Community
Resources
Guide

9 N. Centre St., Ste 301
Pottsville, PA 17901
as of 5/1/2013

Phone (570) 622-6421 * Fax (570) 622-7424
maloneexdir@schuylkillunitedway.org
Website: www.schuylkillunitedway.org

Schuylkill United Way

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This is the word that can be used to describe the road of life at times. Sometimes life doesn’t turn out quite as we have planned or want. However, you are not alone.

This “Guide to Community Resources” is compiled for people who may be facing a variety of circumstances in their life. It is for the young mother who wants to go back to school, but doesn’t know how to afford day care. It is for the family who has been displaced by a fire and needs the help to pick up the broken pieces. It is for the father who has worked at the same company for 10 years and has suddenly found himself laid off.

These are just some examples of the life challenges that none of us are immune to. But there is good news….you have not lost your greatest resource: YOU! You are still the same qualified individual with the experience and personal worth that got you where you are today.

The Schuylkill United Way is saddened and concerned about your situation. Please take advantage of the community services that are available to you right here in Schuylkill County. If you or your family members have questions about community services or require further information, please call the Schuylkill United Way at (570) 622-6421 or on the web at www.schuylkillunitedway.org.
Surviving Life’s Challenges

How do I deal with my feelings?

It is normal to have these feelings, concerns and fears:

- Panic
- Helplessness
- Guilt
- Depression
- Frustration
- Betrayal
- Denial
- Isolation
- Blame
- Stress
- Scared
- Anger
- Pressure
- Resentment
- Embarrassment
- No Control

STOP! Change Your Attitude

Recognizing your feelings and dealing with them is the first priority on your road to employment, handling increasing medical bills, and rebuilding a lost home due to fire, etc. It is human nature to feel as if the rug has been pulled out from under you when these circumstances happen. Hiding your feelings and pretending you are not worried or scared only makes things worse for you and those close to you. Here are some ways that may be helpful in dealing with your anxieties:

- Relieve tension by staying physically active
- Volunteer
- Develop hobbies or other interests
- Share your feelings with people who love and support you
- Develop or join a support group

Fast Facts about the Schuylkill United Way

99% of every dollar raised in Schuylkill County stays right here in Schuylkill County.

In the last five decades, the Schuylkill United Way returned over $27 million to the community through support to our partner agencies that provide programs and services at little or no cost.

Administrative costs for the Schuylkill United Way are 17%, well below the state average of 25%.

The Schuylkill United Way is an independent non-profit organization that is governed by a 30 member Board of Directors.

Schuylkill United Way partner agencies served 115,500 people last year throughout Schuylkill County. That number represents nearly half of the entire county’s population.

All prizes used as incentives for the campaign are donated by local community minded companies.

During the 2013 Stuff the Bus promotion, 1,200 backpacks were collected and stuffed with school supplies. Those backpacks were then distributed to the 15 agencies and given to local children in need.

The Schuylkill United Way offers a prescription drug discount card that has saved county residences an average of 40% off the cost of prescriptions.
There are many life challenges that are addressed in this guide, but one of the most prevalent that we as a society are facing is increased unemployment. When an individual’s job is lost there are many emotions that can emerge. Our country is experiencing tremendous change that no one can control.

The first thing to remember is that you are not alone! It is important to understand that you are still a valued member of the community.

To survive unemployment remember to incorporate the following into your new beginning...

- Do NOT be complacent
- Do NOT forget to love
- Do NOT abandon the truth
- Do NOT lose your sense of humor
- Do NOT let failure win
- Do NOT lose confidence in yourself

Recommendations for Financial Obligations

1. Notify your mortgage holder that you are on a lay-off. If you are unable to meet mortgage payments, request a postponement or reduction of payments until you return to work.
2. If you rent, inform your landlord of your situation. Again, if you are unable to pay your rent, ask your landlord to postpone or lower your payments until you return to work.
3. All utilities (phone, gas, electric, and water) should be notified that you are on a layoff. In most cases, payment arrangements can be made if you explain your situation.
4. If you have any accounts with department stores or other creditors (loans, credit cards, medical bills, etc.) you should notify them immediately. Creditors may ask you to pay a small payment each week, month, etc. If this is the case, you are strongly urged to comply with their request. One of the worst things you can do is not live up to the agreements set forth.
5. If you are paying child support or alimony make sure you contact the judge, domestic relations office, or court that issued the degree and inform them about the situation.
<table>
<thead>
<tr>
<th>Partner Agencies</th>
<th>Assistance</th>
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<tr>
<td><strong>American Red Cross in Schuylkill County</strong></td>
<td>Pregnancy Counseling/Maternity &amp; Child Support</td>
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<tr>
<td><a href="http://www.redcross.org/pa/pottsville">http://www.redcross.org/pa/pottsville</a></td>
<td>Angel Baby Ministries, Inc.</td>
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<tr>
<td><strong>Avenues, Founded as UCP in 1952</strong></td>
<td>Birthright (Frackville)</td>
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<tr>
<td><a href="http://www.avenuesofpa.org">www.avenuesofpa.org</a></td>
<td>Care Net Pregnancy Center of Schuylkill County</td>
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<tr>
<td><a href="mailto:pkeitsock@avenuesofpa.org">pkeitsock@avenuesofpa.org</a></td>
<td>Catholic Charities</td>
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<tr>
<td><strong>Big Brothers, Big Sisters of Schuylkill County</strong></td>
<td>Child Care Information Services of Schuylkill County</td>
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<tr>
<td><a href="http://www.bbbs.org">www.bbbs.org</a></td>
<td>Children &amp; Youth Services of Schuylkill County</td>
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<tr>
<td><a href="mailto:bbbs.doug@comcast.net">bbbs.doug@comcast.net</a></td>
<td>Nurse-Family Partnership</td>
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<tr>
<td><strong>Boy Scouts of America/Hawk Mountain Council</strong></td>
<td>Pregnancy Care Center</td>
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<tr>
<td><a href="http://www.hmc-bsa.org/">www.hmc-bsa.org/</a></td>
<td>Healthy Baby Helpline</td>
</tr>
<tr>
<td><a href="mailto:wgarrett@bsamail.org">wgarrett@bsamail.org</a></td>
<td><strong>Senior Services</strong></td>
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<tr>
<td><strong>Child Development Inc.</strong></td>
<td>AARP</td>
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<tr>
<td><a href="http://www.childdevelop.org">www.childdevelop.org</a></td>
<td>Apprise Health Insurance Counseling</td>
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<tr>
<td><a href="mailto:madevlin@childdevelop.org">madevlin@childdevelop.org</a></td>
<td>Diakon Community Services for Seniors</td>
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<tr>
<td><strong>Girl Scouts in the Heart of PA</strong></td>
<td>Eldercare Locator</td>
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<td><a href="http://www.gshpa.org">www.gshpa.org</a></td>
<td>Schuylkill County Meals on Wheels</td>
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<td><a href="mailto:unitedways@gshpa.org">unitedways@gshpa.org</a></td>
<td>PACE</td>
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<tr>
<td><strong>Salvation Army/Pottsville Corps</strong></td>
<td>Retired Senior Volunteer Program (RSVP)</td>
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<td><a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></td>
<td>Schuylkill Co. Senior Services (Area on Aging)</td>
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<tr>
<td><a href="mailto:thench@use.salvationarmy.org">thench@use.salvationarmy.org</a></td>
<td>Solutions for Better Aging</td>
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<tr>
<td><strong>Salvation Army/Tamaqua Corps</strong></td>
<td>Tamaqua Meals on Wheels</td>
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<td><a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></td>
<td>Office of Protective Services (Ombudsmen)</td>
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<td><a href="mailto:swhispell@use.salvationarmy.org">swhispell@use.salvationarmy.org</a></td>
<td><strong>Schuylkill Co. Society for Crippled Children</strong></td>
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<td><strong>Schuylkill Co. Society for Crippled Children</strong></td>
<td><a href="mailto:skimmel@scscc.comcastbiz.net">skimmel@scscc.comcastbiz.net</a></td>
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<tr>
<td>622-7170</td>
<td><strong>Schuylkill Wellness Services</strong></td>
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<td><strong>Schuylkill Wellness Services</strong></td>
<td><a href="http://www.cocountywellnessservices.org">www.cocountywellnessservices.org</a></td>
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<td>622-3980</td>
<td><a href="mailto:cbazik@cocountywellnessservices.org">cbazik@cocountywellnessservices.org</a></td>
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<td><strong>Schuylkill Women in Crisis</strong></td>
<td>622-3991</td>
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<td><a href="http://www.s-wic.org">www.s-wic.org</a></td>
<td><strong>Sexual Assault Resource &amp; Counseling Center of Sch. Co.</strong></td>
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<td>628-2965</td>
<td><a href="mailto:jshifflet@sarcclebanon.org">jshifflet@sarcclebanon.org</a></td>
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<td><strong>Sexual Assault Resource &amp; Counseling Center of Sch. Co.</strong></td>
<td><strong>Tamaqua Meals on Wheels, Inc.</strong></td>
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<td><a href="mailto:tamaquamow@verizon.net">tamaquamow@verizon.net</a></td>
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<td><strong>Tamaqua Meals on Wheels, Inc.</strong></td>
<td>668-6954</td>
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<td><strong>Tamaqua YMCA</strong></td>
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<td>668-2903</td>
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<td><strong>Tamaqua YMCA</strong></td>
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<td><strong>Tamaqua YMCA</strong></td>
<td>668-7850</td>
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<td><strong>Tamaqua YMCA</strong></td>
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<td><strong>Tamaqua YMCA</strong></td>
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Employment/Unemployment Services
Avenues, Founded as UCP in 1952 570 622-7920
Advanced Medical Staffing 628-2800
Advance Personnel Temporary Services 624-7550
AHEDD 622-9711
American Staffing Solutions 622-0300
Career Link 622-5253
Civil Service Commission 17-787-7811
Goodwill Industries 385-6892
Office of Vocational Rehabilitation 610-621-5800
ReDCo Group Workforce Investment Network 622-5241
Service Access & Management, Inc. 621-2700
Unemployment Compensation 888-313-7284
Workforce Resources 622-8060

Health Services
American Cancer Society Minersville Location 800-ACS-2345 888-227-5445
American Diabetes Association 717-657-4310
American Heart Association 610-867-0583
American Lung Association 570-346-1784 717-541-5864
Cystic Fibrosis Foundation 800-344-4823
Department of Health 621-3112
Maternal & Family Health Services 800-367-6347
Medicare 800-633-4227
Partnership for Prescription Assistance 888-477-2669
Schuylkill Alliance for Health Care Access 628-5515
Schuylkill Wellness Services 622-3980

Hospitals
Blue Mountain Health System 610-377-1300
Geisinger Medical Center 570-271-6211
Lehigh Valley Hospital 610-402-CARE
Penn State Hershey Medical Center 717-531-8521
Reading Hospital & Medical Center 610-988-8000
Schuylkill Medical Center-South Jackson Street 621-5000
Schuylkill Medical Center-East Norwegian Street 621-4000
Shamokin Area Community Hospital 570-644-4200
St. Luke’s Miners Memorial Hospital 570-645-2131

Dental Service
Pottsville Dental Service 570-795-9560
Schuylkill Medical Center Clinic 570-621-4110
Assistance

**Housing/Rent**

**EMERGENCY HOUSING**
- Schuylkill Community Action 622-1995
- Schuylkill County Assistance Office 877-306-5439
- Catholic Charities 628-0466

**HOUSING SERVICES**
- Pottsville Housing Authority 628-2702
- Schuylkill Housing Authority 385-3400

**TEMPORARY SHELTER**
- American Red Cross (Fire & Disaster Aid) 622-9550
- Catholic Charities 628-0466
- Schuylkill Women in Crisis (Domestic Violence) 800-282-0634
- Salvation Army, Pottsville Corps 622-5252
- Salvation Army, Tamaqua Corps 668-0410
- Schuylkill Community Action 622-1995
- Servants to All Homeless Shelter 570-516-1891

**Legal Help**
- MidPenn Legal Services 628-3931

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**Emergency Food/ Food Programs**

- Avenues (Food Pantry) 622-7920
- Board of Assistance of Schuylkill Co. (Food Stamps) 621-3000
- Catholic Charities 628-0466
- Four Square Gospel Church (Soup Kitchen) 622-7323
- Schuylkill County Meals on Wheels 624-3015
- National Hunger Hotline 1-866-348-6479
- Orwigsburg Food Pantry 366-2255
- Pottsville Area Soup Kitchen 628-5119
- Schuylkill County Assistance Office 877-306-5439
- Salvation Army, Pottsville Corps 622-5252
- Salvation Army, Tamaqua Corps 668-0410
- Schuylkill Community Action 622-1995
- Schuylkill County Area Aging Office 622-3103
- Tamaqua Meals on Wheels 668-6954
- WIC (Women Infants and Children) 622-1244

**Emergency Fuel**

- Schuylkill County Assistance Office 877-306-5439
- Schuylkill Community Action 622-1995
- Catholic Charities 628-0466
## Assistance

### Crisis Intervention/Counselors/Emergency Hotline

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<tr>
<th>Service</th>
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<tr>
<td>Safe Haven Crisis Facility</td>
<td>628-0152</td>
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<tr>
<td>Advocacy Alliance</td>
<td>1-877-315-6855</td>
</tr>
<tr>
<td>Child Abuse</td>
<td>1-800-932-0313</td>
</tr>
<tr>
<td>Clinical Outcomes Group, Inc.</td>
<td>628-6990</td>
</tr>
<tr>
<td>Pennsylvania Coalition Against Rape</td>
<td>1-888-772-7227</td>
</tr>
<tr>
<td>Schuylkill Medical Center-Pathways Counseling</td>
<td>621-5910</td>
</tr>
<tr>
<td>Northwestern Human Services</td>
<td>628-3323</td>
</tr>
<tr>
<td>Pa. Treatment &amp; Healing (Drug &amp; Alcohol Program)</td>
<td>570-516-9377</td>
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<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
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<tr>
<td>Sexual Assault Resource &amp; Counseling Center (SARCC)</td>
<td>628-2965</td>
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<tr>
<td>ReDCo Group Behavior Services</td>
<td>628-5234</td>
</tr>
<tr>
<td>Schuylkill Women in Crisis</td>
<td>800-282-0634</td>
</tr>
<tr>
<td>Service Access &amp; Management, Inc.</td>
<td>621-2700</td>
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<tr>
<td>Suicide Access &amp; Management, Inc.</td>
<td>1-800-784-2433</td>
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### Home Health/Hospice Care/Nursing Homes

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broad Mountain Nursing &amp; Rehabilitation Center</td>
<td>874-0696</td>
</tr>
<tr>
<td>Covenant Home Care</td>
<td>385-5522</td>
</tr>
<tr>
<td>Schuylkill Home Health</td>
<td>621-5050</td>
</tr>
<tr>
<td>Ombudsman (Nursing Home Complaints/Issues)</td>
<td>628-3931</td>
</tr>
<tr>
<td>Hospice of Central Pa (<a href="http://www.hospiceofcentralpa.org">www.hospiceofcentralpa.org</a>)</td>
<td>628-2290</td>
</tr>
<tr>
<td>Schuylkill Nursing Association</td>
<td>385-2818</td>
</tr>
<tr>
<td>Mahanoy City</td>
<td>773-0738</td>
</tr>
<tr>
<td>Minersville</td>
<td>544-5121</td>
</tr>
<tr>
<td>Pottsville</td>
<td>628-3513</td>
</tr>
<tr>
<td>Schuylkill Haven</td>
<td>385-5611</td>
</tr>
<tr>
<td>Shenandoah</td>
<td>462-3155</td>
</tr>
<tr>
<td>Tremont</td>
<td>695-3500</td>
</tr>
<tr>
<td>Shenandoah Manor Nursing Center</td>
<td>462-1908</td>
</tr>
<tr>
<td>St. Luke’s Miners Memorial</td>
<td>645-2131</td>
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<tr>
<td>Tremont Health &amp; Rehabilitation Center</td>
<td>695-3141</td>
</tr>
<tr>
<td>Volunteer Home Care</td>
<td>621-7254</td>
</tr>
<tr>
<td>York Terrace Nursing Center</td>
<td>622-3982</td>
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<tr>
<td>Seton Manor</td>
<td>366-0400</td>
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<tr>
<td>Rest Haven</td>
<td>385-0331</td>
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### Veterans’ Services

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Schuylkill Co. Veterans’ Affairs</td>
<td>628-1400</td>
</tr>
<tr>
<td>Opportunity House (<a href="http://www.opphouse.org">www.opphouse.org</a>)</td>
<td>(570) 604-6948 or (610) 374-4696 Ext 293</td>
</tr>
<tr>
<td>Lebanon VA</td>
<td>800-409-8771</td>
</tr>
<tr>
<td>VA Outpatient Clinic</td>
<td>877-470-0920</td>
</tr>
<tr>
<td>Dept. of Veterans’ Affairs Scranton Mobile Center</td>
<td>570-344-2676</td>
</tr>
<tr>
<td>Pottsville VA Outpatient Clinic</td>
<td>621-4115</td>
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### Electric/Utilities

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>On-Track/Operation Help (Schuylkill Community Action)</td>
<td>622-1995</td>
</tr>
<tr>
<td>Public Utility Commission</td>
<td>1-800-692-7380</td>
</tr>
<tr>
<td>Salvation Army, Pottsville Corps</td>
<td>622-5252</td>
</tr>
<tr>
<td>Salvation Army, Tamaqua Corps</td>
<td>668-0410</td>
</tr>
<tr>
<td>PPL Utilities</td>
<td>1-800-342-5775</td>
</tr>
<tr>
<td>Schuylkill County Transportation Authority</td>
<td>800-832-3322</td>
</tr>
</tbody>
</table>
**Libraries**

Ashland Public Library 875-3175  
Frackville Free Public Library 874-3382  
Mahanoy City Public Library 773-1610  
Minersville Public Library 544-5196  
Orwigsburg Free Public Library 366-1638  
Pottsville Free Public Library 622-8880  
Ringtown Area Library 889-5503  
Schuylkill Haven Free Library 385-0542  
Shenandoah Library 462-9829  
Tamaqua Public Library 668-4660  
Tremont Area Public Library 695-3325  

**Lifelong Learning Centers**

Alvernia University 385-2382  
Empire Beauty School 429-4321  
Lifelong Learning Center 874-0137  
McCann School of Business 622-7622  
Penn State Schuylkill Campus 385-6000  
Schuylkill Technology Center South 544-4748  
Schuylkill Technology Center North 874-1034  
St. Joseph Center for Special Learning 622-4638  

**Abuse/Victims’ Services**

Child Help USA National Crisis Hotline 800-4-A-CHILD  
National Center for Missing & Exploited Children 800-843-5678  
National Center for Victims of Crime, Abuse & Domestic Violence, Rape 800-394-2255  
National Child Abuse and Neglect 800-422-4453  
National Domestic Violence Hotline 800-799-7233  
Schuylkill Women in Crisis 800-282-0634  
Sexual Assault Resource and Counseling Center (SARCC) 628-2965  

**Children/Youth Services**

Avenues, Fouded as UCP in 1952 570 622-7920  
Big Brothers, Big Sisters of Schuylkill Co. 622-0174  
Child Care Information Services of Schuylkill County 624-7950  
Child Development, Inc.—Head Start of Schuylkill County 544-8959  
Healthy Kids Helpline 800-986-5437  
National Hotline for Missing Children 800-843-5678  
SAM, Inc Early Intervention Services 877-216-5035 621-2700  
Schuylkill Co. Children & Youth 628-1050  
Schuylkill Intermediate Unit 29 544-9131  
Schuylkill YMCA 622-7850