

ARTHRITIS

ARTHRITIS FOUNDATION
CENTRAL PENNSYLVANIA
CHAPTER

Child support groups, activities, camps, physician referrals, literature, books, videos, curriculum material for teachers and mini walks for smaller daycares are available.

3544 North Progress Avenue
Suite # 204
Harrisburg, PA 17110

www.arthritis.org
(800) 776-0746
(717) 763-0900

ATTENTION DEFICIT/HYPERACTIVITY DISORDER & AUTISM

CAPITAL AREA
INTERMEDIATE UNIT

Counseling, therapy and assessments available for individuals and families dealing with ADD/ADHD. There is also an Early Intervention/Preschool Program.

55 Miller Street
Summerdale, PA 17093

www.caiu.org
(800) 244-2425
(717) 732-8400

BEREAVEMENT & DEATH

HIGHMARK CARING
PLACE

Weekly or bi-weekly support groups for children and youth dealing with the death of a loved one. Support groups are also available for adults.

3 Walnut Street, Suite 200
Lemoyne, PA 17043

www.highmarkcaringplace.com
(866) 613-4673
(717) 302-8411

BREASTFEEDING

CARLISLE REGIONAL
MEDICAL CENTER
WOMEN'S CENTER

A breastfeeding discussion group about breastfeeding. Meets twice a month. See www.carlislermc.com/classes-and-programs.

361 Alexander Spring Road
Carlisle, PA 17015
(717) 960-3409

CEREBRAL PALSY

CAPITAL AREA CHILDREN'S CENTER UCP	Advocacy and support, referral connections, support groups, and information are all available to parents. Also, a lending library, daycare, and a community links website are available for use.	44 South 38 th Street Camp Hill, PA 17011 (717) 975-0611
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CHILD ABUSE

CHILDLINE & ABUSE REGISTRY	Childline records suspected abusers. Referrals and other information are also available.	Department of Human Services Box 2675, Hillcrest, Bldg. 53 Second Floor Harrisburg, PA 17105 (800)932-0313 (717) 783-8744 (717)783-1964
CUMBERLAND COUNTY CHILDREN & YOUTH	Counseling and intervention services are available for children and case management is available for families.	Human Services Building Suite 200 16 West High Street Carlisle, PA 17013 www.cccy@ccpa.net (888) 697-0371 (717) 240-6120

CHILD CARE RESOURCE & REFERRAL

CHILD CARE NETWORK, INC.	Customized referrals to registered/licensed childcare providers. Assistance in understanding types of childcare and how to select a provider is also available.	230 S. Spring Garden Street Carlisle, PA 17013 www.dhs.state.pa.us (800) 358-8725 (717) 243-4014
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SPECIAL KIDS NETWORK	Callers are connected to an information specialist who provides up-to-date information and referrals. These referrals are to statewide agencies and organizations that care for children with special health care needs.	Bureau of Family Health Health & Welfare Bldg. 625 Forster St. Harrisburg, PA 17120 1-800-986-4550
CHILD SUPPORT		
CUMBERLAND COUNTY DOMESTIC RELATIONS	Provides assistance in receiving child support, family support or spousal support.	13 N. Hanover St. Carlisle, PA 17013 (717) 240-6225
CLEFT LIP/CLEFT PALATE		
CLEFT PALATE FOUNDATION	Provides information and referrals. Informational material will be sent to the caller which will discuss cleft palates and a list of the nearest support groups and clinics.	INFORMATION LINE (888) 677-6453
CLOTHING ASSISTANCE		
CARLISLE FAMILY LIFE CENTER	Maternity, newborn layettes, infant supplies and diapers are available.	155 N. Hanover Street Carlisle, PA 17013 (717) 243-1918
BRETHREN IN CHRIST CHURCH	Clothing available 8:30 a.m. to 4:30 p.m. weekdays.	1155 Walnut Bottom Road Carlisle, PA 17013 (717) 243-1863
PREGNANCY RESOURCE CENTER OF CARLISLE	Provides formula, diapers, clothing, and furniture to individuals. In addition, pregnancy testing, counseling, support, and support groups are also available.	300 S. Hanover St. Carlisle, PA 17013 (800) 395-HELP

COUNSELING (FAMILY & CHILDREN)

THIS IS A MODIFIED LISTING OF COUNSELING PROVIDERS, IT IS RECOMMENDED THAT YOU GO TO A PHYSICIAN FOR A REFERRAL

CONTACT HELPLINE	Trained volunteers are there to listen and are non-judgmental. Advice or actual counseling is not provided, but information and referrals are offered.	P.O. Box 90035 Harrisburg, PA 17109 211 www.contacthelpline.org (717)249-6226 (717) 652-4400
NORTHWEST HUMAN COUNSELING SERVICES	Provides counseling for individuals or families. Services also include case management, support, education and rehabilitation.	33 State Avenue Carlisle, PA 17013 (717) 243-0836

CRISIS INTERVENTION

CRISIS INTERVENTION – CARLISLE	Provides emergency crisis help to individuals of all ages in the Carlisle area. Telephone and walk-in services available 24 hours/7 days.	Carlisle Regional Medical Ctr. 361 Alexander Spring Road Carlisle, PA 17015 (717) 243-6005
CRISIS INTERVENTION – CAMP HILL	Provides emergency crisis help, evaluations and recommendations for individuals of all ages in the Camp Hill area. Telephone and walk-in services available 24 hours/7 days.	Holy Spirit Hospital 503 N. 21 st Street Camp Hill, PA 17011 www.hsh.org (717) 763-2222

DIABETES

<p>AMERICAN DIABETES ASSOCIATION</p>	<p>The Diabetes Information and Action Line (DIAL) offer callers general information. Written information can be sent. Also, the Association can offer educational programs and support groups.</p>	<p>3544 North Progress Avenue Suite 103 Harrisburg, PA 17110</p> <p>www.diabetes.org (800) 342-2383 (717) 657-4310</p>
<p>JUVENILE DIABETES RESEARCH FOUNDATION CENTRAL PA CHAPTER</p>	<p>A facility that raises money to fund research on diabetes. For children who are newly diagnosed with diabetes the JDRF sends a “bag of hope” which is an informational bag about diabetes.</p>	<p>900 S. Arlington Ave. Room 118 Harrisburg, PA 17109</p> <p>www.jdrf.org (717) 901-6489</p>

DOMESTIC VIOLENCE

<p>DOMESTIC VIOLENCE SERVICES OF CUMBERLAND & PERRY COUNTIES</p>	<p>Provides family crisis shelter, family violence prevention, spousal abuse prevention, and a 24-hour hotline. Children’s programs and referrals are also available.</p>	<p>P.O. Box 1039 Carlisle, PA 17013</p> <p>www.dvscp.org (800) 852-2102 (717) 258-4806 (Carlisle)</p>
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DOWN SYNDROME

<p>CENTRAL PA DOWN SYNDROME AWARENESS GROUP</p>	<p>Provides resources and referrals for parents. A database of information is available along with educational materials and local support groups.</p>	<p>www.cpadseq.org 175 Briarwood Lane Carlisle PA 17015</p> <p>717-218-0242</p>
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EARLY INTERVENTION FOR INFANTS/TODDLERS WITH DISABILITIES

CAPITAL AREA CHILDREN'S CENTER	Provide inclusive classroom education, developmental and physical therapies, and community-based instruction.	44 South 38 th Street Camp Hill, PA 17011 (717) 975-0611
CAPITAL AREA INTERMEDIATE UNIT	Developmental assessments and early intervention services are available to parents. Children can be eligible in the areas of communication, general development, and behavior or motor skills.	55 Miller Street Summerdale, PA 17093 www.caiu.org (800) 244-2425 (717) 732-8400
CUMBERLAND & PERRY MENTAL HEALTH/INTELLECTUAL AND DEVELOPMENTAL DIS.	Special services for children between the ages of birth and two years with developmental delays	Human Services Building 16 West High Street Suite 301 Carlisle, PA 17013 www.ccpa.net (717) 240-6320
INFANT DEVELOPMENT PROGRAM PINNACLE HEALTH	Provides parents with a wide range of therapies including developmental, physical, occupational, behavioral, and speech for children between the ages of birth and two years.	2645 North 3 rd Street Community Health Center Harrisburg, PA 17110 (717) 782-6880
EMERGENCY RELIEF		
AMERICAN RED CROSS CUMBERLAND COUNTY CHAPTER	Provides individuals and families with disaster relief as well as relief to military families and veterans. In addition, CPR/First Aid training is offered for a fee. Emergency communication between the military and their families is available.	79 E. Pomfret Street Carlisle, PA 17013 www.cumberlandcountyyarc.org (717) 243-5211
CHRIST AMONG NEIGHBORS	Provides crisis help including food, clothing, utilities, lodging and medical needs in the Shippensburg area. Community resource information and referrals also available.	130 S. Penn Street Shippensburg, PA 17257 (717) 532-7557

CUMBERLAND COUNTY ASSISTANCE OFFICE	There are emergency funds available for very low-income families and individuals.	33 Westminster Drive P.O. Box 599 Carlisle, PA 17013 www.dhs.state.pa.us.us (800) 269-0173. (717) 240-2700
JAMES WILSON SAFE HARBOUR	Provides emergency short-term shelter. Limited longer term shelter is available in hotel or motel units. This service is available to single females as well as single parent females with children.	110 West High Street Carlisle, PA 17013 www.safeharbouronline.wordpress.com (717) 249-2200
THE SALVATION ARMY CARLISLE, INC.	Provides families and individuals with emergency shelter.	20 East Pomfret Street P.O. Box 309 Carlisle, PA 17013 (717) 249-1411
EMPLOYMENT		
CUMBERLAND COUNTY CAREER LINK	Training and career planning are provided.	1 Alexandra Court Carlisle, PA 17013 (717) 243-4212
HOPE STATION	Runs the HIRE program, which prepares individuals for work. A "Family Savings Program" is also offered here.	149 West Penn Street Carlisle, PA 17013 www.hopestationcarlislepa.com (717) 249-5144

EMPLOYMENT SKILLS CENTER	Prepares adults for better employment through education and training.	29 S Hanover St Carlisle PA 17013 717-243-6040
FINANCIAL ASSISTANCE & COUNSELING		
CUMBERLAND COUNTY ASSISTANCE OFFICE	Financial services that are available include cash assistance, food stamps and medical assistance. An application must be filled out to determine eligibility.	33 Westminster Drive P.O. Box 599 Carlisle, PA 17013 www.dpw.state.pa.us.us (800) 269-0173. (717) 240-2700
MARANATHA	Provides assistance in money management.	17 E. High Street Suite 104 Carlisle, PA 17013 www.maranatha-carlisle.org (717) 258-1000
SAMARITAN FELLOWSHIP	Financial aid service for emergencies. Saturday mornings 8:00 to 10:00 a.m.	Carlisle United Methodist Church 45 S. West St. Carlisle, PA 17013
TODD BAIRD LINDSEY FOUNDATION	A financial aid service for emergencies for individuals ages 55 and up.	P.O. Box 724 Carlisle, PA 17013 (717) 486-4121

FOOD ASSISTANCE

<p>BIG SPRINGS AREA FOOD BANK</p>	<p>Provides food bank services for individuals and families in the Newville area.</p>	<p>Big Spring United Lutheran Church 101 Crossroad School Road Newville, PA 17241 (717) 766-5623</p>
<p>CUMBERLAND COUNTY ASSISTANCE OFFICE</p>	<p>Individuals and families apply here for food stamps in Cumberland County. The amount of food stamps received varies based on the income and size of the family.</p>	<p>33 Westminster Drive P.O. Box 599 Carlisle, PA 17013 www.dhs.state.pa.us.us (800) 269-0173 (717) 240-2700</p>
<p>CUMBERLAND COUNTY OFFICE OF AGING & COMMUNITY SERVICE</p>	<p>Provides information/referral services for persons age 60 and up. Programs offered include “Meals on Wheels” and area Senior Centers.</p>	<p>1100 Claremont Road Carlisle, PA 17015 www.aging@ccpa.net (888) 697-0371 (717) 240-6110</p>
<p>THE KING’S KETTLE FOOD BANK</p>	<p>Provides food bank services for individuals and families in the Shippensburg area.</p>	<p>30 N. Fayette Street Shippensburg, PA 17257 (717) 530-9200</p>
<p>MT. HOLLY SPRINGS CHURCH OF GOD FOOD BANK</p>	<p>Provides food bank services for individuals and families in the Mt. Holly Springs area.</p>	<p>602 McLand Drive Mt. Holly, PA 17065 (717) 486-4818</p>

NEW HOPE MINISTRIES FOOD BANK	Provides food bank services for individuals and families in the Mechanicsburg area.	5228 E. Trindle Road Mechanicsburg, PA 17050 www.nhm-pa.net (717) 766-7333
PROJECT SHARE	A food bank that does a monthly distribution of supplementary fresh groceries in the Carlisle area. Clothing is also available.	5 North Orange Street Suite 4 Carlisle, PA 17013 www.projectshare.net (717) 249-7773
THE SALVATION ARMY FOOD BANK	Provides walk-in emergency food services to families and individuals in the greater Carlisle area.	24 E. Pomfret Street Carlisle, PA 17013 (717) 249-1411
TAPESTRY OF HEALTH (WOMEN, INFANTS, & CHILDREN)	A nutrition education program for parents and their families in Cumberland and Perry counties. Provides vouchers for specific foods. This agency was formerly called WIC.	401 E. Louther Street Suite 104 Carlisle, PA 17013 www.fhccp.org (800)882-8812 (717) 243-0523
HEAD START		
CAPITAL AREA HEAD START	Comprehensive pre-school program that is center-based in Carlisle. Education and social services are available.	21 S Bedford Street Carlisle PA 17013 717-258-5559
SHIPPENSBURG HEAD START	Provides a home-based preschool education program. There is also medical and dental care, including follow-up support, available for families in the Shippensburg area.	Old Main 1871 Old Main Drive Shippensburg, PA 17257 (717) 477-1626

HEALTH CLINIC

SADLER HEALTH CENTER CORP.	Provides medical and dental services for individuals with or without insurance. There is also a smoking cessation program. HIV and STD testing is available for anyone-no eligibility requirements.	100 N. Hanover Street Carlisle, PA 17013 www.sadlerhealth.org (866) 723-5377 (717) 218-6670
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HEALTH INSURANCE

CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP) – BROUGHT TO YOU BY CAPITAL BLUE CROSS	A program for families that can't afford health insurance for their children. Almost all health care is included in CHIP and the coverage is either free or at a modest monthly premium.	www.capbluecross.com/chip INFORMATION LINE 1-800-543-7101
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HOUSING

CARLISLE OPPORTUNITY HOMES	This program provides homes for residents in the Carlisle and Mt. Holly Springs area.	60 W. Penn Street Carlisle, PA 17013 www.carlislehoc.org (717) 245-0516
CUMBERLAND VALLEY HABITAT FOR HUMANITY	This program offers an option to obtain an affordable home in exchange for actual work hours.	39 Heisers Lane Carlisle, PA 17013 www.cumberlandvalleyhfh.org (717) 258-1830
FAMILY PUBLIC HOUSING	Offers affordable housing based on income to County residents.	60 W. Penn Street Carlisle, PA 17013 (717) 245-0516

HOMEOWNER'S MORTGAGE ASSISTANCE PROGRAM	Offers mortgages for first time homebuyers and financial assistance for mortgages in foreclosure.	114 N. Hanover Street Carlisle, PA 17013 (717) 780-3871
CUMBERLAND/PERRY HOUSING AND COMMUNITY PARTNERSHIP	Provides residents throughout Cumberland County with rental assistance according to their income. Credit counseling and first-time homebuyers home ownership programs are available.	114 North Hanover Street Suite 104 Carlisle, PA 17013 www.cchra.org (717) 249-1315
JAMES WILSON SAFE HARBOUR	Provides housing to persons, according to their income, who need more long term care than a shelter provides.	110 W. High Street Carlisle, PA 17013 www.safeharbournline.wordpress.com (717) 249-2200
THE SALVATION ARMY – STUART HOUSE	Provides traditional housing for eligible homeless families with children. Transitional program includes housing for up to one year. Programs available to assist the clients to work toward self-sufficiency and independent living.	20 East Pomfret Street P.O. Box 309 Carlisle, PA 17013 (717) 249-1411
INTELLECTUAL & DEVELOPMENT DISABILITY SERVICES		
INTELLECTUAL & DEVELOPMENT DISABILITY SERVICES	Provides information and referrals to individuals in Cumberland County. Case management for Intellectual & Developmental Disability is in-house.	Human Services Building 16 West High Street Suite 301 Carlisle, PA 17013 www.ccpa.net (800)697-0371 (717) 240-6320

KIDNEY DISEASE

KIDNEY FOUNDATION OF CENTRAL PENNSYLVANIA	Provides educational information about kidney disease to both adults and children. Physician referrals and support group referrals are available as well as financial aid for a summer camp for children with kidney disease.	1500 Paxton Street #1 Harrisburg, PA 17109 www.kfcp.org (717) 652-8123
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LANGUAGE/SPEECH

KEYSTONE CHILDREN & FAMILY SERVICES	Provides home-based speech therapy usually for children from birth to age 5.	3700 Vartan Way Harrisburg, PA 17110 www.keystonehumanservices.org (717) 558-8450
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LEAD POISONING

LEAD POISONING PA DEPT OF HEALTH	Provides information about the health effects of lead poisoning. Referrals work in conjunction with the PA Department of Health. Printed materials are also available upon request.	INFORMATION LINE (800) 440-LEAD(5323)
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LEGAL SERVICES

LAW CLINIC	This family law clinic is used by low-income families for cases including divorce, support, protection from abuse (PFA) and custody.	Penn State Dickinson School of Law 45 North Pitt Street Carlisle, PA 17013 (717) 243-2968
MID PENN LEGAL SERVICES	A private, non-profit, public-interest law firm, which provides legal services to low income persons and survivors of domestic violence in central Pennsylvania.	401 East Louther Street Carlisle, PA 17013 www.midpennlegal.org (800) 882-5288 (717) 243-9400

LEUKEMIA

THE LEUKEMIA & LYMPHOMA SOCIETY	Referrals to family support groups, peer-to-peer programs, free literature and financial aid available for families dealing with leukemia. In addition, patient education and an information resource center is available.	Social Work Service Dept. P.O. Box 850 H068 500 University Ave. Hershey, PA 170133 (717) 531-4291
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LIBRARY SERVICES

AMELIA S. GIVIN LIBRARY	A lending library in the Mt. Holly Springs area.	114 North Baltimore Avenue Mt. Holly Springs, PA 17065 www.ameliagivinlibrary.org (717) 486-3688
BOSLER MEMORIAL LIBRARY	A lending library in the Carlisle area.	158 West High Street Carlisle, PA 17013 www.boslerlibrary.org (717) 243-4642
CLEVE J. FREDRICKSEN LIBRARY	A lending library in the Camp Hill area.	100 North 19 th Street Camp Hill, PA 17011 www.fredricksenlibrary.org (717) 761-3900
EAST PENNSBORO BRANCH LIBRARY	A lending library in the Enola area.	Twnshp. Municipal Bldg. 2 nd fl 98 South Enola Drive Enola, PA 17025 www.eastpennsborobranch.org (717) 732-4274

JOHN GRAHAM PUBLIC LIBRARY	A lending library in the Newville area.	9 Parsonage Street Newville, PA 17241 www.johngrahamlibrary.org (717) 776-5900
JOSEPH T. SIMPSON LIBRARY	A lending library in the Mechanicsburg area.	16 North Walnut Street Mechanicsburg, PA 17055 www.simpsonlibrary.org (717) 766-0171
NEW CUMBERLAND PUBLIC LIBRARY	A lending library in the New Cumberland area.	1 Benjamin Plaza New Cumberland, PA 17070 www.newcumberlandlibrary.org (717) 774-7820
SHIPPENSBURG PUBLIC LIBRARY	A lending library in the Shippensburg area.	73 West King Street Shippensburg, PA 17257 www.shippensburglibrary.org (717) 532-4508
LYME DISEASE		
LYME DISEASE INFORMATION HOTLINE	This hotline provides information, prevention, current research and brochures about lyme disease and ticks. Also, referrals are available to local doctors.	INFORMATION LINE (800) 886-5963
MEDICAL EXPENSE ASSISTANCE		
CUMBERLAND COUNTY ASSISTANCE OFFICE	A discount prescription card is available for eligible individuals and families.	33 Westminster Drive P.O. Box 599 Carlisle, PA 17013 www.dhs.state.pa.us.us (800) 269-0173 (717) 240-2700

MENTAL HEALTH

<p>CUMBERLAND/PERRY MENTAL HEALTH SERVICES</p>	<p>Provides information and referrals to individuals in Cumberland County.</p>	<p>Human Services Building 16 West High Street Suite 301 Carlisle, PA 17013</p> <p>www.ccpa.net (800)697-0371 (717) 240-6320</p>
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MULTIPLE SCLEROSIS

<p>NATIONAL MULTIPLE SCLEROSIS SOCIETY CENTRAL PA CHAPTER</p>	<p>Provides programs and a “Keep Smiling” brochure that explains to children what MS is and what it means. In addition, there is also a 2-3 day camp that is available for the children of parents with MS.</p>	<p>2040 Lingelstown Road Suite 104 Harrisburg, PA 17110</p> <p>www.nationalmssociety.org (800) 227-2108</p>
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NEW PARENT ASSISTANCE

<p>CARLISLE REGIONAL MEDICAL CENTER WOMEN’S LIFE CENTER</p>	<p>A two-part class is offered here which covers basic baby care.</p>	<p>361 Alexander Spring Road Carlisle, PA 17015 (717) 960-3409</p>
<p>PARENT CHILD EDUCATION</p>	<p>There are a variety of “Preparation for Birth” classes which focus on childbirth and the role of the partner. There are also classes which focus on parenting. Some classes are general like “Baby Care Basics” while others are specific like “Twins, Triplets or More?”</p>	<p>Pinnacle Health Hospitals P.O. Box 8700 Harrisburg, PA 17105</p> <p>(717) 221-6255</p>
<p>PARENTWORKS, INC.</p>	<p>Offers new parent education in the home teaching basic care, schedules, developmental milestones, and stress relief for parents.</p>	<p>50 Utley Drive, Suite 200 Camp Hill PA 17011</p> <p>(717) 774-3673</p>

NUTRITION

PENN STATE COOPERATIVE EXTENSION- CUMBERLAND COUNTY	They have a Nutrition Information and Resource Center, which has a question and answer forum. In addition, they also have information on chronic diseases as well as sports nutrition.	310 Allen Road Suite 601 Carlisle, PA 17013 www.cumberland.extension.psu.edu (717) 240-6500
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PARENT GROUPS

PARENT TO PARENT OF PENNSYLVANIA	Matches parents to other parents with children that have the same or similar special needs. In addition, they are also an information and referral service.	6340 Flank Drive Suite 600 Harrisburg, PA 17112 www.parenttoparent.org (888)727-2706
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PARENT-TO-PARENT NETWORKING

PENNSYLVANIA PARENTS AND CAREGIVERS RESOURCE NETWORK	Groups are formed for advocacy, support, education and inclusion of their children. The network provides information, referrals, and support to families with children and adults with developmental disabilities.	P.O. Box 4336 Harrisburg, PA 17111 www.ppcrn.org (888) 572-7368
SPECIAL KIDS NETWORK	Links families of both children and adults with special needs to other families with similar health care needs.	www.specialkidsnetwork.org INFORMATION LINE (847) 282-3171

PARENT/CHILD ACTIVITY GROUP

CARLISLE REGIONAL MEDICAL CENTER WOMEN'S LIFE CENTER	An informal play and discussion group for interaction with mothers and other babies.	361 Alexander Spring Road Carlisle, PA 17013 (717) 960-3409
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PARENTWORKS, INC.	Offers Parent Education in the home for parents with children aged birth to five years. Parents learn about age appropriate activities, stress reduction, and getting children ready for school.	50 Utley Drive, Suite 200 Camp Hill PA 17011 (717) 774-3673
PARENTING EDUCATION		
PARENT EDUCATION NETWORK (PEN)	Parents of children with all special needs can receive information here. Also there are various workshops for parents to attend to develop educational and life plans for their children to best meet their needs.	2107 Industrial Highway York, PA 17402 (800) 522-5827
PARENTWORKS, INC.	Offers Parent Education in the home for parents with children aged birth to five years. Parents learn about age appropriate activities, stress reduction, and getting children ready for school.	50 Utley Drive, Suite 200 Camp Hill PA 17011 (717) 774-3673
PARENTS WITH SPECIAL NEEDS CHILDREN		
PENNSYLVANIA PARENTS AND CAREGIVERS RESOURCE NETWORK	Information, referrals and support are available to the families of disabled children and adults. Also, there is a newsletter, website and workshops available to these families.	P.O. Box 4336 Harrisburg, PA 17111 (888) 572-7368
SPECIAL KIDS NETWORK	A networking program for the parents and families of disabled children. They offer a wide variety of support including support from other families.	INFORMATION LINE 1-800-986-4550
PARKS/RECREATION AREAS		
BUREAU OF STATE PARKS	Provides callers with educational information about state parks in Pennsylvania. They also provide various workshops along with a Youth Environmental Learning Series.	P.O. Box 8551 Harrisburg, PA 17105 www.dcnr.state.pa.us/stateparks (888) PA-PARKS

POISON INFORMATION

PENN STATE POISON CENTER	Provides an information service about poisoning and overdosing. In addition, they also provide referrals to local treatment centers.	Milton Hershey Medical Center 500 University Drive MC H043 Hershey, PA 17033 (800) 222-1222
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RESOURCE & REFERRAL

CONTACT HELPLINE	Provide referrals to a large number of services, agencies, support groups and hotlines for callers or readers of the CONTACT Resource Guide	P.O. Box 90035 Harrisburg, PA 17109 Call 211 www.contacthelpline.org (717)249-6226 (717) 652-4400

SEXUAL ASSAULT

YWCA OF CARLISLE	They provide hospital, police, and court accompaniment. In addition, counseling is also available for the individual as well as any others who are involved.	301 G Street Carlisle, PA 17013 www.ywcacarlisle.org (717) 243-3818
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SPINA BIFIDA

SPINA BIFIDA PROGRAM	Provides 3 clinics a month for both children and adults. During these clinics the patients see specialists as well as a social worker. In addition, they also receive physical, speech and occupational therapy. Referrals to local camps are offered here.	Milton S. Hershey Medical Center 30 Hope Drive, EC020 Hershey, PA 17033 (717) 531-7522
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SUBSTANCE ABUSE

CUMBERLAND & PERRY DRUG & ALCOHOL COMMISSION	Provides prevention, intervention and treatment. Also referrals can be done here and if money is a problem for treatment they can assist with that. Books, videos, and pamphlets are all available through its lending library.	Human Services Building 16 West High Street, Ste 302 Carlisle, PA 17013 www.ccpa.net (717) 240-6300
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SUICIDE

HOLY SPIRIT CRISIS INTERVENTION	Provides suicide prevention as well as short-term support. In addition, counseling and referrals are also available.	503 North 21 st Street Camp Hill, PA 17011 www.hsh.org/behavioral-health (717) 763-220
CRISIS INTERVENTION – CARLISLE	Provides emergency crisis help to individuals of all ages in the Carlisle area. Telephone and walk-in services available 24 hours/7 days.	Carlisle Regional Medical Ctr. 361 Alexander Spring Road Carlisle, PA 17015 (717) 243-6005

TRANSPORTATION (LOCAL)

CUMBERLAND COUNTY TRANSPORTATION DEPARTMENT	Provides transportation from a person's home to their destination. There are factors that determine how much it will cost for a particular trip.	310 Allen Road Suite 201 Carlisle, PA 17013 www.ccpa.net (800) 315-2546 (717) 240-6340
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UTILITY ASSISTANCE

<p>CUMBERLAND COUNTY ASSISTANCE OFFICE (LIHEAP)</p>	<p>Assistance is given to those individuals and families with paying their heating bills. This program only runs during certain months of the year.</p>	<p>33 Westminster Drive Carlisle, PA 17013</p> <p>www.dpw.state.pa.us.us (800) 269-0173 (717) 240-2700</p>
<p>OPERATION HELP PENNSYLVANIA POWER & LIGHT</p>	<p>A program that assists families and individuals with paying their fuel bills. This program runs all year.</p>	<p>1801 Brookwood Street Harrisburg, PA 17104</p> <p>(717) 249-2411 (717) 257-5707</p>
<p>TODD BAIRD LINDSEY FOUNDATION</p>	<p>Assistance in paying for utilities as well as rent, mortgage, insurance, and real estate taxes. This assistance service is only available to individuals ages 55 or older.</p>	<p>P.O. Box 724 Carlisle, PA 17013</p> <p>(717) 486-4121</p>

VISION

<p>VISION RESOURCES OF CENTRAL PENNSYLVANIA, INC.</p>	<p>Offers social services including education, support, escorting, mail reading and referrals. These services are not provided for children, they are for adults only.</p>	<p>1130 South 19th Street Harrisburg, PA 17104</p> <p>www.tricountyblind.org (717) 238-2531</p>
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WEATHERIZATION

<p>SOUTH CENTRAL COMMUNITY ACTION</p>	<p>Provides energy saving services for families to reduce the costs of heating and cooling.</p>	<p>153 North Stratton Street Gettysburg, PA 17325</p> <p>www.sccap.org (717) 334-7634</p>
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