for children's medical care offered to children ages 0 through 15.

CONNECT - 800-692-7288 - Information & referral services about affordable education programs for impaired children.

CONTACT Helpline – 24/7 Crisis hotline, information, referral & support groups – 717-249-6226/717-652-4400/800-932-4616.

County Assistance Office - 33 Westminster Rd. Carlisle 17013 – 717-240-2700/800-543-7101 - Persons w/ low incomes may apply for affordable medical assistance**. See INCOME section** for other details/directions.

CUMBERLAND CARES for Families (Cumberland County Aging & Community Services) – 401 East Louther Street, Carlisle, Pa 17013 – 717-243-0275 An in-home visitation program to support and educate parents of children (pre-natal to age 5). ***Cumberland Cares for Families*** focuses on goals the family wants to pursue with a family development social worker guiding and supporting those efforts. Direct help with child development and parenting skills is offered along with information and support to access other social services to meet financial, medical, counseling, housing, legal, educational needs, etc...No fees!

Cumberland County Aging & Community Services – 1100 Claremont Road Carlisle 17015 717-240-6172/888-697-0371 ext. 6172- Weekdays 8:00 a.m. to 4:30 p.m. - **Attendant Care Services** - Provides persons ages 18 or older having long-term physical disabilities w/ personal care services such as personal hygiene care, grocery shopping, meal preparation, &/or light housekeeping. Sliding scale fees. Provides info/referral services to residents over age 50 to programs such as PACE.

Cumberland Link to Aging & Disability Resources –1100 Claremont Road Carlisle 17015 – 717-240-7887/866-570-5465/fax # 717-240-6118 – Hours: 8:00 am. to 4:30 pm. weekdays - Information and referral services agency for persons of all ages with disabilities or for persons ages 60 and older.
The Arc of Cumberland and Perry Counties (CPARC) – 71 Ashland Ave. Carlisle 17013 – 249-2611 – provides an **Advocacy Program** provides education and information to adults & families with special needs in accessing community services. **Family Education** acts as a community-based outreach service by providing individual counseling to persons with disabilities as well supportive and educational services to involved families/individuals of disabled persons.

Cumberland-Perry Nurse-Family Partnership - Sadler Health Center Corporation, 100 N. Hanover St. Carlisle, PA 17013, 717-960-4349. Registered Nurses are partnered with first-time pregnant, low-income women living in the Carlisle Area Health and Wellness Service Area of **Cumberland County and Perry County** beginning early in pregnancy and continuing until the first baby turns two years old. Weekly or bi-weekly home visits provide education, support and advocacy. This service is free to the client and voluntary.

Disaster Assistance - American Red Cross East Cumberland County - 234-3101 West Cumberland - 243-5211

Drug & Alcohol Counseling Services – These agencies provide various types of counseling services on a sliding scale fee & include:

Cumberland County Drug & Alcohol Services - 16 W. High St. 3rd Fl. Carlisle 17013 – 717-240-6300 888-697-0371 ext. 6300
Drug & Alcohol Outpatient Services - 503 N. 21st St. Camp Hill 17011 – 717-763-2369
Holy Spirit Hospital (East Cumberland area) - 503 N. 21st St. Camp Hill 17011 – 717-763-2100
Northwestern Human Services Center-Stevens Center - 33 State Ave. Carlisle 17013 – 717-243-9000

Health Share-Provides low/middle income persons needing medical help w/ affordable services. Examples of services offered include: office visits, eye, dental, &/or prescription assistance. Those persons served are not covered by the Medical Assistance Program or cannot locate a medical professional to provide needed services. Many have limited or no health insurance. Locations include:
Mechanicsburg Area - New Hope Ministries, 5228 East Trindle Road Mechanicsburg 17050 – 717-766-7333
West Shore Area – (Camp Hill, Enola, Lemoyne, New Cumberland & West Fairview) Community Action Commission, 125 North Enola Drive – Suite 204B Enola 17025 – 717-732-1944

Healthy Baby Helpline – 800-986-2229 – Provides possible affordable pre/post-natal care to mothers.

Healthy Kids Helpline – Chip information, Free/reduced child immunization help. 1-800-986-5437; M-F 8AM – 8PM and Saturday 9AM – 3PM; www.helpinpa.state.pa.us

Healthy Rx Program – An affordable ongoing prescription program available through the Sadler Health Center Corporation in Carlisle. Call 717-218-6670 for program eligibility.

Hospice of Central PA 17 E. High Street, Carlisle PA 717-241-0014-offers physical, emotional, and spiritual support for individuals and families who are facing any life-limiting illness, when goals shift from cure to comfort. Grief and loss support available to anyone in the community, even if their loved one was not cared for by Hospice.

MedQuest (Shippensburg area) - 888-318-7855

Mental Health Concerns –

Crisis Intervention - East Cumberland County – 717-763-2222 West Cumberland County – 717-243-6005
1-866-350-HELP (4357)-East and West Cumberland County

These agencies provide various types of counseling & prescription services on a sliding scale fee & include:

- **Christian Services Counseling Center –** 717-249-7410 **–** Various forms of counseling on a sliding scale fee.
- **Cumberland County Mental Health Services** - 16 W. High St. 3rd Fl. Carlisle 17013 – 717-240-6325/717-697-0371 ext. 6325/717-532-7286 ext. 6325
- **Diakon Family Services of the Capitol Region** – 717-795-0330/800-700-6868 – office at St. Paul's Lutheran Church in Carlisle – counseling on a sliding scale fee & accept an Access card.
- **Diakon Lutheran Social Ministries** – 960 Century Drive, Mechanicsburg, PA 17055 – 717-795-0300/ 877-342-5667
- **Family & Children's Services** - 121 Locust St. Harrisburg 17113 – 717-238-8118
- **Franklin Family Services**- 816 Belvedere Street Carlisle 17013 717-243-6500 (Chambersburg location 131 East McKinley Street Chambersburg 17201 717-267-1515)
- **Holy Spirit Community Mental Health Center** - 503 N. 21st St. Camp Hill 17011 – 717-763- 2219
- **Northwestern Human Services Center-The Stevens Center**- 33 State Ave. Carlisle 17013 – 717-243-6033 717-532-8049
- **PA Counseling Services** – 717-249-3169 WRAP around/Family based services. 717-235-9255 – Outpatient & Meds management services. MA clinic, school based programs, psychiatric services.

Poison Control Emergencies Calls 1-800-222-1222

Rape Crisis Services Hotline – 1-888-727-2877

Sadler Health Center Corporation - 100 N. Hanover St. Carlisle 17013 - Offers dental, medical, mental health, "quit smoking" program & health education services Call 717-218-6670/1-866-SADLER for hours & appointments. 1-866 Sadler7.

Shippensburg Community Nurse – Dee Parsons – (717-530-7900)

State Health Center - 431 E. North St. Carlisle 17013 – 717-243-5151/717-697-6549 Weekday Hours: 8:30 to 4:30 pm. - Provides affordable child immunizations, HIV testing including pre & post IV testing, TB testing & treatment, home visits for health teaching, & an extensive collection of information on medical & disease concerns.

State Health Hotline - 800-692-7254 - Information & referral services on general health concerns.

Todd Baird Lindsey Foundation - provides Carlisle/Newville areas who meet certain income and assets guidelines and are residents ages 55 & older with possible medical services. Call 486-4121 for an application and further information. (**See Emergency Section, page 4** for more details on service territories and other info.)

VA Outpatient Clinic - 25 N. 32nd St. Camp Hill 17011 – 717-730-9782 - Provides medical help to veterans.

WALK-IN/CALL SERVICES –
Hamilton Health Clinic - 1821 Fulton St. Harrisburg 17102 – 717-230-3979/800-442-9421 Weekday Hours: 8:30 a.m. to 5:00 p.m. - Provides affordable medical & dental care.

Health Care 24 (Family Health Center) - Holy Spirit Hospital 503 N. 21st St. Camp Hill 17011 – 717-763-2424 - Offers various free medical services, public services information, & immunizations.

TRANSPORTATION

Capital Area Transit (CAT) (main bus station) - 901 N. Cameron St. Harrisburg 17110 717-238-8304 - Provides transit services w/ reduced fees. Call for free bus route booklet.

Cumberland County Transportation – 310 Allen Rd. Carlisle 17013 – 717-240-6340/1-800-315-2546 - Provides free ride services to medical assistance clients in the county once you are enrolled & other shared-ride transportation services. Trip requests are required by noon prior to the next working day ride reservation.

His Hands Auto Repair Ministry-730 N. College Street Carlisle 17013 717-258-5483.

New Hope Ministries-5228 East Trindle Road Mechanicsburg 17050 – 717-766-7333: Assistance with vehicle repairs, insurance and transportation needs, fuel assistance related to employment/medical care and they must be currently enrolled as a New Hope client receiving services.

Raider Regional Transit – Shippensburg area transit services. Free to senior citizens w/ Commonwealth ID card & to Shippensburg University Students w/ Student ID. Call 717-530-8891 for additional information.
Salvation Army - Social Services Center 24 E. Pomfret St. Carlisle 17013 – 717-249-1411 ext. 141. Transportation is available @ 8:00 am and 3:30 pm weekdays providing you sign up by 12:00 p.m. the previous day. Bus tickets available.

LEGAL

Hotlines:

- Lawyer Referral Services - 800-692-7375/238-6807
- Consumer Complaints - 800-782-1110
- Consumer Protection - 800-441-2555

Better Business Bureau – 717-291-1151/800-955-5100 - Counseling regarding reliable reports on area businesses & charities.

Cumberland County Bar Association Lawyer Referral Service 717-249-3166 or 1-800-990-9108 (within PA)
Under the CCBA's LRS program, participating attorneys agree to a ½ hour consultation for $25.00. Should work be beyond the first half hour be warranted, fees are agreed upon between the attorney and the client. www.CumberlandBar.com

Dickinson Family Law Clinic/Disability Law Clinic - 45 N. Pitt St. Carlisle 17013 – 717-243-2968 Weekday Hours: 8:30 am. to 4:30 pm. - Provides free legal assistance as needed to area low income persons.

Dickinson School of Law – VITA program – 717-240-5000 Contact us mid January every year to see if the program that assists in free income tax services will be available.

HUD Housing Discrimination Hotline - 800-669-9777 - Investigates any housing denial or mistreatment complaints.

Mid-Penn Legal Services–Cumberland County – 401 East Louther Street – Suite 103 – Carlisle 17013 – 717-243-9400/ 800-822-5288 Weekday Hours: 8:30 am to 4:30 pm - Serves persons of low income w/ free legal advice. Performs services especially in areas of crisis, domestic violence, housing concerns, custody(limited), public benefits, and unemployment issues.

Neighborhood Dispute Settlement – 315 Peffer St.-Harrisburg, PA 17102 – 717-233-8255/800-324-4453 – Weekdays 9:00 a.m. to 4:30 p.m. – provides mediation services to clients, despite inability to pay, in order to solve disputes between clients & landlords, businesses, employers, neighbors, etc.

UTILITIES

Adams Electric – 204 W. King St. Shippensburg 17257 – 717-532-2214/888-232-6732 - Adams Electric Help–Serving all area customers in Big Spring School District is Neighbors in Christ--- SCCAP in Chambersburg also provides possible financial help (717-263-5060 ext. 252). For Complaints **–** Call PA Legal Services at 1-800-732-3545

Carlisle Propane Gas, Inc. (fuel) - 1251 Holly Pike Carlisle 17013 – 717-249-3112

Columbia Propane - (Shippensburg area) 800-652-0550 (Fuel)

Cumberland County Assistance Office - 33 Westminster Drive Carlisle 17013 – 717-240-2700/800-269-0173 – A heating assistance program (LIHEAP) for low income households. Programs usually runs from November thru March.

LIHEAP/Crisis/Weatherization heat programs – 3 programs for low income households offered by the County Assistance Office that normally operate from mid November through March. Contact the County Assistance Office (240-2700/800-269-0173) early November of each year.

Lifeline Services – Reduced monthly services available – call your local phone company.

Link Up America - Offers a reduction in telephone hook-up fees. Call your local phone company.

Metropolitan Edison (MET Ed) electric – 800-545-7741 – $ Help at New Hope Ministries (PCAP)-5228 Trindle Road Mechanicsburg 17050/717-766-7333

PA American Water Company – 1-800-717-7292 – New Hope Ministries – 717-766-7333 – provides possible financial help.
PA Office of Consumer Advocate – 1-800-684-6560 – call with concerns regarding **all** utility services.

Penelec – 717-545-7741/800-962-4848 – provides electric services to customers in the Shippensburg area. **PCAP** – a program for low income customers (1-800-207-9276) or contact SCCAP, Chambersburg 717-263-5060. Can also contact New Hope Ministries for Penelec assistance 717-766-7333.

Penn Fuel Gas, Inc. (fuel) - 40 Roadway Drive Carlisle 17013 – 717-240-0250/800-230-3835
4480 Molly Pitcher Hwy Chambersburg 17201 – 717-375-2216/800-273-2216

PFG Gas, Inc. - 800-652-0550 (Shippensburg area)

PPL Electric - 1030 McClay St. Harrisburg 17103 - 800-342-5775

- **Operation HELP** -A crisis program for good paying customers to assist with their electric bill (must not exceed 200% poverty guidelines).
  West Shore to Mechanicsburg: Call New Hope Ministries – 717-766-7333
  West of Mechanicsburg to Shippensburg Call Cumberland County Homeless Assistance Program Carlisle-717-243-4283
- **On Track** – A low income program (150% poverty guidelines) that helps with lower bill payments and debt forgiveness. Call the Harrisburg Community Action Commission at 717-232-9757 and ask for the On-Track Program for program details.

PPL Gas – 1-800-652-0550 – provides natural gas services to customers in the Shippensburg area. Customers needing financial help, call SCCAP office in Chambersburg at 263-5060.

Public Utility Commission (PUC) – 717-783-1740 (general) 800-692-7350 (terminations) 800-782-1110 (complaints)– Handles/oversees area customer utility complaints, i.e. electric, water, natural gas, cable, telephone.

Suburban (Agway) Energy Products (fuel) - 530 E. North St. Carlisle 17013 -717-243-5858/697-2384

Timmons Oil – 717-532-3740 – (fuel) provides reasonable prices to customers living in the Shippensburg area.

Todd Baird Lindsey Foundation - provides Carlisle and Newville area who meet certain income and assets guidelines and are residents ages 55 & older with possible utility aid. Call 486-4121 for application and further information. (See **Emergency Services Section,** page 4 for more details on service territories and other info.)

Warm Energy Conservation Program- for **Met Ed/Penelec customers** to help save energy and money by reducing their energy consumption. This is done by installing energy-saving home improvements in the home and by educating family members on ways to lower their electric usage.

Weatherization - SCCAP Gettysburg 17325 - 800-451-9869 - Provides free or affordable aid low-income households with various home energy insulation benefits.

UGI (natural gas) - 1500 Paxton St. Harrisburg 17104 – 717-234-5951/800-648-6280 (Harrisburg Customers) 800-609-4844 (Carlisle customers) **Programs:** Customers Assistance Program (CAP) formerly known as LISHP-must already be on a payment service. **LIURP** (Low Income Usage Reduction Program) if dwelling is heated by UGI, w/ landlord's permission, UGI will weatherize unit. Call 1-800-340-5394 to see if eligible. **Operation SHARE** – UGI gas program for Cumberland County customers who are not on the CAP program, contact *Project Share* at 717-249-7773.

****Also can contact your local Borough or Township office to find out information on your sewer, water & trash utilities.**

CHILD CARE/PARENTING/FAMILY SUPPORTS

Alternative Behavior Consultants (ABC)-224 S. Hanover Street, Carlisle, PA 17013-717-241-6870 or 1-866-470-8477 **or at** abchelps.com Office open 9-12 M/W/F. Services provided 7 days a week in your home, at our Parenting Skills Center, or in a group format. Provides parenting education classes (various topics), in-home parenting support, reunification services, supervised visitation, anger management classes, and shoplifting prevention classes. The Mission is to strengthen families through parenting education and skill development, behavior change groups and therapeutic interventions.

Big Brother/Big Sister, Tri-County – 717-258-4417/717-236-0199

Carlisle Area Family Life Center (formerly Birthright of Carlisle, Inc) - 155 N. Hanover St. Carlisle 17013 – 717-243-1918 - Hotline: 848-LOVE; Open Monday, Wednesday, Friday & Saturday 10:00 am. to 1:00 pm., Tuesday 1:00 pm. to 5:00 p.m., Tuesday &Thursdays 7:00 pm. to 9:00 pm. - A free, confidential, & non-judgmental pregnancy support service for women & children in need. Comfortable & safe atmosphere. Caring volunteers offer ongoing support & encouragement along w/ free pregnancy tests.

Camp Koala-201 N. Hanover Street Carlisle 17013-258-1122. A grief support program for grieving children, teens and their families, with a weekend grief camp for children and teens. Mission is to provide grieving children and their families tools and resources to help them manage their grief in a healthy way, and to offer companionship in a supportive environment. www.campkoala.org

Capital Area Pregnancy Center – 2515 Gettysburg Road, Camp Hill 17011, 717-761-4411. Provides pregnancy testing, information about pregnancy, referrals for medical care, social services, adoption, foster care, legal services, short term housing for homeless clients, support groups & clothing etc... for baby & mother to be.

Central PA Family Supports Services- 717-614-0130-providing emotional and social support to families and youth in Central Pennsylvania.

Central Region Day Care - 800-222-2117 - Applications to all interested in becoming a registered/licensed day care provider.

Childcare Network -230 South Spring Garden Street Carlisle 17013 717-243-4014/800-358-8725
Weekday Hours: 7:00 a.m. - 5:00 p.m. - Provides help & mails a list to assist those in locating area licensed/registered child care homes/centers. Provides financial assistance for working families to pay for childcare. Call for eligibility screening & child care packet regardless of income.

CUMBERLAND CARES for Families (Cumberland County Office of Aging & Community Services)– 401 East Louther Street, Carlisle 17013 – 717-243-0275 An in-home visitation program to support and educate parents of children (pre-natal to age 5), Cumberland Cares for Families focuses on goals the family wants to pursue with a family development social worker guiding and supporting those efforts. Direct help with child development and parenting skills is offered along with information and support to access other social services to meet financial, medical, counseling, housing, legal, educational needs, etc...No fees!

Head Start - Carlisle 717-258-5559/Shippensburg & Newville 717-477-1626/West Shore 717-732-9652
Offers pre-schooling for kids ages 3 to 5.

Healthy Baby Helpline – 800-986-2229 –8:30am-4:30pm-A HelpinPA specialist will assist you in locating prenatal care providers, immunizations, car seats and needed baby supplies and can connect callers with a breastfeeding consultant.

Healthy Kids Helpline – Chip information, Free/reduced child immunization help. 1-800-986-5437
M-F 8AM – 8PM and Saturday 9AM – 3PM; www.helpinpa.state.pa.us

Family Support of Central PA/Parenting and Teen Support/Education programs – 800-984-9923 – Offers free weekly support groups to any parent who is overwhelmed and is motivated to strengthen their family relationships. Free childcare during group sessions. Separate Teens Together and Parents With Teens groups offer families an opportunity to improve communication and recognize signs of their behaviors and how they are affecting others.

New Hope Ministries -5228 East Trindle Road Mechanicsburg 17050 – 717-766-7333 A FREE Children and Youth after school program for first through 12th grades. Offering life skills, tutoring, character building, field trips, community service, recreational and summer programs. **Financial Literacy class** (free child care for those attending the monthly class from 6:00pm-7:30PM.

Parents Helping Parents – 717-243-9092/717-582-8214 - Stress/coping support groups for parents.

Planned Parenthood-1-800-230-PLAN(7526) 850 Walnut Bottom Road Suite 302 Carlisle, PA (Belvedere Professional Center)
Pressley Ridge - 331 Bridge St. New Cumberland 17070 – 717-774-3673 Weekday Hours: 8:00 a.m. to 5:00 p.m. – Offers in-home parenting training & center-based parent support groups.

Pregnancy Resource Center of Camp Hill – 2515 Gettysburg Rd., Camp Hill 17011 – 717-761-4410. Provides free 1st trimester sonograms, pregnancy testing. Also completes limited STD testing, Support groups, options counseling, and other supportive counseling is available. Pregnancy clothing and baby size clothing newborn thru 9 months is offered. Office hours are Monday, Wednesday & Thursday 9:00 am. to 5:00 pm. Thursday 6:00 pm. to 8:00 pm. & Friday 9:00 am. to 3:00 pm.

Pregnancy Resource Center (P.M.I) –20 E. Burd Street Shippensburg 17257 – 717-532-4446-Offers free services for the following: pregnancy tests, S.T.D. testing, ongoing supportive services for those carrying to term, referrals for a first trimester ultrasound, and clothing and formula. http://pregnancyministries.org

United Cerebral Palsy of the Capital Area – 717-737-3477 - Provides services to children & adults w/ special needs.

YWCA - 301 G St. Carlisle 17013 – 717-243-3818 - Weekdays 8:30 am. to 4:30 pm. - Provides Carlisle area parents w/ on site parenting classes on a sliding fee scale. Financial budgeting classes are available to those who pre-register. Scholarships are available to cover fees for those who cannot pay. Evening classes are available at times. Child care is available. YWCA support groups include: ADD Support Group, Rape Crisis Services, various recreation programs & summer camp programs.

BUDGETING/FINANCIAL COUNSELING

Advantage Credit Counseling– 2001 N. Front St. Harrisburg 17110 – 1-888-599-2227 –Free debt counseling. Offers financial counseling & reasonable payment agreements made between you & collectors. Bills consolidated to one monthly payment.

Hope Station – 149 W. Penn St. Carlisle 17013 – 717-249-0036 – Weekdays 8:30 to 5:30 pm. – operate the **"Family Savings Program"** for those trying to save money for a car, home repairs, education, etc. – Referrals to persons needing services they require. – runs the **HIRE program** which is a series of structured, work readiness programs. The program works w/ Carlisle area job sites to help them hire workers who complete this program.

MARANATHA (Financial Counseling Services – Carlisle) – 17 E. High St., Suite 104, P.O. Box 1520 – Carlisle 17013. Phone: 717-258-1000 / Fax #: 717-218-9858 Tuesday, Wednesday, Thursday: 9AM – 3PM.

Mid-Penn Legal Services–Cumberland County - (Refer to LEGAL section Page 16 for info.)

New Hope Ministries-5228 East Trindle Road Mechanicsburg 17050 – 717-766-7333 **Financial Literacy Class**-teaches the basic fundamentals on budgeting and cutting costs of living. Classes held on a monthly basis at *Capital Area Christian Church 1775 Lambs Gap Road Mechanicsburg, PA 17050* Every third Monday 6:00pm-7:30PM free meal and child care.

Penn State Cooperative Extension Office – (See OTHER INCOME section on Page 9)

YWCA Carlisle – See top of page under CHILDCARE/PARENTING section for info.)

REFERENCES

Chambers of Commerce - 212 N. Hanover St. Carlisle 17013 – 717-243-4515

- 4211 Trindle Rd. Camp Hill 17011 – 717-761-0702
- 75 W. King St. Shippensburg 17257 – 717-532-5509/717-532-4346

CONTACT HELPLINE – 717-249-6226/717-652-4400/800-932-4616 - A 24-hour hotline that provides information & referral services about numerous social service programs offered in Cumberland, Dauphin & Perry counties.

Cumberland County Courthouse Offices – 1 & 2 S. Hanover St. Carlisle 17013 – 717-240-6100/717-697-0371 ext. 6100/717-532-7286 ext. 6100 - Main offices & information on County agency locations - Weekday Hours: 8:00 a.m. to 4:30 p.m. www.ccpa.net

2-1-1 Free information and referral helpline that connects people with community, health, human and disaster services in counties in PA with a ***FREE*** 24/7 confidential phone service.

LIBRARIES

Amelia S. Givin Free Library	144 N. Baltimore Ave. Mt. Holly Springs 17065	717-486-3688
Bosler Memorial Library	158 W. High St. Carlisle 17013	717-243-4642
East Pennsboro Library	98 S. Enola Drive Enola 17025	717-732-4274
Fredricksen Library	N. 19th & Walnut Streets Camp Hill 17011	717-761-3900
John Graham Public Library	9 Parsonage St. Newville 17241	717-776-5900
Mechanicsburg Area Public Library	61 N. Walnut St. Mechanicsburg 17055	717-766-0171
New Cumberland Public Library	1 Benjamin Plaza New Cumberland 17070	717-774-7820
Shippensburg Public Library	73 W. King St. Shippensburg 17257	717-532-4508

POST OFFICES (Frequently used)

3 E. 1st St. *Boiling Springs* 17007	717-258-6668
1675 *Camp Hill* by-pass Camp Hill 17011	717-737-1461
66 W. Louther St. *Carlisle* 17013	717-243-3531
21 N. Enola Drive *Enola* 17025	717-732-2221
333 Market St. *Lemoyne* 17043	717-737-4129
702 E. Simpson St. *Mechanicsburg* 17055	717- 697-4641
16 W. Pine *Mt. Holly Springs* 17065	717-486-3468
318 Bridge St. *New Cumberland* 17070	717-774-7092
31 E. Main St. *New Kingstown* 17072	717-766-0172
57 West St. *Newville* 17241	717-776-5211
10 West Main Street, *Shiremanstown* 17011	717-737-0395
46 W. King St. *Shippensburg* 17257	717-532-2314

NEWSPAPERS

News-Chronicle Co.	1011 Ritner Hwy Shippensburg 17257	717-776-7089/717-532-4101
Patriot News	200 S. Spring Garden St. Suite 2 Carlisle 17013	717-249-2006
	2020 Technology Parkway Suite 300 Mechanicsburg 17050	717-540-2050
The Sentinel	457 E. North St. Carlisle 17013	717-243-2611 - Afternoons but Sunday paper.
	219 E. Main St. Mechanicsburg 17055 - Afternoons but Sunday paper.	
The Valley Times/ Star	23 W. Big Spring Ave. Newville 17241	717-776-3197

BOROUGH OFFICES

Camp Hill Borough	2145 Walnut Street	717-737-3456
Carlisle Borough	53 W. South Street	717-249-4422
Lemoyne Borough	65 Market Street	717-737-6843
Mechanicsburg Borough	36 W. Allen Street	717-691-3310
Mt. Holly Springs Borough	200 Harman Street	717-486-7613
New Cumberland Borough	1120 Market Street	717-774-0404
Newburg Borough	105 W. Main Street	717-423-0050
Newville Borough	4 West Street	717-776-7633
Shippensburg Borough	111 N. Fayette Street	717-532-2147
Shiremanstown Borough	1 Park Lane Box 3008	717-761-4169

Womleysburg Borough 20 Market Street 717-763-4483