



The Center for Humanistic Change

Resource Guide

CHC is devoted to providing you with resources as you find ways for children and families to learn, feel safe, and be supported and connected. We have compiled this resource guide so that individuals know what resources are available to them. Check for additional resources at www.thehc.org .

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**Please note that these resources are changing often. CHC is working diligently to update this guide on a regular basis to the best of our ability. Please check with resources directly if you have a question or need clarification.

A message from our Executive Director, Kristen Hettrick:

CHC has been a leader in delivering prevention programming and life skills training in the Lehigh Valley, for more than 40 years. We are devoted to providing you with resources to help children and families learn, feel safe, and be supported and connected. This guide provides you with information on how to access emergency, food, education, recovery, mental health, family and financial services along with additional resources to help you and your family meet your everyday needs.

Check for additional resources at www.thechc.org.

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EMERGENCY RESOURCES AND SERVICES

In case of an emergency - always call 911 - regardless of location.

Calling 911 - some things to remember:

<https://www.lehighcounty.org/Departments/Emergency-Management-9-1-1/Sections/911-Center/Things-To-Remember>

- If you need to dial 911 stay calm! Before picking up the phone, take a deep breath and do your best to relax.
- Pick up the phone, listen for dial tone, and then dial 911. That's all, just three numbers 911.
- When the dispatcher answers, simply state what you need: "I need the police," "I want to report a fire," and/or "I need an ambulance."
- The dispatcher will then ask for the address or location of the emergency.
 - This is very important! Do you and other members of your family / workforce all know your address? If not, let everyone know! Better yet, mark the address by each telephone - that way it will be easy to remember.
 - Do you know what city, township or borough you are located in? This is important information as well.
 - In addition to knowing your address, it is important that emergency responders can see your house number from the street. The next time you are returning to your home at night, pretend that you are a policeman or firefighter trying to find your house. Can you easily see your house number from the street? If not, you have some work to do. Mark your house number in large, reflective numbers that can easily be seen from the street.
- Next, the dispatcher will ask you exactly what is wrong - the "details" of your emergency. This is important information too! Do not become upset that it is "taking too long", or that "they are asking too many questions" **REMEMBER**, while one dispatcher is talking to you on the phone, another dispatcher is putting your call out on radio to the emergency personnel.
- Finally, the dispatcher will ask for your name and telephone number.
- **DO NOT hang up** until the dispatcher says it is okay. If you are alone or frightened, we'll stay on the phone until help arrives.

PA Medic Hospital list: <https://www.pamedic.org/>

Filter search based on ER capabilities

PA Medical Amnesty information: *for individuals using alcohol under 21 years old* - call 911

<https://plcbplus.pa.gov/pub/download.aspx?PosseObjectId=31026225&RenderDocuemntForGuest=Y>

"If a person, in good faith, calls and believes he or she is the first to call 911, police, an ambulance or campus security, **gives his/her name and stays with the person** to prevent that person's death or serious injury, **the caller is immune from prosecution for consumption or possession of alcohol.**"

Emergency Readiness:

- Emergency Family Readiness Guide:
https://www.lehighcounty.org/Portals/0/PDF/EMA/Familyreadinesskitguide.pdf?ver=vPh-conlEh_ZkN_5JN7C3Q%3d%3d
- Emergency Supply Checklist:
<https://www.lehighcounty.org/Portals/0/PDF/EMA/redinessChecklist.pdf?ver=CqMtAeS79WnTTXEkGEGbug%3d%3d>
- Emergency Communications Plan:
<https://www.lehighcounty.org/Portals/0/PDF/EMA/FamilyCommunicationsPlan.pdf?ver=OYFGylH8-5QRitGE9ztMxO%3d%3d>
- Northampton's Emergency Preparedness Info (but generally applicable to other counties)
<http://ncem-pa.org/preparedness-information/>

United Way - Information and Referral Service:

Dial 2-1-1

Pennsylvania 211 East is a free, confidential, non-emergency, 24-hour information and referral service that connects Lehigh, Northampton and Carbon County.

<https://www.unitedwayglv.org/gethelp> and <https://www.unitedwayglv.org/find-resources>

Lehigh County

Non-emergency calls for areas in Lehigh County (not including the City of Bethlehem):

610-437-5252

City of Bethlehem: 610-865-7171

Lehigh County Special Operations Division services:

Phone - 610-782-4600

- Trench Rescue
- Confined Space Rescue
- High-Angle/Rope Rescue
- Hazardous Materials (Haz-Mat) Response
- Etc...

Lehigh County's Community Notification System

“Lehigh County provides its residents and visitors with emergency community notifications in the event of emergency situations or during other situations that may warrant community notification, such as during major or prolonged weather events.. These notifications are meant to provide information that is critical to the safety and well being of the county's residents and visitors. Notifications are provided via a telephone notification system that will dial each telephone number in our system within the affected area and provide the person who answers with any pertinent information regarding the emergency.”

More info here:

<https://www.lehighcounty.org/Departments/Emergency-Management-9-1-1/Sections/Ready-Notify-Lehigh-Registration>

Register here: <https://public.coderedweb.com/cne/BFA2C8481764>

Lehigh County Emergency Assistance Info:

Housing, interpersonal violence shelter/support, utilities, food, health care, suicide, etc.

<https://www.lehighcountyauthority.org/wp-content/uploads/2021/03/LehighAssistance091120.pdf>

Northampton County

Northampton County Emergency Services: (610) 252-9060, 45 N. Second St., Easton, PA 18042

Northampton County Services Information: (610) 559-3000

Warm Line: (610) 820-8451, (610) 820-8549, (800) 644-8549

If it is not quite a crisis, but you want to talk to someone, 24 hours/day, 7 days/week: Someone to listen; someone who cares.

Non-emergency calls for Fire, Police and EMS in the City of Easton

(610) 759-2200

This will connect you to the Northampton County 9-1-1 center

CodeRED - Northampton's Emergency Notification System

“CodeRED is a FREE emergency notification service provided by the Northeast Task Force to all residents, employees or visitors within Northampton County. The CodeRED notification system (when utilized) may notify you of emergency information through phone calls, text messages, emails, social media and the CodeRED Mobile Alert app – registered users will select how they receive the notifications.”

More info: <http://ncem-pa.org/codered-2/>

Register:

- Text “NCEM” to 99411 to enroll
- Go to CodeRED website link and register:
<https://public.coderedweb.com/CNE/en-US/BFEB4153F45C#>
- The CodeRED Mobile Alert app is available for FREE download for both Apple and Google devices

To find a site offering free meals to all children 18 years old and under, regardless of household income. To find a site near you, text FOOD to 877-877
No Kids Go Hungry! En Español.

Lehigh Valley Food Policy Council

<https://www.lvfpcc.org/>

Lehigh School Districts

<https://www.lvfpcc.org/kids-eat-free-here/>

SCHOOL DISTRICT MEAL PROGRAMS

ALLENTOWN SCHOOL DISTRICT

Grab & Go meals offered for Emergency Closings 9:00am-1:00pm. Find exact locations of pickups at each school here:

<https://www.allentownsd.org/cms/One.aspx?portalId=521953&pageId=12310894>

Food banks offered at Jefferson Elementary (1st and 3rd Wednesday of the month, 4pm-5:30pm) and Raub Middle School (Monday thru Wednesday 10am-1pm or Thursday and Friday on an emergency basis). Find location and contact information here:

https://www.allentownsd.org/departments/child_nutrition_services/VCMeals/food_banks

BANGOR AREA SCHOOL DISTRICT

Bangor Area SD does not have Grab and Go options, anymore. However, for information about free and reduced meals and PEBT visit here:

<https://www.bangor.k12.pa.us/site/Default.aspx?PageID=48>

BETHLEHEM AREA SCHOOL DISTRICT

Bethlehem Area SD does not have Grab and Go options, anymore. However, for information about free and reduced meals visit here: <https://www.basdschools.org/domain/147>

CATASAUQUA AREA SCHOOL DISTRICT

Catasauqua Area SD does not have Grab and Go options, anymore. However, all students are offered free breakfast and lunch for the 2022-2023 school year. For more information visit here:

<https://www.cattysd.org/Page/68>

EASTON AREA SCHOOL DISTRICT

Easton Area SD does not have Grab and Go options, anymore. However, for information about free and reduced meals visit here:

https://www.eastonsd.org/apps/pages/index.jsp?uREC_ID=319690&type=d

NAZARETH AREA SCHOOL DISTRICT

Nazareth Area SD does not have Grab and Go options, anymore. However, for information about free and reduced meals visit here: <https://www.nazarethasd.k12.pa.us/Page/935>

NORTHERN LEHIGH SCHOOL DISTRICT

Northern Lehigh SD serves breakfast daily in all schools (milk, juice, fruit, yogurt, a variety of breakfast grains). For information about free and reduced meals and other food service visit here: <https://www.nlsd.org/domain/58>

PEN ARGYL SCHOOL DISTRICT

Easton Area SD does not have Grab and Go options, anymore. However, to apply for free and reduced meals visit here: <https://docs.google.com/forms/d/e/1FAIpQLSe6KzMfcLLhpPhZ8mXL-e2bqka46qAflgoSIS6zOPSTa9Rpg/viewform>

SALISBURY SCHOOL DISTRICT

Salisbury Township SD does not have Grab and Go options, anymore. However, for information about free and reduced meals visit here: <https://www.salisburysd.org/page/child-nutrition>

SAUCON VALLEY SCHOOL DISTRICT

Saucun Valley SD does not have Grab and Go options, anymore. However, for information about free and reduced meals and other food service visit here: <https://www.svpanthers.org/Page/583>

SOUTHERN LEHIGH SCHOOL DISTRICT

Southern Lehigh SD does not have Grab and Go options, anymore. However, for information about free and reduced meals and other food service visit here: <https://www.slsd.org/Page/12746>

WHITEHALL-COPLAY SCHOOL DISTRICT

Whitehall-Coplay SD does not have Grab and Go options, anymore. However, for information about free and reduced meals PEBT, and other food services visit here: <https://pa50000018.schoolwires.net/Page/3314>

FOOD RESOURCES AND MORE

<https://shfbly.org/findfood/>

ALLENTOWN

ALLENTOWN ECUMENICAL FOOD BANK

610-821-1332 / 534 Chew St., Allentown PA 18102

Monday to Friday 9:30-11:45AM food available every day for pick up

ALLENTOWN AREA ECUMENICAL FOOD BANK

417 North 14TH St., Suite 101, Allentown, PA - 610-821-1332

Open Monday-Friday mornings 9:00am to 12pm and Thursday evenings 4pm to 6pm

ALLENTOWN SALVATION ARMY

144 N. 8th St. Allentown - 610-432-0129

Food bank distribution the 2nd & 4th Wednesday of the month 10:00-noon.

CASA JEANETTE

705 N. 8th St. Allentown - 484-860-0303

Tuesday through Saturday 2-4:00pm.

CATHOLIC CHARITIES SOUP KITCHEN - The Ecumenical Kitchen

179 Chew St Allentown - 610-390-5638

Friday-Monday 12:30-1:30pm

CEDAR CREST BIBLE

1151 S. Cedar Crest Blvd. Allentown - 610-432-2200

Food bank 1st and 3rd Thursdays, 6:30-8:00pm and by appointment.

CHRIST FELLOWSHIP CHURCH

12th and Chew Street, Allentown - 619-730-7116 Dinner served on Thursdays and Fridays at 5 p.m.

CHRISTIAN EVANGELICAL ARABIC

338 E. Walnut St. Allentown - 610-432-7067

Wednesday by appointment

CITY LIMITS ASSEMBLY OF GOD

302 Ridge Ave. Allentown - 610-776-8656

Food bank on Thursday, 9-11:00am.

EVANGELICAL WESLEYAN CHURCH

728 N. Irving St. Allentown - 610-433-6160
3rd Saturday of each month, 10 am-noon.

FIRST CORINTIOS 13, IGLESIA

938 S. 11th St. Allentown - 484-942-4683
3rd Saturday of the month, 10:00am-noon.

GRACE EPISCOPAL FOOD BANK

108 North 5th St. Allentown - (610) 435-7245 Open Friday 9-11:00 am and the 3rd & 4th
Saturday, 9-11:00am

GRACE LUTHERAN CHURCH MACUNGIE

28 West Main St., Macungie - 610-966-3325 Every Wednesday 2-4:00pm

JUBILEE BREAKFAST MINISTRY

620 West Hamilton Street Allentown 610-435-2412 7-9:00am Starting November-April.

LEHIGH CONFERENCE OF CHURCH'S SOUP KITCHEN

457 W. Allen Street 18102 Allentown - (610) 462-4984
Monday – Friday; 8:00 – 9:00 AM & 12:00 – 1:00 PM

MOSSER VILLAGE FAMILY CENTER

614 S. Carlisle St. Allentown - 610-820-4067
*By appointment only.

OPERATION ADDRESS THE HOMELESS

221 N 7th St. Allentown - 610-351-0760
Monday, Wednesday, and Friday, 4-7:00pm Sunday 4-6:00pm

PENNSYLVANIA AVENUE PANTRY @ ST. ANDREWS EPISCOPAL CHURCH

1900 Pennsylvania Ave. Allentown 610-865-3603 1st and 3rd Wednesday, 6-8:00pm.

RIPPLE COMMUNITY

1335 Linden St. Allentown - 484-240-1231
Tuesday -Thursday, 1-5:00 pm and Friday-Saturday 11-3:00 pm.

SALEM UNITED METHODIST CHURCH

1401 W. Linden St. Allentown 610-432-2577
3rd Saturday of the month, 9-11:30am.

SALVATION ARMY FOOD PANTRY/SOCIAL SERVICES

144 N. 8th St Allentown - 610-432-0129

SECOND HARVEST FOOD BANK OF LEHIGH VALLEY AND NORTHEAST PA

2045 Harvest Way Allentown - 610-434-0875 Fourth Saturday 12-1:30 pm

ST MARK'S LUTHERAN CHURCH

201 E. Juniata St. Allentown - 610-797-6440

2nd Tuesday 10:00-noon and the 4th Thursday, 4-6:00pm.

ST. PAUL EVANGELICAL LUTHERAN CHURCH

36 S. 8th St. Allentown - 610-435-9065 Tuesdays 11-1:00pm

SYRIAN ARAB AMERICAN

608 ½ N. 2nd St. Allentown - 610-432-8001 3rd Wednesday of the month 9:30-4:00pm

UPPER ROOM TABERNACLE

514 Poplar St. Allentown - 646-852-3942 1st and 3rd Friday, 5-7:00pm.

ZION REFORMED UCC

620 W. Hamilton St. Allentown 610-435-2412 Thursday-Saturday, 7-9:00am.

ZIONSVILLE CHURCH FOOD PANTRY

5901 Kings Highway South Old Zionsville - 610-966-3834 Pantry open the second Monday 4-6:00 and Saturday 10-12:00 of that same week.

BATH

BATH FOOD PANTRY

206 East Main Street Bath – 610-837-1061

Second Tuesday of the month 9:30-11am

BETHLEHEM

BETHLEHEM FOOD PANTRY/SALVATION ARMY

521 Pembroke Road Bethlehem - 610-867-4681

Food Pantry Monday-Thursday by appointment 9:30-3:30pm

Soup Kitchen Sundays 1:00; Soup and Bible Study Wednesday 11:30am.

BETHLEHEM YMCA

430 E. Broad St. Bethlehem - 610-867-7588 Grab and go Meals. Breakfast 7:30-8:30am, Dinner 4-5:00pm with extra meal distribution Fridays. Free for all members ages 18 and under.

BREAD FROM HEAVEN

931 Hamilyton St. Allentown-- 610-433-9165

CALVARY BAPTIST FOOD

111 Dewberry Ave. Bethlehem- 610-365-5300 Monday-Tuesdays *First full week, 9-11:00 am.

CENTRAL ASSEMBLY OF GOD

1300 Eaton Ave. Bethlehem - 610-865-0577 Call for details

COOPERSBURG BETTY LOU'S PANTRY

333 Oxford St. Coopersburg - 610-282-2838 2nd and 4th Saturdays, 9-10:30am

EBENEZER NEW REFORMED

3221 Bingen Rd. Bethlehem - 610-838-0924 Tuesdays 6-7:00pm and plus emergencies daily.

HISPANIC CENTER OF LEHIGH VALLEY

520 E. 4th St. Bethlehem -610-868-7800 x245 Call Monday-Thursday 9:00-3:30pm

HOLY BETHEL PENTECOSTAL

1224 E. 4th St. Bethlehem - 610-691-1244 1st and 2nd Saturday 10:00-2:00pm

LEHIGH VALLEY CHURCH OF CHRIST

3400 Brodhead Road Bethlehem - 610-691-1116 Available upon request

NEW BETHANY PANTRY

380 Shawnee Street Bethlehem - 610-691-5602 Monday to Friday from 10:30-11:30am.

NEW JERUSALEM LUTHERAN

3233 Appleschurch Rd. Bethlehem - 610-838-2180 3rd and 4th Saturday, 9-11:00am.

NORTHEAST MINISTRY

1161 Fritz Dr. Bethlehem - 610-691-3355 Tuesdays & Thursdays 9:30am-12:30

SECOND BAPTIST CHURCH

616 Frankford St. Bethlehem - 610-691-9783 2nd and 4th Saturday 10-12:00pm

SS SIMON AND JUDE

730 W. Broad St. Bethlehem- 610-866-5582 Third Saturday 9-11:00am.

TRINITY UNITED CHURCH OF CHRIST

81 East North St. Bethlehem - 610-691-8200 Second Wednesday of month 11-12:30pm
4th Wednesday of month, 11-12:30pm *Must be resident of Northampton County

WEST BETHLEHEM PANTRY

514 3rd Ave Bethlehem - 610-865-8216 Wednesday 10-12:00pm, last Wednesday 6-8:00pm.

EASTON

EASTON AREA NEIGHBORHOOD CENTER

902 Philadelphia Rd. Easton 610-253-4253 2nd and 4th Wednesday 4-6pm. Fridays 9-12:00pm

PROJECT OF EASTON FOOD PANTRY

330 Ferry St. Easton - 610-258-4361 Mondays from 10-12:15pm. Thursdays 10-12:15pm & 1-3:15pm. Photo ID required

EMMAUS BETHEL BIBLE FELLOWSHIP

418 Elm St. Emmaus - 610-965-2682 Tuesday-Wednesday 10-2:00pm call for appointment

THE FATHER'S HOUSE

1650 Lehigh St. Easton - 610-253-1651 2nd and 4th Wednesday, 11:00am-2:00pm.

HOLY TEMPLE OF EASTON

824 Ferry St. Easton - 610-250-9460 3rd, 4th, 5th Thursday, 5-7:00pm.

LINCS FAMILY CENTER

2400 Firmstone St. Easton - 484-373-6200 Mondays 9-11:00am curbside pickup.

ST. PAUL'S LUTHERAN CHURCH

610 Berwick St. Easton - 610-258-2612 Thursdays, 6-7:30pm.

SAFE HARBOR

536 Bushkill Drive Easton - 610-258-5540 2nd Monday

SALVATION ARMY EASTON

1110 Northampton Street Easton 610-258-9531 Monday-Thursday 10:00am-3:00pm.

SHILO FOOD PANTRY

201 Thomas Bright Ave Easton 610-252-5640 1st and 3rd Friday 12-3:00pm

SOUL WINNERS

1913 Freemansburg Ave. Easton - 610-438-1861 2nd and 4th Saturday, 12-3:00pm.

NEW TRIPOLI

CHRIST'S CHURCH AT LOWHILL

4695 Lowhill Church Road New Tripoli - 610-298-2054 1st Saturday 9-11:00am, 3rd Thursday 4-6:30pm, 3rd Wednesday 10:00-12:00pm

OREFIELD

JORDAN LUTHERAN CHURCH

5103 Snowdrift Road - 610-395-5912 **Must be in Parkland School District- 1st and 3rd Monday 9:30-11:30am and 1st Wednesday 6:30-7:30pm. Limit 1 per month.

KINGDOM LIFE FAMILY CENTER

4333 Lime Kiln Rd. Orefield - 610-398-0111 2nd Thursday 1-3:00pm, 1st and 3rd Saturdays 10-12:00pm.

PARKLAND C.A.R.E.S. FOOD PANTRY

5074 Kernsville Road, Unit #4, Orefield – 484-707-1133 Email: katrina@parklandcaresfp.org

PEN ARGYL

BENDERS MENNONITE CHURCH

975 Benders Church Rd. Pen Argyl 610-863-9114 3rd Saturday of every month. 9-11:00am. Must live in Northampton County and should bring some form of ID of proof of residency in Northampton County.

SALVATION ARMY

301 West Main St. Pen Argyl 610-863-6677 1st Tuesday 4-6:00pm. Valid ID.

TREXLERTOWN

ST. PAUL'S UNITED CHURCH OF CHRIST

1249 Trexlertown Rd. Trexlertown, PA 18087 610-395-4571 Opening May 5th, Tuesdays 10:00am-noon.

FRIEND, INC

658 Noble Street Kutztown - 610-683-9011 Monday-Wednesday by appointment. Third Thursday 6:00-7pm and third Friday 10:30-11:30am

WHITEHALL/CATASAUQUA

CATASAUQUA AREA FOOD BANK

527 Front St. Catasauqua 610-264-8366 Wednesday and Friday, 3-4:00pm.

ST. STEPHEN'S PANTRY

3900 Mechanicsville Rd. Whitehall 484-246-5715 Mondays 6-8:00pm by appointment only

MISC. FOOD RESOURCES

KREMMER'S COMMUNITY KITCHEN

1901 S. 12th Street Allentown – 610-797-4901

MEALS ON WHEELS OF THE GREATER LEHIGH VALLEY

1302 N. Sherman Street Allentown - 610-691-1030

RESTAURANTS/STORES OFFERING MEALS BURGER KING

Offering 2 Free kids meals with a regular purchase through the app.

FOOD STAMPS

can provide you and your family with extra money each month to purchase food. If you are approved, you will receive a plastic ACCESS card. Call 1-866-203-3323. Se habla Español. Compass.org

WIC

provides nutritious foods, nutrition education, counseling, screening, and referrals to pregnant women, breastfeeding women up to infant's 1st birthday, postpartum women up to 6 months, infants and children up to their 5th birthday. Call 800-WIC-WINS (800-942-9467). Se habla Español

PA GET CONNECTED.

Dial 211 to get contact information for help with food, housing, utilities and other needs.

www.pa211.org

EDUCATION AND LEARNING FOR STUDENTS

Center for Humanistic Change Offering selected courses to students, faculty, staff, and parents, remotely and at no cost to you. The courses, which are available to individuals or small groups, will be offered in 30-, 45, or 60-minute segments. Age-appropriate life skills instruction for children K-12 can help children stay engaged when schools are closed and learn ways of coping during these unusual times. Courses for faculty and parents are designed to foster resiliency, reduce anxiety, and manage stress. For more information and to access online videos please visit <https://www.thechc.org/> .

Penn State Extension Offering online courses and webinars. Visit <https://extension.psu.edu/shopby/online-courses> for more information on online courses. Visit <https://extension.psu.edu/shopby/webinars> for more information on webinars.

KidsPeace Teen Central This is a free web-based service for teens. It is confidential and anonymous and provides a range of information and encouragement to older kids and teens including the opportunity to submit questions and concerns and get an individualized response from clinical experts provided in a “safe space” for young people who may have reluctance to discuss such matters with parents or other adults. You can access this at www.teencentral.com.

The Salvation Army

610.432.0129 / 144 North 8th Street Allentown, PA 18101

EMAIL: Keila.Sotomayor@use.salvationarmy.org **Homework Assistance and Counseling** The Salvation Army’s high-quality after-school programs serve children of all ages. Provide one-on-one assistance with homework and school assignments, as well as the teaching and advancement of literacy and study skills. Many of the facilities include computer labs to help children with their homework which provides academic support to kids who otherwise have no access to computers.

The Neighborhood Center

PHONE#: 610.434.5799 / **PHYSICAL ADDRESS:** 344 N. 7th St. / Allentown, PA 18102

In the Trexler Child Development Center at the Salvation Army

EMAIL: kberard@theneighborhood-center.org

Pre-K News / Morning Class 9:00—11:30 / Afternoon Class 12:30—3:00

Elementary School Program / Monday - Friday 8:30 am - 3:30 pm

(Time changes will be indicated on Calendar) For children in Kindergarten through 5th grade living in the Jordan Heights Area.

Teen Program / Monday - Thursday 1:00 pm- 4:00 pm / (Time changes will be indicated on Calendar) For children in 6th grade through high school living in the Jordan Heights Area. Link to Application (fee: \$35): Summer 2022 Application

https://www.theneighborhoodcenterallentown.com/_files/ugd/f74592_41764afa0fa64c59a966a1166122178e.pdf

The YMCA

610.351.9622 / 425 South 15th St / Allentown, PA 18102

Edu- Childcare Program (Allentown Branch)

In this program, children in Kindergarten through age twelve complete their remote lessons in a safe, well-equipped classroom with supervision and support. In addition, Edu-Childcare provides opportunities for socialization, physical education, art, music, STEM and literacy activities.

Nutritious daily meals are included. Link to Registration:

https://www.gv-ymca.org/template/upload_files/allentown_20222023_enrollment_packet-8.pdf

Casa Guadalupe Center

610.435.9902, ext 2 / 218 N. 2nd St., Allentown, PA 18102 / **EMAIL:** nancy.ruiz@casalv.org

The Pa'Lante Afterschool Program provides a safe and encouraging environment in which students can learn and grow. Providing programs for Elementary through High School all of which provide help with homework, strengthen basic academic skills in all of the core subjects, and provide a snack when they arrive and dinner before they leave.

Elementary Program- projects and hands-on activities help strengthen universal skills, social interaction, and provide enriched learning opportunities.

Middle School Program- focus on Science, Math, Engineering, Technology, and Entrepreneurship. Students participate in enrichment programs provided by the Da Vinci Science Center, Wildlands Conservancy, and Wells Fargo.

High School Program- These students receive enriched learning opportunities in a relaxed and independent setting, with an experienced high school teacher. Topics range from current events to advanced math, as well as community service and responsibility.

Sign your child up for the Pa'Lante Education Program for free!

Link to website: <http://casalv.org/services/education-services/>

21st Century

EMAIL: (Harrison Morton Middle School) **Jessica Hudak** judakje@allentownsd.org
(Harrison Morton, Dieruff High School)

Nadya Krause krausen@allentownsd.org

Days & Hours of Learning: Monday- Thursday 3:30-6:30pm

The 21st Century Community Learning Centers program offers educational activities that are designed to help students with homework and to improve their reading and math skills.

Enrichment activities such as art, music, physical education, and science are offered daily. The 21st Century program is funded through a grant from the Pennsylvania Department of Education and *will be no cost to you.*

Online Resources:

- ***The Autism Helper*** A great resource for families with children who have autism and needs guidance while being at home. <https://theautismhelper.com/>
- ***Lehigh Valley Reads*** for access to a variety of educational resources and tools including games, worksheets and more for families and students <https://lehighvalleyreads.org/>
- ***Online Hogwarts Classes*** J.K. Rowling now offering seven different classes fans of Harry Potter can sign-up for. Visit the website: www.harrypotterathome.com
- ***Khan Academy*** <https://www.khanacademy.org/> Students practice at their own pace, first filling in gaps in their understanding and then accelerating their learning. We're a nonprofit with the mission to provide a free, world-class education for anyone, anywhere.
- ***Scholastic*** <https://classroommagazines.scholastic.com/support/learnathome.html>

- **Openstax** <https://openstax.org/>
- **Prodigy Math** <https://www.prodigygame.com/>
- **Mystery Science** <https://mysteryscience.com/school-closure-planning>
- **TED Ed** <https://ed.ted.com/>
- **BrainPop** <https://www.brainpop.com/> You can get free access on the webpage
- **YouTube** – SciShow, SciShow Kids, CrashCourse, and CrashCourse Kids
- **Wonderopolis and Camp Wonderopolis** – explore the world around you-<https://camp.wonderopolis.org/>
- **PBS Parents Play and Learn App**
- **Hasbro** www.bringhomethefun.com is offering parents and kids resources of things to do at home.
- **Osterhout Free Library Resources** <https://osterhout.info/tumblebooks/>
- **NASA** - <https://www.nasa.gov/multimedia/imagegallery/index.html>
- **San Diego Zoo** <https://kids.sandiegozoo.org/>
- **Monterey Bay Aquarium** <https://www.montereybayaquarium.org/animals/live-cams>
- **Discovery Education Field Trips**
<https://www.discoveryeducation.com/community/virtual-field-trips/>
- **Lunch Doodles** with Children’s Author Moe Willems at 1pm every weekday on his website <https://www.kennedy-center.org/education/mo-willems/>
- **Online Mindfulness Class!** Every Tuesday, Wednesday, and Thursday 1pm
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>
- **Go Peer** allows families to connect with qualified college undergraduates who are available to tutor K-12 students. Signing up is free, the hourly rate is \$20. For more information go to <https://gopeer.org/>.
- **At-Home Mindfulness Guide and Resources by Shanthi Project** included in this guide, you'll find activities and resources to help you bring a little mindfulness each day. The activities are geared toward children but meant to be practiced together. Also look for them on YouTube, Facebook, and Instagram where they will be updated regularly. They have also assembled Mindfulness and Social Emotional Learning (SEL) lesson plans and resources for students, educators, and caregivers. Visit <https://sites.google.com/lehigh.edu/resilientlehighvalley/home/elementary-students?authuser=0> for the lesson plans and additional resources.
- **Duolingo** Learn 30+ languages online with lessons based on science. Download the app or visit <https://www.duolingo.com/>
- **Learner.org** hosts multimedia resources for teachers, students, and lifelong learners. Visit <https://learner.org/>
- **Free Courses** 1,700 Free Online Courses from Top Universities. Contains countless video lectures from courses offered by top universities. Some material can be useful for high school students and teachers. Visit <http://www.openculture.com/freeonlinecourses>
- **NeoK12** Provides educational videos, lessons, quizzes, and educational games for K-12 students in various subject areas, such as science, math, health, social studies and English. <https://www.neok12.com/>
- **100,000 Stars** is an interactive visualization of more than 100,000 stars created by Google using data from NASA and the European Space Agency. Visit here <http://stars.chromeexperiments.com/>
- **Google Doodles** <https://www.google.com/doodles>

- ***Animal Cameras***
<https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR3aQCDsSp35XSOjHg4vjCvG3IN5wbXGIJBeHhrL-FAJZx5w3BZMQA-WxeY>
- ***Virtual Museum Views*** <https://artsandculture.google.com/project/streetviews>

RECOVERY AND MENTAL HEALTH SERVICES

Recovery Services

Lehigh County Drug and Alcohol Abuse Service

Outpatient treatment and Medication Assisted Treatment Services

Lehigh County Government Center

17 South 7th Street, Allentown, PA 18101

(610) 782-3200

www.lehighcounty.org

Confront

Provides assessment, intensive outpatient and outpatient treatment for adolescents and adults.

1130 Walnut Street, Allentown, PA 18102

(610) 481-0444

Hispanic American Organization

Provides assessment, intensive outpatient and outpatient treatment for adults.

462 W. Walnut St, Allentown

610-419-3101

M.A.R.S., Inc.

Provides assessment, intensive outpatient and outpatient treatment for adults, families, and adolescents for drug and/or alcohol misuse and gambling addiction.

826 Delaware Avenue

Bethlehem, PA 18015

(610) 419-3101

Pyramid Healthcare

Provides assessment, intensive outpatient, partial hospitalization, and outpatient treatment for adolescents, adults and families.

1605 N Cedar Crest Blvd, Allentown

(610) 434-1126

Step-By-Step, Inc.

Specializes in opiate addiction treatment and outpatient treatment for adults

2015 Hamilton Street, Suite 103 Allentown, PA 18104

(610) 776-1224

Reach LV Youth Recovery Center.

A recovery center targeted to adolescents, Reach LV offers sober activities.

860 Broad Street, Suite 104

Emmaus, PA 18049

(610) 421-6443

Allentown Center for Recovery.

Offers 12-step and other recovery support meetings, coping skills development.

36 S. 6th Street. Allentown, PA 18101

(484) 350-3916

FORT-Family Obtaining Recovery Together

The FORT Program uses both an ecological and peer based model to provide various recovery services for family members who have a loved one with a substance use disorder.

To make a referral, please email FORT@marscare.com to request a referral form. Forms can be either faxed or emailed. Questions or concerns, please call (484) 747-454

Online AA Meetings

<http://aa-intergroup.org/directory.php>

Al-Anon Electronic Phone Meetings

https://al-anon.org/al-anon-meetings/electronic-meetings/#Phone_Meetings

Adult Children of Alcoholics Online Meetings

<https://adultchildren.org/resources/internet-meeting/>

Mental Health Services

AND MENTAL HEALTH

Outpatient Programs, Recovery Programs, and phone numbers to utilize if you or someone you know is dealing with drug and/or alcohol abuse.

Childmind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most. **Childmind.org**

- ***United Way of Pennsylvania:*** Text your zip code to 898-211 for resources and information in your community.
- ***Get Help Now Hotline*** for individuals with substance use disorder. A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals will stay on the phone

with the caller until a treatment provider with an opening is identified. 1-800-662-4357. In addition to the hotline, text and chat options are available. Text: 717-216-0905 and Chat: bit.ly/GHNchatline

- ***Psychologytoday.com*** allows you to search for mental health professionals in your area and includes filters to identify providers who accept a particular insurance or specialize in certain areas like anxiety or substance abuse.
- ***Lehigh County Crisis Intervention Line:*** 610-782-3127 (24 hours)
- ***Northampton County Crisis Line*** 24 hour/7-day hotline available for anyone in a social service crisis: 610-252-9060
- ***Northampton County Peer Line:*** 855-727-3377 (24 hours)
- ***PennState Extension Family Resiliency*** articles, publications, news, videos, and webinars. Information on children and families, including resiliency, diversity, family meals, family activities, understanding adolescence and parents as role models. Visit <https://extension.psu.edu/youth-family-and-health/children-and-families/family-resiliency> for more information.
- ***National Suicide Prevention Line:*** 1-800-273-8255
- ***Nacional de Prevención del Suicidio:*** 1-888-628-9454
- ***Crisis Text Line*** Text “PA” to 741741 or “Help” to 741741
- ***Veterans Crisis Line*** 1-800-273-8255 and press 1 or text to 838255
- ***PA Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494, or for TTY, dial 724-631-5600
- ***2-1-1 – Pennsylvania 211 East*** is a free, confidential, non-emergency, 24-hour information and referral service that connects Lehigh, Northampton, Carbon, Lancaster, Berks, Lebanon, & Schuylkill County residents with health and human services.
- Dial 2-1-1, text your ZIP CODE to 898211, or visit www.pa211east.org.
- ***Lehigh Valley Drug and Alcohol-*** They are currently taking new appointments for drug and alcohol assessments primarily over the phone. Please call before coming into the office for an in. Contact the Intake Unit during regular business hours M-F from 8:30 a.m. to 4:30 p.m. The evaluations will take approximately one hour to complete. Call 610-923-0394 for an evaluation.
- ***Bethlehem Recovery Center of Northampton County:*** The social aspects of the agency are mostly shut down at this time. Individuals seeking virtual meetings are being directed to their Facebook page which offers a listing of meetings with no cost to the individual. If the individual is in crisis, they can contact the office and staff will help them connect to the appropriate resources. An individual can call the Intake Unit to arrange evaluation at 610-923-0394.
- ***National Suicide Prevention Lifeline*** If COVID-19 is making you feel isolated, stressed out or anxious, you are not alone and it’s okay to ask for help. Call 1-800-273-8255 or 988 or connect with the Crisis Text Line: Text PA to 741-741.
- ***The Department of Human Services Mental Health Support Line*** can be reached toll-free, 24/7 at 1-855-284-2494.
- ***Northeast Treatment Centers***
 - ***Bethlehem:*** They accept Magellan, Northampton County funding and self-pay. Call them at 610-868-0435.

- **Easton:** They accept Magellan, Northampton County funding and self-pay. They primarily work with drug and alcohol diagnoses but also work with co-occurring diagnoses as well. Call them at 610-253-6760.
- **Lehigh County WARM line** is a telephone support service for Lehigh County adults who are faced with loneliness, confusion, and other mental health concerns. The WARM line number is 610-820-8451. Visit the website for more information:
<https://pbfalv.org/programs/warmline/>
- **NAMI Keystone PA Helpline:** 1-888-264-7972 (M-F, 9 a.m. to 5 p.m.)
- **NAMI LV Online Support Groups**
 - Family Members Support Group Wednesdays from 2 p.m. to 3:30 p.m.
<https://zoom.us/j/849897305> to join with audio and video 646 558 8656, meeting ID 849 897 305 to call in, audio-only.
 - Individuals/Peers Support Group Thursdays 6 p.m. to 7:30 p.m.
<https://zoom.us/j/984334883> to join with audio and video 646 558 8656, meeting ID 984 334 883 to call in, audio-only.
- **Disaster Distress Helpline:** 1-800-985-5990
- **Recovery Revolution Teletherapy** is being offered for individual sessions. Groups are continuing to run face-to-face at the office. They are currently accepting new clients. This agency is strictly outpatient. Their phone number is 610-599-7700.
- **Step by Step:** Outpatient services are being offered via tele therapy. This includes the intake, counseling and psychiatry. They encourage the individual to call and if they can be seen right away, they will go on a waitlist. Visit their website:
<http://www.stepbystepusa.com/>. Their phone number is 610-776-1224 and their intake line is 610-867-0688.
- **Treatment Trends Center of Excellence for Opioid Use Disorder** is providing assistance for individuals needing information and access to treatment, including care management and recovery support provided by CRS. Please call 610-432-7693.
 - Treatment Trends Outpatient Program Confront is providing assessments and treatment by telehealth. Please call 610-433-0148.
 - Treatment Trends Halfway Home of the Lehigh Valley is providing residential non-hospital treatment. Please call 610-439-0218.
 - Treatment Trends Keenan House is providing residential non-hospital treatment. Please call 610-439-8479.
- **Kidlutions** helps kids, teens, and the people who care for them handle their behavioral and emotional issues. Visit www.kidlutions.com/ for more information.
- **American Foundation for Suicide Prevention** Find support. Bringing hope to those affected by suicide. <https://afsp.org/find-support/>
- **Pyramid Healthcare Detoxification Services** They are accepting new clients in their network of residential detox centers. Pyramids admissions is 24 hours a day, 7 days a week. They offer free door-to-door transportation and 1,300 beds system wide. They all accept all funding sources including PA and NJ Medicaid. They have locations in Dallas, PA, East Stroudsburg, Langhorne, Altoona, Pittsburgh, and Hammonton, NJ.
- **Pyramid Healthcare Telehealth Services for Outpatient Care** Offering outpatient telehealth videoconferencing. Patients would have access to group, individual, family, and medication management sessions. These services will be available for partial hospitalization/partial care, intensive outpatient, and outpatient levels of care. For any

questions or to schedule an initial assessment call 1-888-694-9996 or visit pyramidhealthcarepa.com.

- **MARS Achieving Recovery, Creating Hope** If you are in need of drug & alcohol treatment, MARS can help you from intake to assessment to treatment. Call 610-419-3101 X227 or email jnivar@marscare.com.
- **Confront** Assessments and intake will be conducted face to face. Teletherapy is offered for individual and groups. Screenings are being done when coming to the office to check for any medical concerns. A medical clearance will be needed if experiencing certain symptoms. Walk in hours are 8:30-1:30 Monday through Friday. Their phone number is 610-443-0148.
- **Cocaine Anonymous Online Meetings** <https://www.ca-online.org/>
- **Marijuana Anonymous – District 13** <https://ma-online.org/>
- **Chronic Pain Anonymous** There are zoom meetings daily on various topics and a daily gratitude meeting. Click the link to learn more <https://chronicpainanonymous.org/find-meetings/video-chat-meetings/>
- **RecoveryLink** Daily recovery meetings, physical activities, meditations, and more via smartphone or computer. <https://myrecoverylink.com/digital-recovery-support/>
- **Connections Mobile App** Addiction Policy Forum’s app will help connect you with trained counselors and peers, access e-therapy, & more. <https://www.addictionpolicy.org/connections-app>
- **WEconnect App** Helps with scheduling routines to stay active in recovery. <https://www.weconnectrecovery.com/>
- **We Connect Recovery** offers online recovery support groups daily. They help anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome. <https://www.weconnectrecovery.com/free-online-support-meetings>
- **Shatterproof Blog** provides helpful suggestions to keep your recovery a priority during stressful times. <https://www.shatterproof.org/blog/how-im-coping-covid-19-and-physical-distancing-person-long-term-recovery>
- **KidsPeace** All outpatient locations in Lehigh County will continue to offer free walk-in mental health assessment by clinically trained professionals – no appointment needed. The assessments allow for fast evaluation of mental health conditions and if needed crisis intervention. The service is available during business hours at these locations: 801 E Green Street, Allentown, PA (across from Dieruff High School); 610-799-8910, 451 W Chew Street, Suite #105 Allentown, PA (St. Luke’s Sacred Heart Hospital Campus); 610-776-5465, and KidsPeace Broadway Campus Family Center 1620 Broadway, Bethlehem; 610-799-8600. Check out www.kidspeace.org for more information about their outpatient services.
- **Overdose Grief Supports:** Lehigh Valley GRASP Chapter. First Presbyterian Church, Allentown N Cedar Crest & Tilghman St. Rm 18. Call to pre-register at 484-863-4324, 484-788-9440, or 610442-8490. You can also email nancyhowe@ymail.com.
- **Center for Motivation and Change Free Podcast The Beyond Addiction Show** <https://motivationandchange.com/the-beyond-addiction-show/>
- **Hazelden Betty Ford Let’s Talk: Addiction and Recovery Free Podcast** <https://www.hazeldenbettyford.org/professionals/resources/podcasts/>

- ***LifeRing Secular Recovery*** is an organization of people who share practical experiences and sobriety support. Visit <https://www.lifering.org/online-meetings> to learn more.
- ***The Phoenix*** is a Recovery Community Organization offering live stream CrossFit, Yoga, and Meditation daily every two hours. https://thephoenix.org/covid19/?fbclid=IwAR1H1bQBF-TIBZIqgo-ZW0o_jpjo2i6BXDPvbrGxx7Asii7wRYZ4KUwdis0
- ***Reddit Recovery*** this is a place for Redditors in recovery to hang out, share experiences, and support each other. Everyone is welcome. <https://www.reddit.com/r/REDDITORSINRECOVERY/>
- ***Refuge Recovery*** is grounded in the belief of Buddhist principles and practice which create a strong foundation for a path to freedom from addiction. Link to online support <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- ***SMART Recovery*** Self-Management and Recovery Training is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. <https://www.smartrecovery.org/community/>
- ***Soberocity*** an online community that occasionally has live events across the country. <https://www.soberocity.com/>
- ***Sobergrid*** is a platform to help anyone get sober and stay sober. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. <https://www.sobergrid.com/>
- ***Soberistas*** is an International Online Recovery Community which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other stay sober. <https://soberistas.com/>
- ***Sober Recovery*** offers forums for people with Substance Use Disorder to find assistance and helpful information. <https://www.soberrecovery.com/forums/>
- ***My Child & Addiction Parent to Parent Podcast*** <https://podcasts.apple.com/us/podcast/my-child-addiction/id1233772510>
- ***Pennsylvania Public Media - Battling Opioids Podcast*** <https://battlingopioids.org/podcasts/>
- ***SobrieTea Party – Recovery Rocks Podcast*** <https://www.stitcher.com/podcast/recovery-rocks>
- ***Magellan Healthcare Resources*** <https://www.magellanofpa.com/media/5467/covid-19-update-april-1.pdf>
- ***Magellan Healthcare Restore Digital CBT***- one of Magellan Healthcare’s educational digital cognitive behavioral therapy programs, is a private, confidential online program that may help individuals who are experiencing insomnia and other sleep difficulties. Available anytime. Anywhere at no cost to U.S. residents, the short, easy session teaches skills, techniques and practice to help improve your sleep and sleep quality. Visit <https://ontobetterhealth.com/restore> for more information.
- ***Northampton County Virtual Recovery*** <https://www.northamptoncounty.org/HS/DRGALC/Pages/default.aspx>

YouTube videos to manage stress, anxiety, etc.

Parenting Tips

From Unicef, here are some articles/videos on the following topics:

1. Parenting Tips for Helping Kids with Coronavirus Anxiety
2. Ask the Experts on Comforting Children During the Pandemic
3. How to talk to your children about the novel coronavirus
4. How to know if your child is experiencing stress and anxiety

<https://www.unicefusa.org/stories/coronavirus-anxiety-parenting-tips-help-children/37267>

Safe to Say

<https://www.safe2saypa.org/>

Hot Chocolate Talk – Resources for parents – Child Sexual Abuse

https://www.cfchildren.org/resources/child-abuse-prevention/?utm_source=hct-client-launch-email&utm_medium=referral&utm_campaign=hct&mkt_tok=NzYzLVdWWi0zOTMAAAGDdIman4rmSsD-BApLmahYB1LOruJunX1ngx7RYIfL6MROyAAef9NEMknuPEcSlbwRnw-xm90fsHbYkydcZquvBXX1Wtf5_xd7RiD0nEDT

Emotional Wellness Checklist

<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>

- ***Progressive Muscle Relaxation*** This technique involves tensing and releasing your muscles and can be incorporated with imagery and sound. Commonly used in Cognitive-Behavioral Stress Management programs, it can help release tension, relieve anxiety, manage panic attacks and help manage insomnia.
<https://www.youtube.com/watch?v=86HUcX8ZtAk&t=840s>
- ***Deep Breathing*** This video will guide you through the deep breathing technique which can help reduce stress and anxiety and can be practiced anywhere.
<https://www.youtube.com/watch?v=EYQsRBNYdPk>
- ***Mindfulness Meditation*** This video will guide you through mindfulness meditation which can help reduce stress, anxiety, depression, and negative emotions. Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) has been efficient in reducing anxiety and depression symptoms.
https://www.youtube.com/watch?v=6p_yaNFSYao

Apps to manage Stress, Anxiety, etc.

- ***Breathe2Relax*** This app provides different breathing techniques to manage stress as well as reading materials and a personal progress chart. (available for iPhone, Apple products)
- ***Mindshift*** This app is targeted to help adolescents, teens, and young adults gain insight and basic skills to manage symptoms of anxiety disorders by demonstrating different coping strategies. (available for iPhone and Android)
- ***Sanvello*** This app guides deep breathing, behavioral exercises, and identifying negative thinking patterns using videos and setting goals. (available for iPhone and Google Play) Free premium access through the COVID-19 crisis

COUNSELING PROGRAMS FOR UNINSURED

A New Dawn Psychotherapy Associates 610-861-8779 www.anewdawnpa.com

308 East Broad Street Bethlehem PA 18018

- Provides counseling for ages 8+ and accepts self-pay.

Bet El Counseling Services 484-221-9270 www.betelcs.com

512 Hamilton Street Suite 200 Allentown PA 18101

- Provides counseling services for 5+ based on a sliding scale per household income and self-pay option.

Catholic Charities 610-435-1541 www.allentowndiocese.org

900 South Woodward Street Allentown, PA 18103

- Provides counseling services to uninsured adults based on a sliding fee scale per household income with a minimum fee of \$30.

Children's Integrated Center for Success 610-770-1800 www.everychildeverytime.com

1247 South Cedar Crest Blvd Suite 107 Allentown PA 18103

- Provides a wide array of counseling services for youth and families and accepts self-pay.

Community Voices Clinic <https://ed.lehigh.edu>

Broughal Middle School 610-866-5041 ext. 40817

Freedom High School 610-849-9158

- Provides free mental health outpatient training services through the Lehigh University Counseling and Psychology program which is staffed by graduate students. Services include individual, group, family and training for children, adults and families who reside in the Bethlehem School District area.

Concern 610-691-840 www.concern4kids.org

90 South Commerce Way Bethlehem PA 18017

- Provides counseling for ages 3+ through self-pay.

Haven House 610-433-6181 www.havenhouse.com

1411 Union Blvd Allentown PA 18109

- Provides counseling for 14+ and accepts self-pay.

Healing Works 610-432-2168 www.healingworksallentown.com

1644 West Walnut Street Allentown PA 18102

- Provides psychotherapy using traditional talk therapy, expressive therapies and spiritual focus to children, teens, adults and families. Groups, workshops and retreats are included. Self-pay only at \$80 an hour of \$30 for groups.

Hispanic American Organization 610-435-5334 www.hao-lv.org

462 West Walnut Street Allentown PA 18102

- Provides counseling for 6+ via private pay.

Holcomb Behavioral Health Systems 610-435-4151 www.chimes.org

1245 South Cedar Crest Blvd. Suite 303 Allentown PA 18104

- Provides counseling services for all ages based on a sliding scale fee or self-pay.

IU 21 610-769-4111 www.cliu.org

4210 Independence Drive Schnecksville PA 18078

- Provides counseling services for youth ages 3 to 21 via self-pay.

Kidspace Broadway Clinic 610-799-8600 www.kidspace.org

1620 Broadway Bethlehem PA 18015

- Provides counseling and medication management for children ages 5 to 18 years old and accepts self-pay.

Kidspace Green St. Clinic 610-799-8910 www.kidspace.org

801 East Green Street Allentown PA 18109

- Provides counseling and medication management for all ages. Accepts self-pay.

Kidspace Orchard Behavioral Health 610-799-7100 www.kidspace.org

451 West Chew St. Suite 105 Allentown PA 18102

- Provides counseling services and medication management to ages 3+ and accepts self-pay.

LVHN Valley Health Partners Community Health Center 610-969-4200

www.valleyhealthpartners.org

- Offers health and wellness services as well as street medicine to individuals of all ages with health care providers as well as a team of professionals to provide care coordination, education, information and support by partnering with you and your health care provider. Sliding scale payments are offered.

Nikida Allen, LCSW 267-354-0767 www.psychologytoday.com

1414 Pennsylvania Avenue Bethlehem PA 18018

- Certified Clinical Trauma and Compassion Fatigue Professional that offers outpatient services. Accepts sliding scale fees based on household income and self-pay.

Olivewood Counseling 610-417-0463 www.olivewoodcounseling.com

510 Delaware Ave. Bethlehem PA 18015

- Provides counseling services for ages 3+ based on a sliding scale fee or self-pay.

OMNI Health Services 484-221-8296 www.omhs1.com

546 Hamilton Street Suite 100 Allentown PA 18102

- Provides counseling for 6+ based on self-pay.

Preventive Measures 484-225-4323 www.preventativemeasuresinc.com

515 Linden Street Allentown PA 18101

- Provides counseling for ages 5+ based on a sliding scale fee and accepts self-pay.

Pyramid Outpatient Treatment Program 610-434-1126 www.pyramidhealthcarepa.com

1605 North Cedar Crest Blvd Suite 1602 Allentown PA 18104

- Provides counseling services for children and adults based on a slide scale fee and self-pay.

Summit-View Counseling 610-351-3477 www.summitviewcounseling.com

1275 South Cedar Crest Blvd Suite 3A Allentown PA 18103

- Provides co-parenting classes and counseling for 10+ at reasonable rates and self-pay.

West End Counseling and Wellness 610-569-0252 www.westendwell.com

1011 Brookside Road Suite 122 Allentown

- Provides counseling services for children and families and accepts self-pay.

GENERAL TIPS

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to the news including social media.
- Take care of your body.
- Take deep breaths, a relaxing shower or bath, stretch, eat well-balanced meals, and exercise.
- Avoid alcohol or drug use and get plenty of sleep.
- Make time to unwind.
- Start a new hobby, finish a project that has been sitting around for a while, or do some other activity you enjoy.
- If you can, sit on your front steps or back porch. Vitamin D produced by the sun is very good for you. It is a natural antibiotic so is the air outside. Spend 10 minutes a day outside but distance yourself to people.

FAMILY RESOURCES

CHILDCARE RESOURCES

The Department of Human Services

Has a website to search for available childcare and providers by area

[COMPASS HHS Provider Search Home](#)

YMCA

Provides before and after school care, preschool, pre-k counts, early education, and summer camp

[Child Care / Summer Day Camp](#)

Lehigh Valley Children's Centers

LVCC on Union Blvd., Allentown: (610) 820-5304

LVCC at Monocacy Manor, Bethlehem: (484) 821-0465

LVCC on Park Ave., Neffs: (610) 760-8661

<https://www.lvconline.org/>

DIAPER RESOURCES

United Way

<https://www.unitedwayglv.org/take-action/covid-19-resources/get-help/baby-and-infant-essentials>

Bright Hope

Allentown Clinic-

2200 Hamilton Street, Suite 103, Allentown, PA 18104

Easton Clinic

2204 Northampton St, Easton, PA 18042

Phone- 610-821-4000

Text-833-605-0830

Lily's Hope

Giving out care packages to families that have premature babies. A release of health information is needed.

1148 South Cedar Crest Boulevard, Lower Level, Allentown, PA 18103.

Phone- 267-776-4673

Email- jen@lilyshopefoundation.org.

Care Net of Carbon County

531 Mahoning Street, Lehigh, PA 18235

or

250 West Catawissa Street, Nesquehoning, PA 18240

Phone- 610-379-0411.

Cay Galgon Life House

714 W Broad Street, Bethlehem, PA 18018
Phone- 610-867-9546.

Casa Guadalupe

218 North 2nd Street, Allentown, PA 18102
Phone- 610-435-5673 or 610-392-8062

Family Promise – Carbon County

167 South 3rd Street, Lehighton, PA 18235
Phone 610-379-4757

Hispanic Center

520 East 4th Street, Bethlehem, PA 18015.
Call Zulmaris Laboy at 610-868-7800 ext. 245.

New Bethany Ministries

337 West 4th Street, Bethlehem, PA 18015
Phone 610-691-5602.

ProJeCt of Easton

320 Ferry Street, Easton, PA, 18042
Call 610-258-4361

Promise Neighborhoods of the Lehigh Valley

1101 Hamilton Street, Allentown, PA 18101
Phone- (610) 351-4288 or 484-519-0357

Doctor's Office and Hospital

Doctor's offices and hospitals can get bombarded with free diaper samples. Company reps bring the diapers in. Doctor's offices can be eager to give away free diaper samples. This is because they often have limited space for storing the samples. In addition, you can ask for formula and other samples they receive. Ask when you're in the hospital having your baby or call your doctor's office. You could also ask for coupons as well as some diaper company's give those to doctors and hospitals as well.

GRANDPARENTS AND EXTENDED FAMILY

Kinship Families

For grandparents and aunts, uncles, and cousins who are finding themselves caring for children who lost parents or whose parents are not able to be their primary caregiver to know that help is available via the KinConnector helpline. The helpline is staffed by compassionate, knowledgeable

social service professionals prepared to help families locate, understand, and access resources that may be able to help them.

Phone- 1-866-546-2111

www.kinconnector.org.

Pinebrook Family Answers

Second Time Around Group – Online weekly support for grandparents, guardians, non-parental caregivers taking care of their grandchildren or other family members. Understanding your new role, refining parenting skills, building relationships and more. Every Friday at 1 pm. To register or get more information, please feel free to contact us!

Email- GRANDPARENTS@PBFALV.ORG

Phone- 484-228-1900

Disability Services

The Pennsylvania Office of Vocational Rehabilitation, or OVR, provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment. OVR provides services to eligible individuals with disabilities, both directly and through a network of approved vendors. Services are provided on an individualized basis.

<https://www.dli.pa.gov/Individuals/Disability-Services/Pages/Disability-Services.aspx>

Resources for Kinship Family and Grandfamily Caregivers Audience: Caregivers of children and teens

ARCH National Respite Network

Visit the [National Respite Locator](#) for a list of respite resources for parents and family caregivers in your state or community.

Center for Parent Information and Resources

The [Coping with COVID-19 for Adults and for Children](#) webpage includes regularly updated resources to support children with disabilities and their families during the pandemic covering such topics as distance learning, attending virtual IEP meetings, and providing behavioral support at home.

Child Welfare Information Gateway

The COVID-19 State Child Welfare and Related Health Resources webpage contains a list of websites, organized by state, that provide local guidelines and responses to the COVID-19 emergency. <https://www.childwelfare.gov/>

Consumer Financial Protection Bureau (CFPB)

The CFPB's coronavirus landing page has links to information on mortgage and housing assistance, economic impact payments, managing finances, and scams. With resources from across the federal government, the Preparing, recovering, and rebuilding after disasters and emergencies webpage can help you safeguard your finances. The CFPB explains new retirement withdrawal

and repayment rules under the CARES Act in considering an early retirement withdrawal, CARES Act rules and what you should know. <https://www.consumerfinance.gov/>

The Conversation Project (advance care planning)

The Being Prepared in the Time of COVID resource offers instructions for advance planning during the COVID-19 pandemic. The resource includes a worksheet on page 2 with specific questions to assist individuals in creating their own advance care plan.

Child Welfare and Related Health Resources

<https://www.childwelfare.gov/>

The Child Welfare Information Gateway provides a list of websites that focus on State-specific guidelines and responses to the COVID-19 emergency.

Eldercare Locator

This is a public service of the U.S. Administration on Aging (AoA) that connects older adults and their families to services and resources. Visit the Eldercare Locator web page and type in the name of the city or ZIP code. <https://eldercare.acl.gov/Public/Index.aspx>

Generations United

The COVID-19 Resource webpage on the Grandfamilies website provides an up-to-date list of information, webinars and tools to assist Kinship Families and Grandfamilies during the COVID-19 pandemic. <https://www.gu.org/>

National Indian Health Board

The National Indian Health Board (NIHB) represents Tribal governments—both those that operate their own health care delivery systems through contracting and compacting, and those receiving health care directly from the Indian Health Service (IHS). <https://www.nihb.org/index.php>

FINANCIAL RESOURCES

HOMELESS LODGES AND SHELTERS

Alburtis Lodge 610-928-1070 www.alburtistavern.com

106 South Main St. Alburtis 18011 Provides 12 affordable short term, furnished suites. Flexible weekly & monthly leases.

Allentown Pennsylvania Shelter List <https://www.shelterlist.com/city/pa-allentown>

Allentown Rescue Mission 610-740-5500 or 610-740-5503 www.allentownrescuemission.org
355 South Hamilton St. Allentown 18101 / Provides emergency homeless shelter, clothing and personal care items for residents as well as Drug and Alcohol treatment for adults 18+ including GED preparation classes.

Bethlehem Emergency Shelter 484-379-6694
<http://www.bethlehememergencysheltering.org/about-us.html> / 75 East Market St. Bethlehem 18018 / Provides overnight shelter for homeless adults from November through April.

Cay Galgon Life House (previously known as Mary's Shelter) 610-867-9546
<https://www.caygalgonlifehouse.org/> / 714 West Broad St. Bethlehem 18018 / Provides temporary housing for pregnant women.

Lehigh Conference of Churches 610-433-6421 www.lehighchurches.org / 457 West Allen St. Allentown 18102 / Provides the Pathways Housing services which finds shelters and funding for those facing homelessness, the HOPE provides an 18-month Intensive Case Management service that assists in finding housing and the Lazarus House which offers shared housing for adults re-entering the community after incarceration.

New Bethany Ministries Transitional Housing Program 610-691-5602
www.newbethanyministries.org / 33 West 4th St. Bethlehem 18015 / A three months housing program for homeless families with a goal to find permanent housing. Residents can earn an additional three months stay if needed to continue with their action plan identified with a case manager.

Safe Harbor Easton Emergency Winter Shelter 610-258-5540
<https://www.safeharboreaston.com/> / 536 Bushkill Dr. Easton PA 18042 / Provides shelter for homeless adults as well as meals, showers and clothing.

Salvation Army Allentown 610-432-0128 <https://pa.salvationarmy.org/lehigh-valley/Housing>
344 North 7th St. Allentown 18101 / Provides 45 days of shelter for homeless children and women including food and showers. Families work with case workers and can require a longer stay to work on education, housing and employment goals.

Sixth Street Shelter / Turner St. Apartments 610-435-1490 <https://sixthstreetshelter.caclv.org/>
219 North 6th St. Allentown 18102 / Provides shelter for the homeless and a 2-year transitional housing program at Turner St. apartments for families pursuing educational and vocational goals.

Third Street Alliance for Women and Children 610-258-6271 www.thirdstreetalliance.org
41 North 3rd St. Easton 18042 / Provides emergency shelter and transitional housing for women and children.

Turning Point of the Lehigh Valley 610-437-3369 www.tplv.org / Provides a safe house emergency shelter within a communal living environment for women and children who are victims of domestic violence.

Valley Youth House Shelter 610-691-1200 / 539 8th Avenue Bethlehem 18018
<https://www.valleyyouthhouse.org/programs/emergency-shelter/lv-shelter/> Provides emergency shelter for youth ages 12-17 while providing an individualized brief counseling and crisis intervention model with case managers and clinicians on staff.

Victory House Homeless Shelter 610- 691-3373 www.victoryhouselv.org
314 Filmore St. Bethlehem 18015 / Provides temporary housing for men ages 16 to 65 who voluntarily join the program who are recovering from drug and alcohol abuse or who have recently been incarcerated.

YMCA Allentown Warming Station 610-351-9622 <https://www.gv-ymca.org/location/allentown>
425 South 15th St. Allentown 18102. Provides emergency shelter for adults during winter months.

GENERAL FINANCIAL RESOURCES:

Financial Institutions

If you need to access your financial institution, complete transactions using online or mobile banking, drive thru, or ATM's. Make use of services available 24/7 on your financial institutions website or app including balance inquiries, transfers, loan payments, mobile check deposits, and transaction inquiries. You should contact your financial institution for any concerns with credit, automatic bill payments, or debt obligations like credit card and mortgage payments.

Unemployment

If you are unable to work because of COVID-19, you may be eligible for unemployment benefits. Learn more here: <https://www.uc.pa.gov/Pages/covid19.aspx> or call (1-888-313-7284). For any additional questions visit <https://www.uc.pa.gov/faq/Pages/default.aspx>

Taxes

Get tax answers here: <http://revenue-pa.custhelp.com>

Credit Cards

If you are struggling to make your credit card or loan payments due to the loss of income from COVID-19, contact your lender right away. Regulatory institutions have encouraged financial institutions to work with customers impacted by the coronavirus. Learn more here: <https://www.consumerfinance.gov/ask-cfpb/what-should-i-do-if-i-cant-pay-my-credit-card-bills-en-1697/>

Rent and Mortgage

Emergency Rental

Are you struggling to pay rent or utilities due to the pandemic? If you need help paying your rent and/or your utility bills, you may be able to get money to pay for those expenses through the Emergency Rental Assistance Program (ERAP). Assistance is available for unpaid bills owed on or after March 13, 2020. ERAP can help eligible households pay rent and other bills that keep families in their home with working utilities. ERAP can help pay for:

- Current rent
- Past-due rent (arrears)
- Current balances and arrears for utilities such as:
 - Electricity
 - Gas
 - Water
 - Sewer
 - Trash removal
 - Energy costs (i.e. fuel oil)
- Rental fees
- Late fees

Any person responsible for paying rent can apply for ERAP. Your landlord does not have to participate for you to get help.

Visit www.COMPASS.state.pa.us. You will be able to submit your application through COMPASS or, if your county is not participating in the COMPASS application, you will be automatically directed to your county's application process.

For more information about the program including income limits, how to apply, and local county contacts, or to access a printable application, visit the [DHS ERAP webpage](#).

Rental Assistance and Eviction Prevention

Go to:

<https://www.northamptoncounty.org/CMTYECDV/Pages/default.aspx>

Legal Aid for Evictions

<https://www.northpennlegal.org/>

CARES Rent Relief Program (RRP)

The CARES Rental Relief Program (RRP) will begin to accept applications for housing aid starting July 6th. The \$175 million dollar program is an extension of the Federal Coronavirus Aid, Relief and Economic Security Act (CARES), and will provide financial assistance for struggling renters. Deadline to apply is Sept. 30th.

Instructions on How To Apply

Lehigh County CARES Rent Assistance Program

In addition to the CARES Rent Relief Program, Lehigh County residents can seek assistance with rent repayment by contacting the following agencies:

New Bethany Ministries -610.691.5602 x213

Catholic Charities - Contact Tom Miller - 610.435.1541 or

Tmiller@allentowndiocese.org

For low- to moderate-income households who feel that they are being illegally evicted or foreclosed upon, please contact **North Penn Legal Services** at (610) 317-8757 for free advice, referrals, and advocacy.

For residents who are 14 days or less away from losing their residence and have either a Notice to Quit or a Lockout Order/Notice, or are currently homeless call 211 to be connected to the Coordinated Entry Referral System; or visit *Lehigh Conference of Churches*:

1031 West Linden Street, Allentown, Monday to Thursday 9-11 am and 1-3 pm

740 East Fourth Street, First Floor, Bethlehem, call for hours at 610.419.8282

https://www.hud.gov/topics/rental_assistance

Wells Fargo Home Mortgage Customers If you are unable to make your payment due to COVID-19 related hardships, they're offering a 90-day payments suspension. To request assistance, sign on to your online banking and email them through their secure message center. They will respond within 3 to 5 days. If you set up automatic payments with Wells Fargo or another bank you need to manually stop those payments.

<https://connect.secure.wellsfargo.com/auth/login/present?origin=cob&LOB=CONS>

Loans

Consider your options before taking out a high cost short term loan. This should be a last resort option. Speak to your creditors and negotiate more time to pay bills or borrow from friends and family before exploring loans offered by banks, credit unions, or licensed small loan companies that you may not be able to repay. Borrow only what you can afford to pay back.

Scams: BEWARE!

Financial scams are at an all-time high right now. If you have received an unsolicited phone call, when in doubt, hang up. Never provide credit card or other financial information or personal information as part of an unsolicited phone call and think twice if you're pressured to act now. Anyone can contact DoBS at 1-800-PA-BANKS or 1-800-722-2657 to ask questions or file complaints about financial transactions, companies, or products.

Northampton and Lehigh County free assistance programs.

Church of the Mediator 610-434-0155 <http://www.episcopalmediator.org/index.htm>

Provides holiday assistance and gifts and school supplies to underprivileged children.

City Limits Assembly of God 610-776-8656

Provides non-perishable food items including canned goods.

Everlasting Life Ministries, Inc. 610-776-4009 Provides clothing.

Grace Community Foundation 610-435-7245 Provides non-perishable food items along with baby items such as diapers, toys and clothing for both children and women ages 20-50.

Holy Trinity Lutheran Church Thrift Shop 610-826-2524

Lehigh Valley Church of Christ Soup Kitchen 610-691-1116 (by appointment)

Lehigh Valley Outreach Depot 610-351-1616 Provides donated clothes and furniture

New Bethany Ministries 610-691-5602 www.newbethanyministries.org Provides clothing vouchers.

Northern Lehigh Pastoral Association 610-767-9525 Food Bank

Perfect Fit for Working Women – YMCA 610-871-5060 Provides used clothing for women with low income and who are in need of work clothing.

Project of Easton 610-258-4361 Provides clothing.

Promise Neighborhoods of the Lehigh Valley 610-31-4288 Provides clothing.

Rejoice 610-439-1990 Provides toys, children's clothing and items suitable for teens.

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681
<http://fp.enter.net/~salvation> Provides clothing, furniture, household items, emergency fuel assistance and transportation assistance based on specific guidelines.

Second Chance Shoppe (St. John's Lutheran Church) 610-767-6661

Seventh Day Adventist Church 610-435-8573 Provides clothing.

South Bethlehem Neighborhood Center 610-820-7605 Provides a holiday giving program.

St. John's Caring Closet 484-226-9881 Provides clothes and personal hygiene products to the homeless.

Twice Blessed (Bethany United Methodist Church) 610-395-3613

Victory House 610-691-3373 www.victoryhouselv.org Provides emergency clothing vouchers for homeless adult males.

FINANCIAL ASSISTANCE PROGRAMS (cash, utilities, food stamps...)

Community Action Committee of the Lehigh Valley (CACLV) 610-691-5260 www.caclv.org
CACLV provides information and assistance for food, housing, utilities and small business entrepreneurship.

Government Benefits <https://www.usa.gov/benefits> Get information on government programs that may help you pay for food, housing, health care and other basic living expenses. Find out about eligibility for programs like food stamps, welfare, Medicaid and how to apply for them.

Lehigh Conference of Churches 610-439-8653 <https://lehighchurches.org/> Provides a full spectrum of housing services for those who are homeless, about to be homeless or in an unstable housing situation through the Pathways program, as well as the Lazarus Housing Project for people returning from jail or prison, pharmaceutical assistance for qualifying prescriptions, representative payee services for those receiving Social Security income or disability (SSI and SSD), benefit enrollment assistance for the uninsured and guidance in securing identification and helps with day-to-day needs, such as diapers, baby wipes, bus passes and utility assistance.

Lehigh County Assistance Office 610-821-6509 (preferred) 610-821-6135 or 610-821-6595 https://www.financialhelpresources.com/details/lehigh_county_assistance_office.html
Provides cash assistance, Medical Assistance insurance, food stamps, Low-Income Home Energy Assistance Program (LIHEAP), job training programs, SSI advocacy, Helpline for welfare benefits information 1-800-692-7462, Helpline for medical assistance information 1-800-842-2020 and the Medical Assistance for Workers with Disabilities (MAWD) program 1-800-692-7462 which allows individuals with disabilities to be employed and earn more money while still keeping their medical assistance coverage. Must meet eligibility guidelines specific to each program.

Lifeline Office of Consumer Advocates 1-800-234-9473 <https://www.oca.nh.gov/Lifeline.htm> <https://www.lifelinesupport.org/> The Lifeline program is a federally funded program that is designed to give qualified residential telephone customers a monthly reduction on their local telephone bill and internet. Eligible customers will get up to \$9.25 toward their bill. You can only use Lifeline for either phone or internet but not both.

Link Up America www.utilitychoice.com Provides discounted prices for new telephone service or transferring telephone services as well as providing affordable payment plans. Customers must meet income eligibility limit or be a Public Assistance or SSI benefits recipient. Some telephone companies are not affiliated with this program.

Money Management International 1-866-889-9347

<https://www.moneymanagement.org/welcome/merger> Provides budget consulting, debt repayment programs and pre-housing counseling.

Neighborhood Health Center 484-408-0755 or 610-820-7605 or 610-419-1900

Pennsylvania Utility Law Project 717-236-9486

<https://www.palawhelp.org/organization/pennsylvania-utility-law-project/consumer/utilities?ref=gq6T9> Provides energy payment arrangements for low-income individuals through the Low-Income Usage Reduction Programs (LIURP), Low-Income Home Energy Assistance Program (LIHEAP), Lifeline, Link-Up America and Universal Telephone Assistance Program (UTAP). Also provides assistance with landlord-tenant related utility issues as well as weatherization and consumer issues in electric and natural gas restructuring.

PPL Electric Utilities Corp. Inc. 1(800) 342-5775 www.pplelectric.com Provides customers with installation of energy saving features and energy efficient appliances, budget billing, payment agreements, agreed upon payment schedule, financial assistance grants, special needs billing and low-income usage reduction programs. Customers must meet income eligibility limits and be payment-troubled (made payment agreement with PPL).

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681

<https://www.salvationarmyusa.org/usn/the-greatest-need/> Provides disaster relief, homeless shelters, food pantry, life skills, job training, veteran training and aging services.

Social Security Administration 1-800-772-1213 www.ssa.gov

Allentown 610-433-3237 Bethlehem 610-691-2451

Provides eligible low income or disabled people with Supplemental Security Income (SSI), Social Security Disability (SSD), monthly cash payments, work incentive programs, benefits planning and can assign or replace social security cards or numbers.

UGI Utilities Inc. 1-800-340-5394 www.ugi.com

Provides budget billing, agreed payment schedules, low-income self-help programs, special needs billing, financial assistance, grant programs and low-income usage reduction programs. Customers must meet income eligibility limits and be payment troubled.

Universal Telecommunications Assistance Program (UTAP) www.utilitychoice.com

Assists Verizon customers in paying their overdue bills, avoid shut off or restore service.

U.S. Department of Agriculture (USDA) www.usda.gov

Provides information regarding the food stamp program and rural development.

UTILITY ASSISTANCE

• LIHEAP

Low Income Home Energy Assistance Program / 1-866-857-7095 / dhs.pa.gov/Services/Assistance/pages/LIHEAP.aspx

• **Pennsylvania Utility Law Project**

717-236-9486 / rhls.org/utilities/pulp

Information, assistance, and advice on low income residential utility and energy matters

• **PPL On Track Utility Program**

1-800-342-5775 / pplelectric.com/ontrack

Medical Assistance for People without Health Insurance

<https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx>

How to Apply for Medical Assistance / You can apply for Medical Assistance (MA) in many ways in Pennsylvania. The PH-95 Category is one way. The PH-95 category is for children (under 18 years old) with disabilities. Family income does not affect PH-95 eligibility. Even if you earn income above the MA limit, your child can still qualify in the PH-95 category. This is also known as a “loophole.” MA can help with payment for services not fully covered by private (self) pay or primary plans. You can keep your primary plan and receive all the benefits of MA (such as help with copays for specialists and prescriptions). MA applications can be completed online or paper.

For more information about the MA application process, visit www.compass.state.pa.us OR call 1-866-550-4355.

Be sure to have the following for your application:

- Proof of identity/where you live
- Proof of your child’s identity
- Proof of child’s disability
- Financial information
- Proof of SSI (SSI application summary letter or letter of denial based on income)

Next steps after submitting an MA application:

1. Eligibility notice should be sent within 30 days—the timeframe can be shortened if there is an “urgent medical need,” which would need to be noted by your treatment provider.
2. You will receive your MA card.
3. You will receive a PA HealthChoices welcome letter from Magellan.
4. If you are denied MA, you have the right to appeal.

Contact your local County Assistance Office (CAO) if you have any questions:

Lehigh County Assistance Office Northampton County Assistance Office

555 Union Boulevard, Suite 3 201 Larry Holmes Drive, P.O. Box 10

Allentown, PA 18109 Easton, PA 18044 / Toll-free: 1-800-842-2020 Toll-free: 1-800-349-5122

Learn more:

* Center for Humanistic Change: www.thehc.org

* Magellan Behavioral Health of Pennsylvania: www.Magellanofpa.com

* PA HealthChoices: www.healthchoices.pa.gov

MISCELLANEOUS SERVICES AND RESOURCES

LGBTQ Resources

LGBTQ National Hotlines – For LGBTQ Youth: 800-246-7743

The Trevor Project

<https://www.thetrevorproject.org/resources/>

Bradbury Sullivan Center

<https://www.bradburysullivancenter.org/>

Project Silk Lehigh Valley

PSLV is a youth drop-in center for LGBTQ+ youth of color and their allies between the ages of 14-21. Our services also extend to age 29, though the drop in Center is closed to clients that are 22+. The Center is currently open Mondays-Fridays from 3:00pm - 6:00pm. There is a link [here](#) and in the bio of our Instagram for youth to sign up to come to the Center for the day (this is because we are only able to have 7-8 youth in the Center at this time due to our limited capacity during the COVID-19 pandemic). The address is 29 Bayard Rustin Way, Allentown PA 18101 (located in the basement of the Bradbury-Sullivan LGBT Community Center)

- **Project Silk services:** PSLV provides free HIV/STI and pregnancy testing for ages 14- 29, free short term therapy (8-12 weeks), a free emergency supplies closet (includes essentials like tampons, shampoo, etc.), gender and sexuality counseling, healthy relationship counseling, birth control and pregnancy counseling, connections for unsheltered or at-risk youth and social services. We are also beginning a grant with SAMHSA to provide substance abuse/mental health counseling. Additionally, we have a school outreach program where we will meet with individual youth, attend club meetings to make connections and be role models for youth. We also conduct presentations and activities on LGBTQ+ issues for clubs. We have also worked with community organizations and teachers to help them better provide LGBTQ+ inclusive services for their clients.
- **PSLV staff:** Our staff includes several Peer Mentors and Case Managers who provide daily groups and programming in our space as well as case management services. When possible we will also assist youth in transportation to and from appointments for HIV/STI care, transgender health care and more. Our program is a partnership between Valley Youth House and Bradbury-Sullivan LGBT Community Center. A majority of our staff are LGBTQ+ ourselves, providing a unique space for youth to come and feel accepted.
- **Project Silk's Instagram:** Our Instagram (@projectsilkpride) is our most active social media platform where youth and the rest of the community can engage with us and our services. Youth are encouraged to reach out to us via our Instagram DMs if they need something. Since the beginning of the COVID-19 pandemic, PSLV has been going live on Instagram Live each day. We are currently going live at 2:30pm each day before opening the Center. There we talk about sexual health, healthy relationships, LGBTQ+ issues and more.

- **Lehigh Valley Youth Support Solidarity Collective:** This group is led by Kylin, our GSA Coordinator and Case Manager and several other professionals in the area. The LV Youth Support Solidarity Collective is a peer-led group of professionals, teachers, community members and advocates who work with youth in the Lehigh Valley area. We are committed to equality for BIPOC, LGBTQ+, disabled, poor and marginalized people and work together to make inclusive and supportive spaces for those youth. We strive to help each other avoid burnout and serve all of the youth in the Lehigh Valley better. We meet once a month on Zoom and every meeting is open and welcome to newcomers.

AUTISM SERVICES

Merakey has Autism Specific case managers that go into the home

<https://www.merakey.org/locations?state=PA&services=autism&zip=18080&radius=25#search-results>

ABA Support Service 610-365-8373 / 224 Nazareth Pike in the Trolley Station Mall / Bethlehem, PA 18020 <https://abasupportservices.com/>

Access Services Inc. 3975 Township Lie Rd / Bethlehem, PA 18020 / 877-379-0067

Concern 90 S Commerce Way # 300 / Bethlehem, PA 18017 / (610) 691-8401

<https://www.concern4kids.org/>

Holcombs 1245 South Cedar Crest Blvd., Suite 303 / Allentown, PA 18103 / 610-435-4151

<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

Lehigh Autism Services

<https://ed.lehigh.edu/center-for-promoting-research-to-practice/autism-services-clinic> 111

Research Drive, Suite L101 / Bethlehem, PA 18015 / 610-758-2441

Dr. Lee Kern – Director / Email: lek6@Lehigh.edu

Autism Society of America-Lehigh Valley Chapter

<http://pafamiliesinc.org/resources/view/autism-society-of-america-lehigh-valley-chapter>

Autism Society <https://www.asalehighvalley.org/>

ADHD RESOURCES

1. ADDitude is a magazine you can buy on ADHD <https://www.additudemag.com/>
2. <https://time.com/growing-up-with-adhd/> Times article on ADHD
3. <https://chadd.org/get-attention-magazine/> Attention Magazine for ADHD

4. <https://www.additudemag.com/category/parenting-adhd-kids/webinar-parents/>
Other webinars on ADHD

Terror and Trauma Exposure Assistance

- Visit these sites for help.
- <https://www.apa.org/helpcenter/terror-exposure.aspx>
- [https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-tim
es](https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-tim
es)

DISASTER RESPONSE

• Catholic Charities

610-435-1541 / catholiccharitiesad.org / Offers a variety of social services

• CASA Guadalupe

610-435-9902 / casalv.org / Support in health, education and social services

• Community Action Committee of the Lehigh Valley

610-691-5620 / caclv.org / Provides multiple services to assist families

• Hispanic American Organization

610-435-5334 / hao-lv.org/ Variety of community services offered in both

VETERANS

maketheconnection.net

Veterans and their loved ones talk about their experiences, challenges, and recovery. Signs and symptoms, treatments and support and resources.

MISCELLANEOUS RESOURCES

Child Protective Services is still fully operational during this time and nothing has changed regarding the requirement to report suspected abuse or neglect to Childline. They are still going to homes to see children and monitor their safety however it is limited. Mandated reporters are encouraged to use the self-service portal on the Keep kids' safe website, to avoid long hotline wait times. <https://www.compass.state.pa.us/cwis/public/home>

Sesame Street – Mental Health Resources, trauma and much more

[https://sesamestreetincommunities.org/topics/health-emergencies/?activity=staying-connected-bun
dle](https://sesamestreetincommunities.org/topics/health-emergencies/?activity=staying-connected-bun
dle)

Incidents of child abuse or neglect can be reported to ChildLine 24 hours a day, 7 days a week at 1-800-932-0313 and online at [pa.gov](#).

Pennsylvania Sexual Assault Helpline – victims of domestic violence and sexual assault can receive crisis services by calling 1-888-772-7227 or visiting <https://pcar.org>. Victims who are unable to speak safely can also log onto <https://www.thehotline.org/> or text LOVEIS to 22522.

National Domestic Violence Helpline – 1-800-799-7233

Tips about abuse or neglect of adults with disabilities can still be reported to Adult Protective Services by calling to 1-800-490-8505.

Any person who believes that an older adult is being abused, neglected, exploited or abandoned can contact the Elder Abuse Hotline at 1-800-490-8505.

Apply for SNAP (Food Stamps) <http://on.pa.gov/compass>

Apply for Medicaid <http://on.pa.gov/compass>

Apply for Wic call 1-800-942-9467

Pennsylvania Health Access Network (PHAN) Helpline (Statewide): 877-570-3642

Public Citizens for Children and Youth (PCCY) Helpline (Southeast PA): 215-563-5848

Access driver services <http://dmv.pa.gov/online-services>

Find professional license services <https://www.pals.pa.gov/>

Receive text alerts in pa <http://on.pa.gov/alertpa>

Aunt Bertha Resource Link search by zip code for assistance with housing, food, etc.

<http://www.auntbertha.com/>

Allentown Rescue Mission at 355 Hamilton Street Allentown, PA 18101 is still accepting veteran referrals and referrals to their housing program. You can contact them at **610-740-5500**.

FamilyWize provides discounts to lower the cost of prescription medications. Whether you're insured or uninsured. Visit <https://familywize.org/> for more information.

Home heating help <http://on.pa.gov/liheap>

Vote by mail ballot <http://votespa.com/applymailballot>

Report price gouging pricegouging@attorneygeneral.gov

CONNECT 5: Find the NicoTEEN (available as an APP or Google Play), Audience: Ages 13-18.

This program has 5 series and each series has multiple episodes to complete. The individual completes 1 module each week, after they complete a module the next one will not be available until the following week. The individual will create their own personal plan for success throughout the program by creating small goals each week to help them reach their ultimate goal. After the 5 weeks, they receive a certificate of completion which can also assist them if they need to go to court or if they are on probation. The app also offers different tools to cope with stress such as meditations, poems, and links to other resources online.

PREP: Prevention Resources & Education for Parents/Caregivers (available online) Audience: Parents/Caregivers. This course has 5 modules that can be completed one after another. This program also provides information that can reduce the chances that young people will engage in substance use such as: Definition of addiction and how it affects the brain, Risk factors for developing a SUD, Ways to protect teenagers from additional risk factors, Types of substances and

trends and the Importance of talking early and often with your children.

LOCAL AGENCIES

- **Alliance for Building Communities**
610-439-7007 / housing-abc.org / Affordable housing
- **American Red Cross, Lehigh Valley**
610-865-4400

SPANISH AND ENGLISH

- **Lehigh County Assistance Office**
Department of Public Welfare / 610-821-6509 /
<https://www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx> / Medical assistance,
food stamps, cash grants, employment and training resources
- **Lehigh County Housing Authority**
610-421-8526 / lehighcountyha.org / Affordable housing
- **Neighborhood Housing of Lehigh Valley**
610-437-4571 / nhslv.org / Home financing assistance
- **Pathways Program / The Lehigh Conference of Churches**
610-439-8653 / lehighchurches.org / Helps people avoid eviction and obtain housing
- **Salvation Army Allentown**
610-432-0128 / Spanish spoken / pa.salvationarmy.org/lehigh-valley / Emergency shelter
344 N. 7th Street, Allentown
- **Valley Youth House**
610-691-1200 / valleyyouthhouse.org / Helps young people between the ages of 18-21, who
are homeless or near homeless, find housing and other resources