



EAST PENN SCHOOL DISTRICT

**800 Pine Street
Emmaus, PA 18049**

Community Resource Booklet

2008 - 2009

**Phone: 610-966-8000
Website: www.eastpennsd.org**

This resource directory was created from a variety of sources for the expressed purpose of providing East Penn School District staff with current community resource information so they in turn can pass this on to students and families. In no way is this an endorsement of any particular program or agency, but rather this serves as a directory of supports available in our local community.

A special thanks goes to Community Services for Children, Inc. Their “community resource booklet” was the source of the majority of the enclosed information, and without their permission to reproduce parts of this booklet, this task would have been ten times more difficult.

If in utilizing this booklet, you find inaccurate information, please contact Joelle Hower, School Social Worker, at 610-966-8448 or internally at extension 33040 so that corrections can be made when the directory is updated annually.

Joelle Hower
East Penn School District
Social Worker

Guide for Community Resources: Sponsored by Take Back Our Children

Lehigh County Information and Referral: 610-782-3200

First step in accessing any county services (Children and Youth, MH/MR, Agency on Aging, Substance Abuse and Early Intervention).

HOTLINES

CRIME VICTIM'S COUNCIL
610-437-6611

Hotline for victims of sexual abuse/assault

CRISIS INTERVENTION
610-782-3127

Emergency mental health assistance; 24 hours
a day, 7 days a week.

PROJECT CHILD
610-691-1200

24-hour hotline for parents at risk of abuse.

VALLEY WIDE HELP

Allentown: 610-435-7111

Spanish Information: 610-866-1089

Information and referral service. Bilingual staff.

ALCOHOL/DRUG ABUSE

LEHIGH COUNTY DRUG AND ALCOHOL
INTAKE UNIT
610-432-2228

Assessment and referral for drug problems for
adults and adolescents.

AL-ANON or ALATEEN
610-778-2066

Provides an updated listing of support groups in
the Lehigh Valley for relatives and friends of
alcoholics.

ALCOHOLICS ANONYMOUS
610-882-0558

Provides an updated listing of AA support
groups in the Lehigh Valley

CHILD ABUSE

CHILDLINE AND ABUSE REGISTRY
1-800-932-0313

Call to report suspected child abuse. All phone
calls are confidential. You remain anonymous.
24 hours a day, 7 days a week.

LEHIGH COUNTY OFFICE OF CHILDREN
AND YOUTH
610-782-3064

Child protection services

DATE RAPE & FAMILY VIOLENCE

CRIME VICTIM'S COUNCIL
OF THE LEHIGH VALLEY
610-437-6610

Individual and group counseling; court
accompaniment; support groups for children and
adults; education and prevention.

TURNING POINT OF THE LEHIGH VALLEY
610-437-3369

Domestic violence hotline.

EMERGENCY SHELTER

TURNING POINT OF THE LEHIGH VALLEY
610-437-3369

Domestic violence hotline.

VALLEY YOUTH HOUSE
610-691-1200

Hotline for homeless youth. Provides shelter
and transitional housing for youths ages 12
through 17.

FREE HIV/STD TESTING

ALLENTOWN HEALTH BUREAU
610-437-7754

Free confidential testing; other health services
available

MATERNAL CHILD HEALTH

PLANNED PARENTHOOD OF NORTHEAST
PENNSYLVANIA
610-439-1033

Provides reproductive health services,
counseling, walk-in pregnancy testing, STD
testing and treatment.

CARE-NET PREGNANCY CENTERS OF THE
LEHIGH VALLEY
610-821-4000 (Allentown)

Free pregnancy testing, counseling, referrals for
other needs, baby items.
Does not refer for abortion.

MATERNAL CHILD HEALTH (cont.)

LEHIGH VALLEY HOSPITAL HEALTH
HOTLINE

610-402-2273

Information on health issues, pregnancy, doctor referrals and second opinions.

CATHOLIC CHARITIES

610-435-1541

Counseling, pregnancy, mental health concerns.

ALLENTOWN, WOMEN'S CENTER

610-770-9077

Gynecological services

MENTAL HEALTH

LEHIGH COUNTY CRISIS HOTLINE

610-782-3127

Emergency mental health services for suicide ideation and other serious personal issues.

KIDS PEACE

610-799-8000

Helping kids overcome crisis. Offers a variety of inpatient and outpatient programs for children and teens.

www.kidspeace.org/penn.htm

FAMILY ANSWERS

610-435-9651

Affordable, sliding-fee scale, high-quality services for families, children and individuals.

THE WARMLINE

610-820-8451

For mental health concerns, you can call anytime, 24 hours, if you need someone to listen, someone who cares. They can provide resources if needed.

In Spanish - 484-233-0785, 6-10 PM daily.

<http://hopehouse-rhd.org/>

LehighValleyResource Directory/

Lehigh Valley directory for mental health, drug & alcohol, crisis resources

POLICE

Alburtis

911 - emergency

610-437-5252 - non-emergency

Emmaus

911 - emergency

610-437-5252 - non-emergency

Macungie

911 - emergency

610-437-5252 - non-emergency

PA State Police

911 - emergency

610-395-1438 - non-emergency

POISON CONTROL

1-800-222-1222

1-800-722-7112

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ADULT EDUCATION/TRAINING/LITERACY

– **ADULT LITERACY CENTER OF THE LEHIGH VALLEY**

801 Hamilton Mall
Allentown, PA 18101-2420
610-435-0680

Provides Free GED classes; (client must be able to speak English for these). Provides English as a Second Language for non-English speaking individuals. Classes are free and held at a variety of locations.

– **BETHLEHEM YWCA - WAND Program -- Women Achieving New Directions**

22 W. Broad Street, Bethlehem, PA 18018 610-867-4669

WAND helps low income or unemployed women “discover the power within” and get higher-paid occupations. Offers help with job search, resumes, and interviewing skills in a 6-week training program. Free job-appropriate clothing is also available. Open to Northampton and Lehigh County residents.

– **CAREER LINK**

State of PA agency providing a “One Stop Center” open to all who need jobs and training. Job referrals for local and state jobs. Classes in resume writing, interviewing, job search, and computers. Provides payment for career training to those eligible. Offers GED/English as a Second Language classes, also Civil Service testing for State jobs on site. Over 20 community partner agencies on-site providing related services like child care referral info, veteran’s resources and unemployment benefit appeals. All services are free. NOTE: Spanish only speakers’ orientation given weekly; call for times. Bilingual services (in Spanish and English) available. New: Basic computer workshops offered in Spanish. Visit their website at www.careerlinklehighvalley.org for more information.

ALLENTOWN CAREER LINK

1601 Union Boulevard
Allentown, PA 18109
610-439-1123, 610-437-5627
TTY: 610-821-6760

Hours: Monday through Friday -- 8:00 A.M. until 4:00 P.M., Wednesday 10:30 A.M. until 7:00 P.M.

– **CENTER FOR HUMANISTIC CHANGE**

2200 Avenue A, Suite 106
Bethlehem, PA 18017
484-821-0375

Training programs in the community for organizations/schools on wellness, parenting, drug and alcohol prevention, and kids experiencing divorce/separation. Peer medication, conflict resolution, violence, bullying prevention and life skills.
www.thechc.org

ADULT EDUCATION/TRAINING/LITERACY (CONT.)

- **COMMUNITY ACTION DEVELOPMENT CORPORATION OF ALLENTOWN**
443 North Seventh Street
Allentown, PA 18102
610-433-5703
Learn how to start your own business. Intensive training for low-income first-time business owners through The Start Your Business Program. Offers youth camp in summer on becoming business owners.

- **EAST PENN SCHOOL DISTRICT**
800 Pine Street
Emmaus, PA 18049
610-966-8335 from 9 a.m. - 2 p.m.
610-966-8300
Runs non-credit recreation classes, arts and crafts, CPR, computer classes.

- **HISPANIC AMERICAN ORGANIZATION, INC.**
462 Walnut Street
Allentown, PA 18102
610-435-5334 / Services in Spanish and English
Helps people find employment through a temp agency. Offers GED classes, ESL classes, computer classes. Assists in getting birth certificates.
Provides rental assistance for those who are at risk of being evicted or are homeless.

- **JOB CORPS**
A GED and job skills program for youth, ages 16-24 who have left high school. It is both a residential program (students live in dorms), and non-residential program and federally funded, so it is free. While they earn their GED, students can learn their skills/trades: auto mechanics, carpentry, health occupations, culinary arts, landscaping and many other areas. There are many recreational opportunities on- or off-site; students receive an allowance. There are four sites in PA: Hazelton, Ricketts Glenn, Philadelphia and Pittsburgh. Call 1-800-354-9758 for more info. A Job Corps representative visits Lehigh Valley Career Link to talk to potential Job Corps enrollees (by appointment). Call above number to schedule. **New program offers college scholarships:** Job Corps and Lehigh Carbon Community College will offer scholarships to high school/GED grads who qualify. Call for information.

- **LEHIGH CARBON COMMUNITY COLLEGE**

<u>City Site:</u> LCCC Portland Place 718 Hamilton Mall Allentown, PA 18101 610-799-1940 www.lccc.edu	<u>Main Campus in Schnecksville</u> 4525 Education Park Drive Schnecksville, PA 18078 610-799-2121
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Provides ESL-Adult Basic Education-GED
Preparation and Prep Program, Training classes for credit or non-credit.
Offers Associates (2 year) degrees and various length career training classes to earn certificates.

ADULT EDUCATION/TRAINING/LITERACY (CONT.)

- **LEHIGH CAREER & TECHNICAL INSTITUTE** (formerly Lehigh County Vo-Tech)

Community Education Department
4500 Education Park Drive
Schnecksville, PA 18078
610-799-2300

Website: www.lcti.org

GED Testing and School-to-Work program 610-799-1361

Vocational-technical training classes for high school age to adult: construction, CDL, truck driving, mechanical, culinary, health (over 40 skill areas).

NEW CHOICES/NEW OPTIONS PROGRAMS

Assists single, separated, divorced, widowed individuals and homemakers entering or re-entering the work force. Two areas: Career Exploration and Training, computer, math refresher, college classes. Helps parents update skills and learn new ones. Child care funding and tuition funding available to those who qualify. New Choices/New Options classes are offered evenings or days. Call 610-861-5350. Also helps those interested in non-traditional careers; for example, Heavy Equipment Operator for a woman, Nursing for a male. Available in Lehigh, Northampton, Monroe, and Bucks counties at various sites. Web page: www.northampton.edu/office/ncno

OFFICE OF VOCATIONAL REHABILITATION (OVR)

45 N. 4th Street (in Social Security building)

Allentown, PA 18101

610-821-6441 TTY/TDD: 610-821-6144

OVR is a federal program with funding for job training, vocational rehabilitation, and counseling for individuals with physical or mental disabilities who have trouble getting and holding a job. Serves Lehigh, Northampton and Carbon Counties. OVR has a Spanish-speaking counselor 1 day a week. Call for appointment.

BEREAVEMENT

CAMELOT FOR CHILDREN

2354 W. Emmaus Avenue

Allentown, PA 18103

610-791-5683

Individual and group counseling provided by Ted Brent. For teen and adults going through any kind of grief. Monday and Thursday evenings. Call to schedule and for more information.

COMPASSIONATE FRIENDS

A support group for parents of all ages, grieving the loss of a child. The Lehigh Valley Chapter meets at Sacred Heart Hospital, 2nd Floor, 7 p.m., 2nd Monday of the month. Call 610-820-4004 for more information. Free parking provided. Please call before attending.

BEREAVEMENT (CONT.)

– DIAKON CHILDREN'S BEREAVEMENT PROGRAM

Camp Evergreen Weekend is a special camp for children and teenagers between the ages of 8 and 14 who have experienced the death of a loved one. It is designed to encourage them to express their feelings of confusion, loss and grief with others their age in an atmosphere of fun and friendship under the guidance and supervision of bereavement counselors and adult volunteers.

Held annually, usually in June at:

382 Camp Kresge Lane

White Haven, PA 18661

Registration is required. It is free of charge to participants. Contact Christine Fedorko at 570-453-5229 or 1-877-DIAKON-7

www.diakon.org/bereavement

– LEHIGH VALLEY HOSPITAL

610-402-2273

-- Eight-week bereavement workshop for adults who have recently lost a loved one. Wednesday evenings beginning September 3, 2008, 7-9 p.m.

Call for more details and to register.

-- Monthly support group meets 7 - 9 p.m. the second Tuesday of the month at Cedar Crest location.

Call for more details and to register.

-- Day workshops available several times each year.

Call for more details and to register.

For any questions about these programs you may contact Lorraine Gyauch at 610-402-0513.

– ST. LUKE'S HOSPITAL

Rev. Ann Huey

610-954-2835

-- Monthly support groups in Bethlehem, Quakertown and Lehigh.

-- Six-week programs run quarterly.

-- Monthly lecture series on different topics.

-- Bereavement newsletter -- call to get on the mailing list.

Call Rev. Ann Huey to register and for more information 610-954-2835

– ST. LUKE'S HOSPITAL

Rev. Ann Huey

-- Ryan's tree. Held at First Presbyterian Church, Center Street, Bethlehem, PA. A six-week workshop, run quarterly, for children and adolescents (ages 3-18). This group can assist children in dealing with all kinds of loss.

6:30 - 8:30 p.m.

A group for parents runs concurrently with the group for children.

6:30 - 7:00 p.m. Dinner together.

7:00 p.m. children break into groups according to age.

Reconvene as a group at 8:15 p.m. to close.

Contact Rev. Huey to register or for more information 610-954-2835

BEREAVEMENT (CONT.)

– SPIRIT OF COMPASSION

Emmaus Moravian Church
Main Street, Emmaus
September - May, 2nd Thursday of the month
7:00 p.m. in the Moravian Room
Call 610-965-6067 for information and registration

– SURVIVORS OF SUICIDE

Family Answers (formerly Family and Counseling Services)
411 Walnut Street
Allentown, PA 18102
610-435-9651
Meets on site the first and third Mondays of the month from 7:00 - 8:00 p.m.

CHILD CARE

– PENNSYLVANIA'S CHILD CARE SUBSIDY PROGRAM

Services: Helps lower income families find child care. Helps eligible families pay for child care from (0 - 13) years). For example, a family of 4 must earn less than \$38,700/yr.

Eligibility: Parent must be working at least 20 hours a week.

Note: There may be a waiting list for child care subsidy.

In Lehigh County

Child Care Information Services of Lehigh County/Tot - Info

Community Services for Children
1520 Hanover Avenue
Allentown, PA 18109
610-437-6000 Ext. 2319

They will send you an application package for subsidized child care funding. Also, call this number for listings and descriptions of regulated child care centers, family day care providers and before and after school child care programs as well as other programs for children. This free service also includes information on selecting quality child care.

– UNCONDITIONAL CHILD CARE

2200 West Broad Street
Bethlehem, PA 18018
610-419-4500 (phone)
610-419-3888 (fax)
1-866-800-3880 (toll free)

Provides intervention for children who are at risk of being withdrawn from their licensed child care program due to difficult behavior. Eligibility: Families that are enrolled in licensed child care programs. Referrals to Unconditional Child Care are made by child care providers, working parents, others.

CLOTHING BANKS

- **EVERLASTING LIFE MINISTRIES**
224 N. 6th Street
Allentown, PA
610-434-1477
Clothing bank is on Wednesday 10 a.m. - noon. Enter alley door in basement of Bethany Church.

- **THE PERFECT FIT FOR WORKING WOMEN**
TEC Center
1101 Hamilton Street, 5th floor
Allentown, PA 18101
610-871-5060 (Has evening appointments)
Provides gently used and new outfits for women's job interviews and first week of work. Need referral from an agency like Head Start. Also has site at Allentown YMCA/YWCA for resume, interviewing assistance. (Volunteer run, Call for hours, they vary)

- **SALVATION ARMY -- ALLENTOWN**
144 North 8th Street
Allentown, PA 18102
610-432-0129
Open 9 a.m. to noon, and 1:00 - 2:00 p.m. Monday through Friday.

COMMUNITY AGENCIES AND PROGRAMS

- **BIG BROTHERS/BIG SISTERS OF LEHIGH VALLEY, INC.**
878 Minesite Road
Allentown, PA 18103
610-391-1827
www.bbbslv.org
Provides male/female role models for children ages 7-14. The program focuses on friendships rather than activities.
Volunteers must be 18 years old and a resident of Lehigh/Northampton counties.
Volunteers interact with children 3 - 6 hours per week for a minimum of one year.
Requirements: Children come from single parent home.
Waiting List: Boys minimum of 1 year due to lack of male volunteers. Shorter list for girls.

COMMUNITY AGENCIES AND PROGRAM (CONT.)

CATHOLIC CHARITIES

530 Union Boulevard
Allentown, PA 18103-1230
610-435-1541

Counseling for grief experiences and family problems.
Runs a pregnancy/support counseling program for expectant adults and young families called "Caring Hearts".
Adoptions, to adopt, or adopt out. Foster care program.
Immigration problems, paperwork and citizenship classes.
Free, or sliding fee scale for some programs.
Spanish speakers on staff.

CENTER FOR HUMANISTIC CHANGE

2200 Avenue A, Suite 106
Bethlehem, PA 18017
484-821-0375

Offers training programs in the community for organizations/schools on wellness, parenting, drug and alcohol prevention, and kids experiencing divorce/separation. Peer mediation, conflict resolution, violence, bullying prevention and life skills programs.
www.theCHC.org

COMMUNITY EXCHANGE

If you would like to learn a new skill, need help with yard work or need a ride to an appointment, this is the program for you.
You don't need to pay any money, just give someone else your time and help.
When neighbors exchange services, everyone benefits. If you have time to help a neighbor in need by providing a service to them, then you are needed.
Community Exchange is a project of the Lehigh Valley Hospital, Community Health Department.
For more information call 610-969-2486.

CONCERN

90 South Commerce Way
(no adoption services at this location)
Bethlehem, PA 18018
610-691-8401

Fleetwood Office (adoption)
1 West Main Street
610-944-0445

Services: Foster and adoption placement. Counseling provided (individual, family, marital). Provides in-home child counseling. Also provides EAP: Employee Assistance Program. Requirements: Private or agency referrals. Cost: Must pay up front before services provided. May be possible to reimburse you through insurance companies. Accepts Magellan Insurance (MA), Med+, Mercy, Sliding fee scale based on income.

COMMUNITY AGENCIES AND PROGRAM (CONT.)

CRIME VICTIM'S COUNCIL OF LEHIGH VALLEY

801 Hamilton Street Easton Office: 2031 Hay Terrace, Suite 101
Allentown, PA 18101 Easton, PA 18042
610-437-6610 610-250-6313 (call for information)

Individual and group counseling; court/hospital/police accompaniment; support groups for children and adults, education and prevention, rape crisis, male survivors' support group. Homicide/Violent crime group counseling. Programs held whenever there is a need.

Hotlines: Victim/Witness Program (help with victims' compensation)
Crime Victims Abuse Crisis Line 801 Hamilton Mall
610-437-6611 Allentown, PA 18101
610-437-6610 (works in both counties)

FAMILY ANSWERS (formerly Family and Counseling Services of Lehigh Valley)

411 Walnut Street
Allentown, PA 18102
610-435-9651
(some bilingual services)

General counseling for people of all ages and backgrounds. Individual, couple, family and group therapy. All counseling conducted by master's level clinician.
Cost: sliding fee scale \$25 - \$80 visit. Accepts some managed care programs. Now accepts medical assistance.

S.H.A.P.E. Program (Schools Hospital Abuse Prevention Effort) SHAPE provides a variety of therapeutic, educational and referral services to families who reside in Lehigh County and voluntarily agree to participate. Each family receives services for six (6) months. Services are provided in-home by case managers and family advocates. Must be referred by Lehigh County Children and Youth. For more specific information about SHAPE, call Family and Counseling Services at 610-435-9651. Counseling offered for Spanish-speaking families in this program.

Ways to Work - A family loan program assists parents in maintaining employment or continuing their education by providing low interest loans for purchase of car or car repairs.

THE FAMILY PROJECT OF THE MORNING CALL

The Family Project, a column of The Morning Call, offers parenting and family issues advice on a variety of topics. The columns are from a panel of local professionals in the education, child development and counseling fields. You can find the columns and advice at [www.mcall.com/features/family/family project](http://www.mcall.com/features/family/family_project).

COMMUNITY AGENCIES AND PROGRAM (CONT.)

– **FLORENCE CHILD GUIDANCE CENTER**

Division of Pinebrook Services
402 North Fulton Street
Allentown, PA 18101
610-432-0521 (Bilingual Services)
Counseling for children to 18 years. Has evening and Saturday hours.
Cost: Blue Cross/Blue Shield, Medical Assistance, other insurances accepted.

– **HISPANIC AMERICAN ORGANIZATION, INC.**

462 Walnut Street
Allentown, PA 18102
610-435-5334 / Services in Spanish and English
Helps people find employment through a temp agency. Offers GED classes, ESL classes, computer classes. Assists in getting birth certificates.
Provides rental assistance for those who are at risk of being evicted or are homeless.

– **KIDSPeACE**

KidsPeace is a private, not-for-profit organization dedicated to serving the critical behavioral and mental health needs of children, preadolescents, and teens. Headquartered in Orefield, Pennsylvania, KidsPeace offers a comprehensive range of treatment programs to help families help kids anticipate and avoid crisis whenever possible. KidsPeace serves children and adolescents from the ages 5 through 18.

Services Provided in the Greater Lehigh Valley Area:

KidsPeace Hospital: Freestanding psychiatric hospital designed for treatment of children and adolescents 5 through 18.

Acute Partial Hospitalization: day treatment program

45-Day Diagnostic Assessment Program

Residential Care Programs

Behavioral Health Rehabilitation Services: provides in-home services to families with children at risk for out-of-home placement

Intensive Outpatient, Outpatient

Foster Care Services (handles children from birth and up)

KidsPeace Locations:

Orchard Hills Campus

5300 KidsPeace Drive

Orefield, PA 18069

Broadway Campus

1650 Broadway

Bethlehem, PA 18015

824 North Graham St.

Allentown, PA 18109

To inquire about KidsPeace programs and services call: 1-800-854-3123 or 610-799-8000

www.kidspeace.org

www.teencentral.net: web interactive counseling

COMMUNITY AGENCIES AND PROGRAM (CONT.)

– THE MITCHELL CLINIC

555 Harrison Street
Emmaus, PA 18049
610-965-6418

Mental health counseling, also for drug and alcohol issues, also runs groups that focus on various topics.

Accepts Gateway, Amerihealth Mercy, other insurances. (Sometimes a waiting list.)

– PARENTS WITHOUT PARTNERS

P. O. Box 302
Emmaus, PA 18049
610-398-3875

An international non-profit agency.

Services: Support, education, family, recreational and adult social activities for single, divorced, separated or widowed parents.

– PINEBROOK SERVICES FOR CHILDREN & YOUTH

402 North Fulton Street
Allentown, PA 18102
610-432-3919

Regular and specialized foster care, intensive treatment program. Support and counseling (by referral) for foster care children and their families. Offers diagnostic, respite, adoption and family preservation programs.

– PROGRAM FOR WOMEN AND FAMILIES

1030 Walnut Street
Allentown, PA 18102
610-433-6556

Works mainly with women involved with criminal justice system and their families as well as others.

Services: Provide a variety of parenting and parent support classes in both counties.

Also provides job readiness training. Has some bilingual services. Runs Parents

Anonymous, self-help groups that meet weekly in both Lehigh and Northampton County.

One support group is in Spanish. Group is free and provides child care.

Parent programs run for 12 weeks. Fee is based on income but is only \$5 or \$10.

COMMUNITY AGENCIES AND PROGRAM (CONT.)

PROJECT CHILD

531 Main Street
Bethlehem, PA 18018
610-954-9561 x40
E-mail: projectchildlv@aol.com
Website: www.projectchildlv.org

Project Child is the child abuse prevention coalition in the Lehigh Valley. It provides public education, professional development, parent support, legislative advocacy and specialized programs in order to prevent child abuse and neglect. Project Child is a program of Valley Youth House. Also runs 8 week parent education classes at a cost of \$40. Can join the 8 week cycle at any time. Call Project Child at 610-954-9561 x37 to register. Parents can call the **Parent Line at 610-691-1200** for free, confidential information, referral and supportive listening.

ST. LUKE'S BEHAVIORAL HEALTH CENTER

Bethlehem
1107 Eaton Avenue
Bethlehem, PA 18018
Outpatient counseling
Takes MA and other insurance
610-954-3012

Counseling for mental health issues. Individual, group and partial program.

TURNING POINT OF THE LEHIGH VALLEY

P. O. Box 5355 (mailing address)
Bethlehem, PA 18015
610-867-6477
610-437-3369 Hotline

Emergency services to victims of family violence. Individual and group counseling for adult and child survivors. Court advocates for protection from abuse orders. Counseling -- individual and group. Short term emergency shelter for female victims of violence and their children. Men are referred elsewhere for shelter. Bilingual staff.

VALLEY YOUTH HOUSE

Administration Offices
829 Linden Street
Allentown, PA 18101
610-820-0166
610-691-1200 24 hour hotline

Valley Youth House has offices in Allentown, Bethlehem and Easton. Counseling for families and youth, family preservation; independent living program for youths on their own (therapy, supervised residence); runaway and homeless youth shelter for ages 12 through 17; student assistance program (SAP) for mental health counseling through Northampton County school districts.

COMMUNITY AGENCIES AND PROGRAM (CONT.)

– YOUTH ADVOCATE PROGRAMS

(2 Offices)

Lehigh County

501 N. 17th Street, Suite 207

Allentown, PA 18104

610-821-4877

Northampton County

65 East Elizabeth Avenue, Suite 1010

Bethlehem, PA 18018

601-865-9111

Provides services to keep youth out of the police and court system, individual case management, counseling and relationships with caring adults for at-risk children and youth. Requirements: You must be referred by Children and Youth or the County Probation Office or Mental Health.

CONSUMER INFORMATION

– BUREAU OF CONSUMER PROTECTION

801 Hamilton Street, 4th Floor

Allentown, PA 18101

610-821-6690

Will assist with complaints of poor quality services or products.

Has bilingual staff (Spanish-English).

– PENN STATE COOPERATIVE EXTENSION

Lehigh County Extension Office

4184 Dorney Park Road

Allentown, PA 18104

610-391-9840

Northampton County Extension Office

Grey Stone Bldg., Gracedale Building

Nazareth, PA 18064

610-746-1970 (Some bilingual staff)

Services provided: Information about nutrition and food safety, budgeting, stress management and parenting. A bilingual newsletter is also available. Information and programs on horticulture, agriculture, farm management and 4H.

DIVORCE

– SEPARATION AND DIVORCE RECOVERY WORKSHOP

First Presbyterian Church

2344 Center Street

Bethlehem, PA 18017

For over 20 years this 12 week series has been offered on Wednesday evenings. Those in attendance include both men and women, the separated, recently or long-divorced, all ages, all faiths, all walks of life.

Topics include: Anger, losses and gains, the church and divorce, living with loneliness/depression, building a new life, money matters, the legal side of divorce, relationships/intimacy/trust, guilt and forgiveness, focus on children.

Fall sessions begin the first Wednesday in October; Spring sessions begin the first Wednesday in April. Cost is \$45.

Contact Kathie for more information at 610-317-6162 x 228.

EMPLOYMENT

– **CAREER LINK**

Allentown (Main Office)

1601 Union Boulevard

Allentown, PA 18109

610-439-1123, | 610-437-5627

Job Services: Job listings, help in finding employment through an internet-based system. To apply for unemployment, phone first. GED classes on site. Job seeker workshops, civil service test site. Apply for training money for those laid off or unemployed.

– **COUNCIL OF SPANISH SPEAKING ORGANIZATIONS (Spanish Council)**

520 E. 4th Street

Bethlehem, PA 18015

610-691-5448 (Services in Spanish and English)

Assistance with seeking employment, information about immigration, legal aid, free HIV testing.

– **HISPANIC AMERICAN ORGANIZATION, INC.**

462 Walnut Street

Allentown, PA 18102

610-435-5334 / Services in Spanish and English

Helps people find employment through a temp agency. Offers GED classes, ESL classes, computer classes. Assists in getting birth certificates.

Provides rental assistance for those who are at risk of being evicted or are homeless.

– **OFFICE OF VOCATIONAL REHABILITATION**

45 N. 4th Street

Allentown, PA 18102

610-821-6441

Serves the Lehigh Valley. A free state of Pennsylvania service for physically or mentally disabled workers who need to re-train for or find new jobs. Call to find out your eligibility; Spanish speaking staff available.

– **PENNSYLVANIA HUMAN RELATIONS COMMISSION**

Harrisburg Regional Office

717-787-9780

Deals with employer/employee disputes, discrimination, etc. (Also race, housing, age, gender discrimination.)

FINANCIAL/MATERIAL ASSISTANCE

– AMERICAN RED CROSS--LEHIGH VALLEY CHAPTER

2200 Avenue A
Bethlehem, PA 18017
610-865-4400

Disaster response, health and safety administration and classes, armed forces emergency communication for family members and Valley Wide help (telephone information line).

– CATHOLIC CHARITIES

530 Union Boulevard
Allentown, PA 18109
610-435-1541

Offers one-time financial assistance with rent or mortgage for Lehigh County residents who meet eligibility criteria.

– CONSUMER CREDIT COUNSELING SERVICE (A DIVISION OF MONEY MANAGEMENT INTERNATIONAL)

3671 Crescent Court East
Whitehall, PA 18052
610-821-4011

Free classes on mortgages, budget basics, retirement, cost-wise use of credit. Also, money management, credit counseling, mortgage assistance information. Spanish-speaking personnel available.

www.moneymanagement.org

– FAMILY ANSWERS (Formerly Family and Counseling Services of the Lehigh Valley)

411 Walnut Street
Allentown, PA 18102
610-435-9651

Fax: 610-435-9654

Offers a ways to work program.

Teaches families budgeting and can provide with a loan. For information and eligibility requirements call Dawn Washington at 484-223-2068

– FAMILY SAVINGS ACCOUNT PROGRAM

Run by the Community Action Committee of the Lehigh Valley, this program matches eligible family's savings (for example, for each \$10 you save, they will add \$10). If you saved \$2,000, they will match it with another \$2,000, up to a total of \$4,000 in savings plus match (over a 2 year period). You can use the money for home buying or repair, car purchase, business start-up, education or child care costs. Call 610-691-5620 or 1-866-847-4565.

FINANCIAL/MATERIAL ASSISTANCE (CONT.)

– **HISPANIC AMERICAN ORGANIZATION, INC.**

462 Walnut Street
Allentown, PA 18102
610-435-5334 / Services in Spanish and English
Helps people find employment through a temp agency. Offers GED classes, ESL classes, computer classes. Assists in getting birth certificates.
Provides rental assistance for those who are at risk of being evicted or are homeless.

– **LEHIGH COUNTY ASSISTANCE OFFICE (DEPARTMENT OF PUBLIC WELFARE)**

101 South 7th Street
Allentown, PA 18101
610-821-6503 or 610-821-6509 Fax: 610-821-6705
Services: Medical assistance, food stamps, cash grants. Employment and training resources. For Energy Assistance, if received last year you automatically will be sent application.
Hours: 7:30 a.m. - 5:00 p.m. Spanish spoken
www.compass.state.pa.us to determine eligibility for programs and to apply.

– **LEHIGH COUNTY CONFERENCE OF CHURCHES**

534 Chew Street
Allentown, PA 18102
610-433-6421
An association of over 150 local churches, the conference has several social service programs. A recent grant funds Homeless Housing Services (HHS) for adults with a mental health or other disability. Their Pathways Program is an emergency service clearing-house for people with housing, food, job and other needs. See Pathways Program. They also sponsor the Linkage Program whose street casework connects homeless people with services. The Conference assists with medical prescriptions for people without resources to fill them. The Conference also has a "Representative Payee" program to assist those on SSI (including children) who need help to manage their income and bills. Call first. Spanish spoken.

– **SALVATION ARMY -- ALLENTOWN**

144 North 8th Street
Allentown, PA 18102
610-432-0129 Spanish spoken
Assistance for medical (prescriptions), energy (gas bills).
Emergency shelter at 344 N. 7th Street

FINANCIAL/MATERIAL ASSISTANCE (CONT.)

SOCIAL SECURITY OFFICE -- Allentown

Hours 9:00 a.m. to 4:00 p.m. Monday through Friday

41 N. 4th Street

Allentown, PA 18102

610-433-3237

TTY: 800-325-0778

Services Provided: Handling all inquiries concerning Social Security

Toll free number for **all** social security offices information is 1-800-772-1213. Operators on duty 7 a.m. - 7 p.m.

Website: www.ssa.gov

UNEMPLOYMENT COMPENSATION

Call 610-821-6735.

This is recorded information about applying for unemployment. You can (eventually) speak to a person. Hours are 7 a.m. to 4:45 p.m. Monday to Friday. You can still submit a UC appeal in person at the Career Link offices:

Allentown: 1601 Union Boulevard

Bethlehem: 2 Bethlehem Plaza (Broad and New Streets), 610-861-2035

Easton: 220 Ferry Street, 610-250-1708 In English and Spanish

www.state.pa.us (keyword: unemployment)

WELFARE HELPLINE

1-800-692-7462

Information regarding financial assistance, medical assistance, food stamps and energy assistance (run by state of PA).

FOOD BANKS AND FOOD RELATED ASSISTANCE

For information on the nearest food bank to you, and on food stamps or other available food resources, call Second Harvest at 610-434-0875 between 7 a.m. and 4 p.m.

ANGEL FOOD MINISTRIES

www.angelfoodministries.com

This program partners with community organizations and churches to distribute food to those in need.

For \$30- you can receive a box of food containing fresh and frozen items worth about twice as much. Food stamps are accepted.

Local host sites:

Calvary Temple

3436 Winchester Rd. (near Target)

Allentown, PA 18104

610-398-3101

Life Church

1401 E. Cedar Street

Allentown, PA 18109

610-434-3117 x19

There is a monthly menu of items available. Orders are taken in the middle of the month. Food is picked up at the end of the month. You must bring a large box to pick up your food. Call each location for details.

FOOD BANKS AND FOOD RELATED ASSISTANCE (CONT.)

BETHEL BIBLE FELLOWSHIP

418 Elm Street
Emmaus, PA 18049
610-965-2682
Hours: Tuesday and Wednesday 10 a.m. - 2 p.m.
Will take emergencies on any day. Should call ahead for an appointment for the Tuesday - Wednesday times

FAITH EVANGELICAL FREE CHURCH

6528 Hamilton Boulevard
Allentown, PA
610-395-4731
Hours: Every Thursday evening 6 - 7:30 p.m. except holidays and the fifth Thursday of the month.
Can come once per month. Need to bring ID. Must meet financial guidelines.

SALVATION ARMY -- ALLENTOWN

144 North 8th Street
Allentown, PA 18102
610-432-0129
Food bank: Monday, Tuesday, Thursday and Friday 9:00 a.m. to 11:45 a.m. and 1 p.m. - 4 p.m.; Wednesday 9 a.m. to 11:45 a.m. Bring social security cards and photo IDs for each person in household as well as proof of income.
Requirement: If you are welfare client, you must have written referral from caseworker. Spanish spoken.

SECOND HARVEST OF THE LEHIGH VALLEY and NE PA

(A Program of The Community Action Committee of the Lehigh Valley, Inc.)
Call here to get info on area food banks.
2045 Harvest Way
Allentown, PA 18104-6793
610-434-0875
Referrals for food assistance to member emergency food pantries and soup kitchens throughout the greater Lehigh Valley. Information on food stamps and WIC program.

WIC -- WOMEN, INFANTS AND CHILDREN PROGRAM

WIC Services: Provides food, juice and formula to eligible families; supplemental food coupons can be used through designated stores. Call for an appointment:

Lehigh Valley WIC Clinic -610-432-3455
824 Hamilton Street, Allentown, PA 18101

Or call 1-800-942-9467 to determine eligibility by phone.

FOOD BANKS AND FOOD RELATED ASSISTANCE (CONT.)

FOOD BANKS -- NON-TRADITIONAL

– JEWISH FAMILY SERVICES FOOD BANK

2004 Allen Street
Allentown, PA 18104
610-821-8722

Hours: 9 a.m. to 5 p.m. Serves those in Lehigh and Northampton counties. Bring proof of income for 1st visit. Can use 1 time per month. Also gives infant formula. Call in advance for an appointment, before your first visit. This is also a Kosher food pantry.

FOOD BANKS -- SOUP KITCHENS

– ST. PAUL'S LUTHERAN CHURCH

8th and Walnut Streets
Allentown, PA 18102
610-435-9065

Soup Kitchen -- Tuesday, Wednesday and Thursday, Lunch (noon - 1 p.m.) Enter on left of church building off 8th Street. All are welcome. Sundays and holidays: Breakfast/hot meal 8:00 a.m. - 9:30 a.m.

HEALTH RESOURCES

– ALLENTOWN WOMEN'S CENTER

1409 Union Boulevard (rear entrance)
Allentown, PA 18109
610-770-9077 or 1-877-342-5292

www.allentownwomenscenter.com

Gynecological and abortion services (including emergency "morning after" pill); call for appointment. Mon.-Thurs., 9 a.m. - 5 p.m., Friday 8 a.m. 4 p.m. Sat. 9 a.m. - 2 p.m. Takes BC/BS for all services; reduced abortion cost for those on Medical Assistance and students. Accepts most insurances. (Also offers non-surgical abortion.)

– AMERICAN HEART ASSOCIATION

212 East Broad Street
Bethlehem, PA 18018
610-867-0583

www.americanheart.org

Early detection/prevention of cardiovascular illness. Free literature on heart disease and stroke. Speaker's bureau for meetings, free CPR training offered at times. Sponsors annual "Heart Walk" in the fall.

HEALTH RESOURCES (CONT.)

- **AMERICAN LUNG ASSOCIATION OF PA**
2121 City Line Road
Bethlehem, PA 18017
610-867-4100
www.alapa.org
Support services for children and adults with lung diseases; Camp “ACE” summer camp for children with asthma ages 6-11; camp scholarship aid available. Also sponsors annual asthma walk and dance.

- **CARE-NET PREGNANCY CENTERS OF THE LEHIGH VALLEY (was Crisis Pregnancy Center)**
1034 Hamilton Street
Allentown, PA 18101
610-821-4000
Services: Free pregnancy testing, counseling, parenting, budget counseling, referrals for other needs, baby items. Does not refer for abortion. One hour appointments.

- **COUNCIL OF SPANISH SPEAKING ORGANIZATIONS (SPANISH COUNCIL)**
520 East 4th Street
Bethlehem, PA 18015
610-691-5448
Free HIV testing, health screenings.

- **MARCH OF DIMES FOUNDATION**
1031 W. Linden, Suite 104
Allentown, PA 18102
610-439-7420
March of Dimes is a non-profit foundation dedicated to “improve the health of babies by preventing birth defects and infant mortality.” They raise funds and provide educational materials on topics like diet in pregnancy (“Eating for Two”), vaccinations, smoking and pregnancy, and newborn care.

- **LEHIGH COUNTY STATE HEALTH CENTER**
3730 Lehigh Street, Suite 206
Whitehall, PA 18052
610-821-6770
610-821-6564 (fax)
Immunization only. For non-insured children. A \$5.00 donation will be requested but can be waived. Clinic hours: Immunizations once a month 9:00 a.m. to 11:30 a.m.
BY APPOINTMENT ONLY
Talk to Diane to set up free Doctor appointments for uninsured.

- **LEHIGH VALLEY HOSPITAL HEALTH HOTLINE**
610-402-2273 (“CARE”) Monday through Friday 8:00 a.m. to 4:30 p.m.
Find out about health/pregnancy, other classes, support groups, doctor referrals, and second opinions. For both Lehigh Valley and Muhlenberg Hospitals.

HEALTH RESOURCES (CONT.)

LEHIGH VALLEY HOSPITAL - SERVICES FOR ADULTS WITHOUT INSURANCE

17TH and Chew Street, Suite 101
Allentown, PA
610-969-4370

A clinic that will provide health services for adults.

Also, contact the hospital financial assessment department at 610-969-2394. They will work with you to determine whether you are eligible for free medical services or a sliding fee scale.

PLANNED PARENTHOOD OF NORTHEAST PA

29 N. 9th Street
Allentown, PA 18102
610-439-1033

This clinic provides contraceptives and reproductive health services, counseling, walk-in pregnancy testing and morning after pill, male and female sexually transmitted disease testing, premenopausal and menopausal exam, test and treatment.

Cost: MA accepted, sliding fee scale, other insurance. Call first for hours.

www.plannedparenthood.org

HEALTH RESOURCES

Health Insurance Plans:

ADULT BASIC HEALTH INSURANCE

1-800-462-2742 (adult basic help line)

1-800-414-9025 (Unison) or 1-800-464-5437 (Blue Cross/Blue Shield) or 1-800-GO-BASIC

Adults ages 19-64 who are uninsured, but whose income is too high for Medical Assistance, may be eligible for AdultBasic. This is a health plan funded by the State of Pennsylvania that costs \$30/mo. (\$360/year) for individual preventive, doctor, hospital, lab tests and emergency medical care. It is run just like a regular health insurance plan. There are limited funds for this program so there is a waiting list for new applicants.

Note: If you are eligible and on waiting list for AdultBasic, you can purchase health insurance for \$290/month, until you go on it (then it will be \$30/month).

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

1-800-986-KIDS (5437)

If you are a working parent who needs health coverage for your children, but you make too much for Medical Assistance to cover them, apply for CHIP! This is a health insurance plan that now covers all uninsured children.

MEDICAL ASSISTANCE

The Medical Assistance Program (Access) is now a managed care system called "Health Choices." To apply for Medical Assistance (ACCESS) for yourself and/or your family, you must visit or call the County Assistance Office (Welfare Office). For Lehigh County residents, call 610-821-6503.

HEALTH RESOURCES

Medical Providers:

- **MEDICAL ASSISTANCE (Amerihealth Mercy, Gateway or Unison)**
Call the number on your card for current information about doctors, dentists, ophthalmologists, etc. in your area. Covered by your insurance.

HEALTH RESOURCES

Dental Providers:

- **ALLENTOWN HEALTH BUREAU**
245 N. 6th Street
Alliance Hall
Allentown, PA 18102
610-437-7754
For children 3-18 years old - Valley Wide Smile
For children without dental coverage will refer to local dentists who will provide services at a reduced cost.
How quickly a child is seen depends on the urgency of the situation.

HEALTH RESOURCES

Optometrist (eye doctor):

- **ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED**
614 N. 13th Street
Allentown, PA 18102
610-433-6018
Utilize local optometrists and ophthalmologists to do evaluation for individuals who qualify. Federal poverty guidelines are used to determine eligibility. Can also assist with obtaining glasses if income eligible.
Call for an application.

HEALTH RESOURCES

Prescription Assistance:

- **LEHIGH COUNTY CONFERENCE OF CHURCHES**
534 Chew Street
Allentown, PA 18102
610-433-6421
Helps in emergency/crisis situation with a medical prescription cost. Call first.
- **LEHIGH COUNTY PRESCRIPTION DISCOUNT CARD**
Pick up a card at Lehigh County Government Center, 17 S. 7th St., Allentown, or locally at 21 Locust Street, Macungie Borough. Most drugstores accept the card -- it covers what insurance doesn't cover. Call the government Center for more details at 610-782-3200.

HEALTH RESOURCES –prescription (cont.)

– **PARTNERSHIP FOR PRESCRIPTION ASSISTANCE-PA**

Connects qualified low-income people with discount or free prescription drugs, direct from the medicine manufacturer. Go on line at www.pparxpa.org or call 1-888-477-2669. **HEALTH RESOURCES (CONT.)**

– **SALVATION ARMY OF ALLENTOWN**

144 North 8th Street
Allentown, PA 18101
610-432-0129

HOUSING

Emergency and Transitional Shelters:

– **ALLENTOWN RESCUE MISSION**

355 Hamilton Street
Allentown, PA 18101
610-740-5500

Provides housing for males in crisis, homeless. Bilingual staff person (Spanish-English) available at times.

Website: www.allentownrescuemission.org

– **THE BEALL AND LINNY FOWLER HOSPITALITY HOUSE OF THE SALVATION ARMY**

344 N. 7th Street
Allentown, PA 18102
610-432-0128

Emergency shelter for women and children. (Bilingual staff available Spanish-English). Also transitional housing longer term.

– **NEW BETHANY MINISTRIES**

337 Wyandotte Street
Bethlehem, PA 18015
610-691-5602

Offers short-term transitional housing and supportive services for homeless families in individual rooms for up to six months. Come in to apply; there is a waiting list. Also runs the Mollard Hospitality Center, offering hot showers, breakfast and lunch, employment assistance and counseling, also use of phone and mailing address. Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday.

Website: www.newbethanyministries.org

HOUSING

Home Buying Programs:

- **ALLIANCE FOR BUILDING COMMUNITIES (ABC)**
830 Hamilton Street
Allentown, PA 18101
610-439-7007 Extension 24
Fax: 610-439-7888
www.allianceforbuildingcommunities.org
A home buying program for lower income people and families. ABC assists them to become homeowners by providing fully rehabilitated homes at affordable prices. They counsel and walk you through the home buying process. ABC also offers rental housing. Has Spanish speaking staff.

- **COMMUNITY ACTION COMMITTEE OF THE LEHIGH VALLEY, INC. (CACLV)**
1337 E. 5th Street (Forte Building)
Bethlehem, PA 18015
610-691-5620
Runs free first-time home-buying classes three Saturdays and counseling programs on completion of program, can assist with home-buying cost. Publishes Right Stuff About Renting (a free booklet) and answers questions on renter's issues. Call 610-691-5620, ext. 2038 to obtain this booklet.

- **RURAL DEVELOPMENT**
2211 Mack Boulevard
Allentown, PA 18103
610-791-9810 (Press "4" for this program)
This is a U.S. Department of Agriculture program with income limits. Helps with loans for purchase of a home in the Lehigh Valley rural areas and also not so rural areas -- call for information. Seminar to help understand the buying of homes with this program. For singles and families.

HOUSING

Rental Assistance:

- **CATHOLIC CHARITIES**
530 Union Boulevard
Allentown, PA 18109
610-435-1541
Hours 8:30 a.m. to 4:30 p.m. Monday through Friday or by appointment. Rent assistance and budget counseling.

- **HISPANIC AMERICAN ORGANIZATION**
462 Walnut Street
Allentown, PA 18102
610-435-5334
Rental assistance to those eligible (when funds are available).

HOUSING (CONT.)

- **LEHIGH COUNTY CONFERENCE OF CHURCHES/PATHWAYS PROGRAM**

534 Chew Street
Allentown, PA 18102
610-433-6421

Phone counseling and walk-in emergency services to those in need of food, housing, with utility problems, anyone needing advocacy for basic needs.

9:30 a.m. to 12 noon Monday through Friday. Appointments in afternoon.

Housing case management for homeless or about-to-be-homeless families, rental assistance funds. For Lehigh County residents only. Bilingual staff available.

– **LEHIGH COUNTY HOUSING AUTHORITY/VALLEY HOUSING DEVELOPMENT CORPORATION**

333 Ridge Street
Emmaus, PA 18049
610-433-2312

Subsidized housing for those who meet low-income guidelines. Call for an application.

LEGAL SERVICES

– **NORTH PENN LEGAL SERVICES LEHIGH VALLEY OFFICE**

65 East Elizabeth Avenue, Suite 800
Bethlehem, PA 18018
610-317-8757

Free Legal services for low-income families. Open 9:00 a.m. to 5:00 p.m. Monday through Friday. Call to schedule appointment. Unemployment compensation issues, social security issues, some custody, foreclosures, representation for PFA hearing, custody workshops offered every month. Assistance in evictions and bankruptcy. Problems with welfare rules? If you think you were denied benefits without good cause--call them. Bilingual staff available.

SERVICES FOR THE DISABLED

– **THE ARC OF LEHIGH AND NORTHAMPTON COUNTIES**

2289 Avenue A
Bethlehem, PA 18017 (in the Lehigh Valley Industrial Park #1 across from the LV Airport)
610-849-8076
Fax: 610-849-6202

ARC is a non-profit agency dedicated to helping Lehigh Valley children and adults with mental retardation to become active, vocal, skilled members of the community. Programs include: adult training, including pre-vocational skills. Their Family Resource Center has library materials to check out on a range of disability topics. ARC also has a youth and adult advocate to help with school, transportation and other issues.

SERVICES FOR THE DISABLED (CONT.)

ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED

614 North 13th Street - Lehigh County
Allentown, PA 18102-9947
610-433-6018

Also serves Palmerton area.

Social services: Transportation, counseling, care, glasses and eye care help for people who are not able to pay. Job readiness services. Rehabilitation, orientation and mobility instruction.

Requirements: Lehigh County residents

Hours: Monday through Friday 8:30 a.m. to 4:30 p.m.

BUREAU OF BLINDNESS AND VISUAL SERVICES--OFFICE OF VOCATIONAL REHABILITATION

300 "G" Laird Street
Wilkes Barre, PA 18702
1-570-826-2361
1-570-826-2538 (fax)

Services provided: vocational rehabilitation, employment services to all ages.

Specialized services: social workers, independence/self sufficiency services (will refer for own area). Covers 15 counties.

CARBON LEHIGH INTERMEDIATE UNIT #21

4210 Independence Drive
Schnecksville, PA 18078
610-799-4111

Fax: 610-769-1287

Preschool (ages 3 to 5) early intervention, education and evaluations, therapy. Speech therapy and behavior management. Also provides programs to meet special education needs of public school students (for example: support programs for deaf, hearing impaired, blind and speech and language support).

CENTER FOR INDEPENDENT LIVING

Allentown, PA 18101
610-770-9781

Helps individuals with disabilities to find housing; helps qualify people for Section 8 housing. Assists individuals to make home handicapped-accessible (known as Access Lehigh Valley). Provides sign language interpreter services. Call for information. Helps connect people to sports and recreation opportunities open to those with disabilities. Offers sign language interpreter and sign language classes. Advocate available for those with disability related issues, consumer needs.

EARLY INTERVENTION 0 - 3

Lehigh County: 610-782-3125; new referrals: 610-782-3200

All referrals go to the County Early Intervention program. Serves children from 0 to 3 years of age with developmental delays (medical/physical/cognitive).

SERVICES FOR THE DISABLED (CONT.)

EASTER SEALS OF EASTERN PA

1503 N. Cedar Crest Boulevard, Suite 317
Allentown, PA 18104
610-289-0114

Services to physically and developmentally delayed children. Services include occupational therapy, physical therapy, speech therapy and hearing therapy.

EDUCATION LAW CENTER

1315 Walnut Street, Suite 400
Philadelphia, PA 19107
215-238-6970

Website: www.elc-pa.org

Focuses on the rights of children in the public school system and Early Intervention Services; offers bilingual services; Spanish speaking staff.

GOOD SHEPHERD

501 St. John Street
Allentown, PA 18103
610-776-3270

A variety of medical evaluations and therapy services for those with physical or mental disability. Need to be referred by a doctor/agency.

MERCY SPECIAL LEARNING CENTER

830 South Woodward Street
Allentown, PA 18103
610-797-8242

Accredited day school for mentally handicapped individuals age infant to 21. Now also state licensed for over 21 year old program services.

PARENT TO PARENT OF PENNSYLVANIA, SPECIAL KIDS NETWORK AND RECREATION AND LEISURE LINE

1-800-986-4550

Linking Families and Friends of Children and Adults with Special Needs

Information and referral services for child's mental or physical needs. Support groups, parent support groups, insurance and funding. Information and recreation activities. Offers info on Camperships (camp scholarships). Makes arrangements for special equipment.

VIA (formerly UNITED CEREBRAL PALSY OF THE LEHIGH VALLEY & LARC)

336 West Spruce Street
Bethlehem, PA 18018
610-317-8000

Programs for children and adults with developmental or physical disabilities. For children: Provides early intervention services, ages birth - 3. Occupational, physical, speech therapy and special instruction. Offers referrals for inclusive child care services. For adults: Job placement, group homes, self-help skills training. Supportive services for adults with developmental disabilities residing in nursing homes.

SUBSTANCE ABUSE SERVICES

- **AL-ANON-ALATEEN**
 610-778-2066
 Provides an updated listing of support groups in the Lehigh Valley for relatives and friends of alcoholics.

- LOCAL AL-ANON GROUP**
Teens are welcome to join this group.
 7-9 p.m. Sundays
 Nativity Lutheran
 4004 W. Tilghman Street
 Allentown, PA
 Contact person: Eleanor at 610-782-9386
 (There is no Alateen group in this geographical area.)

- **ALCOHOLICS ANONYMOUS SUPPORT GROUPS**
 610-882-0558
 Call for listing of support groups in the Lehigh Valley. They have a Spanish-speaking AA group.

- **COALITION FOR A SMOKE-FREE VALLEY**
 610-402-2273
 The Coalition for a Smoke-Free Valley is a broad-based community coalition dedicated to reducing tobacco use in the Lehigh Valley by promoting advocacy and providing education, training and support services. Has Spanish-speaking staff.

- **CONFRONT**
 1130 Walnut Street
 Allentown, PA 18102
 610-433-0148
 Treatment for drug and alcohol abuse. Offers a 10-week conflict resolution/anger management class for adolescents to adults. Prevention and intervention services. Counseling for children for sexual abuse. Drug and alcohol counseling for adolescents/adults. Private insurance is not accepted. Medical assistance is accepted.

- **COUNCIL ON ALCOHOL AND DRUG ABUSE (CADA)**
 1031 West Linden Street, Suite 202
 Allentown, PA 18102
 610-437-0801

Bethlehem Office:
 502 E. 4th Street
 Bethlehem, PA 18015
 610-814-3108

Outpatient services, individual and groups. Prevention services for chemically dependent persons and their families. Hours: Monday through Thursday 9:00 a.m. to 8:30 p.m., Friday 9:00 a.m. to 4:30 p.m. Takes MA and cash, also accepts county-funded individuals. Sliding fees for Lehigh and Northampton County residents. Also DUI services. Have Spanish-speaking staff.

SUBSTANCE ABUSE SERVICES (CONT.)

– LEHIGH VALLEY DRUG AND ALCOHOL INTAKE UNIT/ADOLESCENT CENTRAL INTAKE UNIT

29 South Law Street, 3rd Floor
Allentown, PA 18101
610-432-2228

The adolescent unit provides behavioral health assessments to evaluate the risk level and determine the needs of the student and facilitate an appropriate referral. The Intake Unit also serves as the liaison to the Student Assistance Teams. Assessments can take place in school or at the Intake office.

The adult unit functions as the gateway to treatment for all alcohol or drug troubled residents of Lehigh County. Appointments for assessments and referrals to treatment are obtainable by phone or walk-in.

TRANSPORTATION

– LANTA-METRO

Route Information
1201 West Cumberland Street
Allentown, PA 18103
610-776-7433 or 435-3646

www.lantabus.com

Hours: Monday through Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 1 p.m.

Route Information
3610 Nicholas Street
Easton, PA 18042
610-258-0479

– METRO PLUS

1060 Lehigh Street
Allentown, PA 18103
610-432-3200

Specialized transportation for individuals with physical, cognitive or mobility limitations prohibiting them from utilizing LANTA's fixed route bus service. Must complete an application first to determine eligibility. Call the Metro Plus phone number to obtain an application.

– VAST (VALLEY ASSOCIATION FOR SPECIALIZED TRANSPORTATION)

430 Allentown Drive
Allentown, PA 18109
610-821-1061 (office) or 610-433-7334

Assists in providing transportation for elderly and disabled people. Private pay rate. You must register first with LANTA-METRO at 610-432-3200.

– WAYS TO WORK PROGRAM

Call 484-223-2068

Provides loans to help families with used car purchases or car repairs. You must have a child, and be employed or be in school (post high school).

Another car resource: If you are on public assistance ("cash," TANF) or were on it and need a used car, or to repair your car for work, call your former TANF caseworker to ask about their car or car repair assistance.

UTILITIES

– **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

Lehigh County: 610-821-6702

Northampton County: 610-250-1743

Assistance with oil, gas, electric heat bills; must meet guidelines, referrals to agencies, applications starting in October/November. (Phone answered October - April)

Note: If you received fuel assistance through this program last year, you will be mailed an application this year.

– **PENNSYLVANIA PUBLIC UTILITY COMMISSION**

1-800-692-7380

Investigate termination of utilities. Within 24 hours service may be turned back on. For telephone company complaints or concerns: 1-800-782-1110. For electric, gas or water bill problems? Call local company first, then if unresolved, call this agency.

– **PPL CARES PROGRAM / PPL ON TRACK**

Lehigh and Northampton County: 1-800-342-5775

Monday through Friday 8:00 a.m. to 5:00 p.m. Will assist with electric bills during hardships. Income and living expenses are compared to determine eligibility for program.

– **PPL WRAP PROGRAM**

877-342-5972 or 1-800-342-5775 (and press 0) (ask for weatherization or WRAP program). Weatherization assistance to lower your heat bills, for low-income customers.

– **SALVATION ARMY -- ALLENTOWN**

144 North 8th Street

Allentown, PA 18101

610-432-0129

Assistance with gas bills (UGI). Has Spanish speaking staff.

– **TELEPHONE BILLS/INSTALLATION ASSISTANCE**

If you receive public assistance (TANF), food stamps, SSI or Medical Assistance, you may be eligible for help with your local phone bill. Call 1-800-771-3312 (helps with past due Verizon bills) or your local phone company.

– **UGI UTILITIES, INC.**

Website: www.ugi.com

1-800-UGI-WARM (1-800-844-9276)

There are a variety of programs available to assist low income families. Go to website or call for more information.

– **VERIZON (was BELL OF PA)**

Information: 1-800-734-0820 (English)

1-800-479-0305 (Spanish)

Lifeline phone installation/service for low-income, call 1-800-640-4155

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