



PA 2-1-1 is a comprehensive database that includes information about health and human services. PA 2-1-1 can be accessed by phone by dialing 2-1-1. It is a confidential and free service to the public.

Phone: 2-1-1 or (855) 501-6785
Web: www.pa211east.org/schuylkill

2-1-1 CONNECTS YOU TO INFORMATION ABOUT:

Aging Services
Clothing
Child & Youth Services
Counseling
Donation Programs
Education / Training
Food Resources

Health Services
Housing / Shelter
Parenting
Substance Abuse
Support Groups
Utilities
And More...



Use your QR Scanner to check out the Schuylkill United Way Video!



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Follow us on Twitter: @SchUnitedWay

Revised 05/17



Community Resources Guide



9 N. Centre St., Ste 301
Pottsville, PA 17901
as of 05/25/17

Phone: (570) 622-6421 * Fax: (570) 622-7424

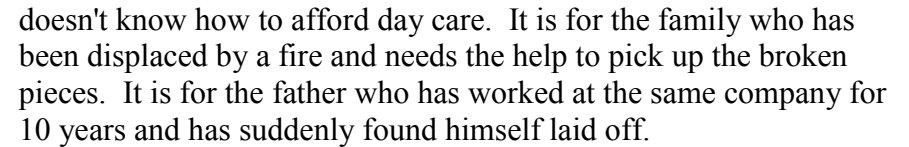
Email: maloneexdir@schuylkillunitedway.org

Website: www.schuylkillunitedway.org

Schuylkill United Way

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Unpredictable....



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 not for day care. It is for the family who has lost a job and needs the help to pick up the broken pieces. It is for the worker who has worked at the same company for years and has 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 | * Blame |
| * Helplessness | * Stress |
| * Guilt | * Scared |
| * Depression | * Anger |
| * Frustration | * Pressure |
| * Betrayal | * Resentment |
| * Denial | * Embarrassment |
| * Isolation | * 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 \$30 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 19%, 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 118,000 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.

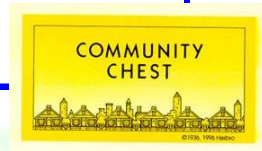
During the annual Stuff the Bus promotion in July, over 1,400 back packs are collected and stuffed with school supplies. Those back packs are then distributed to our Partner Agencies & local school districts who give them to local children and families in need.

The Schuylkill United Way offers a prescription drug discount card that has saved county residences an average of 40% off the cost of prescriptions.



Did You Know?

The Schuylkill United Way started out as a community chest in 1936.



In 2016 Schuylkill United Way Celebrated 80 Years United.



The Schuylkill United Way has a prescription drug discount card that saves Schuylkill County residents an average of 40%. For more information please visit www.familywize.com



The 2017 annual campaign raised \$1,070,000 in support of our agencies!



The Schuylkill United Way serves as the local administrator for the Emergency Food and Shelter Grant. (EFSP)



Unemployment: Where do I start?

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.



Partner Agencies



American Red Cross, Tri-County Chapter <i>http://www.redcross.org</i> <i>adrian.grieve@redcross.org</i>	610-375-4383
Avenues, Founded as UCP in 1952 <i>www.avenuesofpa.org</i> <i>pkeitsock@avenuesofpa.org</i>	570-622-7920
Big Brothers, Big Sisters of Schuylkill County <i>www.bbbs.org</i> <i>bbbs.doug@comcast.net</i>	570-622-0174
Boy Scouts of America/Hawk Mountain Council <i>www.hmc-bsa.org/</i>	610-926-3406
Child Development Inc. <i>www.childdevelop.org</i> <i>mdevlin@childdevelop.org</i>	570-544-8959
Salvation Army/Pottsville Corps <i>www.salvationarmyusa.org</i>	570-622-5252
Salvation Army/Tamaqua Corps <i>www.salvationarmyusa.org</i> <i>swhispell@use.salvationarmy.org</i>	570-668-0410
Schuylkill Co. Society for Crippled Children <i>skimmel@scscc.comcastbiz.net</i>	570-622-7170
Schuylkill Wellness Services <i>www.cocountywellnessservices.org</i> <i>cbazik@cocountywellnessservices.org</i>	570-622-3980
Schuylkill Women in Crisis <i>www.s-wic.org</i> <i>swicexdir@comcast.net</i>	570-622-3991
Schuylkill YMCA <i>www.schuylkillymca.com</i> <i>coachocoeo@schuylkillymca.com</i>	570-622-7850
Sexual Assault Resource & Counseling Center of Sch. Co. <i>www.sarcclebanon.org</i>	570-628-2965
Tamaqua Area Meals on Wheels, Inc. <i>tamaquamow@verizon.net</i>	570-668-6954
Tamaqua YMCA <i>www.ymca-berkscounty.org</i> <i>nzigmant@ymca-berkscounty.org</i>	570-668-2903

Assistance

Pregnancy Counseling/Maternity & Child Support

Birthright (Frackville)	570-874-2621
Care Net Pregnancy Center of Schuylkill County	570-624-7244
Catholic Charities	570-628-0466
Child Care Information Services of Schuylkill County	1-800-216-1938 or 570-624-7950
Children & Youth Services of Schuylkill County	1-800-722-8341 or 570-728-2169
Maternal & Family Health Svcs. (WIC)	570-622-1244
Nurse-Family Partnership	570-628-2611
Pregnancy Care Center	570-648-2600
Healthy Baby Helpline	1-800-986-2229

Senior Services

AARP	1-888-687-2277
Apprise Health Insurance Counseling	1-800-621-6325
Diakon Community Services for Seniors	570-624-3020
Eldercare Locator	800-677-1116
Schuylkill County Meals on Wheels	570-624-3015
PACE	1-800-225-7223
Retired Senior Volunteer Program (RSVP)	570-622-3103
Schuylkill Co. Senior Services (Area on Aging)	570-622-3103
Solutions for Better Aging	1-888-405-4242
Tamaqua Meals on Wheels	570-668-6954
Office of Protective Services (Ombudsmen)	570-628-3931
Schuylkill Elder Abuse Prevention	1-800-832-3313 or 570-622-3103

Assistance

Employment/Unemployment Services

Avenues, Founded as UCP in 1952	570-622-7920
Advanced Medical Staffing	570-628-2800
AHEDD	570-622-9711
Career Link	570-622-5253
Civil Service Commission	717-787-7811
Goodwill Keystone Area (<i>Employment Only</i>)	570-385-6892
Manpower	570-622-9704
Office of Vocational Rehabilitation	610-621-5800
One Source Staffing	570-622-2626
People Share	570-624-7550
ReDCo Group Workforce Investment Network	570-622-5241
Service Access & Management, Inc.	570-621-2700
Unemployment Compensation	1-888-313-7284
Winsor Staffing	570-581-8808
Workforce Resources	570-622-8060



Assistance

Health Services

American Cancer Society	1-800-227-2345 Frackville Location 570-874-1412
American Diabetes Association	1-800-342-2383 or 717-657-4310
American Heart Association	570-823-2212
American Lung Association	1-800-548-8252 or 610-253-5060
Cystic Fibrosis Foundation	1-800-344-4823
Department of Health	1-877-724-3258
Maternal & Family Health Services (WIC) Cancer Screening	1-800-367-6347 or 570-622-1244
Medicare	1-800-633-4227
PA Elks Home Service Nurse	570-622-7920 ext. 114
Partnership for Prescription Assistance	1-888-477-2669
Schuylkill Alliance for Health Care Access	570-628-5515
Schuylkill Wellness Services	570-622-3980

Hospitals

Blue Mountain Health System	610-377-1300
Geisinger Medical Center	570-271-6211
Lehigh Valley Hospital—Cedar Crest	610-991-3811
Penn State Hershey Medical Center	1-800-243-1455
Reading Health System	1-866-988-4377 or 484-628-8000
Lehigh Valley Health Network Schuylkill - South Jackson Street	570-621-5000
Lehigh Valley Health Network Schuylkill - East Norwegian Street	570-621-4000
Geisinger Shamokin Community Hospital	570-644-4200
St. Luke's Miners Memorial Hospital	570-645-2131
St. Joseph's Medical Center	610-378-2000

Assistance

Housing/Rent

EMERGENCY HOUSING

Schuylkill Community Action	570-622-1995
Schuylkill County Assistance Office	1-877-306-5439
Catholic Charities	570-628-0466

HOUSING SERVICES

Pottsville Housing Authority	570-628-2702
Schuylkill Housing Authority	570-385-3400

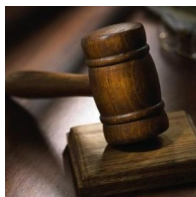
TEMPORARY SHELTER

American Red Cross of the Tri-County (Fire & Disaster Aid)
Main Phone #: 610-375-4383
Schuylkill County Residents Dial: 570-622-9550

Catholic Charities	570-628-0466
Schuylkill Women in Crisis (Domestic Violence)	1-800-282-0634
Salvation Army, Pottsville Corps	570-622-5252
Salvations Army, Tamaqua Corps	570-668-0410
Schuylkill Community Action	570-622-1995
My Father's House, Servants to All	570-900-1161
Schuylkill Haven Council of Churches (Schuylkill Haven Area & 1 night only)	570-385-2049

Legal Help

MidPenn Legal Services	570-628-3931
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Assistance

Emergency Food/ Food Programs

Avenues (Food Pantry)	570-622-7920
Board of Assistance of Schuylkill Co. (Food Stamps)	570-621-3000
Catholic Charities	570-628-0466
Four Square Gospel Church (Soup Kitchen)	570-622-7323
Diakon Community Services	570-624-3010
National Hunger Hotline	1-866-348-6479
New Life in Christ Church Ministries	570-277-6423
Orwigsburg Food Pantry	570-366-2255
Pottsville Area Soup Kitchen	570-628-5119
Schuylkill County Assistance Office	1-877-306-5439
Salvation Army, Pottsville Corps	570-622-5252
Salvation Army, Tamaqua Corps	570-668-0410
Schuylkill Community Action - (Call for a list of local food pantries)	570-622-1995
Schuylkill County Area Aging Office	570-622-3103
Tamaqua Meals on Wheels	570-668-6954
Maternal & Family Health Svcs. (WIC)	570-622-1244

Emergency Fuel

Schuylkill County Assistance Office	1-877-306-5439
Schuylkill Community Action	570-622-1995
Catholic Charities	570-628-0466



Assistance

Crisis Intervention/Counselors/Emergency Hotline

Advocacy Alliance	1-877-315-6855
Alcoholics Anonymous	570-628-4550
Child Abuse	1-800-932-0313
Clinical Outcomes Group, Inc.	570-628-6990
Office of Drug & Alcohol	570-621-2890
Pennsylvania Coalition Against Rape	1-888-772-7227
Pa. Treatment & Healing (Drug & Alcohol Program) www.pathtochange.org	570-516-9377
Poison Control	1-800-222-1222
Northwestern Human Services	570-628-3323
ReDCo Group Behavior Services	570-628-5234
Sexual Assault Resource & Counseling Center (SARCC)	570-628-2965
Schuylkill County Crisis Hotline	1-877-993-4357
Safe Haven Crisis Facility	570-628-0152
Schuylkill Medical Center-Pathways Counseling Services	570-621-5910
Schuylkill Women in Crisis	1-800-282-0634
Service Access & Management, Inc.	570-621-2700
Suicide Hotline	1-800-784-2433

Electric/Utilities

Catholic Charities	570-628-0466
On-Track/Operation Help (Schuylkill Community Action)	570-622-1995
PPL Utilities	1-800-342-5775
Public Utility Commission	1-800-692-7380
Salvation Army, Pottsville Corps	570-622-5252
Salvation Army, Tamaqua Corps	570-668-0410
UGI	1-800-276-2722

Assistance

Home Health/Hospice Care/Nursing Homes

Affilia Home Health	570-628-4455
Broad Mountain Nursing & Rehabilitation Center	570-874-0696
Comfort Keepers	570-858-0392
Covenant Home Care	1-800-726-8761
Golden Living Center	570-622-3982
Hometown Nursing Home	570-668-1775
Hospice of Central Pa (www.hospiceofcentralpa.org)	570-628-2290
Lehigh Valley Home Care Schuylkill	570-621-5050
Ombudsman (Nursing Home Complaints/Issues)	570-628-3931
Rosewood Rehab & Nursing Center	570-385-0331
Schuylkill Home Care	570-385-2818
Senior Centers:	
Mahanoy City	570-773-0738
Minersville	570-544-5121
Pottsville	570-628-3513
Schuylkill Haven	570-385-5611
Shenandoah	570-462-3155
Tremont	570-695-3500
Seton Manor	570-366-0400
Shenandoah Manor Nursing Center	570-462-1908
St. Luke's Miners Memorial	570-645-2131
Tremont Nursing Center	570-695-3141
Volunteer Home Care	570-621-7254

Veterans' Services

Dept. of Veterans' Affairs Scranton Mobile Center	570-344-2676
Lebanon VA Medical Center	1-800-409-8771
Opportunity House (www.opphouse.org)	(570) 604-6948 or (610) 374-4696 Ext 293
Pottsville VA Clinic	570-621-4115
Schuylkill Co. Veterans' Affairs	570-628-1400
Veteran's Homeless Hotline	1-877-424-3838
Veteran's Outreach Social Worker	570-933-1140
Veteran's Suicide/Crisis Hotline	1-800-273-8255
Wilkes-Barre VA Medical Center	1-877-470-0920

Transportation

Schuylkill County Transportation Authority	1-800-832-3322
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Assistance

Libraries

Ashland Public Library	570-875-3175
Frackville Free Public Library	570-874-3382
Mahanoy City Public Library	570-773-1610
Minersville Public Library	570-544-5196
Orwigsburg Free Public Library	570-366-1638
Port Carbon	570-622-6115
Pottsville Free Public Library	570-622-8880
Ringtown Area Library	570-889-5503
Schuylkill Haven Free Library	570-385-0542
Shenandoah Library	570-462-9829
Tamaqua Public Library	570-668-4660
Tremont Area Public Library	570-695-3325
Tri-Valley	570-682-8922

Lifelong Learning Centers

Alvernia University Schuylkill Center	570-385-2382
Empire Beauty School	570-622-6060
Lehigh Carbon Community College, Tamaqua	570-668-6880
Lifelong Learning Center	570-628-5761
McCann School of Business & Technology	570-391-3010
Penn State Schuylkill Campus	570-385-6000
Schuylkill Technology Center South Campus	570-544-4748
Schuylkill Technology Center North Campus	570-874-1034
St. Joseph Center for Special Learning	570-622-4638

Assistance

Abuse/Victims' Services

National Child Abuse Hotline	1-800-422-4453
National Center for Missing & Exploited Children	1-800-843-5678
National Center for Victims of Crime, Abuse & Domestic Violence, Rape	1-800-394-2255
National Child Abuse and Neglect	1-800-422-4453
National Domestic Violence Hotline	1-800-799-7233
Schuylkill Women in Crisis	1-800-282-0634
Sexual Assault Resource and Counseling Center (SARCC)	570-628-2965

Children/Youth Services

Avenues, Fouded as UCP in 1952	570-622-7920
Big Brothers, Big Sisters of Schuylkill Co.	570-622-0174
Child Care Information Services of Schuylkill County	570-624-7950
Child Development, Inc.—Head Start of Schuylkill County	570-544-8959
Girl Scouts in the Heart of PA	1-800-692-7816
Healthy Kids Helpline	1-800-986-5437
Maternal & Family Health Svcs. (WIC)	570-622-1244
National Hotline for Missing & Exploited Children	1-800-843-5678
SAM,Inc Early Intervention Services	1-877-216-5035 or 570-621-2700
Schuylkill Co. Children & Youth	570-628-1050
Schuylkill Intermediate Unit 29	570-544-9131
Schuylkill YMCA	570-622-7850
Tamaqua YMCA	570-668-2903

