

What To Know About Cumberland County

A Beginner's Guide to Human Services

Revised: August 14, 2017



Prepared by:

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM

20 North Hanover Street – Suite 300
Carlisle, PA 17013

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

To update information for your agency or program, call Patrice Pickering at: 717-240-6117

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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 temporary night-time emergency shelter at local churches on a rotating basis for adults and families. www.carlislecares.org
- **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.
- **Family Promise of Harrisburg Capital Region** – Lemoyne 17043 – 717-737-1100 – Network of congregations providing overnight shelter and supporting families – day center staff assist with case management, budgeting, parenting, and life skills. 2-3 month shelter for families (with children or pregnant). Must call to apply.
- **Genesis House – The Salvation Army** – Rear of 127 S. Hanover Street, Carlisle 17013 – 717-249-1411 – Weekday inquiry hours – 8:00am – 4:00pm Six month transitional housing for single men (Ages 18+). Application process.
- **James Wilson Emergency Shelter** – 102 W. High St. – Carlisle 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- 4:30 pm. Provides transitional housing to persons according to their income, who need more long-term care than a shelter provides. Permanent rental housing on site is available to single adults.

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 the Shippensburg School District & Village of Walnut Bottom 17266/17257 and be a resident for 30 days with proof. Need to take: 1) Proof of ID such as a driver's license, birth certificate, or other form of picture ID, 2) 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., 3) 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, & 4) Reason(s) why you need help, like written proof from your doctor, temporary housing, car insurance or daycare. & 5) proof of all recent household bills to determine your monthly household expenses.

Cumberland County Aging & Community Services: Homeless Assistance Program –

20 North Hanover Street, 3rd Floor, Carlisle 17013 Hours: Weekdays 8:00am to 4:30pm. – Appointment needed – Walk-ins welcomed as time permits.

A-I call: Patrice Pickering – 717-240-6117 assists clients needing rent and/or security deposit help, basic budgeting and life skills management. **PPL Operation Help** for all PPL electric customers living West of Mechanicsburg.

J-Z call: Kellie Crawford – 717-240-6112 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

County Toll Free #: 1-888-697-0371 X7887/fax # 717-240-6118; "TTY: Please call PA Relay at 7-1-1." – 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. Email Inquiries: thelink@ccpa.net

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 a written medical, temporary housing, and/or other high bill proof to determine your monthly household expenses.

New Hope Ministries (Mechanicsburg) – 5228 East Trindle Road. Mechanicsburg 17050 717-766-7333 – Weekdays- A food pantry is available Monday through Friday 9am-4pm (by appointment) and Saturday from 10am-12 Noon (no fifth Saturday appointments). The food pantry is also open Tuesday/Thursday evenings from 7pm-9pm and Tuesday 4pm-6pm (no fifth Tuesday appointments). Referral assistance can be given to guests to apply to: PA American Water Co. and utility bill services such as Met Ed, Penelec electric help for the CAP Program and Operation HELP (PPL) are also on premises. Guests are able to access COMPASS service which allows individuals access to apply for and renew a broad range of social programs such as: health care coverage, SNAP Program (food stamps, cash assistance (TANF), etc... Classes offered: Dollars & Sense (Financial Literacy class), GED class, and cooking classes. The Job Junction program is where we help build a guest's resume, job search, apply for Dress for Success if needed and assist with job applications. A Job Fair is held on the 4th Wednesday of each month. Training Programs include: Nurse Aide, Forklift and CDL (Class A). Please call for more information.

New Hope Ministries (Lemoyne) -- 701 Bosler Ave Lemoyne 17043 – 717-774-6255 – A food pantry is available Monday through Friday 9am-4pm (by appointment) and Saturday from 10am-12 noon (no fifth Saturday appointments). The food pantry is also open the first Thursday evening from 6:30pm-8:30pm and the third/fourth Thursdays 7pm-9pm. (by appointments). Referral assistance can be given to guests to apply for: PA American Water Co. and utility bill services such as Met Ed and Penelec electric help for the CAP Program are also available. Guests are able to access COMPASS service which allows individuals access to apply for and renew a broad range of social programs such as: health care coverage, SNAP Program (food stamps and cash assistance (TANF), etc... Classes that are offered: Dollars & Sense (financial literacy class), GED classes, and cooking classes. The Job Junction program is where we help build a guest's resume, job search, apply for Dress for Success if needed and assist with job applications. A Job Fair is held on the 4th Wednesday of each month. Training Programs include: Nurse Aide, Forklift and CDL (Class A). Please call for more information.

The Salvation Army – Social Services Center – 20 E. Pomfret St. – Carlisle 17013 – 249-1411 – **Office Hours: Monday, Tuesday, Friday** 9am-12noon and 1pm-3pm and **Wednesday** 9am-12Noon and **Thursday** 10am-12Noon and 1pm-6pm. We help w/ food, clothing, showers, bus tickets, gas cards, personal care items, and household items. Our **Choice Pantry** is open on the following days and hours: Tuesdays and Fridays 10:00am-12:00 pm and 1:00pm-2:30pm and Thursdays from 10am-12 pm and 1pm-530pm. Closed on Mondays and Wednesdays. **Sunday School services** are held Sundays at 9:30 am. **Church Worship Services** begin at 10:45 am. Client sign-ups for the **Christmas food baskets & toys** (for children 12 and under) begin in late October. **The Homeless Breakfast Program** provides a breakfast for the homeless every weekday morning from 8:30am-9:00am. **My Brother's Table** offers a daily meal at Rear of 127 S. Hanover St. daily (weekdays 4:30pm to 5:30pm, Saturdays 12:00pm to 1:00pm & Sundays 5:00pm to 6:00pm). **Thrift Shop** is located at 125 S. Hanover St. Hours are Tuesday, Thursday, Friday, and Saturday from 9:00am-3:00pm. Wednesdays 9:00am-12:00pm. Closed on Sunday and Monday. **New Thrift Store will be at 469 E. North Street Carlisle, opening date and hours TBD.** **Senior Action Center** offers educational, recreational, social, health and fitness, and spiritual activities as well as a meal for local senior citizens (60 years of age and older): Monday-Friday 9:00am-2:00pm and meals at 11:30 am. Various church-related programs to accommodate youth & adults are open to the community. **Camp Ladore-** a one (1) week summer recreational camp ages 7-12. Volunteers are highly welcome. **Pathway of Hope** – program for families motivated to give their children better chances in life than they had. Families partner with a dedicated case manager to identify their goals & develop a personalized action plan. Pathway of Hope offers a holistic approach in which families are connected with services, enjoy a network of supports, and gain a sense of community with others who are also challenging themselves to create a better future for themselves and their children. Contact Kristina Kennedy at 717-249-1411 ext. 137.

Samaritan Fellowship: Carlisle United Methodist Church (CUMC) -45 South West Street Carlisle 17013 **Mailing address:** PO Box 495 Carlisle, PA 17013. Website: <http://samaritanfellowship.org/> Provides crisis financial and referral assistance to residents of Carlisle, South Middleton School District, and Middlesex Township. Applicants must apply and be present at CUMC Saturday mornings between 7:30 am and 10:00 am. Bring documentation to verify identification, residency and financial need. Referrals are required for all under case management or in subsidized housing. Please note Samaritan Fellowship does **NOT** accept fax referrals. Clients should enter at the doors of the church's Pomfret Street parking lot, take the elevator to the lower level (LL) and follow the signs to the Samaritan Fellowship Intake Room. 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).

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 the cost of housing expenses (rent, lot rent, mortgage, utilities, taxes, etc.) prescription medications, medical equipment, nursing services, hearing aids & personal emergency response services fees. The Foundation provides both emergency and long term assistance to persons who live in the 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.

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 Business Hours: Weekdays 8:00 am – 4:30 pm. Manages HUD’s Section 8 Housing Choice Voucher and Homeless and Special Needs Programs. Applications for the waiting lists should be completed online at www.cchra.com. There is a computer available in the lobby for use in completing the application. “You are responsible for finding your own housing.”

Family Public Housing - 60 W. Penn St. Carlisle 17013 – 717-245-0516 Weekday Hours: 8:00 am--4:00 pm, closed Wednesdays. 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 for the elderly 62+ and/or handicapped.

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

Brethren House -51 W. Simpson Street, Mechanicsburg -717-791-6200 HUD subsidized one bedroom, loft style apartments for individuals with behavioral health disabilities.

Chestnut Commons - 324 Chestnut Street Mt. Holly Springs 17065 -717-249-3484 - **HUD** subsidized one-bedroom apartments 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.

Crossroads Apartments – 2121 & 2141 Cedar Run Drive, Camp Hill -717-635-9780 –Two and three bedroom apartments. General Occupancy. Below market rents. Accepts Section 8 (Housing Choice Voucher). Income guidelines apply.

East Gate Apartments - 35 East 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. Accepts Section 8.

Enola Chapel-400 S. Enola Drive, Enola 17025 717-732-1740 -HUD subsidized efficiency units for individuals who are homeless with behavioral health disabilities.

Enola Commons Senior Apartments- 16 S. Enola Dr. Enola 17025 – 717-732-2811- 1 and 2 bedroom apartments for persons 62+ years of age. Below fair market rates with utilities included. Income guidelines apply. Accepts Section 8.

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 apartments for the elderly.

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

Historic Iroquois Hotel Senior Apartments – 200 Third Street New Cumberland 17070 –717-774-4500 One bedroom units for the elderly 62+. Below market rents. Accepts Section 8 (Housing Choice Voucher). Income guidelines apply.

Historic Molly Pitcher Senior Apartments – 13 S. Hanover Street Carlisle 17013 –717-249-9800 One and two bedroom units for elderly 62+ years old. Below market rates. Accepts Section 8 (Housing Choice Voucher). Income guidelines apply.

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

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

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

One West Penn - 1 W. Penn St. Carlisle 17013 – 717-249-7797 - Weekday Hours: 8:00 a.m. to 4:30 p.m. – HUD Subsidized one bedroom units for elderly 62+ years old/ or disabled.

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

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

Pheasant Run Estates - 1824 Sterrets Gap Road Carlisle 17013 – 717-249-3939 – One, two, and three bedroom affordable apartments.

Pine Ridge Estates - 7 Pine Rd. Mt. Holly Springs 17065 – 717-486-4063 - One & two bedroom apartments for families or 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 HUD subsidized one bedroom units for elderly 62+ and/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- One and two bedroom apartments. A federal program sets the rents based on income guidelines. For people ages 55 or older.

Silver Spring Gardens – 64 Ashburg Drive Mechanicsburg 17050 – One and two bedroom apartments for income qualified individuals 62+ years old.

Susquehanna View-208 Senate Ave, Camp Hill 17011—717-763-1184. Provides one bedroom housing for the elderly 62+ and/or disabled.

Two West Penn - 2 W. Penn St. Carlisle 17013 – 717-249-3484 – Tuesday and Thursday Hours: 8:30 a.m. to 3:30 p.m. – HUD subsidized one bedroom and efficiencies for elderly 50+ and/or disabled.

Valley Ridge Apartments - 371 Army Heritage Drive Carlisle 17013 – Phone: 717-258-9317 – HUD subsidized one bedroom and efficiencies for elderly 62+ and/or disabled individuals.

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 (HUD) - 114 N. Hanover St. Carlisle 17013 717-249-1315/1-866-683-5907 Business Hours: Weekdays 8:00 am – 4:30 pm. First Time Homebuyers Workshop, call 1-866-683-5907, option 2, to register. CCHRA administers the County's Down Payment and Closing Cost Assistance Program, call 717-249-0789, Extension 136 to apply. Also provides homeowners with assistance in repairing their homes, call 717-249-0789 Extension 136 for more information. Free credit and debt counseling is available through Advantage Consumer Credit Counseling Services, call 1-888-511-2227 for an appointment.

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

CLOTHING AND NON-CONSUMABLE GOODS

Carlisle Area Family Life Center (formerly Birthright of Carlisle, Inc.) – 155 N. Hanover St., Carlisle – 717-243-1918. Monday, Wednesday, Friday and Saturday hours: 10:00 am- 1:00 pm, Tuesday hours: 1:00pm-5:00pm and 7:00pm-9:00pm and Thursday hours: 7:00pm-9:00pm. If not open and/or available can call the hotline at the National Life Center at 1-800-848-LOVE(5683). Maternity, newborn layettes, infant clothing to 2T available, as well as diapers & related infant supplies.

Bountiful Blessings -P.O. Box 299 Mechanicsburg 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.

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, and support groups & clothing etc...for baby & mother to be.

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/>

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

New Digs (Mission Central) – 5 Pleasant View Drive Mechanicsburg 17055 – 717-620-9735 – info@newdigsministry.org
Assists individuals and families in Cumberland, Dauphin, & Perry Counties with limited assets. Provides donated household items. Consumer must arrange for pick up and must be referred by an agency. Agency representative must complete a referral and liability waiver for a consumer.

Sally's Shop – Carlisle Salvation Army Thrift Store – 125 S. Hanover St., Carlisle 17013 – 717-249-1411 X135. See times under Salvation Army (Page 4). Donation bins located behind the store.

Salvation Army A.R.C. Thrift Store - 3901 E. Trindle Rd. Camp Hill 17055 – 717-731-0576 Open 9:00 am. to 9:00 pm. Monday through Saturday. They accept Visa credit cards.

The Meeting House – 1155 Walnut Bottom Road Carlisle 17015 717-243-1863 Call about hours.

Trinity Methodist Church - Fellowship Building (Old Jackson School) 116 W. Main St. Walnut Bottom Rd. Walnut Bottom 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

Cumberland County Assistance Office – SNAP (Food Stamp) information available. 717-240-2700/800-269-0173 or the Department of Human Services Helpline 1-800-692-7462/ TDD for hearing impairments 1-800-451-5886. Apply online for information through Compass website.

Cumberland County Aging & Community Services -1100 Claremont Road, Carlisle 17015 – Weekdays hours: 8:00 – 4:30 pm. 717-240-6110/888-697-0371 ex. 6110 – provides info/referral services to persons over age 60 such as “Meals on Wheels” & area Senior Centers.

Penn State Extension Nutrition Links Program – 310 Allen Road, Suite 601, Carlisle, PA 17013 – 717-240-6503 Free Nutrition Education programs to participants eligible for public assistance to develop the knowledge and skills necessary to achieve a healthful diet on a limited budget.

Tapestry of Health (WIC) – 401 E. Louthier Street, Suite 104 Carlisle 17013 - Weekday Hours: 8:00 am - 4:30 pm 717-243-0523/1-800-882-8812 - 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.

PLEASE REMIND YOUR CLIENT(S) TO TAKE ALONG PROOF OF INCOME & RESIDENCE.

Big Spring Area Food Banke- Big Spring United Lutheran Church 101 Crossroad School Road (near Rt. 651) Newville PA 17241 -717-422-4603

Distribution Date & Time: Last Monday of the month, except May, November, December when distribution is the Monday preceding the holiday); Director: Tina Helms 9:00am-11:00am.

Christian Life Assembly Food Banke- 2645 Lisburn Road (At Church) Camp Hill PA 17011 717-737-6560:

Distribution Date & Time: Second Tuesday 9:00am -12:00pm.

Cornerstone Assembly: Five Leaves Food Pantry – 32 S. Front Street Wormleysburg, PA 17043 717-737-1903

Distribution Date & Time: Every 3rd Saturday 10am-12pm (**Mobile food pantry through New Hope Ministries**)

The King's Kettle Food Pantry – 30 N. Fayette Street Shippensburg PA 17257 717-530-9200

Distribution Date & Time: 1st, 2nd, & 3rd Tuesdays of the month

Shippensburg Produce and Outreach – 130 South Penn Street Shippensburg PA 17257 717-477-9100 *Serving all eligible families in the Shippensburg Area School District and serves Cumberland and Franklin County residents of Shippensburg.*
Fresh vegetables, fruits, milk and eggs and other services weekly.

Distribution Date & Time: Every Tuesday 4:00pm-6pm

Mt. Holly Springs Food Bank – 202 West Butler Street Mt. Holly Springs PA 17065 717-486-4883 *Must reside in Mt. Holly Springs, Gardners, or Boiling Springs area. If new to the Food Bank, must bring a photo id and bill with current address within last 30 days.*

Distribution Date & Time: Tuesdays 12:00pm - 2:00pm

New Hope Ministries Food Bank (Mechanicsburg location) – 5228 East Trindle Road Mechanicsburg PA 717-766-7333

Distribution Date & Time: Monday-Friday 9am-4pm by appointment Saturday 10am-12pm (no fifth Saturday appointments) Tuesday and Thursday evenings 7pm-9pm Tuesday 4pm-6pm (no fifth Tuesday appointments)

New Hope Ministries Food Bank (Lemoyne location) – 5228 East Trindle Road Mechanicsburg PA 717-766-7333

Distribution Date & Time: Monday-Friday 9am-4pm by appointment Saturday 10am-12pm (no fifth Saturday appointments) First Thursday evenings 6:30pm-8:30pm and the third/fourth Thursdays 7pm-9pm (by appointments)

Oasis of Love – 303 South Washington Street Shippensburg PA 17257 717-532-5112

Distribution Date & Time: Provides emergency food boxes as needed. Mondays and Thursdays 11:00am -12:00pm provides baked goods and bread to those in need.

Project SHARE – 5 North Orange Street, Suite 4 Carlisle PA 17013 717-249-7773 www.projectsharepa.org
Serving Carlisle, Mt. Holly Springs, Boiling Springs, Gardners, Plainfield, Middlesex and New Kingston

Distribution Date & Time: (Based on the 3rd Thursday every month)

Tuesday 12:00pm-2:00pm, Wednesday 9:00am-11:00am, Thursday 3:30pm-5:30pm, Saturday 9:00am-11:00am

Farm Stand: 123 Lincoln Street Carlisle PA 17013 Free produce and bread (Open every week except Distribution week)

Winter Hours (November 1-May 31): Tuesdays 3:00pm-5:00pm and Thursdays 12:00pm-2:00pm

Summer Hours (June 1-October 31): Tuesdays 3:00pm-5:00pm, Wednesdays 1:00pm-3:00pm, and Thursdays 12:00pm - 2:00pm

River of God Church – 747 Wertzville Road Enola PA 17025 717-766-7333 *(Mobile food pantry through New Hope Ministries)*

Distribution Date & Time: Third Saturday every month 10:00am-11:00am

The Salvation Army Food Pantry – 24 E. Pomfret Street (Social Services Office) Carlisle PA 17013 717-249-1411

**Provide proof of id and address (first time attending)*

CHOICE PANTRY HOURS: **Mondays**-closed, **Tuesdays**-10:00am-12:00pm, 1:00pm-2:30pm, **Wednesdays**-Closed, **Thursdays**- 10:00am-12:00pm, 1:00pm-5:30pm, and **Fridays**- 10:00am-12:00pm, and 1:00pm-2:30pm

The Bridge – 122 Geary Ave. New Cumberland PA 17070 717-774-6255 *(West Shore Senior Center)*

(Mobile food pantry through New Hope Ministries) Contact information: Joanne Fortney 717-766-7333 x3012

Distribution Date & Time: Once a month on the second Wednesday 2:00pm-4:30pm

EDUCATION / EMPLOYMENT / INCOME / TRAINING

PA CareerLink Capitol Region –100 North Cameron St. Harrisburg 17101 – 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 CareerLink 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.

Tri County Community Action (TCCA) works with Cumberland County residents to gain economic success. TCCA uses a 3 tier model that includes the 90 Day Consumer Stability Program, *Getting Ahead in a Just-Gettin'-By World*, and the 3 to 5 year Economic Success Program. Offices are located at 130 S. Penn Street, Shippensburg, PA, 17257, (717) 532-8611 and 125 N. Enola Drive, Enola, PA, 17025, (717) 732-1944.

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. 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 SNAP (food stamps) and medical insurance help to eligible residents. Emergency rent assistance is also available for eligible residents(ESA Funds-Emergency Shelter Allowance). Assistance w/ heating bills is offered in November (LIHEAP).

Cumberland Link to Aging & Disability Resources—1100 Claremont Road Carlisle 17015 – 717-240-7887 County Toll Free#: 1-888-697-0371 X7887/fax # 717-240-6118; "TTY: Please call PA Relay at 7-1-1." – 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. Email Inquiries: thelink@ccpa.net

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

Domestic Relations – 13 N. Hanover St. Box 320 Carlisle 17013 – 717-240-6225/888-697-0371 ext. 6225 - Establishes and enforces child support orders, civil paternity cases and spousal support orders.

Education for Children and Youth Experiencing Homelessness (ECYECH)—Lincoln Intermediate Unit #12, York, PA 17404 — 717-718-5924, Sonia Pitzi www.iu12.org www.ecyech.wikispaces.com www.facebook.com/ECYEHPA The program ensures that all children and youth experiencing homelessness, as defined in the McKinney-Vento Act, enroll, participate, and have the opportunity to succeed in school. Guarantee that they receive a free and appropriate public education and eliminate and/or reduce the educational barriers. Increase awareness about the nature and extent of the problems children and youth experiencing homelessness has enrolling in and gaining access to educational programs and by explaining and building on the laws and policies already in place, which overcome these barriers.

Employment Skills Center - 29 S. Hanover St., Carlisle 17013 – 717-243-6040 Hours: Monday thru Thursday 8:30 am-4:30pm, Closed on Fridays. Programs include: Adult Basic Education, GED Preparation and Testing, ESL (English as a Second Language), Nurse Aide Training, Forklift Training, and Workforce Development programs. www.employmentskillscenter.org

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. **Youth Leadership Class** for 7th and 8th graders. **KidsCafe'** Monday through Friday 3-5pm (up to 12th grade) and **After School lunch program** (3-430pm). **Narcotics Anonymous** meetings held every Friday evening.

McCann School of Business and Technology - 346 York Road Carlisle, PA 17015 www.mccann.edu 717-218-3400

New Hope Ministries (Mechanicsburg) - 5228 East Trindle Road Mechanicsburg, PA 17050 717-766-7333 **Job Junction:** helping people build resumes, job search assistance and application process assistance. Job Fairs monthly. Forklift training classes, CDL Class A training program, and Nursing Assistant training. Cooking classes are offered as well as a GED Program.

New Hope Ministries (Lemoyne) - 701 Bosler Avenue Lemoyne 717-774-6255 **Job Junction:** helping people build resumes, job search assistance and application process assistance. Referrals to Dress for Success if needed. Training programs offered: Forklift training classes, CDL Class A training program, and Nursing Assistant training. Cooking classes are offered as well as a GED Program.

Office of Vocational Rehabilitation (OVR) – OVR Harrisburg District Office is located at the 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 Extension of Cumberland County Office – 310 Allen Road, Suite 601 Carlisle 17013 - 717-240-6500 – 717-697-0371 ext. 6500 717-532-7286 ext. 6500 - Assists w/ water tests, home gardening and home food preservation questions. Available access to free local and state information.

Rescare Workforce Services (formally ARBOR, Teen Works)-401 E. Louthier 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.

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.

The Arc of Cumberland and Perry Counties (CPARC) – 71 Ashland Ave. Carlisle 17013 – 717-249-2611 –**Advocacy Services:** provides 1 to 1 direct advocacy, education and resources to adults with intellectual disabilities and families who have a family member with an intellectual disability in accessing special education or adult services. **Family Education** provides individual and group education to families of individuals with intellectual disabilities on a variety of topics including estate planning, special needs trusts, ABLE accounts, behavior support, autism, Fetal Alcohol Syndrome Disorder, etc.

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 1909 Ritner Highway – 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

MEDICAL/SOCIAL SERVICES

All Better Care Urgent Care Center –6481 Carlisle Pike Mechanicsburg, PA 17050 717-796-9355
Hours: Monday to Sunday 8:00am to 8:00 pm and 1175 Walnut Bottom Road Carlisle 17015 717-258-9355 Hours: Monday to Sunday 8:00am to 8:00 pm

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 – 1-800-243-1455/531-6955 - 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 free grief support for children, adolescents & their families.

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 & referrals+ 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 and referral services about affordable education programs for impaired children.

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

CUMBERLAND CARES for Families (Cumberland County Aging & Community Services) –20 North Hanover Street, 3rd Floor, Carlisle, Pa 17013 – 717-240-6172. 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 717-240-6110/
1-888-697-0371 ext. 6110- 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 County Assistance Office - 33 Westminster Drive 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 Link to Aging & Disability Resources—1100 Claremont Road Carlisle 17015 – 717-240-7887

County Toll Free#: 1-888-697-0371 X7887/fax # 717-240-6118; "TTY: Please call PA Relay at 7-1-1." – 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. Email Inquiries: thelink@ccpa.net

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 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.

Cumberland/Perry Warm Line 1-877-243-7153 – Hours of Operation: Monday and Friday 7pm-9pm, Tuesday through Thursday 7pm-10pm, and Saturday and Sunday 1pm-4pm, 6pm-9pm. NHS Star Center Warm Line is a toll free peer-support telephone service for people with mental health concerns or issues who reside in Cumberland and Perry counties. **Non-crisis calls only.** Not an information or referral service.

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

RASE Project (Main Office) - 100 North Cameron Street Suite 401-E Harrisburg, PA 17101 Phone: 717-232-8535
Several office locations in Carlisle, Lancaster, Lebanon, York and Hanover.

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.

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) Tri County Community Action
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 on-going prescription program available through the Sadler Health Center Corporation in Carlisle. Call 717-218-6670 for program eligibility.

Holy Spirit Hospital - 503 N 21st St. Camp Hill 17011 - 717-763-2100

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.

LIFE Lutheran Services – 1920 Good Hope Road Hampden Township 17025 717-728-5433- LIFE is a program of complete health care for Cumberland County residents aged 55 or better. LIFE keeps you at home by providing: All Medical Care, Home Care, Prescriptions, Rehab Therapies, Activities at the LIFE Center, and Transportation to the LIFE Center and medical appointments. Medicare and Medicaid coverage.

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. 717-245-9255 – Outpatient & Meds management services. MA clinic, school based programs, psychiatric services.
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PARTNERSHIPS for Better Health -274 Wilson Street Carlisle 17013 -717-960-9009 Our mission is to identify and address health care needs and policies, promote responsible health practices and enhance access to and delivery of health services throughout parts of Cumberland, Perry, Adams and Franklin Counties.

Pinnacle West Shore Hospital 1995 Technology Pkwy Mechanicsburg, PA 17050 717-791-2600

Poison Control Emergencies Calls 1-800-222-1222

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

RASE Project – 1200 Walnut Bottom Road Carlisle PA 17015 – 717-249-6499- A recovery community organization providing support for those in recovery from, or affected by substance use disorders. Services include: Recovery Support Services, Vivitrol Coordination of Care, Buprenorphine Coordination of Care, a Recovery House for Women, Recovery 101 and Life Skills Groups, Training, Education and Advocacy Services.

Restorative Interventions (RI) 717-329-0578 – New Cumberland, PA; A family intervention-wellness service for families who are experiencing addiction. RI uses the ARISE invitational model of intervention to motivate the resistant addicted loved one to seek help. RI utilizes the family’s resilience, strengths, and motivation for change to motivate the addicted loved one into treatment. www.restorativeinterventions.com

Sadler Health Center Corporation - 100 N. Hanover St. Carlisle 17013 - Offers dental, medical, mental health, cessation 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)

Shippensburg Health Care Center, located in Shippensburg, PA, offers a new way to think about senior care by providing new and innovative services to our residents and their families. Those services include rehabilitation, long term care, respite care, and independent living suites. Please call 717-530-8300 to inquire about our services or to schedule a tour.

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.

TRANSPORTATION

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

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

LifeCycle - Bicycle Ministry in the Greater Carlisle area that provides quality, safe bicycles for transportation, leisure, and wellness to individuals of all ages. Contact New Life Community Church 717-240-0060, Drew Kalbach drew@newlifecommunitychurch.us

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

New Hope Ministries (Lemoyne) 701 Bosler Ave. Lemoyne 17043 - 717-774-6255: Assistance with vehicle repairs, insurance and transportation needs, and fuel assistance related to employment/medical care and they must be currently enrolled as a New Hope guest receiving services.

rabbittransit – 1230 Roosevelt Avenue, York, PA 17404 – 1-800-632-9063 - Provides free and reduced cost transportation depending on a person's qualifying background. Senior citizens, persons with disabilities, mental health/intellectual disability clients, and Medical Assistance clients are eligible. Contact rabbittransit for more information on eligibility, application processes, service delivery guidelines, and cost.

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 Bus tickets and gas cards for employment and medical purposes are 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.

VETERANS PROGRAMS AND SERVICES

Cumberland County Veteran’s Affairs - 20 N. Hanover St., 1st Floor, Suite 103 Carlisle 17013 – 717-240-6178 1-888-697-0371 ext. 6178 - Information/referral services to veterans & their families.

Health Care for Homeless Veterans Program – Lebanon VA Medical Center 1700 South Lincoln Avenue Lebanon 17042 1-800-409-8771 The program’s goal is to reduce homelessness among Veterans by conducting outreach and bringing Veterans into treatment and rehabilitative programs.

Lebanon VA Center- 717-730-9782 - Provides medical help to veterans.

Veterans Benefits Hotline - 800-827-1000

Volunteers of America Pennsylvania Supportive Services for Veteran Families – 2112 Walnut Street Harrisburg 17013 – 717-236-1440 X16 Services provided: Housing counseling for Rapid Rehousing and Homeless Prevention, personal financial planning and temporary financial assistance, assistance in obtaining VA, public, transportation, legal and child care services and intensive case management to assist with housing placement and sustainability. Serves Adams, Cumberland, Dauphin, Lebanon, Lancaster, Perry and York counties.

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. Program 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 (717-240-2700/800-269-0173) 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 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

PPL Electric - 1030 McClay St. Harrisburg 17103 – 1-800-342-5775

- **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-717-240-6117
- **On Track** – A low income program (150% poverty guidelines) that helps with lower bill payments and debt forgiveness. Call the Tri-County Community Action at 717-232-9757 and ask for the On-Track Program for 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) 800-692-7380 (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.

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** – The Salvation Army of Harrisburg 717-233-6755 1122 Green Street Harrisburg, PA 17102.

United Way of Carlisle & Cumberland County – 145 South Hanover Street Carlisle 17013 – 717-243-4805 – **Oil, propane, wood pellets** – Individual must have proof of having applied for LIHEAP assistance, proof of income, photo id, and past heating bill. Must be a resident of Carlisle, Boiling Springs, Mount Holly Springs, New Kingstown, Plainfield, or Newville and gross household income cannot exceed 200% Federal Poverty guidelines. Heating assistance programs opens November 13, 2017.

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.

****Contact your local Borough or Township office to find out information on your sewer, water and 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 www.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 Brothers Big Sisters of the Capital Region –717-236-0199; www.capbig.org Provides one to one professionally supported mentoring relationships to children ages 7-16 in Cumberland, Perry, Dauphin, and Lebanon Counties.

Carlisle Area Family Life Center (formerly Birthright of Carlisle, Inc) - 155 N. Hanover St. Carlisle 17013 – 717-243-1918 - Hotline: 1-800-848-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. A comfortable & safe atmosphere. Caring volunteers offer ongoing support & encouragement along w/ free pregnancy tests.

Capital Area Head Start 717-541-1795 or 1-800-750-8002 offers a FREE pre-school program in Carlisle and West Shore for 3-5 year olds. We offer a FREE Early Head Start program for pregnant moms through age 3. We enroll all year long.

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. Several programs are available such as the **Parent Support Program, Re-Entry Support Program, Education Re-Engagement Program, Supervised Visitation Program and Healthy Lifestyles Program.** <http://www.pafamilysupports.org>

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)– 20 North Hanover Street, 3rd Floor, Carlisle 17013 – 717-240-6172 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

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.

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

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 Road, 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>

Salvation Army -- Pathway of Hope– program for families motivated to give their children better chances in life than they had. Families partner with a dedicated case manager to identify their goals & develop a personalized action plan. Pathway of Hope offers a holistic approach in which families are connected with services, enjoy a network of supports, and gain a sense of community with others who are also challenging themselves to create a better future for themselves and their children. Contact Kristina Kennedy at 717-249-1411 ext 137.

Shippensburg Head Start Program -Grove Spiritual Center 1871 Old Main Drive Shippensburg 17257 717-477-1626 Monday thru Friday 7:30 AM-4:00PM. Serving pregnant mothers, infants, and children ages 0-5. No fee. Program includes Early Head Start, Head Start and Pre-K Counts. Center-based and home based programs assist enrolled families with education, health and social services, nutrition services and special needs services. Areas served: Shippensburg, Newville, Carlisle, and South Middleton school districts.

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 8:30am-4:30pm - 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–River Park Commons, 2403 Sidney Street, Suite 400 Pittsburg, PA 15203 1-866-699-2227 Free debt counseling. Offers financial counseling & reasonable payment agreements made between you & collectors. Bills consolidated to one monthly payment. www.advantageccs.org

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.

REFERENCES

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. 19 th & 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

Free Library of Philadelphia, Library for the Blind and Physically Handicapped:
215-683-3217 or 1-800-222-1754 or www.freelibrary.org/lbph 919 Walnut St., Philadelphia, PA 19107
Offers a wide variety of services both on site and through the mail for persons with disabilities throughout Pennsylvania.

CUMBERLAND COUNTY SENIOR CENTERS

Big Spring Senior Center – 8:00 - 3:30

91 Doubling Gap Road
Newville, PA 17241
Director: Cathy Graver
Phone: 776-4478
E-Mail: Bigspringseniorcenter@gmail.com
Website: <http://bigspringseniorcenter.weebly.com/>

Carlisle Senior Action Center – 9:00 - 2:00

20 East Pomfret Street
Carlisle, PA 17013
Director: Teresa Goodliff
Phone: 249-5007
E-Mail: Teresa.Goodliff@USE.SalvationArmy.Org

Mary C. Schaner Senior Center – Enola Senior Center – 8:00 - 3:00

98 South Enola Drive
Enola, PA 17025
Director: Lynne Kemper
Phone: 732-3915
E-Mail: MSchanersrcnt@eastpennsboro.net
Website: http://www.eastpennsboro.net/Administration/Senior_Citizens/senior_citizens.html

Mechanicsburg Place – 8:30 - 3:00

97 West Portland Street
Mechanicsburg, PA 17055
Manager: Danielle Reighter
Phone: 697-5947
E-Mail: dreighter@MessiahLifeways.org
Website: <http://www.messiahlifeways.org/enrichment-opportunities/mechanicsburg-place/>

Branch Creek Place – 9:00 - 3:00

115 North Fayette Street
Shippensburg, PA 17257
Manager: Anne Brandes
Phone: 300-3563
E-Mail: abrandes@MessiahLifeways.org

West Shore Senior Citizens Center – 8:00 - 4:00 Monday-Thursday & 8:00 - 2:00 Fridays

122 Geary Avenue
New Cumberland, PA 17070
Director: Darcy DiMatteo
Phone: 774-0409
E-Mail: ddimatteo@vnaahs.com