

What To Know About Cumberland County

A Beginner's Guide to Human Services

Revised: April 16, 2009



Prepared by:

CUMBERLAND COUNTY HOMELESS ASSISTANCE PROGRAM

**Cumberland County Aging & Community Services
16 West High Street, Suite 100
Carlisle, PA 17013-2922**

(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: 243-4283

CUMBERLAND COUNTY SERVICES

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EMERGENCY SERVICES/HOUSING/INFORMATION & REFERRAL

CUMBERLAND COUNTY HOMELESS SHELTERS:

- **Carlisle CARES Shelter Program** – 45 South West Street, Carlisle, 17013 – (717) 249-1009. Provides night time emergency shelter for adults at local churches on a rotating basis for adults and short term hotel/motel program for families with children. Please refer to cares.carlislegrace.org for more information.
- **Domestic Violence Services** - Carlisle 17013 - 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 – 249-1411 – Weekday inquiry hours – 8:00am – 4:00pm Emergency housing for men.
- **James Wilson Emergency Shelter** – 102 W. High St. – Carlisle, PA 17013 – 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 - 249-2200 - Weekday Hours: 9:00 am. to 4:30 pm. - Provides 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 - 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 (below age 11) for up to one year. - 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. – Also aid to Veterans here.

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 & parts 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 240-2700/800-269-0173 - Weekday Hours: 7:00 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. (middle entrance), Carlisle 17013

Lobby Hours: Weekdays 8:00 am. to 3:30 pm. – Appointment needed – Walk-ins welcomed as time permits

A-I call: Patrice Pickering – 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 – 243-4691 assists clients needing rent and/or security deposit, basic budgeting and life skills management.

Cumberland Link – 145 S. Hanover St. Carlisle 17013 (United Way Building) – 240-7887/866-570-5465 – 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 - 15 State Rd. Mechanicsburg 17055 - (At Trindle Spring Lutheran Church Annex) - (717) 766-7333 - Weekday Hours: 9:00 am. to 4:00 pm. - Provides persons living in the Mechanicsburg area w/ emergency & referral services. A food bank is available on site. If they qualify, clients can be referred for free/reduced rate medical services. G.P.U. & PA American Water Co. water utility bill services are offered. P.P.&L. electric bill help is available (to those living in Mechanicsburg area & east to the river line). Basic financial counseling is provided too. - Also Met-Ed & Penelec electric help for "CAP" program.

Cumberland County Aging & Community Services: Newville Patch Program – Big Spring Area Community Center 2 Chestnut St., 2nd Floor, Newville 17241 – Julie Haubert at 776-4876 – Hours: Monday – Friday 8:00 am. – 4:30 pm. Provides services to residents of the Big Spring School District including but not limited to; accessing needed health related or social services, counseling, case management, assessments of need, community outreach & development, information & referral, support groups, etc.

The Salvation Army – Social Services Center – 24 E. Pomfret St. – Carlisle, PA 17013 – 249-1411 ext. 41 – Normal walk-in hours are weekdays 8:00 am. to 4:00 p.m. After hours: call 249-1411 ext. 27 or go to the security office located at the right at the bottom of the driveway. Enter the door to the right of the large window at the top of the steps. – Provides emergency shelter to single men. - Help w/ food & clothing, diapers, personal care items & formula is offered as donated. Free morning transportation is available from 8:00 a.m. to noon weekdays (must sign up by 3:30 p.m. 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 mid October. - My Brother's Table offers a daily meal at Rear of 127 S. Hanover St. daily (weekdays 4:00 pm. to 5:00 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. - Volunteers are highly welcome.

Samaritan Fellowship - 99 Mooreland Ave. Carlisle 17013 - Saturday Hours: 8:30 am. to 9:30 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). In front, enter a small door (doorbell) on the right of the large middle main entrance. 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 - 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.

****PLEASE NOTE THAT ALL AGENCIES LISTED UNDER EMERGENCY SERVICES/EMERGENCY HOUSING SECTION WILL ASSIST W/ EMERGENCY FOOD & CLOTHING.**

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 Authority (HUD)** - 114 N. Hanover St. Carlisle 17013 249-1315/697-7703/532-8805
Weekday Hours: 8:00 am. - 5:00 pm. - Provides residents with rental assistance according to their income. Contact the office for applications & get on the waiting list. You are responsible for locating your own housing. Credit counseling & first-time homebuyers loans/homeownership programs are available.

* **Family Public Housing** - 60 W. Penn St. Carlisle 17013 - 245-0516 Weekday Hours: 8:00 am. to 4:30 pm. - 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, PA 17055 - 766-1633 - **HUD** subsidized one-bedroom apartments designed for the elderly 62+ and/or handicapped.

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

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

* **Cottages of Shippensburg** - 300 Dwelling Court Shippensburg, PA 17257 - 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, PA 17015 - 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, PA 17025 - 732-2811 - **HUD** subsidized 1 and 2 bedroom apartments for persons 62+ years of age.

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

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

* **Geneva Green Apartments** - 500 Geneva Drive Mechanicsburg, PA 17055 - 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 - 761-5414 - Provides One & two bedroom units to low income individuals & couples who are elderly 62+ &/or disabled.

Meadowood Apartments - 1051 Allendale Road Mechanicsburg, PA 17055 - 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: 258-9317 - Provides affordable, low income housing to elderly &/or disabled individuals & couples.

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

One West Penn - 1 W. Penn St. Carlisle 17013 - 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 - 763-0937 - Offers two & three bedroom low income housing units to families & individuals.

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

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

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

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

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

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

Silver Spring Courtyards - 43 Ashburg Drive, Suite 23 Mechanicsburg, PA 17050 - 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--763-1184. Provides 1 BR housing to disabled & elderly persons 62+.

Two West Penn - 2 W. Penn St. Carlisle 17013 – 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, PA – 258-9317 – 62+ and/or disabled.

HOMEBUYERS / HOMEOWNERS ASSISTANCE

Cumberland County Habitat for Humanity - 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 Authority - 114 N. Hanover St. Carlisle 17013 - 249-1315/697-7703/532-8805 - 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 – 780-3871 – Offers mortgages for 1st time home buyers.
Housing Emergency Mortgage Assistance Program – 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

Bible Baptist Church Clothes Closet – 201 W. Main St. – Shiremanstown – 938-1183 – 1st Saturday monthly 10:00 – 2:00 pm.

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

Bountiful Blessings – Offers non-consumable goods to those in need. 1st & 3rd Wednesday from 5PM – 7PM at the Trinity Lutheran Church; 509 Hummel Avenue, Lemoyne www.bountifulblessingsinc.org

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

Capital Area Pregnancy Center – 2515 Old Gettysburg Road, Camp Hill 17011, 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 – 697-0226 – 3rd Friday monthly 9-noon; (Closed June, July, December & January)

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

Cumberland Valley Animal Shelter Thrift Store – 1 E. King St. Shippensburg 17257 – 477-8025. Open Monday through Saturday 9:00 am. to 5:00 pm.

Goodwill Boutique - 1051 Hummel Avenue – Lemoyne 17043 – 737-6134

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

Mt. Holly United Methodist Church Food Bank – 202 W. Butler St. – Mt. Holly Springs, PA 17065 – Open every Monday or Thursday noon to 2:00 pm. but only help once every 3 months. Must reside in Mt. Holly Springs, Gardners or Boiling Springs. Bring proof I.D. SS#'s, address proof & income proof for past 30 days.

Opportunity Shop - 1955 Market St. Camp Hill 17011 – 737-8261

Pregnancy Ministries – 124 W. King St., Unit 1 – Shippensburg 17257 – 532-4446

Sally's Shop – Carlisle Salvation Army Thrift Store – 125 S. Hanover St., Carlisle 17013 – 249-0279 – 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 - 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 17266. Phone: 532-7606 Open 2nd & 4th Wednesdays & Saturdays 9:00 am. to noon.

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

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FOOD

Angel Food Ministries – A monthly group buying cooperative offering a menu of food packages at reduced costs. Available food items change every month. Must order ahead and pick up order on designated days and times.

- **Church of the Nazarene**- 415 East Orange Street, Shippensburg, PA 17257 532-7450 (Kim Myers)
- **Otterbein United Methodist Church** – 647 Forge Road, Boiling Springs 258-6704
- **Capital Area Christian Church** – 1775 Lams Gap Road, Mechanicsburg, PA 17050 732-1882
- **Trinity United Methodist Church** – 415 Bridge Street, New Cumberland, PA 774-7146
- **Mt. Victory United Methodist** – 1 Victory Church Road, Gardners, PA 17324 422-7880; 486-5417; 259-9321

County Assistance Office – Food Stamp information available. Questions? Call the Cumberland County Assistance Office at 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 - 16 W. High St. 1st Floor, Carlisle 17013 – Hours: Weekdays: 8:00 – 4:30 pm. 240-6110/888-697-0371 ex. 6110 – provides info./referral services to persons over age 59 such as “Meals on Wheels” & area Senior Centers.

Pregnancy Ministries – 124 W. King St., Unit 1, Shippensburg 17257 – 532-4446 – free pregnancy tests & 24 hour support services – also helps w/ diapers, formula, furniture & food.

Pregnancy Resource Center of Camp Hill – 2515 Gettysburg Rd., Camp Hill 17011 – 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.

The Salvation Army - Social Services Center 24 E. Pomfret St. Carlisle 17013 - 249-1411 ext. 41 - Weekday Hours: 8:00 am. to noon & 100 pm. to 4:00 pm. - Walk-in services for emergency food, clothing, house wares, diapers & formula as available.

Tapestry of Health (WIC) – 401 E. Louthier Street, Suite 104, Carlisle 17013 - Weekday Hours: 8:00 am. to 4:30 pm. (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 (Newville Fire Hall) Newville, PA 17241	Last Monday 9:00 am. – 11:00 am. No Phone
Christian Life Assembly Food Bank 2645 Lisburn Road (At Church) Camp Hill, PA 17011	Days vary (New consumers should call for dist. date) 9:00 a.m. – 12:00 pm. Phone – 737-6560
The King’s Kettle Food Bank	1st, 2nd & 3 rd Tuesday

30 N Fayette St. (Jesus Loves You) Shippensburg, PA 17257	5:00 p.m. – 6:00 pm. Phone – 530-9200
Mt Holly Springs Food Bank 14 Fairfield St. (Church of God) Mt. Holly Springs, PA 17065	Second Thursday 12:00 noon- 1:00 pm./ 6:00 – 7:00 pm. Phone – 486-4818
New Hope Ministries Food Bank 15 State Road (Trindle Springs Lutheran) Mechanicsburg, PA 17055	Third Thursday 1:00 p.m. - 3:00 pm. Phone – 766-7333
Project S.H.A.R.E. 5 North Orange St., #4 Carlisle, PA 17013	Tuesday Express/*S.H.A.R.E. Express – pre-packed bags 12-2:00 p.m., Wed 3 p.m.-5 p.m., 3 rd Thurs.–regular food distribution 9 a.m.-11 a.m. Sat. morning following 3 rd Thurs. 9:00 a.m. -11:00 a.m. Phone – 249-7773 Produce Stand – 123 Lincoln St. Carlisle - Hours now Tuesdays & Wednesdays 10 to noon. – Free vegetables & fruits to all County residents. (Call SHARE = 249-7333 for more info. as hours longer in summer.)
The Salvation Army Food Bank 24 E. Pomfret St. Carlisle, PA 17013	Emergency Food Bank - Plus Daily Soup Kitchen 7:30 a.m. – 3:30 p.m. (Mon. – Fri.) Phone - 249-1411
The Bridge Food Bank 122 Geary Ave. - West Shore Senior Center New Cumberland PA 17070	Third Friday 9:00 a.m. – 11:30 a.m. Phone – 774-6255

EDUCATION / EMPLOYMENT / INCOME / TRAINING

PA Career Link Capital Region – 349 Wicomico St. Harrisburg 17110 - 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

- 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 S Penn St, Shippensburg 17257 - (717) 532-8611 Weekday Hours: 8:30 to 4:00 pm. - 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 – 732-1944 – Weekdays 8:30 to 4:30 pm. – provides ongoing case management to low income households interested in making improved career strides. - Serves West shore & Carlisle residents.

Cumberland County Assistance Office - 33 Westminster Drive Carlisle 17013 - 240-2700/800-269-0173 - Weekday Hours: 7:00 am. to 5:00 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 Peterman's Farm Equipment on the corner of Petersburg Rd. 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 - 16 W. High St. 1st Floor Carlisle 17013— 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 – 145 S. Hanover St. Carlisle 17013 (United Way Building) – 240-7887/866-570-5465 – Information & referral and advocacy services agency for persons of all ages with disabilities. - Weekdays 8:00 to 4:30 pm.

Cumberland/ Perry Association for Retarded Citizens (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.

Cyberspace – 219 N Pitt St. Carlisle 17013 (717) 249-7267 – A computer/internet community resource center
Hours: Weekdays 1:00 pm. to 7:00 pm.

Domestic Relations – 13 N. Hanover St. /Box 320 Carlisle 17013 - 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 - 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.

Hope Station – 149 W. Penn St. – Carlisle, PA 17013 – 249-0036 – 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 - 233-7305 Provides work & career opportunities to young adults.

Office of Vocational Rehabilitation (OVR) - 2971 B N. 7th St. Harrisburg 17110 - 787-7834/800-442-6352 - Weekdays 8:00 am. to 4:30 pm. - Provides free/reduced motivated persons w/ disabilities to overcome obstacles in seeking employment Can help pay for educational or career training &/or handicap accessories. Office also at Carlisle Career Link (243-4431).

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

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

SEC – Southcentral Employment Corporation (formerly SETCO) - at Carlisle CareerLink, 1 Alexander Ct. **Carlisle** 17013 – 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 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 - 243-0085/800-772-1213 or 555 Walnut St. – **Harrisburg**, PA 17111 – 782-3400 – Weekdays 8-4:00 - Apply here for any federal disability/retirement income, get income disability/SS# proof.

Temporary Agencies

Abel Temps	1845 Market Street – Camp Hill	761-8111
Accustaff, Inc.	1017 Mumma Road – Wormleysburg	731-9411
ADDECO	401 E. Louther Street – Carlisle 214 Senate Avenue – Camp Hill	Call Camp Hill # for service. 730-2785
Appleone Employment Services	125 Gateway Drive – Mechanicsburg	691-1100
Arcus Staffing Resources, Inc.	214 Senate Avenue – Camp Hill	737-6690
Byrnes Group	395 St. John's Church Road – Camp Hill	761-0713
Capital Area Temporary Services	839 Market Street – Lemoyne	761-0133
Dodson Personnel, Inc.	3461 Market Street – Camp Hill	612-8484
Elite Medical Staffing	839 Market Street – Lemoyne	761-0133
Experience Works	166 S. Main Street – Chambersburg	267-0083
Express Personnel Services	3100 Gettysburg Road – Camp Hill	730-8707
High Employee Services LTD	301 Market Street – Lemoyne	730-2188
JFC Staffing Associates	101 W. High Street – Carlisle 1520 Market Street – Camp Hill	243-4475 761-8095
Kelly Services	47 Brookwood Avenue – Carlisle 3314 Market Street – Camp Hill	243-6814 761-1002 / 800-346-6109
Keystone Personnel	360 Market Street – Lemoyne	761-5860
Manpower	950 Walnut Bottom Road – Carlisle 3324 Trindle Road – Camp Hill 300 S. Fayette Street – Shippensburg	258-1945 763-7600 532-2060
Norrell Temporary Services	1300 Market Street – Lemoyne	761-8300
Olsten Staffing Services	4720 Carlisle Pike – Mechanicsburg	761-6100
Restart Temps, Inc.	3820 Market Street – Camp Hill	737-9444
SHS Marketing Services	3811 Market Street – Camp Hill	737-0111
Tempstar Staffing	4407 Carlisle Pike – Camp Hill	737-3100

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

Veterans Benefits Hotline - 800-827-1000

MEDICAL/SOCIAL SERVICES

Ambulance - Call 911. Also voice/TDD.

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

Caring Place – 3 Walnut St. Suite 200, Lemoyne 17043 – 1-866-613-4673 – Provides fee free grief support for children, adolescents & their families.

Carlisle Area Health and Wellness Foundation – (717) 960-9009 – www.CAHWF.ORG – Applications for nursing scholarships.

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

Center for Independent Living (CIL) - 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.

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

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 - 249-6226/652-4400/800-932-4616.

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

Crisis Intervention - East Cumberland County - 761-6013 West Cumberland County - 243-6005 / 532-8049

CUMBERLAND CARES – 401 East Louthier Street, Carlisle, Pa 17013 – 243-0275

An in-home visitation program to support and educate parents of children (pre-natal to age 5). Cumberland Cares focuses on supporting positive parent-child interaction & a safe living environment by offering a family needs assessment, parenting skills, child development, healthy living modeling, sustainability issues and information & referrals. No fees!

Cumberland County Aging & Community Services - 16 W. High St. Suite 100 Carlisle 17013 / (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. **Homemaker Services** - Assists persons ages 18 or older having short-term physical disabilities w/ personal care help such as personal hygiene care, grocery shopping, meal preparation, &/or light housekeeping. Sliding scale fees.

Cumberland County Aging & Community Services - 16 W. High St. 1st Floor, Carlisle 17013 – Weekday hours: 8:00 a.m. to 4:30 p.m. – 240-6110/888-697-0371 ext. 6110 – provides info./referral services to residents over age 50 to programs such as PACE.

Cumberland Link – 145 S. Hanover St. Carlisle 17013 (United Way Building) – 240-7887/866-570-5465 – Information & referral + advocacy services agency for persons of all ages with disabilities. - Weekdays 8:00 to 4:30 p.m.

Cumberland-Perry Association for Retarded Citizens (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, 717-960-4323. 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 - 240-6300/888-697-0371 ext. 6300

Drug & Alcohol Outpatient Services - 503 N. 21st St. Camp Hill 17011 - 763-2369

Holy Spirit Hospital (East Cumberland area) - 503 N. 21st St. Camp Hill 17011 - 763-2100

Northwestern Services Center - 33 State Ave. Carlisle 17013 - 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, 15 State Rd. Mechanicsburg 17055 - 766-7333

West Shore Area – (Camp Hill, Enola, Lemoyne, New Cumberland & West Fairview) Community Action Commission, 125 North Enola Drive – Suite 204B; Enola 17025 - 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 – Affordable ongoing prescription program available through the Sadler Health Center Corporation in Carlisle. Call 218-6670 extension 24 for program eligibility.

MedQuest (Shippensburg area) - 888-318-7855

Mental Health Concerns –

Crisis Intervention - East Cumberland County - 761-6013 West Cumberland County - 243-6005 / 532-8049

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

- **Christian Services Counseling Center – 249-7410** – Various forms of counseling on a sliding scale fee.
 - **Cumberland County Mental Health Services** - 16 W. High St. 3rd Fl. Carlisle 17013 - 240-6325/697-0371 ext. 6325/532-7286 ext. 6325
 - **Diakon Family Services of the Capitol Region** – 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 Luthern Social Ministries** – 960 Century Drive, Mechanicsburg, PA 17055 – 795-0300; 877-342-5667
 - **Family & Children's Services** - 121 Locust St. Harrisburg 17113 - 238-8118
 - **Holy Spirit Community Mental Health Center** - 503 N. 21st St. Camp Hill 17011 - 763- 2219
 - **Northwestern Services Center** - 33 State Ave. Carlisle 17013 - 243-6033/532-8049
 - **PA Counseling Services** – 249-3169 WRAP around/Family based services. 235-9255 – Outpatient & Meds management services. MA clinic, school based programs, psychiatric services.
-

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

Pinnacle Health – The Fox Center – Urgent Medical Care – 120 South Filbert Street, Mechanicsburg, PA 17055
782-3131, Hours M-F 8-8 and Sat-Sun 9-5

Poison Control Center - 800-521-6110

Rape Crisis Services – 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 218-6670/1-866-SADLER for hours & appointments. 1-866 Sadler7.

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

State Health Center - 431 E. North St. Carlisle 17013 - 243-5151/697-6549 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 - 730-9782 - Provides medical help to veterans.

WALK-IN/CALL SERVICES –

Hamilton Health Clinic - 1821 Fulton St. Harrisburg 17102 - 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 - 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 / 238-8304 - Provides transit services w/ reduced fees. Call for free bus route booklet.

Cumberland County Transportation – 310 Allen Rd. Carlisle 17013 - 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.

Raider Regional Transit – Shippensburg area transit services. Free to senior citizens w/ Commonwealth ID card & to Shippensburg University Students w/ Student ID. Call 530-8891 for additional information.

Salvation Army - Social Services Center 24 E. Pomfret St. Carlisle 17013 - 249-1411 ext. 41
Free transportation is available from 8:00 am to noon weekdays providing you sign up by 3:30 p.m. the previous day.

LEGAL

Hotlines:

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

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

Bureau of Consumer Protection - 800-441-2555

Dickinson Family Law Clinic/Disability Law Clinic - 45 N. Pitt St. Carlisle 17013 - 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 - 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.

Mediation Ministries – P.O. Box 533 Mechanicsburg 17055 – 766-5205 (leave a voice mail & someone will return your call). – provides advocacy/mediation services to clients w/ no income guidelines in such areas as bankruptcy, utility, social service agency complaints, will accompany clients to social service appeal hearings, etc.

Mid-Penn Legal Services–Cumberland County – 401 East Louther Street – Suite 103 – Carlisle, PA 17013 - (717) 243-9400/ 800-822-5288 Weekday Hours: 8:30 am. to 12:00 noon & 1:00 pm. to 4:30 pm. - Serves persons of low income w/ free legal advice. Performs services especially in areas of crisis, domestic violence, housing concerns & child support.

Neighborhood Dispute Settlement – 315 Peffer St.-Harrisburg, PA 17102 – 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 – 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 (263-5060). For Complaints – Call PA Legal Services at 1-800-732-3545

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

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

Cumberland County Assistance Office - 33 Westminster Drive Carlisle 17013 – 240-2700/800-269-0173 - Heating assistance (LIHEAP/CRISIS) to low income households. Programs usually run 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 electric – 800-545-7741 – \$ Help at New Hope Ministries-15 State Rd. Mechanicsburg 17055/766-7333

PA American Water Company – 1-800-717-7292 – New Hope Ministries – 766-7333 – provides possible financial help.

PA Office of Consumer Advocate – 1-800-684-6560 – call with concerns regarding **all** utility services.

Penetec – 545-7741/800-962-4848 – provides electric services to customers in the Shippensburg area. **CAP** – a program for low income customers (1-800-207-9276) or contact SCCAF, Chambersburg 263-5060.

Penn Fuel Gas, Inc. (fuel) - 40 Roadway Drive Carlisle 17013 - 240-0250/800-230-3835
4480 Molly Pitcher Hwy Chambersburg 17201 - 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 low income program (250% poverty guidelines) to assist with hardship cases to pay electric bills and make sure customers are on a appropriate budget plan.

West shore to Mechanicsburg call: New Hope Ministries - 766-7333

West of Mechanicsburg to Shippensburg call: Homeless Assistance Program, Carlisle- 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 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) - 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 - 243-5858/697-2384

Timmons Oil – 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.)

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 - 249-3000/800-648-6280 (Hbg. Customers) 800-609-4844 (Carlisle customers) / **Programs: LISHP** (Low Income Self Help Program) Allows participant to pay based on gross income instead of average bill. **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** - help with late bill at Carlisle United Way 243-4805.

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

CHILD CARE/PARENTING/FAMILY SUPPORTS

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

Birthright of Carlisle, Inc - 155 N. Hanover St. Carlisle 17013 - 243-1918 - Hotline: 800-550-4900 – Open Monday, Wednesday, Friday & Saturday 10:00 am. to 1:00 pm., Tuesday 1:00 pm. to 5:00 pm. , 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.

Capital Area Pregnancy Center – 2515 Gettysburg Road, Camp Hill 17011, 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 Region Day Care - 800-222-2117 - Applications to all interested in becoming a registered/licensed day care provider.

Childcare Network - 1416 Trindle Rd. Suite 201 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 irregardless of income

Cumberland County Aging & Community Services: CUMBERLAND CARES – 401 East Louthier Street, Carlisle, Pa 17013 – 243-0275 An in-home visitation program to support and educate parents of children (pre-natal to age 5). Cumberland Cares focuses on supporting positive parent-child interaction & a safe living environment by offering a family needs assessment, parenting skills, child development, healthy living modeling, sustainability issues and information & referrals. No fees!

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

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

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.

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

Pressley Ridge - 331 Bridge St. New Cumberland 17070 - 774-3673 Weekday Hours: 8:00 a.m. to 5:00 p.m. – Offers in-home parenting training & center-based parent support groups.

Pregnancy Ministries – 124 W. King St., Unit 1, Shippensburg 17257 – 532-4446 – free pregnancy tests & 24 hour support services – also helps w/ diapers, formula, furniture & food.

United Cerebral Palsy of the Capital Area - 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

Consumer Credit Counseling Services – 2001 N. Front St. Harrisburg 17110 – 541-1757/1-888-599-2227 – Must call Harrisburg office first to apply & be referred to Carlisle site. Free debt counseling. Offers financial counseling & reasonable payment agreements made between you & collectors. Bills consolidated to one monthly payment.

Financial Counseling Services – P.O. Box 507 Chambersburg 17201 – 762-3285/761-1708 – Provides free budgeting counseling, mortgage assistance, & representative payee services.

Hope Station – 149 W. Penn St. – Carlisle, PA 17013 – 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 (such as the Carlisle Tire & Wheel, Land O’ Lakes, etc.

MARANATHA (Financial Counseling Services – Carlisle) – 17 E. High St., Suite 104, P.O. Box 1520 – Carlisle 17013. Phone: (717) 258-1000 / Fax: (717) 243-8005 Tuesday, Wednesday, Thursday: 9AM – 3PM

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

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 - 243-4515
- 4211 Trindle Rd. Camp Hill 17011 - 761-0702
- 75 W. King St. Shippensburg 17257 - 532-5509/532-4346

COMPUTER TECHNOLOGY – YWCA **Cyberspace** Resource Center (Where community meets technology).

219 N. Pitt Street, Carlisle, PA 17013 – 249-7267/243-3818 – The YWCA of Carlisle funds/manages the center to make computers available to all who might not otherwise have it. Offer free computer training classes to the public (such as

“WOMEN on the WEB”, Surfin Seniors, and TechGYRLS). Offer # of different summer camping options for children aged 8 thru 15. 15 high end computers/high speed internet access, the resource is also available for group and organizational training.

CONTACT HELPLINE - 249-6226/652-4400/800-932-4616 - 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 - 240-6100/697-0371 ext. 6100/532-7286 ext. 6100 - Main offices & information on County agency locations - Weekday Hours: 8:00 a.m. to 4:30 p.m.

LIBRARIES

Amelia S. Givin Free Library - 144 N. Baltimore Ave. Mt. Holly Sprgs. 17065 - 486-3688

Bosler Memorial Library - 158 W. High St. Carlisle 17013 - 243-4642

East Pennsboro Library - 98 S. Enola Drive Enola 17025 - 732-4274

Fredricksen Library - N. 19th & Walnut Streets, Camp Hill 17011 - 761-3900

John Graham Public Library - 9 Parsonage St. Newville 17241 - 776-5900

Mechanicsburg Area Public Library - 61 N. Walnut St. Mechanicsburg 17055 - 766-0171

New Cumberland Public Library - 1 Benjamin Plaza N. Cumberland 17070 - 774-7820

Shippensburg Public Library - 73 W. King St. Shippensburg 17257 - 532-4508

State Library of PA - 783-5950 - Collection of PA history & government affairs.

POST OFFICES (Frequently used) – Main Office - 1425 Crooked Hill Rd. Harrisburg 17107 - 257-2100

3 E. 1st St. Boiling Springs 17007 - 258-6668

1675 Camp Hill by-pass Camp Hill 17011 - 737-1461

66 W. Louthier St. Carlisle 17013 - 243-3531

21 N. Enola Drive Enola 17025 - 732-2221

333 Market St. Lemoyne 17043 - 737-4129

702 E. Simpson St. Mechanicsburg 17055 - 697-4641

16 W. Pine Mt. Holly Springs. 17065 - 486-3468

318 Bridge St. New Cumberland 17070 - 774-7092

31 E. Main St. New Kingstown 17072 - 766-0172

57 West St. Newville 17241 - 776-5211

10 West Main Street, Shiremanstown 17011 - 737-0395

46 W. King St. Shippensburg 17257 - 532-2314

NEWSPAPERS

News-Chronicle Co. - 1011 Ritner Hwy Shippensburg 17257 - 776-7089/532-4101

Patriot News - 200 S. Spring Garden St. Suite 2 Carlisle 17013 - 249-2006

The Guide - Mechanicsburg - 249-3030 - A weekly East Cumberland publication.

The Sentinel - 457 E. North St. Carlisle 17013 - 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 - 776-3197

West Shore News - Patriot address - 975-9781 - A weekly East Cumberland publication.