

Lycoming & Clinton County Resources

Prepared by Lycoming-Clinton Joinder Board Health Choices Program and Community Care
Behavioral Health Organization
Restructured by the Reentry Coalition
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While incarcerated

Education

Adult Basic Education – GED Preparation (LCP & PRC)

Contracted teachers provide instruction weekly in writing, reading, social studies, and mathematics.

GED Testing (LCP & PRC)

Testing for attainment of General Educational Development certificate. The local school district sponsors GED teachers to help inmates pursue a diploma or improve reading/writing. Contracted staff administers the GED tests.

Nutrition Links (PRC)

The Penn State Extension Nutrition Links program offers free nutrition education programs to participants to develop the knowledge and skills necessary to achieve a healthful diet on a limited budget.

Employment

Identification (PRC)

Assistance is provided for inmates to obtain the proper identification needed for employment. Applications and transportation are provided in order to obtain a photo ID and/or Social Security Card.

Work Release (PRC)

A community corrections program stressing offender reintegration. Available to sentenced inmates only. Work Release participants must have a legitimate job or already enrolled in school to be approved for this program.

Faith/Hope

Bible Study (LCP & PRC)

Study of the various books in the Old and New Testaments. The prison Chaplain or assistant conducts these sessions.

Catholic Ministries (LCP & PRC)

Bi-weekly group meetings on the Catholic Faith.

Church Services (LCP & PRC)

Worship services for inmates (coordinated by the United Churches of Lycoming County) every Sunday afternoon.

Muslim Service (LCP)

A local Imam holds Muslim service once weekly.

Yokefellows (LCP & PRC)

Weekly prayer meetings and sharing of concerns which encourage spiritual awareness.

Housing

Housing (LCP& PRC)

Counselors provide applications or serve as a liaison between agencies and inmates to assist in securing housing through Liberty House, Saving Grace, American Rescue Workers, and Freedom House.

Legal

Bail Release Program (LCP & PRC)

This service utilizes all bail alternatives for pretrial detainees and electronic monitoring for DUS and domestic sentences. Court eligible inmates are screened by bail release staff for any applicable bail release program including global positioning.

Library

Library (LCP & PRC)

A large array of books (fiction and non-fiction) are accessible to inmates. Legal, spiritual and self-help materials are also contained within the library.

Medical

AIDS Resource (LCP & PRC)

Bi-weekly testing for HIV & STD's is available. Medical follow up is provided.

Eye Care Assistance (LCP & PRC)

Inmates can request assistance with eye exams and glasses. They pay a small fee (\$3) for the eye exam and the glasses start at \$5. Services are provided by North Central Sight Services.

Medical Assistance (LCP & PRC)

Inmates are able to apply for medical assistance while they are on Work Release or a week prior to their release so it is active upon release.

Mental Health Services (LCP & PRC)

A mental health liaison, Psychologist, and Psychiatrist are available to provide mental health services to inmates. Prescriptions for medications are reviewed through scheduling of periodic medication checks by a Psychiatrist. Referrals to different social service agencies (Diakon, Community Services Group) are frequently made for Work Release inmates with insurance.

Skill Building

Careerlink Services (PRC)

Youth Workforce Specialists come to PRC on a regular basis to enroll inmates between the ages of 18-24 in the GET2WORK program through Careerlink. Upon enrollment, inmates attend workshops at Careerlink. Upon completion of workshops they are then placed in a paid work experience with a local employer.

Fathering Group (LCP & PRC)

A program devised to assist fathers and expectant fathers to be all they can be. In doing so, the overall condition and welfare of their child is increased- better kids because of better dads.

Food Service Workers (LCP & PRC)

Positions are available to inmates selected to provide a workforce for food service and preparation, stock, handling and general clean-up duties.

HART (Healing and Restoring Together) (PRC-female program)

Relational Healing Model was developed to help individuals of all ages and backgrounds heal emotional wounds caused by those who hurt or offended them. It provides a simple approach for individuals and families who are trying to understand and trust the therapeutic process. 12 hour program (2 hour class, once a week for 6 weeks).

Laundry Worker (LCP & PRC)

Positions are available to inmates selected to provide a workforce for laundry services such as washing, drying, folding, organizing, tracking and cleaning.

Life Skills (PRC)

Life Skills class is offered by PRC caseworkers. The class is open to both work crew and work release inmates. The class is 5 weeks long (1 class per week) discussing topics such as "Dealing with Change, Accepting Personal Responsibility, Self Esteem, Drug & Alcohol Issues, Budgeting and Goal Setting." The class provides an environment for inmates to learn a lot about themselves through group discussions and some written exercises.

Master Gardening Program (PRC)

Educate in gardening topics such as plant selection, composting, soil improvement, pest control, vegetable and flower gardening, pruning, and more.

Resume/cover letter development (PRC)

Resume templates are available on the inmate computer in the multi-purpose room along with a binder of helpful information on creating a resume and cover letter. Assistance is provided when needed.

WIN/WorkKeys (PRC)

ACT WorkKeys is a job skills assessment system that helps employers select, hire, train, develop, and retain a high-performance workforce. Successful completion of ACT WorkKeys assessments in Applied Mathematics, Locating Information, and Reading for Information can lead to earning ACT's National Career Readiness Certificate (NCRC), a portable credential earned by more than 1 million people across the United States.

Work Crew (PRC)

Sentenced inmates are selected to provide an inmate work force in the community. Good work habits are instilled through the program.

Specific Services

Veteran Services (LCP & PRC)

Veteran's services program on information from VA is conducted several times a year. Prison counselors request information on discharge from National Personnel Records Center so it can be recorded and put on file to expedite things for future services or benefits. VA reps come to PRC and met with inmates regarding services and benefits that are available.

Substance Abuse Services

Alcoholics Anonymous (LCP & PRC)

AA is an organization of alcoholics whose purpose is to stay sober and help others recover from the disease of alcoholism. Meetings are held three days a week for males and once a week for females at the Prison and Pre-Release.

Drug & Alcohol Counseling (LCP & PRC)

Substance abuse educational groups are offered at LCP twice weekly. Substance abuse treatment (group and individual services) is provided while individuals reside at PRC.

Narcotics Anonymous (LCP & PRC)

NA is an organization whose purpose is to overcome any type of drug or alcohol dependence. Meetings are held bi-weekly and there are separate meetings for males and females.

West Branch Drug and Alcohol (PRC)

Inmates may have an assessment with West Branch Drug and Alcohol which may also include referral for treatment and case management.

In the community

Childcare

Child Care Information Services/STEP

Provides personalized child care referrals to child care providers based on parents' specific needs/preferences 2138 Lincoln St., Williamsport, PA 570-326-0587

CYS Community Support Services

Services open to any Lycoming County resident, does not need an open case with CYS. Individual parenting classes are offered for parents of 1-4 year old and parents of 5-12 year olds. Parents and teens are together in the class. Offer assistance to people for finding employment, accessing community resources, help treat lice and bed bugs, baby basics, anger management, help with nutrition education, and budgeting. Anyone can refer to this service. Contact: Mark Longenberger- Lycoming County CYS 570-326-7895

Department of Welfare Listings

www.humanservices.state.pa.us/compass/ProviderSearch/PGM/PSWEL.aspx

Evening Children's Program

Meet once a week individually and once a week as a group. Can be used as a transition before other services are started. Do not need to have open caseworker but they can. Contact: Joe Weber- Lycoming County CYS 570-326-7895

Leslie Ridley Family Daycare Services

Accepting children from infant to kindergarten
1011 Hepburn St., Williamsport, PA 570-321-8068

YMCA

Lycoming County Address: 641 Walnut Street, Williamsport, PA 570-323-7134
Clinton County Address: 145 E. Water St., Lock Haven, PA 570-748-6727

Colleges/Universities

Lock Haven University

401 N. Fairview St., Lock Haven, PA 570-484-2011

Lycoming College

700 College Pl., Williamsport, PA 570-321-4000

Pennsylvania College of Technology

1 College Ave., Williamsport, PA 570-320-2400

Education/Schools

Central Intermediate Unit (CIU-10)

8 North Grove Street Suite G Lock Haven, PA 17745. 570-893-4038 Open M-F- 8:30am-4:00pm.

BLaST Intermediate Unit 17 2400 Reach Rd., Williamsport, PA 17701 P.O. Box 3609 570-323-8561

Learning Center

Offers instruction and one-on-one tutoring in reading and math, college entrance test prep., and assistance in preparing students to take GED tests.

Hours of Operation: Orientation Tuesday 9:00-2:00, Classes Mon.-Wed., 9:00-4:00, Fri. 9:00-2:00. Location: James Brown Library, 19 E. 4th St., Welch Children's Wing Contact: Linda Herr, 570-326-0536 ext-151.

PA CareerLink® Lycoming

Career Pathways: Adult Education and GED classes

Hours of Operation: Mon-Thurs., 8:00am-4:30pm; Fridays 9:00am-4:30pm
329 Pine Street, Williamsport, PA 17701 570-601-5465

Employment

Depasquale Staffing

454 Pine St. #1A, Williamsport, PA 570-326-1736

Experience Works

Located in the Careerlink building- 329 Pine Street Williamsport, PA 570-644-5465

Hope Enterprises Community Employment Program

Community Employment Services (CES) is an employment service that assists people with disabilities to obtain employment.

Focus on Community Employment Success (FoCES), Community Employment Services (CES), The Community Access Program (CAP) P.O. Box 1837

Phone: 570-326-3745 Fax: 570-326-4414 www.hopeability.org

Kelly Services

No office in Lycoming County- they work remotely from different sites.

570-327-8226, 570-692-0342

Keystone Staffing

948 Broad Street, Montoursville, PA 570-368-5520

PA CareerLink® Lycoming

Employment services, job search assistance, resume/interviewing workshops, training
Hours of Operation: Mon-Thurs., 8:00am-4:30pm; Fridays 9:00am-4:30pm
329 Pine Street, Williamsport, PA 17701 570-601-5465

PA CareerLink® Clinton

Employment services, job search assistance, resume/interviewing workshops, training
Hours of Operation: Mon and Wed., 8:30am-4:30pm; Tues, Thurs, Fri 8:30am-12:30pm
8 North Grove Street Suite F Lock Haven, PA 17745 570-893-4022

Manpower

1000 Commerce Park Dr., Suite 101, Williamsport, PA 570-321-6688

Office of Vocational Rehabilitation (OVR)

The Pennsylvania Office of Vocational Rehabilitation, or OVR, provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment.
The Grit Building Suite 102- 208 W Third Street Williamsport PA 570-327-3600

One Source Staffing Solutions

999 N. Loyalsock Ave., Montoursville, PA 570-368-5000

Road to Freedom Center for Independent Living

Non- profit organization established for and by people with disabilities. Goal is to empower people with disabilities by providing resources, options and disability related services needed to obtain individual freedom in their lives. CIL offers services to people with disabilities as well as families of individuals with disabilities, community service providers, government agencies and private businesses.

24 East Third Street Williamsport, Pa 17701 570-327-9070

Spherion

459 River Avenue Williamsport, PA 570-320-9750 or 1-800-296-3075

www.monster.com

www.williamsporthelpwanted.com

Faith/Hope

United Churches Directory of Lycoming County

Updated frequently with specific churches outreach and programs to help the needy

www.UCLC.org

Food, Clothing, and Shelter

All Saints Episcopal Church (small food pantry)

1656 Scott St., Williamsport, PA 570-326-0191

American Rescue Workers (ARW)

643 Elmira Street Williamsport, PA. Food pantry Mon-Thurs 9:00am-4:00pm
570-323-8401 or 570-323-7321

Antioch Baptist Church

Serves breakfast weekdays, 8:00-9:30 am, lunch 12:00-12:45. Supper on Tuesdays at 6:30
Friday and Saturday- fruit and vegetable giveaway at 10:00
Snack program 3-4 on school days for children
Food pantry- Monday-Friday 10:00-12:00
Clothing- Monday-Friday 8:00-1:00
514 High St., Williamsport Contact: Faith Chaney, 570-323-2425

ARW Men's Center

Emergency transient lodging; provides 7 nights of lodging, clean change of clothes and 3 meals per day. Eligibility: Males age 18+
643 Elmira St., Williamsport Contact: Mike Kane, 570-323-8401

ARW Men's Center Program

Provides an extended stay (90 days to 9 months); provides shelter, clothing, meals and 40 hour work week therapy-participants learn work skills and how to be productive members of society
Eligibility: Males age 18+, sober Contact: Mike Kane, 570-323-8401

Center City United Churches Food Pantry

Provides 3 day emergency supply of groceries
Hours of Operation: Tuesday, Thursday, 10:00-2:30
320 Park Ave., Williamsport Contact: Mona Rundio, 570-322-1657

Central PA Food Bank

3301 Wahoo Drive Williamsport PA 570-321-8023. Open 8:00 am -4:30 pm M-F

Children's Closet

Clothes for kids 0-6. Tuesdays 10-2. 320 Park Avenue Williamsport, PA.

Christ Episcopal Church

426 Mulberry Street Williamsport. 570-322-8160. Free dinner on the 1st Saturday each month
4-7 pm. Delivery available (call ahead).

Clinton County Assistance Office

300 Bellefonte Ave Lock Haven, Pa 17745 570-748-2971 or 1-800-820-4159

Clothing Distribution/Household Items Distribution/Food Pantry/Homeless Assistance

Eligible individuals can receive vouchers for donated clothing/household items every year
Rent, fuel, and utility assistance is also available. Provides 3 day emergency supply of groceries.

Hours of Operation: Weekdays, 9:00-4:00

643 Almira Street Williamsport (American Rescue Workers) Contact: Linda Tokay, 570-323-8401

Daniel's Closet

Redeemer Lutheran Church 1101 Washington Blvd, Williamsport, PA 17701, (570) 322-2333

Offers free clothing for men, women and children

Hours of Operation: Fourth Saturday of the month from 9 am – 11 am.

Family Promise

Case management for families (parents with children) dealing with homelessness. Families stay during the evenings and overnight at host church for one week at a time, rotating to different churches in the area. They provide shelter, 3 meals per day, evening activities and fellowship.

Each day, families are transported to the Day Center (7:00 am-6:00 pm) where case management services are provided. Guests can also search for employment, shower, and do laundry. The mailing address can be utilized for housing and employment searches.

Eligibility: Homeless; must have child under age 18; no active D & A issues; no active domestic violence issues; no current criminal activity; no serious untreated mental health issues

Hours of Operation: Weekdays, 7:00 am-6:-- pm; weekends, 9:00 am to 5:00 pm

804 Sherman St., Williamsport Contact: Melissa Magargle, 570-567-7103

www.familypromiselycoming.org

Family Promise Work Ready Clothing Closet

Free clothing closet for residents of Lycoming County

Clothing for Men, women, and children

Wednesday 11-3, Friday 10-12 or by Appointment 570-567-7103

Family Self-Sufficiency Program-Lycoming Housing

This federally funded program is offered for residents receiving public housing or Section 8 Housing Choice Vouchers. An FSS Coordinator works closely with participants, helping them to set and complete goals within a maximum of five years. During this time, as income increases through goals being met, rent increases as well.

The difference between the rent paid when starting the program and the new rent they are required to pay is placed in a savings account for them. If they meet all goals in the time allotted, and become free of public assistance programs, the money is theirs to keep. If goals are not met, the money reverts back to rent.

Hours of Operation: Weekdays, 8:00 am-4:00 pm

1941 Lincoln Drive, Williamsport Contact: Jacky Holloway, 570-601-6827
www.lycominghousing.org

Freedom House Women's Center

A program for homeless, single women.

1700 Memorial Ave., Williamsport Contact: Rev. Ann Runnels, 570-772-0543

From Our Hands to Yours

Clothing for kids and adults. M-F 10-3. 501 High Street Williamsport, PA. 570-323-1797

Food Stamps-SNAP (Lycoming County Assistance Office)

The Supplemental Nutrition Assistance Program is the new name for the Food Stamp program. These benefits are used to buy food and help eligible low-income households in Pennsylvania obtain more nutritious diets by increasing their food purchasing power at grocery stores and supermarkets

Hours of Operation: Weekdays, 7:30 am to 5:00 pm

400 Little League Blvd., Williamsport 570-327-3300, 877-867-4014

Footprints of Montgomery

Food pantry, also give out emergency boxes of food

Eligibility: Proof of residence in Montgomery school district, must complete registration on site

Hours of Operation: 2nd Thursday of each month, 10:00am-5:00pm

71 Bower St. Extension, Montgomery, PA. 570-337-7146 Contact: Jennifer Bender

Lycoming County Assistance Office

Hours of Operation: Weekdays, 7:30 am- 5:00 pm

Fuel and emergency housing funds

400 Little League Blvd., Williamsport Contact: 570-327-3300 or 877-867-4014

Meals on Wheels

Office of Aging (STEP) 2138 Lincoln Street Williamsport, PA. 570-326-0587 or (800) 332-8555

Weekdays 9:00am-5:00pm. (Assessment needed- must be homebound and 60+)

Needlework Guild of Am. (Local Chapter)

570-323-1707. New outfit, coat or shoes (kids & adults)

New Love Center

Cafe (Weekday Lunches):

Trinity United Methodist Church, 1407 Allegheny Street Jersey Shore, PA

(Open Monday-Friday, 8:00am for coffee and fellowship, lunch 11:00am to 12:45pm)

Pantry (Monthly Food Box Distribution):

St. John Evangelical Lutheran Church, 229 S. Broad Street Jersey Shore, PA

(Scheduled Fridays, 9:00 am to 12:00 noon and 1:00 to 3:00pm)

Newberry Church of Christ-Food Distribution

Emergency food bank. Fresh express 1st & 3rd Thursday of every month at 2101 Linn Street from 4-6pm. Hours of Operation: Mon.-Fri., 9:00am-4:00pm
822 Diamond St., Williamsport 570-326-0731

Salvation Army

Offers food pantry MWF 9:30-11:30 and 1:00-2:30
Provides emergency assistance and can assist with electric, gas, oil or rent payment.
457 Market Street Williamsport PA 570-326-9187.
119 East Grove Street Lock Haven, Pa 17745 570-748-2951

Salvation Army Stores

25 W Fourth Street Williamsport: 570-327-3035
530 Lycoming Mall Drive Muncy: 570-546-5509
111 East Main Street Lock Haven: 570-748-7916

Saving Grace Shelter

24 bed emergency shelter for individuals, families and veterans. Provides 30 days of lodging.
Hours of Operation: Daily, 4:00 pm to 8:00 am
324 Campbell St., Williamsport Contact: Rhonda Jennings, 570-323-4130

Senior Lunch

Montoursville Presbyterian 900 Elm Street 3rd Fridays at noon. 570-368-1595

Shepherd of the Streets

Can assist with providing counseling, utilities assistance, bedding and hygiene, transportation assistance, medical, dental and visual, referrals, work preparedness, funds and fees, food assistance, medication and advocacy. Also offers 1st pair work shoes or uniform.
320 Park Avenue Williamsport PA 570-322-6538

Shoe Bank/Kid's Closet

1st and 3rd Sat. of the month 10am-12pm
44 West Main St., Lock Haven, PA 570-748-6481

Sojourner Food Ministries

Light breakfast & hot lunch- Mon-Sat 8:30am-1:00pm, Sun 2:00pm
Fruit & vegetables available Tues, day old bread/pastry available Wed
501 High St. (side entrance), Williamsport 570-323-1797 www.stmwilliamsport.org
Free kids clothes from infants to adults. Donations for kid's clothing are accepted at Sojourner Truth Ministry, 501 High Street, Williamsport. Every Monday-Friday 10am-3pm

Sonlight House

Food & clothing distribution (furniture when available) 7:30am-10:00am Monday, Thursday & Saturday every other week. 130 Carpenter St., Muncy, PA 570-546-3585

St. Anthony's Center

Provides food, free medical clinic facility, clothing, pre-owned furniture, shelter during disasters, and retreats for overnight and single day sessions.

Meals are served M-F 12:00-1:00. 570-326-2244

Clothing drive is Tues and Thursday 10:00 am- 1:00 pm.

Clinic is Monday 7pm-8:30 pm, Wed 11-12:30 and physicals available the 1st Thursday of every month. 125 E Willow Street Williamsport Pa 570-326-2244.

St. Joseph the Worker Parish

Food pantry every Wednesday from 4-5pm, only receive food once per month

711 West Edwin Street, Williamsport, PA 570-323-9456

The New Love Center at Trinity United Methodist Church

Cafe (Weekday Lunches):

Trinity United Methodist Church

(across from Weis Market)

1407 Allegheny Street

Jersey Shore, PA

(open Monday-Friday, 8:00am for coffee and fellowship, lunch 11:00am to 12:45pm)

Pantry (Monthly Food Box Distribution):

St. John Evangelical Lutheran Church

229 S. Broad Street

Jersey Shore, PA

(scheduled Fridays, 9:00 am to 12:00 noon and 1:00 to 3:00pm)

The Women's Center

34 W. Main St., Lock Haven, PA 570-748-9509 or 570-923-2270

Only houses women of domestic violence for up to 30 days in a 6 month period.

Not a treatment or prison release facility.

United Church Food Pantry

Rear 320 Park Avenue Williamsport, PA. 570-322-1657. 10:15am-2:30pm Tuesdays & Thursdays (by appointment)

West End Christian Community Center

901 Diamond Street Williamsport. 570-323-6297

Clothes closet and thrift shop- Mon, Tues, Thurs & Fri- 9-2, Wed 9-12, 4:30-7, Saturday-9-12

Shoe Express-A program created to provide free new sneakers and socks to children (infants through 17 years of age) who qualify, and live in the Williamsport Area. First and Third Saturdays of each month from 10 a.m. to noon. Children must be accompanied by their parent or guardian and show child's Access, Chip card or an agency referral slip.

Soup Kitchen (Food)- M., T., Th., F.- 11:00-12:30. Kids Cafe Summer Feeding Program-

Children can come in during our regular Soup Kitchen hours, when they are not in school and receive a hot lunch.

West End Food Bank

911 Newberry Street Williamsport, PA. 570-323-6297. 12:30pm-3:30pm the 1st four Thursdays each month. Income guidelines.

WIC

Provides vouchers for healthy foods; health and immunization screenings and referrals; health and nutrition education; breastfeeding info., support and counseling

Eligibility: Pregnant or breastfeeding women and children up to age 5

612 West Fourth Street Williamsport, PA. 570-322-7656

174 Mt. Pleasant Avenue Jersey Shore, PA 570-748-1087

944 East Penn Street Muncy, PA 570-322-7656

YWCA: Liberty House

Goal oriented housing program designed to address the individual needs of each participant, offering women an opportunity to develop and achieve personal success. They assist with teaching courses on mindfulness and self-regulation, coping skills, non-traditional parenting, job searching and interviewing skills, as well as nutrition and wellness. Must be 18 years of age, maximum stay is 24 months. Service fee included based on income and family size. A portion of rent will be set aside and placed into a savings program to provide a solid foundation for independent living.

815 West Fourth Street Williamsport PA Contact Tara Day, 570-322-4637

YWCA Wise Options:

Wise Options is a safe haven and source of support for the people of Lycoming County, giving help and hope to women, men and children surviving Domestic Violence, Sexual Assault and other Violent Crimes. Free and confidential services are provided by Wise Options 24-hours a day, seven days a week. Trained staff and volunteers provide immediate support and information to help clients deal with crisis and offer follow-up assistance to cope with ongoing related issues. 24 hour hotline- 1-800-326-8483 or (570) 323-8167.

Healthcare

AdultBasic (must receive a denial from medical assistance) 1-800-462-2742

Medical Assistance

- Lycoming County Assistance Office
Address: 400 Little League Blvd., Williamsport, PA 570-327-3300
- Clinton County Assistance Office

Address: 300 Bellefonte Ave., Lock Haven, Pa 1-800-820-4159 or 570-748-2971

River Valley Health & Dental Center

471 Hepburn Street Williamsport, PA 570-567-5400 ext. 501 contact: JanAnn Todd

Legal

Clinton County Adult Probation

232 E. Main St., Lock Haven, PA 570-893-4050

Clinton County Juvenile Probation

232 E. Main St., Lock Haven, PA 570-893-4050

GEO Re-entry Service Center Program

Intake service and assessment and help in finding providers for participant's basic needs. Assessments, group and Individual Services, electronic monitoring, transitional offender work force development services labor market information.

570-323-1274

Lycoming County Adult Probation

48 W. Third St., Williamsport, PA 570-327-2385

Lycoming County Juvenile Probation

48 W. Third St., Williamsport, PA 570-327-2408

Lycoming County Public Defender's Office

48 W. Third St., Williamsport, PA 570-327-2367

North Penn Legal Services

Legal advocates for low-income individuals and families. Help people establish eligibility for public benefits, protect themselves from domestic violence, gain access to healthcare and avoid loss of housing due to uninhabitability, eviction or foreclosure. The following are given priority: enabling families to avoid loss of their home through uninhabitability, eviction or foreclosure; helping families enjoy safe and secure housing whether threatened by ongoing conditions in public or private housing by natural disaster; establishing eligibility for public benefits when someone has lost their job, become disabled or is otherwise unable to obtain employment; assist with domestic violence cases; assist with lack of access to health care; provide legal assistance for those who are vulnerable.

329 Market St., Williamsport, PA 570-323-8741

Life Skill Programs

Community Outreach Program

Helps with employment, anger management, etc. Free of charge to Lycoming County residents.
201 Basin St., Williamsport, PA 570-326-7895

Firetree Place

600 Campbell Street Williamsport, PA 17701 (570) 360-9946

Offer programs that contribute to the enhancement of self-esteem and a high level of dignity qualities that are essential in order to become healthy and effective in meeting the numerous life challenges. We nurture positive feelings in community members about themselves intellectually, physically, emotionally, and socially.

- Cooking Classes
- Dance Classes
- Work Readiness/Job Search
- Entrepreneurship Classes
- Gardening
- Computer Classes

Golden Agers Club

Salvation Army, 457 Market Street Williamsport. Program to get people out of their homes, keep them active, and give them information on resources. Some activities include; arts and crafts, speakers, field trips, music. Meals are included. Tues & Thurs 9-12. Stephanie is contact.

Infant Development Center

980 E. Water St., Lock Haven, PA 570-748-3928

James V. Brown Library

19 E. Fourth St., Williamsport, PA 570-326-0536

Penn State Cooperative Extension

542 County Farm Rd., Montoursville, PA 570-433-3040
Clinton County – 47 Cooperation Lane, Mill Hall, PA – 570-726-0022

The Learning Center – At the James V. Brown Library 3rd Floor

19 E. Fourth St., Williamsport, PA 570-326-0536, ext.151. One-on-one tutoring in reading and math, college entrance test prep.

YWCA Life Skills Classes (females)

815 W. Fourth St., Williamsport, PA 570-322-4637ext 142
Contact Tara Day for a copy of the calendar and to register for the classes.

Literacy

Learning Center Literacy Program

Volunteers help those who want to improve their reading, writing and basic math skills; offers assistance in preparing for GED tests available at mutually convenient times, days and locations.

GED classes are Mon-Fri 9:00 – 12:30

Location: James Brown Library, 19 E. 4th St., Welch Children's Wing, Williamsport

Contact: 570-326-0536 x 151 Calls made after class hours will be returned as soon as possible.

PA CareerLink® Lycoming

Career Pathways: Tutoring, Adult Education, and GED classes

Hours of Operation: Mon-Thurs., 8:00am-4:30pm; Fridays 9:00am-4:30pm

329 Pine Street, Williamsport, PA 17701 570-601-5465

Low Income Housing

Berkshire Manor

450 Center Street, Williamsport, PA 570-326-7273

Clinton County Housing Authority

369 Linden Circle, Lock Haven 570-748-2954

Clokey Real Estate

2108 W. 4th St., Williamsport, PA 570-322-2158

Kranz Apartments

928 W 4th St, Williamsport, PA 17701 (570) 321-8022

Lakeview Apts

948 Main St., South Williamsport, PA 570-322-4038

Lycoming Housing Authority

PD Mitchell, Michael Ross, William Hepburn, Peter Herdic, Round Houses, Robert Montgomery, Penn Vale, and Mary Slaughter Apartments. Apply online at www.lycominghousing.org - A computer is available at the main office (and assistance is available for those who need it) at 1941 Lincoln Drive, Williamsport, PA 570-323-3755

Lycoming Housing Finance-Fair Market Program

Offers several locations that are deemed fair market rentals. Affordable units, the bridge between public housing and high-end apartments.

Hours of Operation: Weekdays, 8:00-4:00 570-323-3755 www.lycominghousing.org

Mirabito Properties, Inc.

1005 Vine Avenue Williamsport, PA 17701 Phone: 570-329-3588 Hours of Operation: 9am to 5pm Mon – Fri

Memorial Homes

Tenants must meet income eligibility requirements, and all rent is based upon income.
1609 Memorial Avenue Williamsport, PA 17701, 570-666-3362, 1-866-99ARBOR
<http://www.arbordevelopment.org/memorial-homes>

Newberry Estates

2500 Federal Ave Suite 357, Williamsport, PA 17701 (570) 505-5521
newberryrental@comcast.net

North Central Realty

1 W. Third St., Williamsport, PA 570-321-6630

Oak Tree Management

330 Government Place Williamsport, PA 570-322-4429

Penn Square Apartments

Apply Mon-Fri, 8-5
960 W. Third St., Williamsport, PA 570-323-8080

Rapmitco Properties

228 W 3rd St, Williamsport, PA 17701 (570) 326-1110

Timberland Apartments

610 Lycoming St., Williamsport, PA 570-326-5452

Weightman at Williamsport

Hours of Operation: Weekdays, 8:00-4:00 Contact: Jessica Phillips, 570-322-2060

Westwood Manor

618 Second St., Williamsport, PA 570-326-7273

Williamsport Manor

(Mon-Fri, 8:30-4:30)450 Center St., Williamsport, PA 570-326-2441

Williamsport NSA

Hours of Operation: Weekdays, 8:00-4:00 Contact: Tonya Wentz, 570-326-7273 613, 2nd Street

Williamsport Properties/Brandon Investments

460 Market St., Suite 101 Williamsport, PA 570-323-9936

Medical

AIDS Project

Provides services to individuals to help educate the community, increase understanding and prevent transmission of HIV and advocate on behalf of the individual.

8 North Grove Street Lock Haven Pa 17745 Contact: 570-893-1740

AIDS Resource

500 W. Third St., Williamsport, PA 570-322-8448 or 800-773-AIDS

American Cancer Society

Transportation is provided to and from treatment for people who have cancer and do not have a ride or are unable to drive themselves.

1948 E 3rd Street Williamsport Pa 17701 Contact: 570-326-4149 or 800-227-2345

Barely Moving

West End Christian Community Center 901 Diamond Street Williamsport. 570-323-6297

For those who have the temporary need for a walker, canes, crutches, raised potty chairs, or wheel chairs if we have them. These items are loaned out if available. Please call first to check on availability.

Department of Health Clinton County

215 E. Church St., Lock Haven, PA 570-893-2437

Department of Health Lycoming County

1000 Commerce Park Dr., Ste 109, Williamsport, PA 570-327-3400

Diabetes Center

1100 Grampian Blvd., Williamsport, PA 570-326-8410

Divine Providence

1100 Grampian Blvd., Williamsport, PA 570-326-8000

Empire Family Medicine

699 Rural Ave., Williamsport, PA 570-321-3772

Eyeland

1831 Lycoming Creek Rd., Williamsport, PA 570-323-1111

Family Center for Reproductive Health: Prenatal Center

Provides comprehensive prenatal care regardless of the ability to pay to those who have no physician, according to the requirements of the Dept. of Health through the Healthy Beginnings Plus Program. Basic maternity care and high risk pregnancies. Includes prenatal, delivery, post-

partum care, genetics referrals, nutrition counseling, childbirth preparation, parenting, smoking cessation counseling, home visits and substance abuse referrals.
699 Rural Ave. Suite 202, Williamsport, PA 570-321-3131

Healthy Baby Help-Line

800-826-9662

Hearing Aids

Lions Club International Hearing 570-326-1793

Healthy Women Project

699 Rural Avenue Suite 202 Williamsport, PA 570-321-3131

Free pap tests, mammogram for ages 40-60 with no/limited insurance and low/moderate income

Hepatitis Testing & Care

Susquehanna Health System, 570-321-1000

Infant Development Program

Provides early intervention, home service, stepping stones preschool, PACT (parents and children together)

980 East Water St., Lock Haven, PA Contact: Carla Ritz, 570-748-3928

Jersey Shore Hospital

1020 Thompson St., Jersey Shore, PA 570-398-0100

Kids Konnected

The mission of Kids Konnected is to provide friendship, understanding, education and support for kids and teens who have a parent with cancer or have lost a parent with cancer.

800-899-2866 www.kidskonnected.org

K's for Cancer

An organization created in memory of Justin Flannery Hilton committed to raising funds to provide financial aid to patients, and families' of patients, suffering the physical and economic effects of cancer treatment and to organizations that fund research to improve the lives of cancer patients.

Contact via email: board@ksforcancer.org

Loan Equipment Program-Hope Enterprises

The Children's Development Center has a large variety of specialized orthopedic equipment available for trial or loan. Equipment ranges from crutches and walkers to positioning equipment, wheelchairs, standers, etc.

Hours of Operation: Mon-Wed., 7:30am-5:00pm; Thursday 7:30am-6:00pm; Friday 7:30am-4:00pm

625 West Edwin St., Williamsport Contact: 570-326-0565, x 101

Lock Haven Hospital

24 Cree Dr., Lock Haven, PA 570-893-5000

Muncy Hospital

215 E. Water St., Muncy, PA 570-546-8282 or 570-327-8137

North Central Sight Services

Walk in Mon-Fri 9am-4pm

2121 Reach Rd., Williamsport, PA 570-323-9401

Northwestern PA Optical Clinic (NWPOC)

West End Christian Community Center 901 Diamond Street Williamsport. 570-323-6297

A clinic where individuals meeting certain income guidelines may purchase glasses starting at \$40. Mondays, Tuesdays, Thursdays 9-2:30, Wednesdays 9-noon.

PA Health Law Project

Helps low income families, disabled elderly obtain health care. 800-274-3258

Pennsylvania College of Technology

1 College Avenue Williamsport, PA 570-327-4500

Routine dental cleaning & check ups

Pennsylvania Department of Health

1000 Commerce Park Drive Williamsport, PA 570-327-3400

Price Optical

567 E. Third St., Williamsport, PA 570-323-8000

River Valley Health and Dental Center

Offers primary care for all ages, behavioral health care services, referrals to specialty care, follow-up care, health education, quarterly women's health days and children's health days.

Open Monday-Thursday 8:00-7:00 pm, Friday 8:00-5:00 and Saturday 8:00-12:00.

Accept most insurance plans and see individuals who do not have insurance.

Dental Center- Provides dental exams and X-Rays, preventative dentistry, cleanings and fluoride, restorative dentistry, sealants, extractions, infant days. Community dental education and referrals to specialty care. Open M-W 7:45- 6:00 and Thursday and Friday 7:45-5:00

471 Hepburn Street Williamsport, Pa 17701 Contact: 570-567-5400 or 570-567-5430

St. Anthony's Center

(M: 7-8:30pm; W: 11-1pm)

125 E. Willow St., Williamsport, PA 570-326-2244

Vision Screenings -North Central Sight Services

Children from financially eligible families can receive free complete eye examination by a pediatric optometry specialist. Vision is the ability to identify, interpret, and comprehend what is seen. Some children may have normal eyesight but their visual skills are impaired.

Hours of Operation: Weekdays, 8:30 am to 4:30 pm

2121 Reach Road, Williamsport 570-323-9401

Williamsport Regional Medical Center

700 High Street Williamsport, PA 570-321-1000

Medications/Medication Assistance

www.freemedicineprogram.org

www.needymeds.org

Non Profit Warehouse for Meds – www.nonprofitwarehouse.com

Partnership for Prescription Assistance

1-888-477-2669

www.pparx.org

Shepherd of the Streets

669 Center St., Williamsport, PA 570-322-6538. Eye glasses & dental surgery assistance.

St. Anthony's Center

125 E. Willow St., Williamsport, PA 570-326-2244

Walmart \$4 Prescriptions

Meetings

Al-Anon

Support group for friends and family of alcoholics. Childcare provided.

-Sunday night Al-Anon Meeting, 7:00-8:00pm Bush Campus Center, Room 205, Penn College, One College Avenue, Williamsport, PA

-Mondays from 7-8pm First Presbyterian Church, 102 E. Third St., Williamsport. Enter from Mulberry St. side (Support group for pre-teen and teens of alcoholic relatives and friends)

-Tuesdays from 7-8pm Pine Street Methodist Church Library

-Thursday from 7:30-8:30pm Messiah Lutheran Church 324 Howard St South Williamsport

Co-dependency Anonymous

“One Day at a Time” is a fellowship of men and women whose common purpose is to develop healthy relationships. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. Format: topic, 12-step, 12-traditions rotation. Topic, and/or Speaker rotation. Tuesdays, 7:00pm-8:00pm St. Luke Lutheran Church, 1400 Market St. (in a white house directly in the back of the church)

Co-dependency Anonymous

“Precious and Free” is a fellowship of men and women whose common purpose is to develop healthy relationships. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom.

Sunday afternoons, 4:00-5:00pm

Newberry Church of Christ 822 Diamond Street(meeting held in the basement)

Disabled American Veterans, Chapter 47

Getting involved in your local DAV Chapter is one of the many ways you can reach out to fellow veterans in your community. DAV members meet monthly to network and discuss issues of importance to veterans and the organization. Legislation, volunteer efforts and community projects are among the topics discussed, as well as upcoming events and activities.

Meetings are held on the 3rd Wednesday of each month at 7pm.

10 E. Third St., Williamsport, PA

Muscular Dystrophy Support Group

The group welcomes individuals with any form of Muscular Dystrophy. Family and friends are invited to attend. Monthly meetings provide opportunities for education, support and socialization.

4th Wednesday of every month 7 to 9 pm Hospitality Inn Lounge (4th Floor) of 802 Campbell St. Building Williamsport Regional Medical Center (570) 322-5844

NAMI (National Alliance on Mental Illness) Meeting

This local chapter meets monthly

The 2nd Tuesday evening at 6:30pm

Robert M. Sides Music Center, 201 Mulberry St., Williamsport, PA

Nar-Anon Meetings

Williamsport Area Nar-Anon Family Group Meetings

Every Monday from 7:00-8:00pm Newberry Church of Christ, 822 Diamond St., Williamsport

Every Wednesday from 7:00-8:00pm Greenview Alliance Church, 1955 Warrensville Rd., Montoursville

Parkinson’s Support Meeting

3rd Thursday of every month, 7 pm

First United Methodist Church 700 Fairview Drive Montoursville, PA (570) 458-4462

Stroke Club/Head Injury Support Group

This group offers support, social opportunities, education and information to individuals who have experienced cerebrovascular accidents as well as head injuries. This group is open to stroke survivors/head injury survivors and their families and caregivers.

4th Tuesday of every month, 2 to 4 pm, Williamsport Regional Medical Center
ISS Training Room, 2nd Floor (570) 321-2600

Support Group SOSL- Survivors of Suicide Loss

Third Thursday of the month from 6-7:30pm
Winter Room at the James V. Brown Library in downtown Williamsport

Mental Health Resources

Beacon Hub Drop In Center

Beacon Hub Drop-In Center gives participants a safe environment where they can interact while receiving skills training; learning about recycling, nutrition, budgeting; finding necessary resources within the community to meet their individual needs (examples include the soup kitchen, 12-step recovery meetings, or others); and an open-attendance policy for when they feel the need for added support in their lives. Requirements for participation include the participant having a mental health diagnosis and/or cognitive disability, being 18 years or older, being a resident of Lycoming or Clinton Counties, agreement to follow the rules and regulations of the program while in attendance, and a willingness to become part of a group for peer support. It is also required that participants sign in and out upon arrival or departure to the facility for safety measures. Members are assisted in community integration, learning the local transportation system, and other outings in an effort to not only promote community integration, but also to educate the general public. Participants become a positive example for members of the general population to challenge their own negative learned beliefs about individuals with mental health and/or intellectual disabilities.

Monday - 12:00 pm to 6:00 pm, Tuesday through Friday - 9:00 am to 3:30 pm
227 Academy Street, Williamsport 570-567-7832

Catholic Social Services

2111 Linn Street Williamsport, 570-322-4220

Community Services Group (CSG)

CSG is dedicated to improving the lives of adults, children, and families with mental health and intellectual and developmental disabilities by providing a range of services to meet each person's individual needs. We are committed to providing the highest quality mental health services to individuals experiencing emotional, relational, and behavioral problems.

Contact CSG at 1-877-907-7970 to make a referral to any of the services listed below.

- **Outpatient Mental Health Services** – CSG provides individualized, outpatient services for adults, adolescents, and children. Our outpatient services recognize that often

individuals and families need assistance in facing the demands placed upon them by everyday life. Same Day Access is available for outpatient services.

For your convenience services are provided at our Williamsport and Mill Hall locations.

Outpatient Services include:

- Individual, marital, family, and group therapy
- Psychiatric evaluations and medication management
- Parent- Child Interaction Therapy (PCIT) - for parents/guardians and children ages 2-6 with disruptive behaviors. This treatment approach is designed to enhance a positive relationship between caregiver and child and promotes effective behavior management and discipline techniques.
- Dialectical Behavioral Therapy (DBT) – for adults and adolescents diagnosed with Borderline Personality Disorder. The goal of DBT is to assist individuals in “creating a life worth living” through participation in a weekly skills group and individual therapy where individuals learn skills to assist them with improving functioning, mood, and relationships.
- Mindfulness Group – this is a 3 month group for adults. The group assists individuals with improving their ability to manage stress, improve focus and concentration, and learn to balance a healthier life.
- Adolescent Girls Depression Group – this group is for teen girls struggling with depression. The group meets every other week and utilizes a blend of discussion and activities to engage teens in reaching their recovery goals.

- Behavioral Health Rehabilitative Services (BHRS) – CSG’s BHRS program provides services for children and adolescents in the home, community, or school setting. Goals are individualized based on your child’s unique strengths and challenges and focus on interventions that support your child’s continued participation in the community.
- Family Based Mental Health Services (FBMHS) – CSG’s FBMHS program is a unique, intensive therapeutic program designed to assist families in caring for children and adolescents with behavioral, social, and emotional difficulties. FBMHS utilizes a team approach where two mental health professionals work with a child, his/her parents/guardians, teachers, and other supports. Services are provided in the home, school, and community.
- Respite Services – CSG’s Respite Services aim to provide a break to the caregivers of children with behavioral health challenges, while assuring that your child’s needs are being met in a safe and caring environment. Respite services are available in your own home, in the community, or out of home for overnight or weekend visits.

- Adoption and Permanency Support Group – CSG’s Adoption and Permanency support group offers support for families who have adopted or are providing permanency through formal guardianship or kinship. Child care is provided. The group meets the 3rd Monday of each month from 5:30-7:30pm at CSG’s office at 1000 Commerce Park Drive, Suite 110, Williamsport, PA.
- Commerce Park Clubhouse – The Clubhouse provides vocational programs for adults whose mental illness has impeded their emotional, social, economic and vocational development. Programs aid individuals in searching for jobs, refining interviewing skills and transitioning into a new job.
The Commerce Park Clubhouse offers a variety of employment opportunities such as Transitional Employment Positions (TEP), Supported Employment, and support for those in Independent Employment. Commerce Park Clubhouse has a wide variety of opportunities for members to get involved in everything from cooking to how to use a computer throughout the work day.
- Community Residential Rehabilitation (CRR) – CSG’s CRR program provides residential services for adults with mental illness. The CRR Program provides individuals the opportunity to improve their daily living skills and become more integrated into the community.
- Independent Living Services - CSG’s Independent Living Services (ILS) provides recovery opportunities to adults 18 and older, diagnosed with serious mental illness. Services are provided in the community, one to one with trained staff. The goal of ILS is to promote individual independence and quality of life and improve his or her current living situation.
- Partial Hospitalization Program – CSG’s partial hospitalization program provides services and support to adults experiencing behavioral health difficulties that require more than outpatient counseling. The partial program meets three days per week and provides services in a group setting. Each treatment day includes psychotherapy, educational groups, and therapeutic activities designed to assist individuals with achieving their personal recovery goals by improving symptom management, developing coping skills, and building on their individual strengths.
- Peer Support – CSG’s Peer Support assists adults with mental health issues in developing their path to recovery. Individuals work with peer specialists who have been the recipients of mental health services. Peer specialists assist individuals with basic living skills, support and advocacy, social networks and links to other resources.

Community Solutions Group MST

Multisystematic therapy is community-based, family driven treatment that addresses ways to decrease the occurrence of certain behaviors. Offered to youth between ages of 12 and 17 who are exhibiting some challenging behaviors, which could include running away, drug and/or alcohol abuse, aggressive behaviors, truancy, oppositional defiant behaviors, and delinquent behaviors.

Contact: Megan Hunter, Associate Program Director, 570-505-3637 or 610-435-3343

Crossroads Counseling (adult and child)

Provides outpatient and intensive outpatient individual and group counseling as well as a partial hospitalization programming for substance abuse issues, provides domestic violence program for men (Batterers Intervention Program)

Offers co-occurring services (Mental Health & Substance Abuse)

Licensed Mental Health provider. Specializing in providing trauma informed care with focus on the family in addition to the individual. Psychiatric services are also available.

Hours of Operation: Monday through Thursday, 8:00 am-9:00 pm; Friday 8:00 am-2:00 pm

Lycoming County Address: 501 East Third Street, Williamsport Contact: 570-323-7535

Clinton County Address: 8 N. Grove St., Lock Haven, PA Contact: 570-893-1886

Danny's Wish for Autism

Help provide life enhancing resources and experiences for kids and families that deal with Autism and Autism related spectrum disorders. www.Dannyswish.org

Diakon Family Life Services

Offer counseling for adults, children, and teens, including individual and family therapy, group counseling, and play therapy

Hours of Operation: Monday through Thursday, 8:00 am to 8:00 pm; Friday, 8:00 am to 5:00 pm

435 West Fourth Street, Williamsport Contact: 570-322-7873

Divine Behavioral Health Services

Adult Inpatient and Older Adult Units - Fifth Floor (Elevator B)

Outpatient Services - Fifth Floor (Elevator B)

Divine Providence Hospital, 1100 Grampian Boulevard Williamsport, PA 17701, (570) 320-7525

Heartworks

Children's bereavement specialists, 1100 Grampian Blvd, Suite 383 Williamsport, PA 570-320-7691

Living Unlimited

The Vocational and Community Adjustment program is a structured treatment program that helps participants recognize, accept, and adapt to challenges, and achieve vocational and life skills goals. It includes music therapy, peer support, group therapy, and skill training and

development. The day is scheduled similar to an actual work day and includes teaching and therapy sessions, vocational skills and applications, and structured lunch and breaks. Program is for persons with mental health issues, persons with acquired disabilities or developmental disabilities.

Hours of Operation: Sessions are held once a week and are structured similar to a workday; office hours are weekdays 8:00am-5:00pm

520 W. Fourth St., Suite 3A, Williamsport Contact: Laura Lane, 570-601-1630

Lycoming/Clinton Mental Health/Intellectual Disabilities Program

Mental Health services are primarily available for adults with a serious mental illness, characterized by a diagnosis of a psychotic disorder and/or a major mood disorder of long duration with intermittent periods of wellness and illness, and children or adolescents with or "at risk" of developing a serious emotional disturbance.

Their Assessment Unit provides or connects clients with appropriate services. The case management staff provides ongoing support to the individual and the family. Their contracted provider agencies offer a variety of general and intensive services in the community.

They also provide 24-hour crisis intervention services.

Hours of Operation: Weekdays, 8:00am-4:30pm

Sharwell Building, 200 East Street, Williamsport 570-326-7895

NAMI Lycoming

The National Alliance on Mental Illness in Lycoming County meets the second Tuesday of each month at 6:30pm at Robert M. Sides Music Center, 201 Mulberry St., Williamsport, PA
Contact: 570-326-2094

The Meadows Psychiatric Center

Inpatient services

123 The Meadows Dr., Centre Hall (814) 364-2161

Suicide Hotline

National- 1-800-SUICIDE, Lycoming County Crisis Interview- 570-326-7895

Universal Community Behavioral Health

Wraparound, partial, and outpatient service. 7930 Nittany Valley Dr., Mill Hall, PA 570-726-4306

Miscellaneous

American Red Cross

320 East Third Street Williamsport PA 17701 570-326-9131

Bicycle Recycle

The Pajama factory will accept gently used bikes and new ones to distribute to those in need. Bicycle Recycle is a neighborhood bicycle shop geared to provide affordable bikes to the community, and to teach and assist with hands-on bicycle repair. We offer memberships,

maintenance classes, and volunteer opportunities for the community. Bicycle donations are welcome. Located on the ground floor through the courtyard entrance (at the inner corner of the parking lot on the corner of Rose Street and Park Avenue). HOURS: Mon + Wed 6pm–9pm. 1307 Park Avenue, Box #10, Williamsport, PA 570-323-7650

Childhood Lead Poisoning

1-800-222-1222

Community Action Agency (STEP)

STEP is a private, non-profit Community Action Agency providing services to help people to promote or maintain their self-sufficiency. Programs include: Lycoming-Clinton Head Start, Lycoming-Clinton Bi- County Office of Aging, Day Care Administration, Workforce Development Program, Housing Services, Social Service Assistance Program and School and Community Transportation Services.

2138 Lincoln Street Williamsport, PA 17701 (570) 326-0587

Cribs/Pack N Play Cribs

Coroner's Office, 48 West 3rd Street Williamsport, PA. 570-327-2305

Diaper Program

West End Christian Community Center 901 Diamond Street Williamsport. 570-323-6297

If available through donations, diapers are given out once per month to parents with babies.

Babies must accompany parents at pick up. This program is run through our Clothes Closet on Wednesday evenings and Saturday mornings only. (See page 14).

Expectations Women's Center

Offers pregnancy testing, options counseling, individual mentoring, healthy relationship support, post abortion support, education services-parenting skills, and baby care skills. Also offers assistance with obtaining baby furniture, children's clothing birth to 4T and maternity clothing. 854 W. Third St., Williamsport Contact: 570-321-8240

Headstart (STEP)

The mission of STEP Head Start is to foster hope, growth, self-sufficiency and social competence in children and their families in partnership with parents and the community.

2138 Boyd Street Williamsport (570) 326-0587

Lycoming College

Coordinates volunteer efforts by the students

Chaplain Jeff Lacrone cslecrone@lycoming.edu

Lycoming County United Way

Mobilizing resources to improve lives

33 West Third Street, Suite 201, Williamsport PA 570-323-9448

Lycoming County Veterans Affairs

330 Pine Street Williamsport, PA. 570-327-2365

Office of Aging

2138 Lincoln Street Williamsport Pa 570-326-0587

Info and services for older adults and their caregivers.

PA 211 is a statewide collaborative for health and human service information for Pennsylvanians funded by United Way and is updated monthly with any info provided to them.

Pastoral Care

- Shepherd of the Streets Ministry, 320 Park Avenue Williamsport, PA. 570-322-6538. Monday-Thursday 9am-noon & 1-3pm. (counseling & referral).
- Sojourner Truth Ministries, 501 High Street Williamsport, PA. 570-323-1797. Mon-Fri 9-3.

Poison Control Center

1-800-222-1222

Safe Kids Pennsylvania

Resource for child safety information www.pasafekids.org 1-800-683-5100

The Disability Rights Network

To advance, protect, and advocate for the human, civil, and legal rights of Pennsylvanians with disabilities 301 Chestnut St. Suite 300 Harrisburg, PA 17101, 1-800-692-7443 www.drnpa.org

The Vet Center

Offers benefits, counseling, therapy, housing and medication. 49 East 4th Street St #104. 570-327-5281. Weekdays 8-4:30.

Thomas Crossley Barber Shop

(\$5.00 for basic haircut Mon & Tues 9-5:30; Thurs. 12-8; Fri 10-7; Sat 9-4)

929 Washington Blvd., Williamsport, PA 570-322-0048

VA Medical Clinic

Wenner Building, 1705 Warren Avenue Suite 304 Williamsport, PA. 570-322-4791. Monday-Friday 8:00-4:30

Peer Support

Community Services Group Peer Support

Peer Support assists adults with mental health issues in developing their path to recovery. Individuals work with peer specialists who have been the recipients of mental health services.

Peer specialists assist individuals with basic living skills, support and advocacy, social networks and links to other resources.

Contact CSG at 1-877-907-7970 to make a referral

Crossroads Counseling

Certified Recovery Specialist

Lycoming County Address: 501 East Third Street, Williamsport Contact: 570-323-7535

Clinton County Address: 8 N. Grove St., Lock Haven, PA Contact: 570-893-1886

Personal Care Boarding Homes

Fulmer's

201 Woodward Ave., Lock Haven, PA 570-748-1829

Insinger's

673 Campbell Street, Williamsport, PA 570-326-2361 (Takes MA)

Insinger's South

6 East Central Ave, South Williamsport, PA 570-322-4767

Our House Personal Care

327 S. Howard St., Williamsport, PA 570-322-8829

The Meadows (skilled nursing, personal care and rehab center)

Full time LPN and personal care aides available; House Dr. for monthly on-site visits; Alarm systems

2106 Warrensville Rd, Montoursville, PA 17754 Contact: Gayle Hummel, 570-433-4663

Tilburg's Personal Care

801 Market St., Williamsport, PA 570-322-5951

West House

West House is a perfect alternative to nursing home care for individuals who are not completely independent and are in need of some personal care. West House offers all the comforts of home plus 24-hour assistance from our highly-trained staff.

616 W. Edwin St., Williamsport, PA Contact Kirsten Felix, 570-321-9378

www.westhouseinc.com

Willow View

124 Emery St, Williamsport, PA 17701 (570) 323-9392

Services for Persons with Intellectual/Developmental Disabilities

Central Intermediate Unit 10

Development Center for Adults – Clinton County
Lock Haven Career Link 8 N. Grove Street, Suite G Lock Haven, PA 17745-3547
Phone: 570-893-4038

The Central Intermediate Unit's Development Center for Adults' office/classroom in Clinton County is located in the same office complex as the Lock Haven Career Link. Programs offered include ABE, GED, Pennsylvania Adult Literacy (which trains volunteer tutors to work with its adult learners), and the Alternative Program for Incarcerated Youth (in partnership with Keystone Central School District and the Clinton County Prison). For more information contact Marianne Taylor, Lead Project Facilitator (mtaylor@ciu10.org).

Children's Development Center

For infants, children, and adults up to 21 years old with disabilities
Services offered include neuropsychology, occupational therapy, speech therapy, and physical therapy.
625 W. Edwin St., Williamsport Contact Sandy Boyles, 570-326-0565

Community Services Group (CSG)

See page 26 for more information

Hope Enterprises

Offers a variety of services for individuals with developmental/intellectual disabilities: custodial training program, community supports program, community employment program, group homes, life sharing program, industrial program, in home services for children and adults
Hours of operation: 7:30 am-4:30 pm
Location: 2401 Reach Road, Williamsport Phone: 570-326-3745

Living Unlimited

The Vocational and Community Adjustment program is a structured treatment program that helps participants recognize, accept, and adapt to challenges, and achieve vocational and life skills goals. It includes music therapy, peer support, group therapy, and skill training and development. The day is scheduled similar to an actual work day and includes teaching and therapy sessions, vocational skills and applications, and structured lunch and breaks. Program is for persons with mental health issues, persons with acquired disabilities or developmental disabilities.
Hours of Operation: Sessions are held once a week and are structured similar to a workday; office hours are weekdays 8:00am-5:00pm
520 W. Fourth St., Suite 3A, Williamsport Contact: Laura Lane, 570-601-1630

Lycoming/Clinton Mental Health/Intellectual Disabilities

Provides a variety of services to assist individuals with developmental disabilities and their families with living and working in their home communities. Support services offered by the Lycoming-Clinton Intellectual Disabilities Program are based in the local community and encourage active participation by individuals, their families, friends, and neighbors.

Services include:

- Residential and in-home care
- Vocational and employment services
- Housing Enhancement Program
- Family support and specialized therapies
- Specialized early intervention services for children from birth to age 3 who have a developmental delay

Hours of Operation: Weekdays, 8:00-4:30

Sharwell Bldg., 200 East Street, Williamsport Contact: 570-326-7895

PA CareerLink® Lycoming

Office of Vocational Rehabilitation (OVR)- employment services for individuals with disabilities

Hours of Operation: Mon-Thurs., 8:00am-4:30pm; Fridays 9:00am-4:30pm

329 Pine Street, Williamsport, PA 17701 570-601-5465

PA CareerLink® Clinton

Office of Vocational Rehabilitation (OVR)- employment services for individuals with disabilities

Hours of Operation: Mon and Wed., 8:30am-4:30pm; Tues, Thurs, Fri 8:30am-12:30pm

8 North Grove Street Suite F Lock Haven, PA 17745 570-893-4022

Road to Freedom Center for Independent Living

Non- profit organization established for and by people with disabilities. Goal is to empower people with disabilities by providing resources, options and disability related services needed to obtain individual freedom in their lives. CIL offers services to people with disabilities as well as families of individuals with disabilities, community service providers, government agencies and private businesses.

24 East Third Street Williamsport 570-327-9070

TEENLINK

Our TeenLink facility is conveniently located in Montoursville, PA adjacent to the McCall Middle School. TeenLink is a program that is designed to provide high school students with disabilities the opportunity to develop the necessary independent living skills to successfully make the move from school to independent living. The TeenLink program has several components designed to prepare the students for the demands of adult life and help them reach their highest level of independence.

Summer Programs

The TeenLink Summer Program is a six week “camp” for students ages 14-21 who could benefit from training in domestic skills, social/personal skills, time management, recreational and vocational skills. Depending on enrollment, there could be multiple sessions and each will be held for six consecutive weeks on Tuesday and Thursday from 1:00 P.M. to 3:30 P.M. at the TeenLink House, 612 Willow Street, Montoursville, PA. Please contact the Children’s Development Center for more information at 570-326-0565, extension 3101.

Teens In Transition (TNT)

As students approach graduation from high school, they are often faced with fear and uncertainty regarding their future. The same holds true for students with disabilities. These students must learn to navigate their way through various adult social service systems, take charge of their own health care and decisions, and seek employment.

Parents of children with disabilities often view their role as that of protective, nurturing caregiver, and struggle with the idea of their child living independently. As a result, these children are often deprived of the opportunity to develop skills that others take for granted, such as cooking, cleaning, budgeting, accessing public transportation, and becoming self-reliant.

School districts offer an academic setting for students with disabilities, but that curriculum is restricted by class size and scheduling. Real-life situations that students may encounter are difficult to simulate in a classroom.

The Arc

Works to include all children and adults with intellectual and developmental disabilities to be included in every community. 1617 Bald Eagle Ave Williamsport 570-326-6997

The Special Education ConsultLine

Information for families and advocates of children with special needs about: Special Education Regulations, School Related Concerns, Procedural Safeguards 1-800-879-2301

Substance Abuse Services/Supports

Anchor Counseling Services

4994 Rabbit Town Road Muncy, PA 570-584-6393

Anchor Counseling Service helps those who are having personal and/or family problems by blending psychotherapy and Christian principles. Specializes in grieving a loss, having feelings of hopelessness, experiencing anxiety and/or depression, having an eating disorder or a victim of abuse, marital and family counseling.

Alcoholics Anonymous (AA)

24 hour hotline 866-671-6130

www.district48aa.org

Crisis Intervention Emergency Services, Lycoming and Clinton

200 East St., Williamsport, 570-326-7895

Crossroads Counseling (adult and child)

Provides outpatient and intensive outpatient individual and group counseling as well as a partial hospitalization programming for substance abuse issues, provides domestic violence program for men (Batterers Intervention Program)

Offers co-occurring services (Mental Health & Substance Abuse)

Licensed Mental Health provider. Specializing in providing trauma informed care with focus on the family in addition to the individual. Psychiatric services are also available.

Hours of Operation: Monday through Thursday, 8:00 am-9:00 pm; Friday 8:00 am-2:00 pm

Lycoming County Address: 501 East Third Street, Williamsport Contact: 570-323-7535

Clinton County Address: 8 N. Grove St., Lock Haven, PA Contact: 570-893-1886

Genesis House (adults)

Provides assessment and treatment for individuals with substance abuse diagnoses

800 W. Fourth St., Suite G-01, Williamsport, PA Contact: 570-322-0520

Habit Opco, Inc. (Methadone Treatment)

759 Susquehanna Trail, Watsontown, PA 17777 (570) 852-6329

Lifering.org

LifeRing Secular Recovery is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs.

Online Meetings, email lists, e-pals. www.lifering.org

PA Treatment & Healing

PATH utilizes education, intensive counseling, and community service to hold clients accountable for their actions while helping guide them in a more productive direction. They provide mental health, substance abuse, and educational services, including several specialized programs. They help individuals and families find a more positive path in life.

1536 Catherine St., Williamsport (570) 261-7549

West Branch Drug and Alcohol Abuse Commission

Case Manager available 24 hours a day [570-220-9799](tel:570-220-9799) or [888-941-3721](tel:888-941-3721)

Assessment, Referral and Case Management

- Outpatient Counseling (individual and group)
- Intensive Outpatient Counseling (individual and group)
- Partial Hospitalization
- Halfway House
- Inpatient, Non-Hospital Detoxification and Rehabilitation
- Inpatient, Hospital-Based Detoxification and Rehabilitation
- Methadone Maintenance
- Referral for and coordination of MAT (Medication Assisted Treatment) services including but not limited to buprenorphine/Suboxone, naltrexone/Vivitrol, methadone

Clinton County

[300 Bellefonte Ave, Lock Haven, PA 17745](#) [1-888-941-3721](#)

Lycoming County

[213 West Fourth St., Williamsport, PA 17701](#) [1-888-941-3721](#) or [570-323-8543](#)

Shea Madden, Executive Director

White Deer Run, Inc. (adult and child)- Outpatient

520 West Fourth Street Williamsport 570-322-4836

White Deer Run, Inc.- Inpatient

360 White Deer Run Road Allenwood, PA- detox and rehabilitation 855-231-1198

Williamsport Area of Narcotics Anonymous (NA)

Living clean, the journey continues

Website provides a meeting list, events calendar, subcommittees, discussion boards, literature and contact information.

P.O. Box 1161, Williamsport, 570-327-2678

www.Williamsportna.org

Williamsport Family Medical Center (Methadone Treatment)

2062 Lycoming Creek Rd., Suite 8, Williamsport, 570-505-1123

Support Groups

Adult Grief Support Groups

Have you experienced the death of a loved one? Susquehanna Health offers a safe and supportive environment to express and explore the many feelings that accompany loss and grief.

Group meetings are held

- First Wednesday of each month from 1 - 2:30 pm, Divine Providence Hospital, 3rd floor.
- Third Wednesday of each month, 6 - 7:30 pm, Divine Providence Hospital, 3rd floor.

For more information, please contact Cherrie Serra 570-320-7691 or

cserra@susquehannahealth.org.

Alcoholics Anonymous

24 hour hotline 866-671-6130

www.district48aa.org

American Cancer Society's Look Good Feel Better

Meets the first Monday of every other month (February, April, June, August, October and December) at 11 am in the small conference room at the Cancer Center, Divine Providence Hospital. A light lunch is served at all meetings. Attendees are asked to please use the Cancer

Center entrance and parking area. This program is open to all women that currently are in cancer related treatment. There is a beautician/cosmetologist present to provide instruction on care of skin and loss of hair. A free make-over is given to all attendees, and hats, scarves and wigs are also given to the attendees. Individuals are requested to register by calling 1-800-227-2345. This program is lead by June K. Zimmerman, Cancer Center Patient Navigator and Social Worker, and Shirley Springman, Volunteer with the American Cancer Society.

Where: SH Cancer Center in the small conference room, Divine Providence Hospital

When: First Monday of every other month at 11 am

Please call: 1-800-227-2345

Breast Cancer Support Group

Meets the last Monday of each month at 6:30 pm in the SH Cancer Center large conference room, Divine Providence Hospital. Attendees are asked to please use the Cancer Center entrance and parking area. August's meeting is substituted with an annual picnic held in the Healing Gardens at the Cancer Center, and there are no meetings held in July or December. This group is open to all women with a past and present diagnosis of breast cancer, any stage. Speakers of various topics are prearranged for certain months of the year. For more information contact June K. Zimmerman, Cancer Center Patient Navigator and Social Worker at (570) 320-7877.

Where: SH Cancer Center in the large conference room, Divine Providence Hospital

When: Last Monday of each month, at 6:30 pm

Please call: (570) 320-7877

DivorceCare for Kids

Groups helps children heal from the pain caused by a separation or divorce. DC4K provides children with a safe and neutral place to recognize and learn to share their feelings. This is a 13-week program. Meets Sundays 6:30-8:00 pm.

First United Methodist Church, Evangelical Center, 2 Ross Street, Williamsport

Contact: Lou Anne at 570-323-5146

General Cancer Support Group

Meets the second Monday of each month at 6 pm in the SH Cancer Center large conference room, Divine Providence Hospital. Attendees are asked to please use the Cancer Center entrance and parking area. This group is open to all individuals with a past or present cancer diagnosis, and caregivers are also invited. Professional speakers are currently being coordinated on a month-to-month basis. For more information contact June K. Zimmerman, Cancer Center Patient Navigator and Social Worker at (570) 320-7877.

Where: SH Cancer Center in the large conference room, Divine Providence Hospital

When: Second Monday of each month starting June 9 at 6 pm

Please call: (570) 320-7877

Grief Group- Jersey Shore

Crossroads Community Church 1454 South St. Rt. 44 Jersey Shore, PA 17740. Hosts a weekly Christ centered group for those hurting from the loss of a loved one. Thursday 6-8pm. 570-398-5533.

Grief Group- Muncy

Weekly seminar and support group for people who are grieving the death of someone close to them. Video sessions and discussion sponsored by people who understand what you are experiencing.

Group meets Tuesday evenings for 13 weeks at 7:00 pm

First United Methodist Church, 602 South Market St., Muncy

Contact: Marty McCabe, 570-546-8030

Grief Group- Williamsport

Pine Street United Methodist Church Grief Share Support Group. Sign up at the office or by calling 323-4604. Wednesdays at 7pm. In the church library of Pine Street United Methodist Church, 441 Pine St., Williamsport

GRASP

Grief Recovery After a Substance Passing. Have you lost a loved one to the disease of addiction? You're not alone. Held on the third Thursday of each month from 7-8 pm at Saint John's Newberry United Methodist Church 2101 Newberry Street Williamsport. 570-220-4554.

Hearing Loss

A weekly support group for the deaf and hard of hearing that is associated with the Hearing Loss Association of America. Topics the group covers include emotional support, educational resources and public awareness. They work on helping find solutions to the obstacles the hearing impaired are confronted with on a daily basis.

Meets 2nd Thursday of every month, 7:00 pm to 9:00 pm

901 Diamond St., Williamsport 570-327-9070

Heartworks Grief Support Group

Heartworks is a family-based support program for grieving children, teens and their families that offers support for:

- Preschool
- Elementary
- Middle School
- High School
- Parent(s)/cargiver(s) of enrolled children/teens

Our program is designed to help families explore and express their feelings in a safe, supportive environment. Heartworks' specially trained facilitators help children and teens learn ways to cope with loss through art, play journaling, music and other modes of expression.

Groups meet **twice a month** on **Tuesdays** from **September to May** at Divine Providence Hospital, 3rd floor, 1100 Grampian Boulevard, Williamsport. A light meal is served from 6pm-6:30 pm, followed by the group meeting from 6:30pm-7:30 pm.

This program is free, but **pre-registration is required**.

Heartworks children's grief support group summer family session.

For some families, the Heartworks evening meetings may either not fit into their schedule or may not be able to travel the distance on a weeknight. We offer a summer session for 5 hours on a Saturday in July (lunch is included). The session includes both whole family activities and age group divided sessions. **This year's summer session will be held July 9. from 9:30 am- 2:30 pm.** Registration is required please call today, 1-888-499-3177.

For more information on our Heartworks program, please call Cherrie Serra or Linda Bryant at 1-888-499-3177. You can also email us at cserra@susquehannahealth.org.

Mothers of Preschoolers

Group for mothers of preschool children (birth through kindergarten) to share advice and support

- **Williamsport groups:**
 - Meets 2nd and 4th Thursday of each month, 9:30am-11:30am, September- May
First United Methodist Church, 2 Ross St. 570-322-3572
 - Meets 2nd and 4th Tuesday at 9:30am – 11:30am
Northway Presbyterian Church, 1520 Northway Rd Williamsport, 570-323-4293
- **Muncy group:**
Meets 1st and 3rd Sundays of each month, 4:00pm-6:00pm
Muncy First United Methodist Church, 602 S. Market St., Muncy, 570-546-8030
- **Jersey Shore group:**
Meets 1st and 3rd Tuesdays of each month, 9:30am-11:30am
Trinity United Methodist Church, 1407 Allegheny St., Jersey Shore, 570-398-2913

NAMI Lycoming

The National Alliance on Mental Illness in Lycoming County meets the second Tuesday of each month at 6:30pm at Robert M. Sides Music Center, 201 Mulberry St., Williamsport, PA

Narcotics Anonymous

PO Box 1161 Williamsport, PA, 570-327-2678

<http://www.williamsportna.org/>

Prostate Cancer Support Group

Meets the first Wednesday of each month at 6 pm in the SH Cancer Center large conference room, Divine Providence Hospital. Attendees are asked to please use the Cancer Center entrance and parking area. August's meeting is substituted with an annual picnic held at Indian Park, Montoursville, and December's meeting is substituted with an annual Holiday dinner. This group is open to all males with a past and present prostate cancer diagnosis. Spouses are also encouraged to attend, and this group is co-educational. Speakers of various topics are

prearranged for certain months of the year. For more information contact June K. Zimmerman, Cancer Center Patient Navigator and Social Worker.

Where: SH Cancer Center in the large conference room, Divine Providence Hospital

When: First Wednesday of each month, 6 pm

Please call: (570) 320-7877

Right to Education Task Force # 17

This group meets to address issues regarding students receiving special education services. Members include parents, school officials and community reps 570-327-9070

Sensory and Autism Spectrum Support for Youth (SASSY)

A support meeting for parents/caregivers of children on the spectrum will be held monthly.

Held on the 3rd Wednesday 6-7 at Christ Episcopal Church on corner of 4th and Mulberry.

Contact: Ana White, 570-506-3938

Stroke/Brain Injury Support Group

Meets the 4th Tuesday of each month 2:00-3:30 pm at the Williamsport Hospital (west entrance). Members can contact Denise at 570-321-2656 to get on the mailing list for reminders about the group's activities.

Survivors of Suicide

Meets 3rd Thursday of each month, 6:00-7:30 pm at James Brown Library, Winter's Room

Contact: Joe Miller, 570-323-0862 www.Survivorsofsuicide.com

Team Together Everyone Achieves More

Support group for parents who have children with autism and related disorders

221 South Main Street, Muncy, 570-546-7370

Williamsport Area of Narcotics Anonymous

Living clean, the journey continues

Website provides a meeting list, events calendar, subcommittees, discussion boards, literature and contact information.

P.O. Box 1161, Williamsport, PA 17703

www.Williamsportna.org

Helpline: 570-327-2678 or 1-800-821-4357

Young Adult Grief Support Group

This grief support group is for young adults ages 18 to 35, who are coping with the death of someone close. Groups sessions are held the **second** and **fourth Wednesdays** of **each month** in the evenings from 7 – 8:30 pm at Divine Providence Hospital, 3rd Floor, 1100 Grampian Boulevard, Williamsport, PA.

We offer a safe, supportive, non-judgmental space for participants to share their loss experiences, express their feelings and take time to remember the one who has died.

This support group can help with:

- Use of art, writing and music in the grief journey
- Acknowledging and understanding grief
- Expressing and accepting feelings
- Coping and stress
- Developing supportive relationships

For more information on this program, please call Cherrie Serra or Linda Bryant at 1-888-499-3177. You can also email us at cserra@susquehannahealth.org.

Transportation

Bicycles (American Rescue Workers when donations are received)
570-323-8401 or 570-323-7321

Bus

100 W. Third St., Williamsport, PA 570-326-2500

Medical Assistance Transportation Program-STEP

The Medical Assistance Transportation Program (MATP) is a service available to Medical Assistance consumers in Lycoming/Clinton counties. They must be registered with STEP Transportation Services.

MATP sponsored consumers ride at no charge when being transported for an approved medical purpose and to a medical provider that accepts the PA Access card. MATP is responsible for providing the most cost-effective, appropriate transportation service available to meet the need. Consumers may be directed to use a privately owned vehicle (with mileage reimbursement), River Valley Transit (fixed route) bus, or scheduled to be picked up by a STEP van or taxi.

MATP services can be used to go to medical appointments or to get to any service for which Medical Assistance pays, including: doctors, therapies, tests, tests, dental visits, trips to the pharmacy for prescriptions, mental health treatment, drug and alcohol treatment, trips to medical equipment suppliers; transportation to Geisinger Medical Center, Danville is provided five days a week. Please call the office for pick up and return times.

Hours of Operation: Office hours for scheduling transportation appointments 8:00am-5:00pm
(800) 206-3006 Transportation Clinton Co., (800) 222-2468 Transportation Lycoming Co.

Taxi Services

- Billtown Cab – 3575 W. Fourth St., Williamsport, PA – 570-322-2222
- Jersey Shore Taxi – 570-398-8294
- Lock Haven Taxi – 14 E. Main St., Lock Haven, PA – 570-893-8294

Utilities & Utility Assistance

Electric

STEP Outreach Utilities assistance programs include:

PPL OnTrack Program: Works with households at or below 150% of Federal Poverty Income Guidelines (FPIG) on establishing a fixed, affordable monthly payment plan to pay for electrical usage. The benefit PPL pays is the difference between the actual monthly bill and the OnTrack payment.

UGI Customer Assistance Program: Offers income-based or usage-based payment agreement with potential for shortfall forgiveness to residential customers at or below 150% of the FPIG.

PPL's Operation Help: Assists households at or below 200% of the FPIG who are experiencing unexpected hardships with paying utility bills.

UGI's Operation Share: Provides assistance with paying heating bills to residential customers who are faced with hardship due to an unforeseen situation, and with incomes at or below 200% of the FPIG.

570-327-5485

Low Income Home Energy Assistance Program (LIHEAP)

Assists low income families with paying their heating bills; assistance is provided in the form of a cash grant sent directly to the utility company or a crisis grant for households in immediate danger of being without heat. Customers do not need to have an unpaid bill to qualify and do not need to be public assistance recipients.

Hours of Operation: Weekdays, 7:30 am-5:00 pm

Address: 400 Little League Boulevard, Williamsport Contact: 570-327-3497

Public Utility Commission

Reliable reasonably priced electric, gas, water, telephone. Determination hotline- 800-692-7380

Safelink Wireless

Free cell phone for those financially eligible. Unlimited text, 500 free minutes for the first 4 months. Apply online at www.safelinkwireless.com

Verizon Lifeline Discount Program

Lifeline is a government assistance program that offers telephone discounts to qualified low-income customers. If you qualify for the Lifeline discount service, you are eligible to receive a reduced rate on your Verizon monthly bill. 1-800-837-4966. Apply online-

<https://www.verizon.com/support/consumer/consumer-education/lifeline?CMP=DMC-CVZ ZZ ZZ Z DO N X00363>

Veterans

American Legion Post 1

10 E. Third St., Williamsport, PA 570-323-9409

Geisinger Veterans Representative

For veterans in need of medical services. 570-214-7410 or 1-800-275-6401

Homeless Veterans resource:

CEO: Commission on Economic Opportunity

Housing assistance for Veterans and their families bring evicted to help in emergencies

1-800-822-0359 www.ceopeoplehelpingpeople.org

Lycoming County Veterans Affairs

330 Pine St., Suite 104, Williamsport, PA 570-327-2365

PA CareerLink® Lycoming

Employment services for Veterans

Hours of Operation: Mon-Thurs., 8:00am-4:30pm; Fridays 9:00am-4:30pm

329 Pine Street, Williamsport, PA 17701 570-601-5465

PA CareerLink® Clinton

Employment services for Veterans

Hours of Operation: Mon and Wed., 8:30am-4:30pm; Tues, Thurs, Fri 8:30am-12:30pm

8 North Grove Street Suite F Lock Haven, PA 17745 570-893-4022

The Vet Center

Offers benefits, counseling, therapy, housing and medication. 49 East 4th St, St #104.

570-327-5281. Weekdays 8-4:30.

VA Medical Clinic

Wenner Building, 1705 Warren Avenue Suite 304 Williamsport, PA. 570-322-4791. Monday-

Friday 8:00-4:30

Websites-Support Groups

Online GLBT Resources

<http://lycoming.pa.networkofcare.org/mh/> Network of care- find services in your area

<http://www.hrc.org> Human Rights Campaign

<http://gsanetwork.org> Gay-Straight Alliance Network

www.glsen.org Gay, Lesbian, and Straight Education Network

www.pflag.org Parents, Families, and Friends of Lesbians and Gays

www.advocatesforyouth.org Advocates for Youth

<http://equalitypa.org> Equality Pennsylvania

<http://www.stophate.org> Stop Hate

<http://www.nepdec.org> NEPA Diversity Education Consortium

<http://www.thetaskforce.org> National Gay and Lesbian Task Force Foundation

<http://www.thinkb4youspeak.com> Think B4 You speak

<http://www.loveislouder.com/video.html> Love is Louder

<http://www.itgetsbetterproject.com>

<http://www.wegiveadamn.org> We give a Damn

<http://www.outforwork.org> Out for Work

<http://www.lambdalegal.org> Lambda Legal
<http://www.amnestyusa.org> Amnesty International USA
www.stopbullying.gov Stop Bullying
<http://www.thetrevorproject.org/> The Trevor Project
<http://www.matthewshepard.org/> The Matthew Shepard Foundation
<https://www.aclu.org/>American Civil Liberties Union

Trauma Resources:

www.ptsd.va.gov The National Center for PTSD
www.istss.orgThe international Society for Traumatic Stress Studies
<http://www.trauma-pages.com> David Baldwin's Trauma Information Pages
<http://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm> PTSD online Coach
<http://www.ptsd.va.gov/professional/treatment/overview/index.asp> PTSD Treatment Information Resources
www.Traumacenter.org

For a full listing of Behavioral Health/Mental Health/Drug & Alcohol Services funded by HealthChoices/Medical Assistance, please see <http://www.ccbh.com>