

2018

# Hard Times

UNITED WAY OF THE CAPITAL REGION  
SURVIVING TOUGH ECONOMIC  
TIMES AND UNEMPLOYMENT

LIVE UNITED

2235 Millennium Way  
Enola, PA 17025  
Phone: 717.732.0700  
[www.uwcr.org](http://www.uwcr.org)

United Way of  
the Capital Region



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*This booklet has been created to help our community survive these tough economic times.  
The information has been compiled with the cooperation of:*

## **CONTACT Helpline**

24 hours a day • 7 days a week

If you have questions or need additional assistance,  
call CONTACT Helpline, at:

**800.932.4616**

OR

**You can dial 2-1-1.**



# MONTHLY EXPENSE PLANNER

## HOUSING EXPENSES

First mortgage ..... \$ \_\_\_\_\_  
 2nd mortgage ..... \$ \_\_\_\_\_  
 Property taxes ..... \$ \_\_\_\_\_  
 House insurance ..... \$ \_\_\_\_\_  
 Rent/Condo fees ..... \$ \_\_\_\_\_  
 Phone ..... \$ \_\_\_\_\_  
 Cell phone/pager ..... \$ \_\_\_\_\_  
 Water ..... \$ \_\_\_\_\_  
 Electric ..... \$ \_\_\_\_\_  
 Gas/Oil ..... \$ \_\_\_\_\_  
 Cable ..... \$ \_\_\_\_\_  
 Internet ..... \$ \_\_\_\_\_  
 Maintenance ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_

## MEDICAL EXPENSES

Doctor ..... \$ \_\_\_\_\_  
 Prescriptions ..... \$ \_\_\_\_\_  
 Dental ..... \$ \_\_\_\_\_  
 Health insurance ..... \$ \_\_\_\_\_  
 Life insurance ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_

**Sub Total** ..... \$ \_\_\_\_\_

## WORK EXPENSES

Fuel ..... \$ \_\_\_\_\_  
 Lunch ..... \$ \_\_\_\_\_  
 Break #1 ..... \$ \_\_\_\_\_  
 Break #2 ..... \$ \_\_\_\_\_  
 Daycare ..... \$ \_\_\_\_\_  
 Clothing ..... \$ \_\_\_\_\_  
 Membership fees ..... \$ \_\_\_\_\_  
 Professional fees ..... \$ \_\_\_\_\_  
 Tolls/parking ..... \$ \_\_\_\_\_

## LIVING EXPENSES

Groceries ..... \$ \_\_\_\_\_  
 Diapers/formula ..... \$ \_\_\_\_\_  
 Dining out ..... \$ \_\_\_\_\_  
 Pet food/vet ..... \$ \_\_\_\_\_  
 Dry cleaning ..... \$ \_\_\_\_\_  
 Clothing ..... \$ \_\_\_\_\_  
 Sports/hobbies ..... \$ \_\_\_\_\_  
 Recreation ..... \$ \_\_\_\_\_  
 Gym membership ..... \$ \_\_\_\_\_  
 Alimony/support ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_

**Sub Total** ..... \$ \_\_\_\_\_

## VEHICLE EXPENSES

Fuel ..... \$ \_\_\_\_\_  
 Registration ..... \$ \_\_\_\_\_  
 Inspection ..... \$ \_\_\_\_\_  
 Maintenance ..... \$ \_\_\_\_\_  
 Insurance ..... \$ \_\_\_\_\_  
 Auto Loan ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_  
 Other ..... \$ \_\_\_\_\_

## MISCELLANEOUS EXPENSES

Creditor payments ..... \$ \_\_\_\_\_  
 Babysitter ..... \$ \_\_\_\_\_  
 Haircuts ..... \$ \_\_\_\_\_  
 Subscriptions ..... \$ \_\_\_\_\_  
 Gifts ..... \$ \_\_\_\_\_  
 Religious donations ..... \$ \_\_\_\_\_  
 Other donations ..... \$ \_\_\_\_\_  
 School expenses ..... \$ \_\_\_\_\_  
 Allowances ..... \$ \_\_\_\_\_  
 Bank fees ..... \$ \_\_\_\_\_  
 Smoking/alcohol ..... \$ \_\_\_\_\_

**Sub Total** ..... \$ \_\_\_\_\_

**TOTAL EXPENSES:** \$ \_\_\_\_\_

## BE A VOLUNTEER!

United Way of the Capital Region coordinates volunteer efforts for many nonprofit organizations and agencies. Every effort is made to match a volunteer's skills with an organization or agency's needs. For more information about United Way of the Capital Region's Volunteer Center, please contact Heidi Neuhaus at 717.724.4055, or [hneuhaus@uwcr.org](mailto:hneuhaus@uwcr.org).

# BUDGETING TIPS

## MAKE A PLAN

During tough times, it's necessary to have a financial plan that will make it easier for you to pay your bills. Remember it is not necessary to pay off everything at once. Rather, you should conserve your funds and meet the minimum payments. Use the Expense Planner on page 3 as a guide to help you.

## OVERDUE BILLS

It is important not to ignore your debts! As soon as you discover that you may not be able to make a bill payment, you should notify your creditors. To avoid legal problems, it is necessary to inform creditors BEFORE the bill payment is due. Often a creditor would rather work out another arrangement than pursue legal action.

- **Home Mortgages** - Contact your lender before payment is due and try to work out a new payment plan.
- **Renters** - Contact your landlord before rent is due. Try to reduce or defer payment temporarily until you are back to work.
- **Property Taxes** - Call the taxation office in your municipality to find out if payment can be delayed and how much the penalties will be.
- **Utilities** - Go to their credit department or phone a customer service representative. You may be able to pay part of the bill and spread payments out.
- **Auto Loans** - If your loan payment cannot be deferred, discuss with the loan officer the possibility of re-financing to reduce the size of the payment.
- **Auto/Home Insurance** - Contact the insurance agents and discuss ways to spread out the premium.
- **Department Store Accounts** - Write a formal polite letter explaining the situation or go to the credit department of the business involved and discuss your situation. Have a well thought out game plan and make a proposal.
- **Credit Cards** - Find out what the minimum payments are to keep your account current.

It is important to have a plan and have family members come together (family conference) and prepare a new budget. The new budget should consider income and debts as well as expense cuts where possible (eating out, gifts, clothing, phone).

### Some hints on Grocery Shopping:

- Plan menus.
- Make a grocery list.
- Do regular grocery shopping.
- Clip coupons for items used regularly.
- Know nutrition and follow the FDA's Food Guide for balanced meals. You can visit [chosemyplate.gov](http://chosemyplate.gov) for more information.
- Bargain shopping - check newspaper for sales.
- Utilize food banks if necessary. (See page 9.)

### You might also look at different methods of extra income:

- Hold your own yard sales.
- Sell items of value that are not necessities (collectibles, second car, boat, trailer, etc.)
- If you have older children that work part-time, you may have to incorporate their earnings in the family budget temporarily until the situation changes.

# TIPS FOR DEALING WITH CREDITORS

## WHEN ON THE PHONE

- Most importantly, make sure to talk to someone who is in charge or responsible, such as:
  - Bank/Credit Union** - branch manager, collection supervisor or loans officer.
  - Finance Company** - branch manager
  - Retail Department Store** - collection supervisor or credit manager.
- If the person you talk with is not helpful, ask to speak to his or her supervisor.
- Keep a concise and accurate record of the person you talked with, company, name, date, time, phone number and what was said and how it was said, and any agreements made.
- Keep in touch with the person you talk with until the problem is solved.
- Avoid making promises you can't keep.
- An agreement over the phone is not a legitimate contract. Put it in writing!
- Keep your temper and be polite. Ask for your creditor's help rather than telling them what to do.
- If you feel the collector is harassing you, contact the Better Business Bureau.



## WHEN WRITING

- **Never mail cash!** Keep a receipt/copy of all your checks/money orders.
- Write a letter outlining any of the following:
  - ▶ Your reason for the letter.
  - ▶ Your employment status.
  - ▶ Your intentions on the debt.
  - ▶ Your reduced repayment terms.
  - ▶ Your request for interest relief.
  - ▶ Your offer on a settlement amount.
  - ▶ Your condition as to why you cannot make a payment.
  - ▶ Your request for the termination of the debt (medical reasons).
  - ▶ Your request for the creditor to pull the account back from collections.
  - ▶ Photocopy what income you are receiving (pay stub/slip).
  - ▶ Create a monthly expense sheet (to be included in package to creditors).

## REMEMBER

- **Be realistic** - If you offer to make a payment make sure you can afford it. Missing a payment could jeopardize your prior arrangement.
- **Be reasonable** - Creditors will want to get paid back within a reasonable amount of time.
- **Be specific** - Tell the creditor when you will contact them in the future. Tell them which month or what day. Make sure you follow-up with your letter.



# MAINTAINING A GOOD CREDIT RATING

- **Pay your bills on time.** If you are unable to pay your bill as agreed, contact your creditors and explain your situation. Contact a local non-profit credit counseling service for unbiased professional advice.
- **Don't sign a credit contract** until you have read it and understood it. If you don't understand it, ask questions until you are satisfied.
- **Never sign a blank sheet.** Your signature is your promise to pay and a contract is a legal document. Know the implications.
- **Try to payoff any debt quickly.** Avoid those prolonged low monthly payments and avoid having to refinance at higher interest rates. Try to pay more than the minimum monthly payment.
- **Deal with known,** respected, and established companies.
- **Make sure you understand** the total cost of your purchase.



To get a copy of your credit report, contact Equifax or TransUnion Consumer Relations Department.

## **Equifax**

Phone: 800.685.1111

Web: [equifax.com](http://equifax.com)

## **TransUnion**

Phone: 877.322.8228

Web: [transunion.com](http://transunion.com)

# SURVIVING UNEMPLOYMENT

## **WHY ME?**

People generally consider work to be an important part of their identity and self-esteem. So, it's understandable to feel rejected and depressed when faced with unemployment. But remember, you still have your greatest resource — you! You have lost none of the qualifications and personal worth that got you your job in the first place. No one can take these qualities away from you!

It is also understandable to experience anxiety and stress during a period of unemployment. To learn more about coping with these feelings, refer to the Counseling section of this guide.

## **WHAT CAN I DO WHILE WAITING TO GO BACK TO WORK?**

If your job has been completely eliminated and you don't foresee the possibility of returning to the same job, you must consider some realistic planning. Assess your present skills and talents. Can you redirect those skills to another line of work or do you need retraining? Refer to the Job Retraining and Employment categories in this guide for assistance.

If you're laid off from your job temporarily and waiting to be called back, keep yourself occupied. This may be a good time to do all the things you've been putting off — cleaning out the attic, fixing the faucets, going to the library, attending free community activities, swapping a skill with someone else or volunteering your time to a community project.

# SURVIVING UNEMPLOYMENT

## HOW CAN I TELL MY FAMILY THAT I'M LAID OFF?

It's not easy to break the news to your family that you're out of a job. Make sure to talk to your family about your problem and plan your next step together. Talk to them, express your feelings and tell them how they can help. If things get too difficult to handle on your own, call one of the agencies listed in the Counseling section of this guide. Remember, you're not the only person in our community dealing with this situation. At one time or another, we all are touched by job loss. You are not alone.

## HOW CAN I MANAGE MY HOUSEHOLD FINANCES?

With less money coming in, it's going to take expert money management to stay afloat. First, make sure to immediately notify all of your creditors. Don't wait for the bills to pile up. Second, plan a realistic budget in the following priority order: housing, food, utilities, transportation, others. See the Financial Assistance section under Basic Needs for more information.

## WHERE CAN I GET INFORMATION ABOUT LOCAL SERVICES?

Many people who are out of work experience several problems at once and are unaware of available community resources. This guide uses information from CONTACT Helpline's Resource Guide. You may call the agencies listed in this booklet directly, or call CONTACT Helpline, a 24-hour, seven-days-a-week information and referral service at 800.932.4616 **OR** Dial 2-1-1.

## WHERE DO I TURN FOR HELP WITH MY FAMILY'S BASIC NEEDS?

There are many public and private nonprofit agencies, civic groups and churches in the Capital Region that can help you obtain emergency food, clothing, home heating fuel, rent assistance and other essential household items. Each organization may have unique eligibility standards and requirements for receiving services. Many provide assistance only in emergency situations, or for a short-term period.

If you are unsure which agency to contact, call CONTACT Helpline at 800.932.4616 **OR** Dial 2-1-1.

## HOW SHOULD I PREPARE TO ASK FOR HELP?

When you require emergency assistance, it's suggested that you first attempt to contact the agency by telephone. This will save you time, undue frustration and will help you avoid running from one agency to another. Here are five basic questions to ask the agency:

- Can the agency provide what I need?
- Does the agency have the resources needed to do so?
- What is required for me to be eligible for services?
- Is there a fee for services?
- Where can I get assistance with basic needs?



# PROSPERITY CENTERS

## GETTING BACK ON TRACK

It's important to know you have options and can start regaining financial stability even on a tight budget. Establishing savings accounts, addressing debt issues, and creating financial plans are just a few of the initiatives Prosperity Centers use to help you effectively manage your money. The Centers also provide services to aid you in the state and federal benefit application process, which includes programs such as Supplemental Nutritional Assistance Program (SNAP), health care coverage, and free or reduced school lunch prices. Getting your money and spending back on track lays the foundation for a brighter and stronger financial future. All services are free and confidential, however, state and federal benefits are income-based.

## CONTACT INFORMATION

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### **New Hope Ministries**

5228 East Trindle Road, Mechanicsburg, PA 17055

Contact: Hope Line at 717.766.7333, or [info@nhm-pa.org](mailto:info@nhm-pa.org), or [nhm-pa.org](http://nhm-pa.org).

### **Northern Dauphin Human Services Center**

295 State Drive, Elizabethville, PA 17023

Contact: Bonnie Kent at 717.905.2700, or [bkent@dauphinc.org](mailto:bkent@dauphinc.org).

### **Perry County Family Center**

8391 Spring Road #3, New Bloomfield, PA 17068

Contact: Shelley Dreyer-Aurilla at 717.582.3656, or by e-mail at [pcfamlycenter@tricity.net](mailto:pcfamlycenter@tricity.net).

### **Tri County Community Action**

1514 Derry Street, Harrisburg, PA 17104-3326

Contact: 717.232.9757, or e-mail [prosperitycenter@cactricounty.org](mailto:prosperitycenter@cactricounty.org).





# 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 2-1-1 for assistance.

## BASIC NEEDS

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### Clothing:

Bethesda Mission ( <i>M-Su/9 a.m. - 5:30 p.m.</i> ).....	717.257.4440
Goodwill Keystone Area ( <i>M-F/8 a.m. - 4 p.m.</i> ).....	717.232.1831
The Salvation Army Harrisburg Capital City Region .....	717.233.6755
Shining Light Thrift Shop ( <i>M-Th/10 a.m. - 5 p.m.</i> ).....	717.234.2436

### Baby Formula and Other Nutritional Items for Children:

Pennsylvania Women, Infants and Children Program.....	800.942.9467
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### Food:

American Red Cross Serving Central Pennsylvania (food vouchers) .....	717.234.3101
<i>(M-F/8:30 a.m. - 4:30 p.m.)</i>	
Central PA Food Bank (complete list of food pantries and soup kitchens) .....	717.564.1700
<i>(M-F/8 a.m. - 4:30 p.m.)</i>	
Christian Churches United of the Tri-County Area .....	717.232.4965
<i>(M,T,Th,F/9-11 a.m. &amp; 1-3 p.m.; W/9-11 a.m.)</i>	
La Casa De Amistad of Christian Churches United .....	717.236.3279
<i>(M,T,TH,F/9-11 a.m. &amp; 1-3 p.m.; W/9-11 a.m.)</i>	
New Hope Ministries, Inc. ....	717.766.7333
Perry County Assistance Office ( <i>M-F/8 a.m. - 5 p.m.</i> ).....	717.582.2127
The Salvation Army Harrisburg Capital City Region ( <i>By appointment only.</i> ).....	717.232.4965
Upper Dauphin Human Services ( <i>M-F/9-11 a.m. &amp; 1:30-3:30 p.m.</i> ).....	717.453.9352

### Shelter:

Bethesda Mission ( <i>M-Su/9 a.m. - 5:30 p.m.</i> ).....	717.257.4440
Christian Churches United of the Tri-County Area .....	717.238.2851
<i>(M,T,Th,F/9-11 a.m. &amp; 1-3 p.m.; W/9-11 a.m.)</i>	
Crisis Intervention.....	717.232.7511
Interfaith Shelter ( <i>Call for hours</i> ).....	717.652.8740
Perry Human Services ( <i>M,W,F/8 a.m. - 4p.m.; Tu,Th/8 a.m. - 8 p.m.</i> ) .....	717.582.8703
Safe Harbour, Inc.....	717.249.2200
The Salvation Army Harrisburg Capital City Region .....	717.233.6755
Shalom House — Office ( <i>M-Su/24 hours</i> ) .....	717.232.3482
Upper Dauphin Human Services ( <i>M-F/8 a.m. - 5 p.m.</i> ).....	717.453.9352

# AGENCY LISTINGS

**Fuel:**

CARES PPL (M-F/8 a.m. - 5 p.m.) .....	800.358.6623
Christian Churches United of the Tri-County Area .....	717.238.2851
<i>(M, T, Th, F/9-11 a.m. &amp; 1-3 p.m.; W/9-11 a.m.)</i>	
Cumberland County Assistance Office (M-F/7 a.m. - 5 p.m.).....	800.269.0173
Dauphin County Assistance Office (M-F/8a.m. - 5 p.m.).....	800.788.5616
New Hope Ministries, Inc. (M-F/9 a.m. - 4 p.m.) .....	717.432.3053
Perry County Assistance Office (November to March) (M-F/8 a.m. - 5 p.m.).....	800.991.1929
The Salvation Army Harrisburg Capital City Region .....	717.233.6755
UGI Utilities (Natural gas only) .....	800.276.2722
Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.).....	717.453.9352

**Furniture:**

Goodwill Keystone Area (M-Sat/10 a.m. - 6 p.m.; Sun noon - 5 p.m.).....	717.232.1831
The Salvation Army Harrisburg Capital City Region .....	717.233.6755

**Rent & Other Housing Assistance:**

Christian Churches United of the Tri-County Area .....	717.238.2851
<i>(M, T, Th, F/9-11 a.m. &amp; 1-3 p.m.; W/9-11 a.m.)</i>	
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.).....	717.238.9540
Housing Authority of Harrisburg (M-F/8:30 a.m. - 4:30 p.m.) .....	717.232.6781
Housing Authority of Cumberland County (M-F/8 a.m. - 4:30 p.m.).....	717.249.1315
Housing Authority of Dauphin County (M-F/9 a.m. - 5 p.m.).....	717.939.9301
PA Housing Finance Agency (M-F/8 a.m. - 5 p.m.).....	717.780.3800
Perry County Rental Assistance Program (M-F/9 a.m. - 5 p.m.).....	717.582.8853
Perry Human Services (M, W, F/8 a.m. - 4 p.m.; T, Th/8 a.m. - 8 p.m.) .....	717.582.8703
The Salvation Army Harrisburg Capital City Region .....	717.233.6755
<i>(M, T, Th, F/9 a.m. - noon &amp; 1-2 p.m.)</i>	
Upper Dauphin Human Services (M-F/8 a.m. - 5 p.m.).....	717.453.9352

**Financial Counseling and Assistance:**

Cumberland County Assistance Office (M-F/7 a.m. - 5 p.m.).....	800.269.0173
Dauphin County Assistance Office (M-F/8 a.m. - 5 p.m.).....	800.788.5616
Financial/Budget Management: Bethesda Mission (M-Su/9 a.m. - 5:30 p.m.) .....	717.257.4440
Latino Hispanic American Community Center (LHACC).....	717.232.8302
The Fair Housing Council (M-Th/9:30 a.m. - 4 p.m.).....	717.238.9540
Perry County Assistance Office (M-F/8 a.m. - 5 p.m.).....	800.991.1929
Perry Human Services (M, W, F/8 a.m. - 4 p.m.; T, Th/8 a.m. - 8 p.m.) .....	717.582.8703
The Salvation Army Harrisburg Capital City Region .....	717.233.6755
Tri County Community Action - Harrisburg (M-F/9 a.m. - 5 p.m.).....	717.232.9757

# AGENCY LISTINGS

## JOB RETRAINING/PREPARING FOR A BETTER JOB

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Center for Education, Employment & Entrepreneurial Development ( <i>Call for hours</i> ) .....	717.724.2158
Dixon University Center ( <i>M-F/8 a.m. - 7:30 p.m.</i> ) .....	717.720.4080
Goodwill Keystone Area ( <i>M-F/7:30 a.m. - 4 p.m.</i> ) .....	717.232.1831
HACC, Central Pennsylvania's Community College ( <i>Call for hours</i> ) .....	717.780.2300
Latino Hispanic American Community Center (LHACC) .....	717.232.8302
Manpower ( <i>M-F/7:30 a.m. - 5 p.m.</i> ) .....	717.540.6000
Penn State Harrisburg ( <i>M/8 a.m. - 8 p.m.; T-F/8 a.m. - 5 p.m.</i> ) .....	717.948.6260
Temple University ( <i>Call for hours</i> ) .....	717.232.6400
Tri-County OIC .....	717.238.7318
Potential Re-entry Opportunities in Business and Education (PROBE) .....	717.939.2260
<i>(M-F/9 a.m. - 5 p.m.)</i>	

## EMPLOYMENT OPPORTUNITIES

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American Association of Retired Persons (AARP) ( <i>M-F/9 a.m. - 5 p.m.</i> ) .....	888.687.2277
CareerLink — Capital Region ( <i>M-F/8 a.m. - 4:30 p.m.</i> ) .....	717.783.3270
CareerLink — Carlisle ( <i>M-F/8 a.m. - 4:30 p.m.</i> ) .....	717.243.4431
Federal Information Center ( <i>M-F/8 a.m. - 8 p.m.</i> ) .....	800.333.4636
Manpower ( <i>Call for hours</i> ) .....	717.540.6000
Potential Re-entry Opportunities in Business and Education (PROBE) .....	717.939.2260
<i>(M-F/9 a.m. - 5 p.m.)</i>	
UPS - upsjobs.com ( <i>M-F/8 a.m. - 5 p.m.</i> ) .....	717.986.8551

## LEGAL ASSISTANCE

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American Civil Liberties Union ( <i>Answering Service</i> ) .....	717.238.2258
MidPenn Legal Services ( <i>M-F/8:30 a.m. - 4:30 p.m.</i> ) .....	800.326.9177
PA Lawyer Referral Service ( <i>M-F/8 a.m. - 4:30 p.m.</i> ) .....	800.692.7375

## COUNSELING SERVICES

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Capital Area Intermediate Unit ( <i>M-F/7:30 a.m. - 4:15 p.m.</i> ) .....	717.732.8400
Catholic Charities — Capital Region Counseling ( <i>M-F/8:30 a.m. - 5 p.m.</i> ) .....	717.233.7978
Diakon Lutheran Social Ministries ( <i>M-Th/8:30 a.m. - 9 p.m.; F/8:30 a.m. - 5 p.m.</i> ) .....	717.795.0330
Geisinger Holy Spirit Community Mental Health Center ( <i>M-Su/24 hours</i> ) .....	717.763.2228
Jewish Family Service of Harrisburg ( <i>M-F/9 a.m. - 5 p.m.</i> ) .....	717.233.1681
Pennsylvania Psychiatric Institute ( <i>M-F/8 a.m. - 5 p.m.</i> ) .....	717.782.6420
The Stevens Center ( <i>M-W/8 a.m. - 7 p.m.; Th/8 a.m. - 8 p.m.; F/8 a.m. - 5 p.m.</i> ) .....	717.243.6033
Pressley Ridge ( <i>M,W,F/8:30 a.m. - 5 p.m.; T,Th/by appointment only</i> ) .....	800.723.7005

# AGENCY LISTINGS

## HEALTH AND MEDICAL INFORMATION AND ASSISTANCE

American Association of Retired Persons (AARP) (M-F/9 a.m. - 5 p.m.) .....	888.687.2277
Children's Health Insurance Program (M-F/8 a.m. - 4:30 p.m.; Sat/9 a.m. - 3 p.m.) .....	800.986.5437
Community Check-up Center of South Harrisburg, Inc. (M-F/8 a.m. - 4:30 p.m.).....	717.233.1700
CONTACT Helpline (M-Su/24 hours) .....	800.932.4616 or 2-1-1
Duncannon Family Health Center (M-Th/8 a.m. - 8 p.m.; F/8 a.m. - 4 p.m.) .....	717.834.3108
Geisinger Holy Spirit Health Care Referral Center (M-F/8 a.m. - 4:30 p.m.).....	717.763.2900
Hamilton Health Center .....	717.232.9971
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
PA Department of Health (M-F/8:30 a.m. - 4:30 p.m.) .....	877.724.3258
Planned Parenthood .....	717.234.2468
(M/10 a.m. - 6 p.m.; T/10 a.m. - 5 p.m.;; W/9 -5 p.m.; F/9 a.m. - 4 p.m.)	
UPMC Pinnacle Carlisle Clinic (M-F/8 a.m. - 4 p.m.) .....	717.249.1212
UPMC Pinnacle Infant Development Program (M-F/8 a.m. - 4:30 p.m.).....	717.782.6880
Women, Infants and Children Program .....	800.942.9467

## DRUG AND ALCOHOL INFORMATION AND HELP

Alcoholics Anonymous (M-Su/24 hours) .....	717.234.5390
Cocaine Hotline, Federal Substance Abuse (M-Su/24 hours) .....	800.662.4357
Cumberland-Perry Drug and Alcohol Commission.....	717.240.6300
Dauphin County Department of Drug and Alcohol Services .....	717.635.2254
(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.) .....	717.238.4200
(Toll-free hotline open 24 hours a day, 7 days a week).....	800.315.2056
Geisinger Holy Spirit Drug and Alcohol Services (M-F/8 a.m. - 5 p.m.).....	717.763.2228
Narcotics Anonymous (M-Su/24 hours) .....	717.233.3733
Perry Human Services (M,W,F/8 a.m. - 4 p.m.; T,Th/8 a.m. - 8 p.m.) .....	717.582.8703
Salvation Army Adult Rehabilitation Center (M-F/8 a.m. - 4 p.m.) .....	717.541.0203
State Health Hotline (M-F/8 a.m. - 4:30 p.m.) .....	877.724.3258
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.).....	717.243.6033

## OTHER ONLINE RESOURCES

AFL-CIO's unemployment resource website: [www.unemploymentlifeline.com](http://www.unemploymentlifeline.com)

Cumberland County Library System: [www.cumberlandcountylibraries.org](http://www.cumberlandcountylibraries.org)