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[www.facebook.com/SchuylkillUnitedWay](http://www.facebook.com/SchuylkillUnitedWay)



Follow us on Twitter:

[@SchUnitedWay](https://twitter.com/SchUnitedWay)



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.

[www.pa211.org](http://www.pa211.org)

Revised 10/14



# Community Resources Guide



Schuylkill United Way

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](mailto:maloneexdir@schuylkillunitedway.org)

Website: [www.schuylkillunitedway.org](http://www.schuylkillunitedway.org)

# Schuylkill United Way

# Important Notes

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# Introduction

## *Unpredictable....*



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](http://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 \$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.

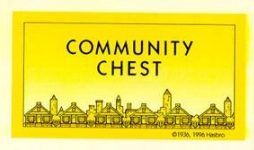
During the 2013 Stuff the Bus promotion, 1,200 backpacks were collected and stuffed with school supplies. Those backpacks were then distributed to the 15 agencies and given to local children in need.

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

GIVE. ADVOCATE. VOLUNTEER.  
**LIVE UNITED**™  
United Way  
Schuylkill United Way

# Did You Know?

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



In 2011 Schuylkill United Way Celebrated 75 years of Caring.



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](http://www.familywize.com)



The 2014 annual campaign raised \$1,029,000 the highest grossing campaign ever!



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 in Schuylkill County**  
<http://www.redcross.org/pa/pottsville>

**Avenues, Founded as UCP in 1952**  
[www.avenuesofpa.org](http://www.avenuesofpa.org)  
[pkeitsock@avenuesofpa.org](mailto:pkeitsock@avenuesofpa.org)

**Big Brothers, Big Sisters of Schuylkill County**  
[www.bbbs.org](http://www.bbbs.org)  
[bbbs.doug@comcast.net](mailto:bbbs.doug@comcast.net)

**Boy Scouts of America/Hawk Mountain Council**  
[www.hmc-bsa.org/](http://www.hmc-bsa.org/)  
[wgarrett@bsaemail.org](mailto:wgarrett@bsaemail.org)

**Child Development Inc.**  
[www.childdevelop.org](http://www.childdevelop.org)  
[madevlin@childdevelop.org](mailto:madevlin@childdevelop.org)

**Girl Scouts in the Heart of PA**  
[www.gshpa.org](http://www.gshpa.org)  
[unitedways@gshpa.org](mailto:unitedways@gshpa.org)

**Salvation Army/Pottsville Corps**  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
[thench@use.salvationarmy.org](mailto:thench@use.salvationarmy.org)

**Salvation Army/Tamaqua Corps**  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
[swhispell@use.salvationarmy.org](mailto:swhispell@use.salvationarmy.org)

**Schuylkill Co. Society for Crippled Children**  
[skimmel@scscc.comcastbiz.net](mailto:skimmel@scscc.comcastbiz.net)

**Schuylkill Wellness Services**  
[www.cocountywellnessservices.org](http://www.cocountywellnessservices.org)  
[cbazik@cocountywellnessservices.org](mailto:cbazik@cocountywellnessservices.org)

**Schuylkill Women in Crisis**  
[www.s-wic.org](http://www.s-wic.org)  
[swicexdir@comcast.net](mailto:swicexdir@comcast.net)

**Schuylkill YMCA**  
[www.schuylkillymca.com](http://www.schuylkillymca.com)  
[coachocoe@schuylkillymca.com](mailto:coachocoe@schuylkillymca.com)

**Sexual Assault Resource & Counseling Center of Sch. Co.**  
[www.sarcclebanon.org](http://www.sarcclebanon.org)  
[jshifflet@sarcclebanon.org](mailto:jshifflet@sarcclebanon.org)

**Tamaqua Meals on Wheels, Inc.**  
[tamaquamow@verizon.net](mailto:tamaquamow@verizon.net)

**Tamaqua YMCA**  
[www.ymca-berkscounty.org](http://www.ymca-berkscounty.org)  
[nzigmant@ymca-berkscounty.org](mailto:nzigmant@ymca-berkscounty.org)

622-9550

622-7920

622-0174

610-926-3406

544-8959

800-692-7816

622-5252

668-0410

622-7170

622-3980

622-3991

622-7850

628-2965

668-6954

668-2903

# Assistance

**Pregnancy Counseling/Maternity & Child Support**  
Angel Baby Ministries, Inc.

366-8676

Birthright (Frackville)

874-2621

Care Net Pregnancy Center of Schuylkill County

624-7244

Catholic Charities

628-0466

Child Care Information Services of Schuylkill County

1-800-216-1938

Children & Youth Services of Schuylkill County

1-800-722-8341

Nurse-Family Partnership

570-628-2611

Pregnancy Care Center

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

624-3020

Eldercare Locator

800-677-1116

Schuylkill County Meals on Wheels

624-3015

PACE

1-800-225-7223

Retired Senior Volunteer Program (RSVP)

622-3103

Schuylkill Co. Senior Services (Area on Aging)

622-3103

Solutions for Better Aging

1-888-405-4242

Tamaqua Meals on Wheels

668-6954

Office of Protective Services (Ombudsmen)

628-3931

# Assistance

## 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



# Assistance

## Health Services

American Cancer Society	800-ACS-2345 888-227-5445
Minersville Location	
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  
 Salvations 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



# Assistance

## 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

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

## Electric/Utilities

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

# Assistance

## Home Health/Hospice Care/Nursing Homes

Broad Mountain Nursing & Rehabilitation Center	874-0696
Covenant Home Care	385-5522
Schuylkill Home Health	621-5050
Ombudsman (Nursing Home Complaints/Issues)	628-3931
Hospice of Central Pa (www.hospiceofcentralpa.org)	628-2290
Schuylkill Nursing Association	385-2818
Senior Centers:	
Mahanoy City	773-0738
Minersville	544-5121
Pottsville	628-3513
Schuylkill Haven	385-5611
Shenandoah	462-3155
Tremont	695-3500
Shenandoah Manor Nursing Center	462-1908
St. Luke's Miners Memorial	645-2131
Tremont Health & Rehabilitation Center	695-3141
Volunteer Home Care	621-7254
York Terrace Nursing Center	622-3982
Seton Manor	366-0400
Rest Haven	385-0331

## Veterans' Services

Schuylkill Co. Veterans' Affairs	628-1400
Opportunity House (www.opphouse.org)	(570) 604-6948 or (610) 374-4696 Ext 293
Lebanon VA	800-409-8771
VA Outpatient Clinic	877-470-0920
Dept. of Veterans' Affairs Scranton Mobile Center	570-344-2676
Pottsville VA Outpatient Clinic	621-4115

## Transportation

Schuylkill County Transportation Authority	800-832-3322
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# Assistance

## 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

# Assistance

## 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

