

# 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.) .....	233.6755
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
<i>(M/8:30 a.m. - 6:30 p.m., T-Th/8 a.m. - 4 p.m. &amp; F/8 a.m. - 2:30 p.m.)</i>	
Women, Infants and Children's Program — Dauphin County .....	800.942.9467
<i>(M-F/8 a.m. - 5 p.m.)</i>	

### 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
<i>(M-F/8:30 a.m. - 4:30 p.m.)</i>	
Central PA Food Bank (complete list of food pantries and soup kitchens) .....	564.1700
<i>(M-F/8 a.m. - 4:30 p.m.)</i>	
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
<i>(M, T, Th, F/9 - 11 a.m. &amp; 1 - 3 p.m./closed W)</i>	
Pennsylvania Hunger Action Center (Food Stamp Outreach) .....	800.634.2033
<i>(M-F/9 a.m. - 5 p.m.)</i>	
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, Tu, Th, Fr/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. - 4p.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

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### 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.) .....	939.9301
PA Housing Finance Agency (M-F/8 a.m. - 5 p.m.).....	780.3800
Perry County Rental Assistance Program .....	582.8853
(M-W/8 a.m. - 11:30 a.m. or by appt.)	
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

### Financial Counseling and Assistance

Financial/Budget Management: Bethesda Mission .....	257.4440
(M-Su/9 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

# AGENCY LISTINGS

## **JOB RETRAINING/PREPARING FOR A BETTER JOB**

Academy of Medical Arts and Business (M-Th/ 8 a.m. - 9 p.m. & F/8 a.m. - 5 p.m.).....	800.400.3322
Center for Education, Employment & Entrepreneurial Development (Call for hours)	724.2158
Dixon University Center (M-Th/8:30 a.m. - 6:30 p.m. & F/8:30 a.m. - 4:30 p.m.) .....	720.4080
Goodwill Keystone Area (M-F/8 a.m. - 4 p.m.) .....	232.1831
Harrisburg Area Community College (Call for hours) .....	780.2300
Manpower (M-F/7:30 a.m. - 5 p.m.).....	540.6000
Penn State Harrisburg (Call for hours).....	948.6000
CareerLink (M-F/8 a.m. - 4:30 p.m.).....	800.692.7328
Temple University (Call for hours) .....	232.6400
Tri-County OIC.....	238.7318
Potential Re-entry Opportunities in Business and Education (PROBE) (M-F/9 a.m. - 5 p.m.) .....	939.2260

## **EMPLOYMENT OPPORTUNITIES**

American Association of Retired Persons (AARP) (M-F/9 a.m. - 5 p.m.) .....	866.389.5654
CareerLink — Capital Region (M-F/8 a.m. - 4:30 p.m.).....	783.3270
CareerLink — Carlisle (M-F/8 a.m. - 4:30 p.m.) .....	243.4431
Federal Information Center (M-F/9 a.m. - 5 p.m.).....	800.688.9889
Jacobson Companies .....	800.967.3914
Manpower (M-F/7:30 a.m. - 5 p.m.) .....	540.6000
Potential Re-entry Opportunities in Business and Education (PROBE) (M-F/9 a.m. - 5 p.m.) .....	939.2260
UPS - upsjobs.com (M-F/8 a.m. - 5 p.m.).....	986.8551

## **LEGAL ASSISTANCE**

American Civil Liberties Union (Answering Service) .....	238.2258
MidPenn Legal Services — Cumberland County (M-F/8:30 a.m. - 4:30 p.m.) .....	800.822.5288
MidPenn Legal Services — Dauphin & Perry Counties (M-F/8:30 a.m. - 4:30 p.m.) .....	800.932.-0356
PA Lawyer Referral Service (M-F/8 a.m. - 4:30 p.m.) .....	800.692.7275

## **COUNSELING SERVICES**

Bethany Counseling Ministry (M,F/8:30 a.m. - 4 p.m. & T,Th/by appointment only) .....	236.6083
Capital Area Intermediate Unit (M-F/7:30 a.m. - 4:15 p.m.) .....	732.8400
Catholic Charities — Capital Region Counseling (M-F/8:30 a.m. - 5 p.m.) .....	233.7978
Holy Spirit Community Mental Health Center (M-Su/24 hours) .....	763.2219
Jewish Family Service of Harrisburg (M-F/9 a.m. - 5 p.m.) .....	233.1681
Pennsylvania Psychiatric Institute (M-F/8 a.m. - 5 p.m.) .....	221.6200
Diakon Lutheran Social Ministries (M-Th/8:30 a.m. - 9 p.m. & F/8:30 a.m. - 5 p.m.).....	795.0300
The Stevens Center (M-W/8 a.m. - 7 p.m., Th/8 a.m. - 8 p.m. & F/8 a.m. - 5 p.m.) .....	243.6033
Pressley Ridge (M,W,F/8:30 a.m. - 5 p.m. & T,Th/by appointment only) .....	238.8118

# AGENCY LISTINGS

## HEALTH AND MEDICAL INFORMATION AND ASSISTANCE

American Association of Retired Persons (AARP) (M-F/9 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.).....	218.6670
CONTACT Helpline (M-Su/24 hours) .....	652.4400
<b>Duncannon Family Health Center (M-Th/8 a.m. - 8 p.m. &amp; F/8 a.m. - 4 p.m.) .....</b>	<b>834.3108</b>
Hamilton Health Center .....	232.9971
Health Care Referral Center, Holy Spirit Hospital (M-F/8 a.m. - 4:30 p.m.).....	800.442.4080
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.).....	782.6880
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/8:30 to 7:30 p.m., W/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
<b>Perry Human Services (T,Th/8 a.m. - 8 p.m.) .....</b>	<b>582.8703</b>
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.)	