# AGENCY LISTINGS

What follows are agencies and services available in the Capital Region to help people who need assistance during tough times. We have attempted to keep the information accurate and up to date. However, if you have any problems, we suggest you call CONTACT Helpline at 652-4400.

## BASIC NEEDS

### Clothing:
- Bethesda Mission (M-Su/9 a.m. - 5:30 p.m.) .................................................. 257.4440
- Goodwill Keystone Area (M-F/8 a.m. - 4 p.m.) ................................................ 232.1831
- Salvation Army (M, T, Th, F/9 a.m. - noon & 1 - 2 p.m.) ......................... 233.6765
- Shining Light Thrift Shop (W-F/9:30 a.m. - 5 p.m.; Sat/9:30 a.m. - 4 p.m.) .... 234.2436

### Baby Formula and Other Nutritional Items for Children:
- Women, Infants and Children's Program — Cumberland/Perry .......................... 243.0523
  (M/W/8:30 a.m. - 6:30 p.m., T-Th/8 a.m. - 4 p.m. & F/8 a.m. - 2:30 p.m.)
- Women, Infants and Children's Program — Dauphin County ............................ 800.942.9467
  (M-F/8 a.m. - 5 p.m.)

### Food:
- American Red Cross — Middletown (M-F/9 a.m. - 2:30 p.m.) ......................... 948.3060
- American Red Cross of the Susquehanna Valley ............................................. 234.3101
  (M-F/8:30 a.m. - 4:30 p.m.)
- Central PA Food Bank (complete list of food pantries and soup kitchens) .... 564.1700
  (M-F/8 a.m. - 4:30 p.m.)
- Christian Churches United (M, T, Th, F/9 - 11 a.m. & 1 - 3 p.m. & W/9 - 11 a.m.) 232.4965
- La Casa De Amistad of Christian Churches United .......................................... 236.3279
  (M, T, Th, F/9 - 11 a.m. & 1 - 3 p.m./closed W)
- Pennsylvania Hunger Action Center (Food Stamp Outreach) .......................... 800.634.2033
  (M-F/9 a.m. - 5 p.m.)
- Perry County Assistance Office (M-F/8 a.m. - 5 p.m.) .................................. 800.991.1929
- Salvation Army (By appointment only.) ......................................................... 232.4965
- Upper Dauphin Human Services (M-F/9 - 11 a.m. & 1:30 - 3:30 p.m.) ............. 362.3321

### Shelter:
- Bethesda Mission (M-Su/9 a.m. - 5:30 p.m.) ................................................. 257.4440
- Christian Churches United (M, T, Th, F/9 - 11 a.m. & 1 - 3 p.m. & W/9 - 11 a.m.) 232.4965
- Cumberland County Coalition Shelter (M, T, Th, F/8 a.m. - noon & 1 - 4 p.m.) .... 238.2851
- Interfaith Shelter (Call for hours) ................................................................. 236.6783
- Perry Human Services (M, W, F/8 a.m. - 4 p.m.; Tu, Th/8 a.m. - 8 p.m.) ........ 582.8703
- Salvation Army (M, T, Th, F/9 a.m. - noon & 1 - 2 p.m.) ............................ 233.6755
- Shalom House — Office (M-Su/24 hours) ....................................................... 232.3482
- Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.) .................................. 362.3321
- YWCA of Greater Harrisburg (M-F/8 a.m. - 5 p.m.) ..................................... 724.4834
AGENCY LISTINGS

Fuel:
American Red Cross — Middletown (M-F/9 a.m. - 2:30 p.m.) ........................................ 948.3060
American Red Cross of the Susquehanna Valley (M-F/8:30 a.m. - 4:30 p.m.) ........... 234.3101
CARES PP&L (M-F/8 a.m. - 5 p.m.)................................................................. 800.358.6623
Christian Churches United (M,T,TH,F/9 - 11 a.m. & 1 - 3 p.m. & W/9 - 11 a.m.) ... 232.4965
Cumberland County Assistance Office (M-F/7 a.m. - 5 p.m.).................................. 800.269.0173
Dauphin County Assistance Office (M-F/7:30 a.m. - 5 p.m.)...................................... 800.788.5616
New Hope Ministries, Inc. (M-F/9 a.m. - 4 p.m.).................................................... 432.3053
Perry County Assistance Office (November to March) (M-F/8 a.m. - 5 p.m.) ......... 800.991.1929
UGI Utilities (Natural gas only)................................................................................. 800.276.2722
Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.) ........................................... 362.3321

Furniture:
Goodwill Keystone Area (M-F/8 a.m. - 4 p.m.)....................................................... 232.1831
Salvation Army (M,T,TH,F/9 a.m. - noon & 1 - 2 p.m.) ........................................... 233.6755

Rent & Other Housing Assistance:
Emergency Mortgage Assistance Program (M-F/8 a.m. - 5 p.m.) ......................... 800.342.2397
The Fair Housing Council (M-TH/9:30 a.m. - 4 p.m.).................................................. 238.9540
Christian Churches United (M,T,TH,F/9 - 11 a.m. & 1 - 3 p.m. & W/9 - 11 a.m.) ... 230.9550
Housing Authority of Harrisburg (M-F/8:30 a.m. - 4:30 p.m.)................................. 232.6781
Housing Authority of Cumberland County (M-F/8 a.m. - 5 p.m.)............................... 249.0789
Housing Authority of Dauphin County (M-F/9 a.m. - 5 p.m.).................................... 938.9301
PA Housing Finance Agency (M-F/8 a.m. - 5 p.m.).................................................. 780.3800
Perry County Rental Assistance Program (M-W/8 a.m. - 11:30 a.m. or by appt.) .... 582.8853
Perry Human Services (T,TH,F/8 a.m. - 8 p.m.)..................................................... 582.8703
Salvation Army (M,T,TH,F/9 a.m. - noon & 1 - 2 p.m.) ........................................... 233.6755
Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.) ........................................... 362.3321

Financial Counseling and Assistance
Financial/Budget Management: Bethesda Mission .................................................. 257.4440
(M-Su/8 a.m. - 5:30 p.m.)
Community Action Commission - Harrisburg (M-F/9 a.m. - 5 p.m.) ....................... 232.9757
Cumberland County Assistance Office (M-F/7 a.m. - 5 p.m.).................................. 240.2700
Dauphin County Assistance Office (M-F/7:30 a.m. - 5 p.m.)..................................... 800.788.5616
The Fair Housing Council (M-TH/9:30 a.m. - 4 p.m.).................................................. 238.9540
Perry County Assistance Office (M-F/8 a.m. - 5 p.m.)............................................... 800.991.1929
Perry Human Services (T,TH/8 a.m. - 8 p.m.)......................................................... 582.8703
Salvation Army (M,T,TH,F/9 a.m. - noon & 1 - 2 p.m.) ........................................... 233.6755
Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.) ........................................... 362.3321
<table>
<thead>
<tr>
<th>AGENCY LISTINGS</th>
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<tbody>
<tr>
<td><strong>JOB RETRAINING/PREPARING FOR A BETTER JOB</strong></td>
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<tr>
<td>Academy of Medical Arts and Business (M-Th 8 a.m. - 9 p.m. &amp; F 8 a.m. - 5 p.m.) ... 800.400.3322</td>
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<tr>
<td>Center for Education, Employment &amp; Entrepreneurial ............................................. 724.2158</td>
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<tr>
<td>Development (Call for hours) .....................................................................................</td>
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<tr>
<td>Dixon University Center (M-Th 8:30 a.m. - 6:30 p.m. &amp; F 8:30 a.m. - 4:30 p.m.) ........ 720.4080</td>
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<tr>
<td>Goodwill Keystone Area (M-F 8 a.m. - 4 p.m.) ....................................................... 232.1831</td>
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<td>Harrisburg Area Community College (Call for hours) ........................................... 780.2300</td>
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<tr>
<td>Manpower (M-F 7:30 a.m. - 5 p.m.) ................................................................. 540.6000</td>
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<td>Penn State Harrisburg (Call for hours) .............................................................. 948.6000</td>
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<tr>
<td><strong>CareerLink (M-F 8 a.m. - 4:30 p.m.)</strong> ................................................................. 800.692.7328</td>
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<tr>
<td>Temple University (Call for hours) ................................................................. 232.6400</td>
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<tr>
<td>Tri-County OIC ........................................................................................................ 238.7318</td>
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<tr>
<td>Potential Re-entry Opportunities in Business and Education (PROBE) (M-F 8 a.m. - 5 p.m.) .......... 939.2260</td>
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<tr>
<th>EMPLOYMENT OPPORTUNITIES</th>
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<tr>
<td>American Association of Retired Persons (AARP) (M-F 9 a.m. - 5 p.m.) .................. 866.389.5654</td>
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<tr>
<td>CareerLink — Capital Region (M-F 8 a.m. - 4:30 p.m.) ....................................... 783.3270</td>
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<tr>
<td><strong>CareerLink — Carlisle (M-F 8 a.m. - 4:30 p.m.)</strong> ........................................... 243.4431</td>
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<tr>
<td>Federal Information Center (M-F 9 a.m. - 5 p.m.) ........................................... 800.688.9889</td>
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<td>Jacobson Companies ......................................................................................... 800.867.3914</td>
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<tr>
<td>Manpower (M-F 7:30 a.m. - 5 p.m.) ................................................................. 540.6000</td>
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<tr>
<td>Potential Re-entry Opportunities in Business and Education (PROBE) .................. 939.2260</td>
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<tr>
<td>(M-F 9 a.m. - 5 p.m.) .....................................................................................</td>
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<tr>
<td>UPS - upsjobs.com (M-F 8 a.m. - 5 p.m.) ........................................................... 986.8551</td>
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<tr>
<th>LEGAL ASSISTANCE</th>
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<tbody>
<tr>
<td>American Civil Liberties Union (Answering Service) ................................... 238.2258</td>
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<tr>
<td>MidPenn Legal Services — Cumberland County (M-F 8:30 a.m. - 4:30 p.m.) .... 800.822.5288</td>
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<tr>
<td><strong>MidPenn Legal Services — Dauphin &amp; Perry Counties</strong> .................................... 800.932.0356</td>
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<tr>
<td>(M-F 8:30 a.m. - 4:30 p.m.) ...........................................................................</td>
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<tr>
<td>PA Lawyer Referral Service (M-F 8 a.m. - 4:30 p.m.) ....................................... 800.692.7275</td>
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<tr>
<th>COUNSELING SERVICES</th>
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<tr>
<td>Bethany Counseling Ministry (M-F 8:30 a.m. - 4 p.m. &amp; T, Th by appointment only) ........ 236.6083</td>
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<tr>
<td>Capital Area Intermediate Unit (M-F 7:30 a.m. - 4:15 p.m.) .............................. 732.8400</td>
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<tr>
<td>Catholic Charities — Capital Region Counseling (M-F 8:30 a.m. - 5 p.m.) .............. 233.7978</td>
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<tr>
<td>Holy Spirit Community Mental Health Center (M-Su/24 hours) ................................ 765.2219</td>
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<tr>
<td>Jewish Family Service of Harrisburg (M-F 9 a.m. - 5 p.m.) .................................. 233.1681</td>
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<tr>
<td>Pennsylvania Psychiatric Institute (M-F 8 a.m. - 5 p.m.) ................................... 221.6200</td>
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<tr>
<td>Diakon Lutheran Social Ministries (M-Th 8:30 a.m. - 9 p.m. &amp; F 8:30 a.m. - 5 p.m.) ... 798.0300</td>
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<tr>
<td>The Stevens Center (M-W 8 a.m. - 7 p.m., Th 8 a.m. - 8 p.m. &amp; F 8 a.m. - 5 p.m.) .......... 243.6033</td>
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<tr>
<td>Pressley Ridge (M,W,F 8:30 a.m. - 5 p.m. &amp; T, Th by appointment only) .................... 238.8118</td>
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AGENCY LISTINGS

HEALTH AND MEDICAL INFORMATION AND ASSISTANCE

American Association of Retired Persons (AARP) (M-F/8 a.m. - 5 p.m.) .................. 866.389.5654
Community Check-up Center of South Harrisburg, Inc. (M-F/8 a.m. - 4:30 p.m.) ........ 233.1700
Children's Health Insurance Program (M-F/8 a.m. - 4:30 p.m.; Sat/9 a.m. - 3 p.m.) ... 800.986.KIDS
Clinic Services of Carlisle Hospital (M-F/8 a.m. - 4 p.m.).......................... 216.6670
CONTACT Helpline (M-Su/24 hours) .......................................................... 652.4400
Duncannon Family Health Center (M-Th/8 a.m. - 8 p.m. & F/8 a.m. - 4 p.m.) ....... 834.3108
Hamilton Health Center ................................................................. 232.9971
Health Care Referral Center, Holy Spirit Hospital (M-F/8 a.m. - 4:30 p.m.) ............. 800.442.4060
Healthy Babies Helpline (M-Su/8 a.m. - 6 p.m.)........................................ 800.986.2229
Healthy Kids Helpline (M-Su/8 a.m. - 6 p.m.)........................................... 800.986.5437
Pinnacle Health Infant Development Program (M-F/8 a.m. - 4:30 p.m.) ................. 782.6980
Mental Health Association (M-F/8:30 a.m. - 4 p.m.).................................... 957.4263
PA Department of Health (M-F/8:30 a.m. - 4:30 p.m.) .................................. 877.724.3258
Planned Parenthood ............................................................................. 234.2479
(M/W/8:30 to 7:30 p.m., Th/9 - 11 a.m. & 1 - 5 p.m. & T, Th/F/8:30 a.m. - 4:30 p.m.)
Women, Infants, & Children .............................................................. 230.3950

DRUG AND ALCOHOL INFORMATION AND HELP

Alcoholics Anonymous (M-Su/24 hours) ...................................................... 234.5390
Cocaine Hotline, Federal Substance Abuse (M-Su/24 hours).............................. 800.662.HELP
Cumberland County Drug and Alcohol ................................................... 240.6300
Dauphin County Department of Drug and Alcohol Services ......................... 635.2254
(M-F/8 a.m. - 4:30 p.m.)
Gaudenzia, Inc. (M-Th/9 a.m. - 9 p.m. & F-S/9 a.m. - 5 p.m.) ......................... 233.3424
Holy Spirit Drug and Alcohol Services (M-F/8 a.m. - 5 p.m.) ......................... 763.2366
Narcotics Anonymous (M-Su/24 hours) .................................................... 233.3733
Perry Human Services (T, Th/8 a.m. - 8 p.m.) ............................................ 662.8703
Salvation Army Adult Rehabilitation Center (M-F/8 a.m. - 4 p.m.) ................. 541.0203
State Health Hotline (M-F/8 a.m. - 4:30 p.m.) ........................................... 877.724.3258
The Stevens Center .............................................................................. 243.6033
(M-W/8 a.m. - 7 p.m., Th/8 a.m. - 8 p.m. & F/8 a.m. - 5 p.m.)