## WHAT TO DO WHEN PERSONS NEED HELP

<u>NEEDS</u>	AGENCIES (Revised October 20, 2014)	<u>PHONE</u>
1.When persons need a free <i>hot meal</i>	<ul> <li>A. <u>St. Anthony Center</u>, 125 E Willow St., Wmspt., Noon - 1 Monday - Friday</li> <li>B. <u>The New Love Center at Trinity United Methodist Church</u>, 1407 Allegheny St, Jersey Shore, 11-12:30, M-F</li> </ul>	570-326-2244 570-220-7261
noi meut	<ul> <li>C. <u>Sojourner Truth Ministries</u>, 501 High St. (side entrance), Wmspt., Hot Meal Light Breakfast or Hot Lunch: Mon Sat. 8:30 a.m 1 p.m., Sun. 2 p.m. Fruit &amp; Vegetables available Tues, Day old Bread/Pastry available WedFri.</li> </ul>	570-323-1797
	D. <u>Antioch Baptist Church</u> , 514 High St side entrance - Williamsport Breakfast 8:00-9:30 a.m. Lunch: Noon - 12:45 p.m. Weekdays	570-323-2425
	<ul> <li>E. <u>Senior Center Lunches</u> six sites throughout county for people over 60</li> <li>F. <u>Christ Episcopal Church</u>, 426 Mulberry St. Wmspt.</li> </ul>	570-323-3096 570-322-8160
	<ul> <li>1<sup>st</sup> Saturday evening each month 4-7 p.m. Delivery available (call ahead)</li> <li>G. West End CCC, 901 Diamond St., Wmspt. 11-1, M., T, &amp; Th.</li> </ul>	570-323-6297
	<ul> <li>H. <u>Golden Agers Club</u>, Salvation Army, 457 Market St, T, Th, 10-1</li> <li>I. <u>Senior Lunch</u>, Montoursville Presbyterian, 900 Elm St, 4<sup>th</sup> Fridays at Noon</li> </ul>	570-326-9187 570-368-1595
2. When persons	A. <u>United Churches Food Pantry</u> , Rear 320 Park Ave (the Castellano Ctr.) Wmspt. 10:00 a.m 3:00 p.m. Tuesdays and Thursdays. (by appointment)	570-322-1657
need supplies of additional	B. <u>Salvation Army</u> , 457 Market Street, Williamsport 9:30 -11:30 a.m. and 1:00-2:30 p.m. Monday, Wednesday and Friday	570-326-9187
food	C. <u>American Rescue Workers</u> , 643 Elmira St, Wmspt. M-Th 9 a.m 4 p.m. D. St. John Lutheran Church, 220 S. Broad St., Jersey Shore, 9-Noon 3 <sup>rd</sup> Fridays	570-323-8401 570-220-7261
No	E. Sonlight House, 130 Carpenter Street, Muncy	
appointments needed	7:30 -10 a.m. Monday, Thursday and Saturdays every other week G. WIC Program 612 W. 4 <sup>th</sup> St, Wmspt. M-F, 8-4 Appointment only. No emergencies	570-546-3585
unless noted.	(For pregnant, postpartum & breast feeding women, and for children up to age 5. H. <u>Antioch Baptist Church Pantry</u> , 514 High St., Wmspt, M-F 10-12(call ahead)	570-322-7656
	<ul> <li>I. <u>West End Food Bank</u>, 911 Newberry St, Wmspt, Call 1<sup>st</sup> (Incl. Linden/Duboistown, Cogan Station, Ralston etc.) 12:30-3:30 p.m. the 1<sup>st</sup> 4 Thursdays each month.</li> <li>J. Meals on Wheels, Office of the Aging, 2138 Lincoln St., Wmspt.</li> </ul>	570-323-2425 570-323-1891
	Weekdays 9:00 a.m5 p.m. (Assessments needed - must be homebound and 60+)	570-323-3096
	<ul> <li>K. <u>Footprints Food Pantry</u>, Bower Street Ext, Montgomery, 2<sup>nd</sup> Tues, 3-6 pm</li> <li>L. <u>St. Joseph the Worker Parish</u>, 711 West Edwin St., Wmspt. Wed. 4-5 pm.</li> </ul>	570-995-1391 570-323-9456
	M. Lycoming Cty Assistance Office, 400 Little League Blvd, Wmspt. Food Stamps	570-327-3300
3.When	<ul> <li>A. <u>American Rescue Worker's Men's Shelter</u> 643 Elmira Street, Wmspt., 9-4</li> <li>B. YWCA (single women only) - 815 W 4th St., Wmspt.</li> </ul>	570-323-8401 570-322-4637
persons are	C, Liberty House (women and children) 815 W 4 <sup>th</sup> St. Wmspt	570-322-4637
homeless	D. Family Promise (For Families) 635 Hepburn St, Wmspt (Office/Day Ctr M-F, 9-5)	570-567-7103
	E. <u>Saving Grace Homeless Shelter</u> : 324 Campbell St, Wmspt. referral is needed from the American Rescue Workers or Salvation Army	570-323-8401
	F. <u>Freedom House Women's Center</u> , 1700 Memorial Ave., Wmspt. (Single women)	570-772-0543
4.When	A. <u>American Rescue Workers</u> Fridays 9-4 (families a priority) By Appointment	570-323-8401
persons need <i>rent</i>	B. <u>Dept. Of Welfare</u> Emergency Housing Funds 8-5 Weekdays 400 Little League Boulevard, Wmspt.	570-327-3300 877-867-4014
(all services	C. Salvation Army - 457 Market St Rent - Security - Mortgage - Mentoring	570-326-9187
are limited)	D. Also see 19 - O. (Consumer Credit Counseling) on the next page.	See 19-N.

5.When persons need <i>jobs</i> or	A. <u>Career Link Lycoming and Vetrans Services</u> , 329 Pine St. Wmspt. M,T,W. 8:30-4:30, Th. 8-4:30 F. 9-4:30	570-601-5465
Employment Skills and	B. <u>Counseling/Career Disability Svs</u> Penn College, 1 College Ave.,Wmspt. 8-4:30 Weekdays	570-327-4765
Services	C. Office of Vocational Rehabilitation (for eligible persons with disabilities) 208 West Third St Suite 102 8 am 4:30 p.m. Weekdays	570-327-3600
	E. Experience Works, 329 Pine St. (For persons 55+) M-Th. 8-3:30	570-321-5811
6. When <i>Veterans</i>	A. <u>The Vet Center</u> (benefits, counseling, therapy, housing, meds,) 49 E 4 <sup>th</sup> St. #104 Weekdays 8-4:30 (Employment requests are referred to Career Link see 13A.)	570-327-5281
need assistance	B. V A Medical Clinic - Wenner Bld, 1705 Warren Ave Suite 304, M-F. 8-4:30	570-322-4791
	C. Lycoming County Veterans Affairs, 330 Pine St, Wmspt.	570-327-2365
	D. American Legion Post #1, 10 E 3 <sup>rd</sup> St.	570-323-9409
7. When	A. American Rescue Workers Thrift Store, 141 S. Main St, JS 9-5 M-F, 9-4 Sat	570-398-4311
persons need	B. <u>American Rescue Workers Thrift Store</u> , 335 Rose St., Williamsport (no vouchers) 9 am - 6 p.m. MondayFriday., 9am - 4pm Sat. (Items have a minimal cost)	570-323-7321
clothing	C. <u>American Rescue Workers Thrift Store</u> , 643 Elmira Street, Williamsport. Weekdays 9am -5pm, Sat 9 am-4pm (Items have a minimal cost)	570-323-8401
	D. Sonlight House 130 Carpenter St., Muncy, M, Th, Sat 7:30 - 10	570-546-3585
	E. From Our Hands to Yours, For Kids & Adults, 501 High St. Wmspt. 10-2 M-T-W	570-323-1797
	F. Salvation Army Store, 1445 Dewey Ave, Wmspt. Mon Sat. 9:30 - 4:30,	570-327-3035
	and 530 Lyc. Mall Drive, Pennsdale M-F 9-6, Sat 9-5	570-546-5509
	G. <u>Daniel's Closet</u> , Redeemer Lutheran Church, 1101 Washington Blvd, Wmspt. Free Clothing for Children and Adults. 9-11 a.m. 4th Saturdays monthly	570-322-2333
	H. <u>West End Christian Community Center</u> , 901 Diamond St, Wmspt. (Nominal fee) Clothes Closet: M, Th. 9 - 2, T, W 9-12 & 4:30-7, Sat 8:30-Noon	570-323-6297
	Shoe Express: 1 <sup>st</sup> , 3 <sup>rd</sup> Sat: 1 sneakers/socks for kids up to17 (need access card/referral) I. Antioch Baptist Church, 514 High St, Wmspt. Side Entrance, Weekdays 9-1	570-323-2425
	J. Shepherd of the Streets, 320 Park Ave. Wmspt., 1 <sup>st</sup> pair work shoes or uniform	570-322-6538
	K. <u>Needlework Guild of Am. (Local Chapter)</u> : new outfit, coat or shoes (kids & adults)	570-323-1707
	L. Liberty House Boutique: 815 W 4 <sup>th</sup> St., Wmspt. W 4-7, Th-F 11-5, Sat 10-2	570-322-4637
	M. <u>Children's Closet</u> : Clothes for Kids 0-6 Castellano Ctr, 320 Park Ave, Wmspt, Tues. 10-2	N/A
8. When	A. Department of Welfare (LIHEAP, Regular and Crisis Programs)	570-327-3497
persons need emergency	<ul> <li>400 Little League Blvd, Wmspt., 8:00 a.m 5 p.m. weekdays</li> <li>B. <u>United Churches Fuel Bank</u> Administered by STEP Outreach 9 - 5 M-F (Person must have applied for State Funding)</li> </ul>	570-327-5485
<i>fuel</i> assistance	C. STEP Office of the Aging, 2138 Lincoln St, Wmspt. 9-5 Weekdays, Seniors 60+	570-323-3096
assistance	D. STEP Outreach Office 2138 Lincoln Street, Wmspt. 9-5 weekdays	570-327-5485
9.When	A Sonlight House 130 Carpenter Street, Muncy (When available) M-Th-Sat 7:30-10	570-546-3585
persons	B. St. Anthony Center 125 E Willow St., Wmspt. <i>(When available)</i>	570-326-2244
need	C. American Rescue Workers Store, 643 Elmira St, Wmspt. Monday - Friday 9-5	570-323-8401
furniture	D. Salvation Army, 530 Lyc. Mall Dr., Pennsdale M-F 9-6, Sat 9-5 (vouchers)	570-546-5509
<i></i>	and 1445 Dewy Avenue, Williamsport, Mon Sat. 9:30 - 4:30,	570-327-3035
	<ul> <li>E. <u>Expectations for Women</u>, 854 W Third St, Wmspt - Baby furniture -no cribs M &amp; W - 10 am-6 pm, T &amp; Th - 10 am-8 pm, F 10 am-2 pm</li> </ul>	570-321-8254
	F. Cribs for Kids/Pack N Play Cribs for newborns, Coroner's Office, 48 W 3 <sup>rd</sup> St, Wmspt.	570-327-2305
	G. American Legion Post #1, 10 E. 3 <sup>rd</sup> St, Wmspt: (available to anyone)	570-323-9409
10.When persons need	<ul> <li>A. <u>Shepherd of the Streets Ministry</u> 320 Park Ave. Williamsport. Monday - Thursday, 9 a.mNoon and 1-3 p.m. (Both counseling &amp; referral)</li> </ul>	570-322-6538
persons need pastoral care	B. Sojourner Truth Ministries, 501 High Street, Wmspt. 9-3 M-F	570-323-1797

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11. When persons need <i>utility</i> <i>assistance</i>	<ul> <li>A. <u>STEP</u> (<i>Limited</i>) 2138 Lincoln St. 9-5 weekdays (Cap for gas) 800-844-9276</li> <li>B. <u>PG Energy</u> program (Must be on a payment plan)</li> <li>C. <u>PPL-CARE</u> (electric) (Must be on a payment plan) 8-5 weekdays Operation help program a one time payment.</li> <li>D. <u>PPL On Track Program</u> - Through STEP Outreach Office Help for electric bills of eligible persons with reduced monthly payments</li> <li>E. <u>Salvation Army</u>, 457 Market Street (<i>By appointment only</i>)</li> <li>G. <u>Am. Rescue Workers</u>, 643 Elmira St, wmspt (Limited) Fri-9-4 by app. Ext. 12</li> <li>H. <u>Shepherd of the Street</u>, 320 Park Ave. Wmspt. 9-12, 1-3 Mon - Thurs</li> <li>I. <u>Public Utility Commission</u>, Insure safe reliable reasonably priced electric, gas, water, telephone. Their decision is final. Determination hotline:</li> </ul>	570-327-5485 800-820-8620 800-342-5775 570-368-5267 570-326-9187 570-323-8401 570-322-6538 800-692-7380
12. When persons need	<ul> <li>A. <u>St. Anthony Free Clinic</u>, 125 E Willow St., Wmspt 7-8:30 p.m. Mon., and 11-12:30 Wed.; Physicals <i>(appointment needed)</i> on a Friday.</li> <li>B. <u>Susquehanna Community Health Center</u>, 471 Hepburn Street</li> </ul>	570-326-2566 570-567-5400
medical help	<ul> <li>Mon-Fri - 8:30-11:30, 1-4:30. appointments required</li> <li>C. <u>SHS Community Dental Clinic</u> 469 Hepburn Street, Hepburn Plaza, 7:45 a.m 5:30 p.m. (Accepts medical assistance) Appointments required</li> <li>D. <u>Healthy Kids Help-Line</u> Medical info and help for uninsured children</li> <li>E. <u>Healthy Baby Help-Line</u> for infants and pre-natal</li> <li>F. <u>Adult Health Insurance</u> information/referral or basic insurance</li> <li>G. <u>Lead Information Line</u></li> <li>H. <u>STEP Office of the Aging</u>, 2138 Lincoln St, In home services and referral for elderly</li> <li>I. <u>Hepatitus Testing and Care</u> - Susquehanna Health System - Call for info.</li> <li>J. <u>Pennsylvania Department of Health</u>, 1000 Commerce Park Drive</li> <li>K. <u>Hearing Aids</u> Lions Club International Hearing Pgm Art Girio</li> <li>L. <u>Penn College</u> - 1 College Ave, Wmspt - Routine Dental Cleaning &amp; Check-up</li> <li>M. <u>Shepherd of the Streets</u>, 320 Park Ave, Wmspt., Eyeglass/Dental Surgery Ast.</li> <li>N. <u>Rural Health Care Marketplace</u>, 471 Hepburn St. Wmspt. Weekdays 8-5</li> <li>Q. <u>Healthy Women Project</u>, 699 Rural Avenue, Suite 202, Wmspt. Free pap tests, mammogram for ages 40-60 with no/limited insurance and low/moderate income</li> <li>R. <u>PA Health Law Project</u>, helps low income families/disabled/elderly obtain health care</li> </ul>	570-567-5430 800-986-5437 800-986-2229 800-462-2742 800-440-5323 570-323-3096 570-321-1000 570-327-3400 570-327-3400 570-327-4500 570-322-6538 570-560-3035 570-321-3131 800-274-3258
13. When persons need <i>prescriptions</i>	<ul> <li>A. <u>American Rescue Workers</u> 643 Elmira St, 9-4 M-F (<i>Limited</i>)</li> <li>B. <u>Shepherd of the Street</u>, 320 Park Ave., Wmspt. 9-12, 1-3 Mon - Thurs</li> <li>C. <u>PaceNet &amp; Pace</u> - Office of the Aging 60+, 2138 Lincoln St., Wmspt. Weekdays 9-5</li> <li>D. <u>PA Patient Assistance Program</u>, Dept. Of Public Assistance, 400 Little League Blvd, Wmspt. for 19-64 year olds not receiving Medicade</li> </ul>	570-323-8401 570-322-6538 570-323-3096 570-327-3497
14. When persons face <i>HIV/AIDS</i>	<ul> <li>A. <u>AIDS Resource</u>, 500 W 3<sup>rd</sup> St, Wmspt. 9:00 a.m5:00 p.m. Weekdays (Support services for those infected and affected with HIV or AIDS)</li> <li>B. <u>PA. Department of Health</u>, 1100 Commerce Park Drive, Suite 109 Wmspt.</li> </ul>	570-322-8448 570-327-3400
15.When persons need <i>transportation</i>	<ul> <li>A. <u>Am. Rescue Wks</u>, 643 Elmira St, Wmspt. Emergencies only. Limited (By appointment)</li> <li>B. <u>STEP Transportation</u> (Step Van) 1-800-222-2468 or</li> <li>C. <u>Shepherd of the Streets</u>, 320 Park Avenue., Wmspt, 9-12, 1-3 M - Th</li> <li>D. <u>STEP Office of the Aging</u>, 2138 Lincoln St, Free bus pass for seniors 60-64</li> <li>E. <u>American Cancer Society</u>, Road to Recovery Program (medical appts.)</li> </ul>	570-323-8401 570-323-7575 570-322-6538 570-323-3096 800-ACS-2345
16. Additional Resources	A. Lyc. Cty. Clearinghouse: % ARW, 326 Bridge St, Wmspt.         Information verification for providers         kimarw@chilitech.net         B. If you still need help finding a resource call.         C. Favors Forward - email: favorsforward@gmail.com         www.favorsforward.weebly.com	570-323-8401 Extension 112 211 570-326-3805

persons are mentallyB. Catholic Social Services - Lycoming 1201 Grampian Blvd, Suite 2G 9-5 Weekdays, evenings by appointment (Counseling/ Pregnancy & Adoption Svs)570-3or emotionally disturbed & or suicidalC. Diakon Family Life Services, 435 W 4th St(by appointment) Monday - Thursday 8-8, Friday - 8-4. Family, Individual, Marital & Suicide Counseling D. Suicide Hotline: National: 1-800-SUICIDE(784-2433) Lycoming Cty Crisis Int. E. Universal Community Behavioral Health: 214 Broad St Mont. M-T-F, 8-4:30 Outpatient services for children and adolescents.570-7F. Universal Community Behavioral Health: 7930 Nittany Valley Dr Mill Hall Weekdays 8-5, Outpatient & inpatient services for children and adolescents. G. Heartworks: Children's Bereavement Specialists, 1100 Grampian Blvd. Suite 383, Wmspt H. Crossroads Counseling: 501 E 3rd St. Wmspt. M-Th 8am-9pm, F&S, 8-2 or 8 N. Grove St, Lock Haven, M-Th 8-8, F 8-1 or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2570-318. When persons have serious Lock Beranch Drug and Alcohol Abuse & Tobacco Addiction Commission Case Management Unit, 213 W. 4th St., Wmspt 7:30 - 4 M-F (call anytime) B. Psychological Services (Outpatient therapy) Bloomsburg 9-5 Weekdays C: Alcoholics Anonymous - District 48 D Box 303, Williamsport 17701 B. AlAnon and AlaTeen B. Alanon and AlaTeen M. Chook and Drug 24 Hour Referral Line G. White Deer Run - Lock HavenS70-3	326-7895         322-4220         322-7873         326-7895         326-7895         326-7895         326-7895         326-7895         326-7895         326-7895         326-7895         326-7895         326-7895         323-7535         393-1886         231-0940         323-8543         389-1249         327-2860         444 2666
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or suicidalD. Suicide Hotline: National: 1-800-SUICIDE(784-2433) Lycoming Cty Crisis Int. E. Universal Community Behavioral Health: 214 Broad St Mont. M-T-F, 8-4:30 Outpatient services for children and adolescents.570-7F. Universal Community Behavioral Health: Weekdays 8-5, Outpatient & inpatient services for children and adolescents.570-7G. Heartworks: Constroads Counseling: 501 E 3rd St. Wmspt.570-3H. Crossroads Counseling: 501 E 3rd St. Wmspt.570-8M. Grove St, Lock Haven, M-Th 8-8, F 8-1 or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2570-318. When personsA. West Branch Drug and Alcohol Abuse & Tobacco Addiction Commission Case Management Unit, 213 W. 4th St., Wmspt 7:30 - 4 M-F (call anytime)570-3have seriousB. Psychological Services OLIPATION Control Science Anonymous - District 48 District 48PO Box 303, Williamsport 17701570-3 <i>problems</i> E. Narcotics Anonymous, PO Box 1161, Williamsport 17701 F. Alcohol and Drug 24 Hour Referral Line G. White Deer Run - Lock Haven570-3	726-4306 726-4306 820-7691 823-7535 893-1886 231-0940 823-8543 889-1249 827-2860
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G. Heartworks: Children's Bereavement Specialists, 1100 Grampian Blvd. Suite 383, Wmspt570-3H. Crossroads Counseling: 501 E 3 <sup>rd</sup> St. Wmspt.M-Th 8am-9pm, F&S, 8-2570-3or 8 N. Grove St, Lock Haven, M-Th 8-8, F 8-1570-8or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2814-218. WhenA. West Branch Drug and Alcohol Abuse & Tobacco Addiction Commission570-3personsCase Management Unit, 213 W. 4 <sup>th</sup> St., Wmspt 7:30 - 4 M-F (call anytime)570-3have seriousB. Psychological Services (Outpatient therapy) Bloomsburg 9-5 Weekdays570-3 <i>drug &amp;</i> C: Alcoholics Anonymous - District 48PO Box 303, Williamsport 17701570-3 <i>problems</i> E. Narcotics Anonymous, PO Box 1161, Williamsport 17701570-3F. Alcohol and Drug 24 Hour Referral Line800-8G. White Deer Run - Lock Haven570-8	323-7535 393-1886 231-0940 323-8543 389-1249 327-2860
H. Crossroads Counseling: 501 E 3rd St. Wmspt.M-Th 8am-9pm, F&S, 8-2570-3or 8 N. Grove St, Lock Haven, M-Th 8-8, F 8-1or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2814-218. When personsA. West Branch Drug and Alcohol Abuse & Tobacco Addiction Commission Case Management Unit, 213 W. 4th St., Wmspt 7:30 - 4 M-F (call anytime)570-3bave seriousB. Psychological Services C: Alcoholics Anonymous - District 48 District 48PO Box 303, Williamsport 17701570-3 <i>alcohol</i> problemsD. AlAnon and AlaTeen E. Narcotics Anonymous, PO Box 1161, Williamsport 17701570-3F. Alcohol and Drug 24 Hour Referral Line G. White Deer Run - Lock Haven800-8	323-7535 393-1886 231-0940 323-8543 389-1249 327-2860
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F. Alcohol and Drug 24 Hour Referral Line800-8G. White Deer Run- Lock Haven570-8	
G. White Deer Run - Lock Haven 570-8	
	323-9940
	322-1216
Counselling, 520 W 4 <sup>th</sup> St. Suite 2A, Wmspt.	
	255-2335
	321-6127
	323-7535
	393-1886
or 444 E. College Ave Suite 460 State College, M-Th 8am-9pm, F, 8-2 814-2	231-0940
19. WhenA. Crisis Hotline 24 hour National Crisis Service211	
	84-2433
	326-4980
	327-1602
	323-1665
	986-4550
	326-0587
	501-9703
	327-9070
H. Domestic Violence and Sexual Assault Hotline/Shelter - 815 W 4 <sup>th</sup> St. Wmspt.	323-8741
	22 01 (7
	323-8167
	326-8483
	321-8254
	95-HELP
	323-6297
	322-5515
	501-3399
New prescription classes to low/moderate income persons, \$36 starting price	
	323-9401
	322-6538
	323-6627
	922-9537
P. <u>Hearing Loss</u> , 901 Diamond St, Wmspt 2 <sup>nd</sup> Thursdays each month NA	
e-mail contacts only: tybergkay7376@yahoo.com	