<u>Community Resources for</u> <u>Reentrants</u>



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Mental Health and Behavioral Health Services

Community Behavioral Health Centers

Central Behavioral Health

1100 Powell St. Norristown, PA 19401 610-277-4600 Central@centralmhmr.org 1201 Dekalb Street Norristown, PA 19401 610-279-9270 2500 Maryland Rd, Ste 130 Willow Grove, PA 19090 267-818-2220

Contact: Katie Walsh

The mental, emotional and developmental health of each member of the community is central to the quality of life of everyone who works or lives in Montgomery County. Central Behavioral Health, is the oldest private, not-for-profit, multi-service community mental health center in Montgomery County, PA. Central provides the necessary support to enable people living with mental illness to be productive members of society. A partial list of services appears below –

Services:

Outpatient services- Offer medication management, individual, family, and group therapy to adults with mental health and co-occurring needs.

Recovery Coaching-Promotes a higher level of independent living by providing assistance in accessing appropriate mental health services and/or co-occurring disorders as well as maintaining basic living needs and skills.

Administrative Case Management-Assesses the needs of the consumer and acts as a liaison to services and benefits within the child or adult system. Facilitates connections to local community resources.

Peer Support-Provides services to people in different areas in which they might need extra support and guidance, to help people guide their own recovery.

Career Center-Partners with individuals through Peer Support to fulfill consumer's career and/or educational goals to their fullest potential.

Intensive Outpatient Program-A two or three day a week group therapy program for people with persistent or recurrent mental health and/or co-occurring disorders that require a more intensive level of care.

Clinical Wellness Recovery Team-A Behavioral health professional and/or nurse work with people who have co-occurring behavioral health and medical needs. One of the goals of the program is to improve communication across health care providers.

Creative Health Services Inc.

11 Robinson Street Pottstown, PA 19464 484-941-0500 info@creativehs.org

Contact: Karen Becker

Counseling/Drug and Alcohol Outpatient Services include:

- Comprehensive Screening, Assessment and Referral;
- Co-Occurring Disorders;
- Trauma Recovery and Empowerment;
- Individual Counseling;
- Specialized Group Therapy;
- Play Therapy;
- Couples and Family Therapy;
- Gambling Addictions;
- Psychiatric Evaluations; and
- Medication Management;
- MAT- Medication Assisted Therapy
- D.U.I. Counseling available to residents of any PA county.

Eligibility for Services: Children, adolescents, adults and families who reside in Montgomery, Chester or Berks County can be referred by family, behavioral health provider, a social service agency or can be self-referred. D.U.I. Counseling available to residents of any PA county.

Lower Merion Counseling Services (LMCS)

7 E. Lancaster Ave Ardmore, PA 19010 610-520-1510 Fax: 610-520-1517

Contact: Kelly A. Clarke, Director Kelly.clarke@rhd.org

Services Areas: Behavioral Health, Addiction Recovery, Family Health & Counseling, Youth Development

Lower Merion Counseling Services offers help to people whose lives have been affected by mental illness and/or substance abuse. We provide services in a responsive and respectful manner with sensitivity to issues of gender, ethnicity, culture and sexual identity. LMCS strives to educate ourselves, people who participate in our services and our community about mental illness and substance abuse, and the hopeful possibilities of treatment and recovery. We support people to maximize independent living and improve the quality of their life through community based treatment. Our staff includes psychiatrists, clinical social workers, psychologists, family therapists, and other mental health professionals.

Insurance: Magellan, Blue Cross/Blue Shield, Medicare, Bravo, AARP, Medical Plans, and several other plans. Also accepts self-pay.

<u>Merakey</u>

400 N. Broad St. Lansdale, PA 19446 215-368-2022 Website: www.merakey.org

Services: Addiction recovery, adult behavioral health, autism services, intellectual and developmental disabilities services, veterans assistance, children & family, foster care, aging services, pharmacy services, Peer Support, Employment support, dual diagnosis treatment, crisis intervention

Penn Foundation

807 Lawn Ave Sellersville, PA 18960 215-257-6551

We recognize that many adults need help to bring balance and perspective back into their lives. Others need ongoing support to cope with everyday living. We offer a comprehensive array of services to handle these life challenges.

Assertive Community Treatment-Community-based psychiatric treatment, outreach, rehabilitation, and support

Case Management-Support in accessing community resources and achieving recovery and life goals

Counseling Services-Traditional and Christian counseling approaches to address challenging life situations

HealthConnections-Integrating behavioral healthcare with physical healthcare

Peer Support-Using shared life experiences with mental illness and/or substance use to enhance an individual's quality of life

REACH-Assistance in setting and achieving life goals

Residential Services-Housing options designed to assist individuals with daily life functioning

Wellspring Clubhouse-Social, educational, and vocational opportunities to regain self-worth, confidence, and purpose

Adult Behavioral Health Unit-For adults 18-54 years of age who are experiencing significant mental distress and/or a serious psychiatric event

Older Adult Behavioral Health Unit-For adults 55 years of age and older who are experiencing significant mental distress and/or a serious psychiatric event

Other Mental Health Outpatient Programs

OMNI Health Services

160 Bethlehem Pike Suite 120 Colmar, PA 18915 215-997-2000

OMNI Health Services Inc. provides:

- Outpatient services-OMNI provides a wide range of outpatient mental health services to individuals with emotional, psychiatric or behavioral issues and we also specialize in cooccurring disorders
- IBHS/Wraparound Services-Behavioral Health Rehabilitation Services (IBHS) is a shortterm, intensive program for children from birth to age 21 to meet mental and behavioral health concerns
- Peer Support Services Program-Peer support programs provide an opportunity for individuals who have achieved significant recovery to assist others in their recovery journeys

Indian Creek Foundation

420 Cowpath Drive Souderton, PA 18964 267-203-1500 ext. 301

Indian Creek Foundation's Behavioral Health Services department provides behavioral health supports to children and adults who have an intellectual or developmental disability and mental health challenges. Home and community based supports incorporate the use of positive approaches, relationships development, skill building and environmental adaptations to promote positive behaviors. Medication management and psychotherapy promote recovery and symptom management.

Services include: Intake/Extended Assessment, Behavioral Health Rehabilitation Services-Wraparound (BHRS), the Outpatient Mental Health Center, Therapeutic After School Program (TASP), Summer Therapeutic Activities Program (STAP), Transition Age Youth (TAY) Program, Peer Support Services, and Behavior Support and Social Skills Program.

Penn Psychiatric Center

3774 Ridge Plke Collegeville, PA 19426 610-489-3333 Fax: 610-489-9390 https://ppcmh.com/ Services: Individual Therapy, Family/Couples Therapy, Group Therapy, Medication Management, Harmony TMS Therapy, BHRS Services.

<u>KenCrest</u>

960A Harvest Drive, Suite 100 Blue Bell, PA 19422 610-825-9360 Fax: 610-825-4127 https://www.kencrest.org/pennsylvania-services/clinical-services/

KenCrest Clinical Services include behavior, sexuality, communication, and other therapies. We create comprehensive plans for each of these areas, provide support to teams, offer education and ensure that the people we support reach their personalized goals. KenCrest clinical services are available to all KenCrest PA adult programs, school districts, families, and any outside residential, day, or employment setting.

Certified Peer Specialist and Case Management Services

<u>Central Behavioral Health</u> contact information above

Creative Health Services

Contact information above

<u>Merakey</u>

Contact information above

Lower Merion Counseling Services

Contact information above

Penn Foundation

Contact information above

Justice Related Services-Case Management Only

500 W. Office Center Drive #100 Fort Washington, PA 19034 610-500-2111 (hotline) or 215-470-7195 (text line) Fax: 610397-0142 (fax)

Contact: Jessica Fenchel jfenchel@accessservices.org

JRS is voluntary. To participate in the program, you must be:

- 18 years or older
- A resident of Montgomery county
- Have an active pending criminal court case or on probation
- Have a Severe Mental Illness diagnosis

We are here to help you meet your goals. We provide services around the following focus areas:

- Support in identifying and maintaining housing, transportation, employment, education and establishing a connection to the community and system supports
- Connection to local treatment providers to help management your specific mental illness symptoms
- Partnership with community providers to help with successful reintegration into the community and to identify steps to minimize re-incarceration.

HopeWorx Inc.

1210 Stanbridge Street Suite 600 Norristown, PA 19401 610-813-1140 or 610- 270-3685 Fax: 610-270-9155 www.hopeworxinc.org

Contact: Sue Soriano

Hedwig House

157 S Broad St Suite 109 Lansdale Pennsylvania 19446 610-787-1982 info@hedwighouse.org

Psychiatric Rehabilitation Services help adults living with severe mental illness achieve goals in the living, learning, working, and/or social domains. Our programs are centered around building and maintaining life skills in order for our participants to be a part of and contribute to the community.

Support Groups, Services, and Hotlines

NAMI Of PA Montgomery County

100 W. Main Street, Ste 204 Lansdale, PA 19446 215-361-7784 office@naminontcopaorg https://Namimontcopa.org

Services:

- Family Support Group
- Family-to-Family
- NAMI Basics
- NAMI Connection Recovery Support Group

- NAMI In Our Own Voice
- NAMI FaithNet
- Mental Health First Aid

Peer Support Lines

TalkText855-715-8255267-225-7785

Pennsylvania Mentor

1000 Walnut Street Suite 100 Lansdale, PA 19446 267-263-2246

Services for adults with intellectual and developmental disabilities and medically complex conditions include:

- Residential services including Lifesharing (also known as Host Homes) and Community Living (also known as Group Homes)
- Supported Living
- Day programs
- Relief Support
- Hourly Support Services

New Directions

Abington Presbyterian Church 1082 Old York Road Abington, PA 19001 215-659-2366

Please register with one of our Telephone Greeters before attending your first meeting. Call 215-659-2366, ext. 1, or email us at Compass123@comcast.net and one of our Greeters will get in touch within 24 hours.

Mental Health Partnerships

Pottstown Recovery Learning Centers 414 E. High Street Pottstown, PA 19464 267-507-2535

Recovery Learning Centers connect participants to natural community supports along with offering a warm and welcoming place to come to engage in the service system.

Trail Guides

1951 New Hope Street Norristown, PA 19401 267-507-3496

Trail Guides is designed to support young adults as they navigate life's critical challenges. Our program uses a peer-led, peer-driven approach to highlight each person's right to self-determination. Trail Guides is dedicated specifically to Montgomery County for young adults aged 18-26 who have a serious mental health diagnosis.

Crisis Services

Access Adult Mobile Crisis

1-855-634-4673

The Montgomery County Mobile Crisis team is available 24 hours a day, 7 days a week. All services are provided free of charge to anyone currently in Montgomery County. Our crisis workers offer emotional support and crisis intervention to you and your loved ones who may be struggling.

National Crisis Text Line

Text "HOME to 741741

Suicide and Crisis Lifeline

9-8-8

Montgomery County Emergency Service

50 Beech Drive Norristown, PA 19403 610-279-6100

MCES provides crisis intervention, short-term inpatient and residential treatment and education related to life-threatening psychiatric emergencies and the diversion of persons with serious mental illness from inappropriate criminal justice involvement because of their disability.

Carol's Place

Carol's Place is MCES' Crisis Residential Program (CRP), an eight-bed, former farmhouse available 24/7 that provides temporary residential treatment in a home-like setting for adults (18 and over) at risk of an acute psychiatric crisis. Mental health staff is on site around-the-clock.

Carol's Place promotes recovery and wellness by assisting clients in developing a self-care plan and support network to aid them on returning home.

Clients should meet one or more of these criteria:

- Be at risk of psychiatric hospitalization (i.e., experiencing psychiatric decompensation)
- Need a supportive care environment to achieve psychiatric stability
- Need assistance to establish and/or maintain community supports

For more information, call 610-631-2480.

Drug and Alcohol

The Montgomery County Office of Drug and Alcohol Services is the local authority responsible for the development and delivery of comprehensive services to residents of Montgomery County affected by substance use and abuse. Programs include Prevention and Education, Intervention and Treatment. Services are financed with Federal, State, and County Funds.

For persons seeking treatment services a complete clinical and financial screening is conducted followed by a referral to the appropriate provider and/or funding resource. Trained Case Coordinators are located at the Case Coordination locations, which are: Gaudenzia in Norristown and Dresher, PA, Creative Health Services in Pottstown, PA, and Penn Foundation in Sellersville, PA and Colmar, PA.

Persons seeking county funding are assisted in completing a financial screening and receive guidance on the best method to access funding sources. The funds available through the county program are reserved for individuals where no other payment resource is available. By state regulation, the order for payment of services is: private pay, private insurance, Medicare/Medicaid, county drug and alcohol funding. Persons without insurance receive funding through the Montgomery County Single County Authority (SCA) for services.

County Funded Case Management, Assessment, Outpatient and Intensive Outpatient Providers

Gaudenzia Dresher/Willow Grove-Eastern Montgomery County

830 Twining Road Suite 1 Dresher, PA 19025 215-433-1634

Gaudenzia-Central Montgomery County

166 West Main Street Norristown, PA 19401 610-279-4262

Penn Foundation-Northeastern Montgomery County

271 North Bethlehem Pike Suite 201 Colmar, PA 18915 267-452-1900

Creative Health Services-Western Montgomery County

11 Robinson Street Pottstown, PA 19464 610-327-1503

Drug and Alcohol Outpatient and IOP (Non Assessment Sites)

Livengrin Foundation

550 Pinetown Road #150 Fort Washington, PA 19034 215-6385200 ext. 1163 https://livengrin.org

Babette Behham, Program Manager/Therapist Email: bbenham@livengrin.org

Denise Merritt, Outpatient Director Email: denise.merritt@livengrin.org

Malvern Institute

1566 Medical Drive Suite 201 Pottstown, PA 19464 610-625-8376

Partial Hospitalization (PHP)

- 5 Days / 5 Hours Per Day
- Codependence
- Relapse Prevention
- Cognitive Behavioral Therapy

- Co-Occurring Disorders
- Spirituality

Intensive Outpatient (IOP)

- 3 Days / 3 Hours Per Day
- Relapse Prevention
- Coping Skills
- Codependency & Boundaries
- Spirituality
- Communication Skills
- Recovery Monitoring

General Outpatient (GOP) -Individualized

- 1-2 Days Per Week / 1 ½ Hours Per Day
- Individualized Treatment
- Continuum of Psychiatric Services
- Mindfulness and Meditation
- Relapse Prevention Skills
- Co-occurring Disorder Treatment

Addiction Awareness Program (AAP)

AAP provides alternative therapeutic and educational services for clients who present for an assessment due to external factors, including DUI/DWI, difficulties/requirements from school, job, or other institutions, or treatment obligations set forth by ARD programs or probation officers.

- Fulfill any external requirements (ie. DUI, job requirement) in a timely and thorough manner.
- Provide education on the misuse of substances and how they influence thoughts and behavior.
- Opportunity to share and examine stressors in an objective and therapeutic environment.
- Review coping skills regarding alternative behaviors to drugs and alcohol.

Medication Assisted Treatment

Montgomery County Recovery Center (MCRC)

316 Dekalb Street

Norristown, PA 19401 Phone: 610-272-3710

Contact: Melissa Hall MelissaHall2@rhd.org

License methadone treatment center in conjunction with counseling and supportive services. We are a team of licensed and unlicensed professionals that work together to help assure that Montgomery County service providers and residents can access the physical and behavioral health services needed to support recovery for those suffering from opiate use disorders.

The Center of Excellence is a Community Based Case Management (CBCM) Team that can help coordinate care, provide a "warm" transition to the next level of care; connect to community services and support.

Where does the Center of Excellence provide Case Management Services? Since we are a mobile unit, we will come to the point where the client presents. This may be at the local shelter, an outpatient program or an inpatient program. We will meet you where you are.

Who Does the COE CBCM Team Service

- Men or Women over age 18, with an Opioid Use Disorder
- Anyone needing help with accessing and coordination behavioral and physical health care
- Anyone needing help accessing drug and alcohol treatment services
- Anyone needing information about and help accessing Medication Assisted Treatment (MAT)
- Anyone needing recovery support and guidance

Pottstown Comprehensive Treatment Center (CTC)

301 Circle of Progress Drive Pottstown, PA 19464 484-945-2011

Pottstown Comprehensive Treatment Center (CTC) serves adults in and around the Pottstown, Pennsylvania, area who are struggling with opioid addiction. Our CTC providers medication-assisted treatment (MAT). This service incorporates prescription medication and counseling to help patients end either opioid use and maintain long-term recovery from opioid addiction.

Treatments provided: counseling (group and individuals), Buprenorphine, Methadone Maintenance, Suboxone Maintenance, Vivitrol Maintenance.

Payments accepted: commercial insurance, Medicare, Medicaid (medical assistance), self-pay, county funding.

Inpatient Treatment

Eagleville Hospital

100 Eagleville Road Eagleville, PA 19403 610-539-6000

Valley Forge Medical Center

1033 W. Germantown Pike Norristown, PA 19403 610-539-8500 Info@vfmc.net

Halfway Houses

Alternative Counseling Associates

Criteria to participate:

- Adult man age 18 and older
- Have a primary substance use disorder diagnosis
- Co-occurring physical and mental health conditions are self-manageable and allow for full participation in programming
- Complete inpatient/residential treatment, meeting and approved for ASAM 3.1 level of care (referrals accepted for treatment providers only)
- Ambulatory and able to climb flights of stairs throughout the day and walk to local meetings
- Willing to seek employment or advance vocational/educational goals

Referrals are accepted from treatment providers by email to: admissions@acahouseinc.com or fax: 610-970-4280.

Please contact ACA House if you have questions.

ACA accepts the following PA Medicaid MCO's:

- Magellan Bucks, Delaware, Lehigh, Montgomery, Northampton
- CCBH Adams, Berks, Blair, Clinton, Lycoming, Adams
- PerformCare Bedford, Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Perry, Somerset

Certified Recovery Specialist

Creative Health Services

contact information above

<u>Gaudenzia</u>

Contact information above

Penn Foundation

Contact information above

Montgomery County Recovery Community Center (MCRCC)

601 Dekalb Street Suite #1 Norristown, PA 19401 215-429-1524 Director: Claudia Herman

The Montgomery County Recovery Community Center (MCRCC) is a peer-operated center in Norristown, PA that offers recovery support services, workshops and trainings for the recovery community. The MCRCC is a project of PRO-ACT, Pennsylvania Recovery Organization - Achieving Community Together, which is hosted by the Council of Southeast Pennsylvania, Inc. Funding for the center is through the Montgomery County Offices of Drug and Alcohol and Managed Care Solutions. In response to the COVID-19 pandemic and to continue to support our community, recovery support groups are currently being offered at the MCRCC and on Zoom. 1:1 services are now being offered face-to-face in the community or at the center, while enforcing and following strict CDC guidelines. Telehealth also continues to be an option for those that prefer that form of support services.

Recovery Houses

Another Day Clean

344 King Street Pottstown, PA 19464 484-369-3539 Contact: Rachel Machel

Recovery homes for both men and women in Pottstown. Abstinence and MAT houses.

Sunlight of the Spirit

Mailing address: 139 Belmont Ave Eagleville, PA 19403 267-436-7515

Contact: Matthew Douglas

Recovery homes for both men and women in Lansdale

Way of Life

Mailing address: 79 Blue Ridge Drive Levittown PA 19057 267-980-7069

Contact: Barb Williamson

Recovery homes for both men and women in Norristown

Dominate Today

484-350-0305

Contact: Carey Ballou

Total abstinence recovery homes for both men and women in Pottstown.

Unity Recovery

448 Walnut Street Pottstown, PA 19464 1-877-Unity-10

Contact: Darnell Hinton

Recovery homes in Pottstown for men and women. Unity offers total abstinence and MAT homes.

Virtue House

218 S. Broad Street Lansdale, PA 19446 267-767-2816 <u>mstein@virtuehouse.com</u>

Liberty Ministries

565 Main Street

Schwenksville, PA 19473 610-287-5481

Patty Fleming, Director of Prison and Community Reentry Programs pattyf@libertyministries.us

Hal Ludwig, Program Director hall@libertyministries.us

Recovery Meetings

Alcoholic Anonymous

https://www.aasepia.org/meetings/

Narcotics Anonymous

Greater Philadelphia Region of Narcotics Anonymous

https://naworks.org/areas/montco/

https://montcona.org/

Celebrate Recovery

https://locator.crgroups.info/

SMART Recovery

https://meetings.smartrecovery.org/meetings/location/

<u>Al-Anon</u>

215-222-5244

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

800-662-4357

Sex Offender Resources

Just for Jesus

14530 Route 28

Brockway, PA 15824 814-265-0243

Contact: Jack Wisor jwisor@windstream.net

Liberty Ministries

Mailing Address: 565 Main Street Schwenksville, PA 19473 610-287-5481

Intake requirements:

- Male, at least 21 years of age, adjudicated with a Level 1 or 2 sexual offense
- Placing agency must provide copy of all pertinent records and court order
- Applicants must be interviewed to determine appropriateness of placement.

Program specifics:

- Length of stay: 6-12 months
- Employment and transportation provided
- Christ-centered and CBT therapeutic approach
- Bible studies, Celebrate Recovery and weekly church attendance
- Required to participate in evidenced-based CBT programs: Moral Reconation Therapy (MRT) and Safe Offender Strategies designed to promote cognitive, behavioral and emotional change.
- Individual counseling provided by Licensed Professional Counselor
- Outpatient drug and alcohol counseling available
- Staff guides and monitors growth through a program that tracks their progress and accomplishments through the treatment process.
- Polygraph and drug testing
- Full cooperation with supervisory agencies and officers
- Enhanced camera security system and on-site staff

<u>Housing</u>

Your Way Home

Montgomery County Courthouse One Montgomery Plaza 425 Swede Street, Suite 411 Norristown, PA 19401 877-646-6306 or 211 Text: 898-211 Website: www.yourwayhome.org Your Way Home (YWH) Montgomery County is a collaborative partnership between nonprofits, government, and philanthropy that seeks to end homelessness in our community. Requirements to qualify for this program: You must be homeless, not just sleeping on someone's couch temporarily.

Are you experiencing homelessness in Montgomery County? Dial: 2-1-1 or 866-964-7925 Text: 898-211 Visit www.211sepa.org

2-1-1 is a FREE 24/7 helpline that connects you to the help, support and information you're looking for.

Montgomery County Housing Authority

104 W. Main Street #1 Norristown, PA 19401 610-275-5720 https://www.montcoha.org

Contact: Sharon Allen sallen@montcoha.org

The Montgomery County Housing Authority (MCHA), in partnership with community organizations, agencies and local governments, providing housing and homeownership opportunities for low and moderate income persons and families.

The Lamb Foundation

499 East Walnut Street (5th Street and the Railroad) North Wales, PA 19454 215-661-8800

The Lamb Foundation provides affordable housing and support services to senior citizens and adults with mental, physical and developmental disabilities who would otherwise be homeless.

Fair Housing Rights Center in Southeastern PA

444 N. 3rd Street Philadelphia, PA 19123 215-625-0700 or 866-576-1968 www.fairhousingrights.org

Provides services to tenants to help end housing discrimination and unsafe landlord practices.

Housing Equality Center of PA

PO Box 558 Fort Washington, PA 19034 267-419-8918 or 866-540-3247

The Housing Equality Center provides:

- Counseling and conducts testing investigations to help housing discrimination victims
- Education and training programs for housing professionals, nonprofits, housing authorities and others to promote compliance with fair housing laws and to prevent discrimination
- Publications, fact sheets and other information to educate the public and housing professionals about matters related to fair housing

Norristown Hospitality Center

530 Church Street First Floor Norristown, PA 19402 610-277-1321

Contact: Sunanda Charles, Director director@hospitatlitycenter.org

Day Shelter

Worthwhile Wear-The Well

Mailing Address PO Box 660 Silverdale, PA 18962 215-997-2587 TheWell@WorthwhileWear.org info@worthwhilewear.org

https://worthwhilewear.org/blogs/programs/the-well

Contact: Dan Emr

The Well is a community for women in recovery from sexual assault, sexual exploitation, and sex trafficking. The mission of The Well is to provide sanctuary along with an array of support services and educational opportunities for women who have been trafficked, forced to partake in non-consensual sex acts, and sexually exploited.

Access Services Street Outreach

4070 Butler Pike

Suite 900 Plymouth Meeting, PA 19462 610-482-5483

Services:

- Screening and Assessment-identify and prioritize needs
- Assistance in Resolving Immediate Needs-physical needs and safety concerns
- Referral to Other Service Providers-problem solving, health support, systems guidance

Employment and Training Resources

<u>Arize</u>

Hospitality Center 530 Church Street Norristown, PA 19401 Phone: 610-277-1321 Email: arize@hospitalitycenter.org

Arize is an Employment Development Program held at the Norristown Ministries, Hospitality Center. Participants will complete a one week employment readiness program module dedicated to preparing them for the workforce. Our services and commitment to our program participants continue for beyond a year after employment begins to ensure their success and meets our employer's expectations. Norristown Ministries works with local companies to understand and hire our trained workforce.

Workshops include: Resume & Interview, Workplace Behavior & Readiness, Finance & Budgeting education, One-on-one Employment Coaching, Community Connections, Transport Resources, Business opportunities, Work Retention, Pre-screening & Employment readiness, Case Management

Our services and commitment continue for beyond a year after employment begins to ensure participants are meeting employer's expectations and have all the support they need to guide them to economic sustainability.

Manna on Main Street

606 E. Main Street Lansdale, PA 19446 215-855-5454 Contact: Sue Jarina

Manna's Common Grounds Training Program is a free, eight-week training program that utilizes the national, evidence-based Catalyst Kitchens model. Trainees engage in experiential learning, contributing to food production in Manna's mission-driven kitchen and service of Manna's Common Grounds Café and Common Grounds Catering Program, gaining additional job-ready experience (café and catering experience is not currently being offered due to COVID-19 impact). Instruction in food service and employment competencies furthers skill development, with social services provided based on trainees'

needs. All trainees graduate with the goal of securing food service employment and a successful, sustainable career.

Pottstown Works

137 King Street P.O Box 378 Pottstown, PA 19464 610-326-1621 ext. 313 650-265-1193 https://pa.salvationarmy.org/pottstown/PottstownWorks

Contact: William P. MacGregor, EdD, Director, Pottstown Works

A program of The Salvation Army of Greater Pottstown.

Services provided at No Cost.

Job Readiness Workshop assists individuals with identifying personal goals, resume writing, interview skills, professionalism, career planning, job retention, and strategizing for success. Career coaches provide ongoing support to participants while they become stable and overcome barriers to self-sufficiency.

Workshops are held 2x a month:

- Second full week (4:30-7:30 M F),
- Last full week (9:00 a.m. 2:00 p.m. T Th, 9:00 a.m.-12:00 p.m. F).

CareerLink

1430 Dekalb Street Norristown, PA 19401 610-270-3429

PA CareerLink offers a variety of free career development services to help you succeed in the workplace.

JEVS Human Services

1430 Dekalb Street Suite 1108 & 1109 Norristown, PA 19401 215-435-7493 www.jevshumanservices.org

Contact: Amien Hodge Sr.

JEVS services focus on:

- Individualized Case Management
- Employment and Workforce Services

- Education
 - Penn Foster High School Diploma
 - Orleans Technical College
- Training, Credentialing, Pre-Apprentice & Apprenticeship Opportunities
- Community Engagement Opportunities
- Referrals to Community Resources

Opportunities Industrialization Centers (OIC)

1101 Arch Street Norristown, PA 19401 610-279-9700 www.montcooic.org

Services include: Career readiness training, Forklift I-V Operator Training, Pre-Apprenticeship Program

Council of Three Rivers American Indian Center

1855 New Hope St. Norristown, PA 19401 610-292-3034 or 610-270-3429 x233

Contact: Lauren Garrett, Employment & Training Counselor Email: lgarrett@cotraic.org

Creative Health Services

The Career Center 11 Robinson Street Pottstown, PA 19464 610-326-9250 ext. 1124

<u>Merakey</u>

2506 N. Broad Street Colmar PA, 18915 215-716-9001 www.merakey.org

Supported Employment: 1:1 support to people with mental health challenges who want help finding paid and meaningful employment. Merakey staff can help individuals write a resume, search for a job, prepare for an interview, improve job-specific skills, and more.

Montgomery County Workforce Investment Board

1430 DeKalb Street P.O. Box 311 Norristown, PA 19404-0311 610-278-5950

MontcoWorks administers workforce programming that is designed to meet the diverse needs of employers and job seekers in Montgomery County.

Services available to adults and dislocated workers:

- Career Readiness & Job Search Workshops (in-person and online)
- PA CareerLink System Enrollment
- Recruitment Events and Job Fairs
- Career Counseling & Access to Career Exploration Data, Career Interests & Skills
 Assessments
- High School Equivalency Preparation & Examination Referrals
- Financial assistance with occupational skills training opportunities
- On-the-Job Training, Pre-Apprenticeship and Apprenticeship
- Barrier Remediation Assistance
- Information on Training Providers
- Unemployment Compensation (UC) General Assistance
- Access to the Career Resource Center

Ramsey Educational Development Institute (REDI)

17 West Airy St., Suite 311 Norristown, PA 19401 610-279-0301

Contact: Delois Owens deloisowens21@gmail.com

Job training and employment preparation

Developmental Enterprises Corporation

333 E. Airy Street Norristown, PA 19401 610-277-3122 https://decmc.org/supported-employment/

DEC's Employment Services Division also provides the following services: Small Group Employment and Career Assessment. These are funded by ODP and are available for those individuals eligible for that type of support. Small Group Employment offers individuals, that are supported by DEC staff, work in jobs in the local community that can be performed in cohorts of 2 to 6 people. Compensation in these positions is similar to that earned by workers without disabilities performing the same work. The ultimate goal of Small Group Employment is to place individuals in positions of competitive integrated employment. Career Assessment is a short term service that DEC Employment is mostly offering to individuals served in our day programs. It is a person -centered, individualized employment assessment used to assist in the identification of potential career options, including self-employment, based upon the interests and strengths of the participant.

Montgomery County Employment Advancement and Retention Network (EARN) Center

Human Services Center

1430 Dekalb Street, 1st Floor Norristown, PA 19401 610-292-5026

Program participants create a plan of action to gain employment and are offered guidance toward empowerment and self-sufficiency. Resources such as The Career Wardrobe, computer labs, life-skills workshops, on-site recruitment events, and individualized attention are all utilized to ensure that success is earned. Program participants must have children and be referred to this program by the County Assistance Office.

PA Office of Vocational Rehabilitation Services

1875 New Hope Street Norristown, PA 19401 484-250-4340 or 800-221-1042

The Office of Vocational Rehabilitation provides individualized services to assist people with disabilities to pursue, obtain and maintain satisfactory employment.

Educational Opportunities

Partnership on Work Enrichment and Readiness (POWER) Program at Montgomery County Community College

Parkhouse Hall 340 Dekalb Pike Blue Bell, PA 19422 215-641-6425

The POWER program is open to anyone who has been diagnosed with a mental health issue or participates in services offered by the Montgomery County Office of Mental Health and is ideally able to complete college-level work. There is no cost to POWER students for tuition, textbooks or materials.

The 14-week course covers: career self-assessment, presentation skills, time management, resumes and cover letters, interviewing skills, computer basics, balancing school, work and life, professionalism and first impression, team work, goal-setting and decision-making, ethics and boundary-setting, and success skills for college.

The program helps to: develop individual career and educational plans to help focus college and career activities, create or enhance resumes, learn more about chosen career and educational path, complete financial aid applications, register and course selection (for those going on to college).

Keystone Opportunity Center

104 Main Street PO Box 64183 Souderton, PA 18964 215-723-5430 Fax: 215-799-0739

Potential students interested in High School Equivalency preparation should call or text our education hotline at 267-663-1001 or email Barry Schwartz at bschwartz@keystoneopp.org.

We hold several ESL and EL/Civics registrations throughout the program year. Adults interested in attending should call or text the education hotline at 267-663-1001 to start the process for admission into the program.

Opportunities Industrialization Centers (OIC)

1101 Arch Street Norristown, PA 19401 610-279-9700 www.montcooic.org

GED training

Cost: \$75/year

Montgomery County OIC is pleased to offer year-round GED and adult basic education training for individuals looking to obtain their high school equivalency diploma. Pre-testing is available on Monday mornings and Thursday evenings.

GED and HiSET Testing

Email msmith@montcooic.org for additional details.

Literacy Council of Norristown

113 East Airy St. Norristown, PA 19401 610-292-8515

Contact: Sue White-Herchek, Executive Director executive.director@lcnlit.com

The Literacy Council of Norristown supports adult learners to learn reading, writing, and math; prepare for their GED (in English and Spanish); learn English; and become citizens. We work with businesses, schools, libraries, and nonprofits to create community literacy programs and to distribute learning material to children and their families.

Montgomery County Workforce Investment Board

1430 DeKalb Street P.O. Box 311 Norristown, PA 19404-0311 610-278-5950

Contact: Janet Lord jlord@montcopa.org

High School Equivalency Preparation & Examination Referral

YWCA Tri-County Education & Training Center

1830 E. High Street Pottstown, PA 19464 610-326-7323

Human Services Building 1430 DeKalb Street Norristown, PA 19401 610-427-5830

YWCA Tri-County Area empowers adult learners to find freedom and dignity through education and employment. Custom learning opportunities are available based on a student's goals.

Abington Free Library

1030 Old York Road Abington, PA 19001 215-885-5180 (main library) 215-885-5183 (adult literacy) ablit1@yahoo.com

The Abington Free Library helps adults 18 and older in the following areas:

- Assist English language learners improve their English skills
- Improvement with basic reading, writing and math skills
- Preparation to take a high school equivalency or other test.

Programming is free of charge.

Schedule of classes for English Language Learners:

Intermediate through Advanced English Language Learners:

Mondays 7-8:30 pm

Tuesdays: 10:30-12 pm

Beginning English Language Learners

Tuesdays 6:30-7:45 pm

Registration and English test are required. ACLAMO (Accion Comunal Latino Americano de Montgomery County)

512 West Marshall Street Norristown, PA 19401 610-277-2570

Contact: Juan Guerra, Executive Director juang@aclamo.org

Offers: ESL program with limitations and requirements and adult education.

Ardmore Library

108 Ardmore Ave Ardmore, PA 19003 610-642-5187

Contact: Jane Quin jquin@Imls.org

Offers: GED, ESL, one-on-one tutoring

Cheltenham Township Adult School

1414 Panther RoadWyncote, PA 19095215-887-7169Contact: Mary Chomitz ctas@cheltenhamadultschool.org

Offers: GED classes

Hatboro-Horsham School District-Evening Division

227 Meetinghouse Road Horsham, PA 19044 215-646-1768 www.hhaes.org

Contacts: Mary Ellen Huie and Lucinda Flegeal (ESL)

Offers: Adult evening classes, ESL, and GED classes (fee of \$50)

Norristown Area High School-Adult Evening School

1900 Eagle Drive Norristown, PA 19403 610-630-5066 Email: eveschool@nasd.k12.pa.us

Contact: Thea Millman, Norristown Adult Evening school millmanti@verizon.net 610-584-9885

North Penn School District Education Services Center

401 East Hancock Street Lansdale, PA 19446

Contacts: Paula Malley and Gail Beigel, Community Education Department Paula: 215-853-1028 malleypa@npenn.org Gail: 215-853-1029

Offers: GED and ESL. This is also a test center for GED.

The Open Line

425 Penn Street Pennsburg, PA 18073 215-679-4112

Contact: Sandy Fetterman sandyf@upvtheopenline.org

Offers: GED

Ramsey Educational Development Institute (REDI)

17 West Airy St., Suite 311 Norristown, PA 19401 610-279-0301

Contact: Molly Lackman 610-992-0555 moldyl@aol.com

Souderton Area School District-Community Adult Education

760 Lower Road Souderton, PA 18964 215723-6061

Contact: Dawn Kesler

Offers: ABE

Won Community Services Center

423 Abington Ave Glenside, PA 19038 215-884-8443 info@woncommunity.org

Contact: Bokyhae Koh

Offers: ABE/ESL Classes

Montgomery County Literacy Network

877-225-4484

Pottstown Public Library

500 East High Street Pottstown, PA 19464 610-970-6551

Offers: Computer help, online resume generator

Transportation

<u>Septa</u>

Norristown Transportation Center Swede and Lafayette Streets Norristown, PA 19401 https://www5.septa.org/

Boyertown Area Multi-Service Medical Transport

200 Spring Street Boyertown, PA 19512 610-367-6957

PennDOT

7000 Geerdes Boulevard King of Prussia, PA 19406 717-787-2838

Pottstown Area Rapid Transit

902 Farmington Ave Pottstown, PA 19464 610-326-5413

The Open Link Transportation Assistance Program (TAP)

452 Penn St Pennsburg, PA 18073 215-679-4112

Septa CCT Connect

1234 Market Street Philadelphia, PA 19107 215-580-7145

Transnet Suburban

980 Harvest Dr #100 Blue Bell, PA 19422 215-542-7433

The Partnership TMA of Montgomery County

595 Bethlehem Pike, Suite 102 Montgomeryville, PA 18936-9710 215-997-9100 or 1-866-507-4857 Fax: 215-997-9101 info@ptma-mc.org

BuxMont Transportation

726 Fitzwatertown Road Willow Grove, PA 19090 215-659-1313

Faith Based

Norristown Church of God

351 E. Wood Street Norristown 610-279-0505

Liberty Ministries

565 Main Street Schwenksville, PA 19473 610-287-5481

Won Community Services Center

423 Abington Ave Glenside, PA 19038 215-884-8443 info@woncommunity.org

Greater Norristown Area Ministerium

2633 Hillcrest Ave Norristown, PA 19401 610-279-6240

Food Pantries

Holy Trinity Lutheran Church

2086 Parkview Ave Abington, PA 19001 215-659-2642

Mattie N. Dixon Community

150 N. Main St Ambler, PA 19002 215-628-3002

Ardmore Food Pantry

36 Ardmore Ave Ardmore, PA 19003 610-649-1845

Positive Aging Lower Merion

117 Ardmore Ave Ardmore, PA 19003 610-642-9370

Jewish Relief Agency

125 Montgomery Ave Bala Cynwyd, 19004 610-660-0190

Ada Mutch Comm Center

9 S. Bryn Mawr Ave Bryn Mawr, PA 19010 610-527-7750

Daily Bread Comm Food Pantry

360 Gravel Pike Collegeville, PA 19426 610-489-5540 Bring ID

St. James Episcopal Church

3814 Germantown Pike Collegeville, PA 19426 267-901-4472

Colonial Neighborhood Council

104 E. 4th Ave Conshohocken, PA 19422 610-825-4254

Chelten Baptist Church

1601 N. Limekiln Pk Dresher, PA 19025 215-646-5557

Beth Sholom Synagogue Congregation

8231 Old York Rd Elkins Park, PA 19027 215-887-1342

New Life Presbyterian Church

567 N. Easton Rd Glenside, PA 19038 215-576-0892

North Hills Food Cupboard

212 Girard Ave Glenside, PA 19038 215-628-3002

Christ Lutheran Church

2211 Sumneytown Pk Harleysville, 19438 215-256-9015

Lehman Methodist Church

300 S. York Road Hatboro, PA 19040 215-675-2110

Emmanuel Evangelical

100 S. Main St Hatfield, PA 19440 215-855-2540

Hatfield Church of Brethren

1333 Cowpath Rd Hatfield, PA 19440 215-855-3064

St. Catherine of Siena

321 Widmer Road Horsham, PA 19044 215-672-2881

Jenkintown United Methodist

328 Summit Ave Jenkintown, PA 19046 215-886-7250

Community Housing Services

311 N. Broad St Lansdale, PA 19446 215-362-5250

Manna on Main Street

606 Main Street Lansdale, PA 19446 215-855-5454

St. Stanislaus Roman Catholic

51 Lansdale Ave Lansdale, PA 19446 215-368-1670

Narberth Community Food Bank

201 Sabine Ave Narberth, PA 484-278-4579

All Saints Lutheran Church

535 Haws Ave Norristown, PA 19401 610-279-3990

Catholic Social Services

353 E. Johnson Highway Norristown, PA 19401 610-279-7372

Grace Lutheran Church

811 W. Marshall Street Norristown, PA 19401 610-277-4322

Haws Ave Methodist Church

800 W. Marshall Street Norristown, PA 19401 484-686-4459

House of God

542 DeKalb St Norristown, PA 19401 610-279-3580

Missionary Sisters of Charity

630 DeKalb St Norristown, PA 19401 610-278-9089

New Hope Baptist Church

204 E. Oak Street Norristown, PA 19401 610-275-5814

Patrician Society

121 E. Chestnut St Norristown, PA 19401 610-272-6316

Salvation Army

533 Swede Street Norristown, PA 19401 610-275-5814

Salvation Army

137 King St Pottstown, PA 19464 610-326-1621

Sandy Hill Terrace

330 Walnut Street Norristown, PA 19401 610-272-0382

Shiloh Baptist Church

610 George St Norristown, PA 19401 610-275-4183

Siloam Baptist Church

1329 Willow St Norristown, PA 19401 610- 275-8163

St. Augustine Episcopal Church

1208 Green St Norristown, PA 19401 610-279-8890

St. John's Episcopal Church

23 E. Airy St Norristown, PA 19401 610-631-5299

Iglesia De Dios Renacer

310 Manor Ave Plymouth Meeting, PA 19462 610- 680-8241

Bethel African Methodist

401 Beech St Pottstown, PA 19464 610-326-9171

Bethel Community Church

575 N. Keim St Pottstown, PA 19464 610-326-1700 Bring ID only residents in 19464

Bright Hope

468 W. King Street Pottstown, PA 19464 484-971-6865

Advocates Against Hunger

4 Sentry Parkway Blue Bell, PA 19422 610-628-2000

Interfaith Food Cupboard

31 S. Spring Garden Street Ambler, PA 19002 267-318-0607

Keystone Opportunity Center

104 Main Street PO Box 64183 Souderton, PA 18964 215-723-5430

Norristown Hospitality Center

530 Church Street Norristown, PA 19401 610-277-1321

Pottstown Cluster

57 N. Franklin Street Pottstown, PA 19464 610-970-5995

The Open Link

452 Penn Street Pennsburg, PA 18073 215-679-4112

The Open Link

517 Jefferson Street East Greenville, PA 18041 215-679-6550

Tabernacle Harvest Church Food Distribution Center

398 Circle of Progress Drive Pottstown, PA 19464 483-624-8209

Loaves & Fishes Food Cupboard

328 Summit Avenue Jenkintown, Pennsylvania, 19046 215-886-7250 for hours and information.

Bread of Heaven

2086 Parkview Ave Abington, PA 19001 215 659 2642. email address is secretary@holytrinity.net website: holytrinity.net Note, for this free food pantry, guests are allowed to visit once a month on Thursdays from 10 am to 12 noon.

Willow Grove Seventh Day Adventist Church

1556 Fairview Avenue Willow Grove, Pennsylvania, 19090 215-657-1252

Clothing Resources

Browse Around Thrift

4 E. Athens Avenue Ardmore, PA 19003 610-649-9793

Junior League Thrift

25 W. Lancaster Ave Ardmore, PA 19003 610-896-8828

Penny Wise Thrift Shop

57 E. Lancaster Ave Ardmore, PA 19003 610-642-7239

Piccadilly Court

28 N. Bryn Mawr Ave Bryn Mawr, PA 19010 610-525-5620

Liberty Thrift

3841 Ridge Pike Collegeville, PA 19426 610-831-9856

979 Bethlehem Pike Montgomeryville, PA 18936 215-688-1203

2200 E. High Street Pottstown, PA 19464 484-940-3344

1300 N. Charlotte Street

Pottstown, PA 19464 610-970-6306

Little Liberty Children's

3838 Ridge Pike Collegeville, PA 19426 610-831-2170

New to You Thrift Boutique

3938 Ridge Pike Collegeville, PA 19426 610-454-9799

Conshy Consignment

484-919-4039

New Life Thrift

800 N. Easton Rd Glenside, PA 19038 215-866-8619

Thrift Collectibles

126 S. Easton Rd Glenside, PA 19038 215-887-2273

Alice's Moving Thrift

220 S. York Rd Hatboro, PA 19040 215-674-5865

Holy Redeemer Thrift

473 E. County Line Rd Hatboro, PA 19040 215-675-5833

Marian's Attic

139 East Dekalb Pike King of Prussia, PA 19406 610-337-3068

Second St Thrift Store

20321 Valley Forge Circle King of Prussia, PA 19406 484-831-5220

Fastfriendz

706 Ridge Pike Lafayette Hill, PA 19444 215-402-9334

Laurel's Loft

1801 N. Broad St Lansdale, PA 19446 215-368-6037

West Main Consignment

15 W. Main St Lansdale, PA 19446 215-855-8533

<u>Goodwill</u>

753 Bethlehem Pike Montgomeryville, PA 18936 267-645-4180

130 W. Main Street Trappe, PA 19426 610-226-4085

Plato's Closet

1583 Bethlehem Pike Montgomeryville, pA 19440 215-412-5555

Salvation Army Thrift

671 Bethlehem Pike Montgomeryville, PA 19440 215-631-1570

137 King Street Pottstown, PA 19464 610-326-1621

<u>Revivals</u>

258 Haverford Ave Narberth, PA 19072 610-660-9239

ReStore Montgomery

533 Foundry Rd Norristown, PA 19403 610-278-7710

The Blessing Shop

320 West Main Street Norristown, PA 19401 267-629-0099

Evergreen Consignment

810 Spruce Street Pottstown, PA 19464 610-970-6306

Colonial Neighborhood Council

107 E. 4th Ave Conshohocken, PA 19428 610-828-6595

Mitzvah Circle Foundation

2562 Boulevard of the Generals Suite 100 Norristown, PA 19403 215-828-6647

Taylor's Treasure Chest

220 S. York Road Hatboro, PA 19040 215-675-1350

Linda's Stuff

330 S. Warminster Road Suite 340 Hatboro, PA 19040 215-956-9190

2nd Ave Value Stores

1200 Welsh Road North Wales, PA 19454 215-639-6930

499 E. Walnut Street

North Wales, PA 19454

Pennsburg, PA 18073 215-679-6555

Once Upon a Time Consignment

254 E. High Street Pottstown, PA 19464 484-300-8737

Next to New Children's Shop

524 Main Street Schwenksville, PA 19473 610-287-1107

Second Seitz

Upper Perkiomen Community Thrift Shop

Sweet Repeats Family Thrift Shop

301 4th Street

215-661-8800

4084 W. Skippack Pike Skippack, PA 19474 610-584-8117

Financial Wellness

<u>Clarifi</u>

1635 Market Street, 5th Floor Philadelphia, PA 19103 267-546-1152

Reduce debt, improve credit, manage home, avoid foreclosure, financial wellness. Call to schedule – Montgomery County has a contract with them. Available at 4 locations: Norristown, Lansdale, Willow Grove and Pottstown

Consumer Financial Protection Bureau (CPFB)

The toolkit is available at www.consumerfinance.gov/your-money-your-goals The companion guide for people with disabilities can be found at www.consumerfinance.gov/practitioner-resources/your-money-your-goals/companion-guides/ Tips, information, and skill building resources – 11 tools – PA ABLE, Assistive Technology, how income impacts Social Security, Identify financial abuse and exploitation and how to get assistance. Audience: individuals with disabilities, families, supports coordinators, other interested parties

Community Action Development Commission (CADCOM)

113 E. Main Street Norristown, PA 19401 610-277-6363

Asset Development Savings Program

Living Intentionally Financial Empowerment Program (LIFE)- Montgomery County Community College

Parkhouse House (Blue Bell) and South Hall (Pottstown) 215-641-6566

The Living Intentionally Financial Empowerment (LIFE) Program is designed to help you make informed and intentional choices when faced with decisions that impact your financial wellbeing. We've partnered with Inceptia, a nonprofit financial education organization, to further your financial IQ and take control of your financial future. Inceptia offers free educational tools on important financial topics for life.

Maternal, Infant, Family Services and Child Care

CADCOM of Montgomery County

113 E. Main St. Norristown, PA 19401 610-277-6363

Fatherhood Empowerment Program

This program is dedicated to empowering, educating, supporting and challenging men to become stronger, more positive forces within their own families and communities.

Early Learning Resource Center (ELRC)

Human Services Center 1430 DeKalb, 5th Floor Norristown, PA 19404 610-278-3707 Fax: 610-278-5161 https://www.montcopa.org/115/Early-Learning-Resource-Center

Contact: Elizabeth Adeyi eadey@montcopa.org

Services: ELRC is designated by PA Department of Public Welfare as the Child Care Information Services for residents of Montgomery County. ELRC manages child care subsidy programs which provide financial assistance to eligible parents/caretakers. Resource and referral unit assists residents with finding appropriate child care to meet their children's needs. ELRC manages a child care subsidy program which provides financial assistance to eligible parents/caretakers. Full-time teen parent students under 18 year old are eligible for childcare assistance to enable them to complete their secondary school education. The ELRC also oversees the court care program which provides free child care services to county residents with court related business.

Carson Valley Children's Aid

Norristown Family Center 1314 DeKalb St. Norristown, PA 19401 610-279-2755

Provides an array of services with a focus on children and youth included but not limited to prevention; home, school and community based interventions, behavioral health treatment, foster and residential care, and education.

Carson Valley Children's Aid Women's Voices Healthy Choices

1314 Dekalb Street Norristown, PA 19401 215-233-1960 ext. 300 Fax: 610-272-5447 Website: www.cvca-pa.org

Voluntary program provides support to women who are struggling with substance abuse/use to move toward sobriety

Women, Infants and Children (WIC)

1340 Dekalb Street Suite 1 Norristown, PA 19401 800-942-9267

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.

Family Services of Montgomery County

Main Office 3125 Ridge Pike Eagleville, PA 19403 Pottstown Family Center 1976 East High Street Pottstown, PA 19464 610-630-2111

Contact Person: Alissa McBride 610-630-2111 ext. 239 Email: amcbride@fsmontco.org 610-326-1610

Contact Person: Eve Bieber ebeiber@fsmontco.org

Along the Way

PO Box 711, Souderton, PA, 18964 Phone: 267-382-9607 info@alongtheway.org

Contact: April Matt

Along the Way provides affordable, reliable, high-quality childcare services to the children of single mothers. Childcare in the home evenings/overnight for single Moms.

MCIU Head Start

2 W. Lafayette Street Norristown, PA 19401 610-755-9400 headstartmain@mciu.org

Free Preschool program for children ages 3 to 5 in Montgomery County who meet federal income guidelines

ACLAMO Family Centers

512 West Marshall Street Norristown, PA 19401 610-277-2570 515 Walnut Street Pottstown, PA 19464 610-970-2134 606 E. Main Street Lansdale, PA 19446 484-685-6013

Services: Fatherhood Initiative Program, After School Care, Teen Club, Adelante Program, Summer Bridge

Big Brothers Big Sisters

123 S. Broad Street Suite 1050 Philadelphia, PA 19109 215-790-9200

Mentoring Services

The Parenting Center

Upper Merion Good Shepherd Lutheran Church 132 E. Valley Forge Road King of Prussia, PA 19406 484-212-5859 Lower Merion Beth David Synagogue 1130 Vaughan Lane Gladwyne, PA 19035

The Parenting Center offers small groups by trained professionals where parents are supported to achieve their parenting goals.

PA Families, Inc.

800-947-4941 http://pafamiliesinc.org/resources

Resource list

Parent Education and Advocacy Leadership (PEAL)

866-950-1040 info@pealcenter.org

The PEAL team works with families and their children to:

- Understand their rights and advocate for themselves
- Be included and educated in their home schools
- Access high quality, coordinated physical and behavioral health care

Parents Exchange

102 East Mermaid Lane Philadelphia, PA 19128 610-962-0337

A Baby's Breath

Collegeville 78 2nd Ave Collegeville, PA 19426 610-489-0083 Jeffersonville 2062 W. Main Street Eagleville, PA 19403 610-630-9630

Services: classes, ultrasounds, pregnancy testing, counseling, independence program

Cradle of Hope

1657 The Fairway #140 Jenkintown, PA 19046 215-758-2791

The Cradle PRC offers counseling and decision-making support to pregnant mothers feeling overwhelmed by their pregnancy.

Genesis Women's Clinic

888 E. High Street Pottstown, PA 19464 610-970-8089

Services: free pregnancy test and confirmation ultrasound, free basic STD testing and treatment for gonorrhea and chlamydia, client advocacy free diapers, formula, clothing, baby supplies

Mitzvah Circle

2562 Boulevard of the Generals Norristown, PA 19403 267-649-7610 or 215-828-6647 info@mtizvahcircle.org https://mitzvacircle.org

Services: Healthy Families Critical Needs, Diaper Bank, Period Supply Program

North Care Women's Center

311 North Broad Street Lansdale, PA 19446 215-855-2424

North Care Women's Clinic offers free pregnancy testing, ultrasounds, and more.

Maternity Care Coalition

401 Dekalb Street Norristown, PA 19401 610-277-1505

Bethany Christian Services

610 Old York Road

Jenkintown, PA 19046 215-376-6200

Pregnancy support

Breastfeeding Resource Center

1355 Old York Road Suite 101 Abington, PA 19001 215-886-2433

The Breastfeeding Resource Center (BRC) is a nonprofit corporation committed to providing expert clinical and educational breastfeeding services.

Beds for Kids

Physical Address 421 Pike Road Unit 5 Huntingdon Valley, PA 19006 215-346-6247 office@ohaat.org Mailing Address 411 Susquehanna Road Ambler, PA 19002

Recipient eligibility:

- recipients must be two to twenty years old;
- they cannot have received a bed from OHAAT in the past;
- their household income must be below the Federal Poverty Guideline;
- they must currently reside in permanent or long-term housing;
- their current residence must be bed bug free for at least 3 months;
- they must have had at least one home visit in the last 3 months (performed by a representative from the Referral Partner);
- and they must be sleeping with improper bedding.

Benefits, Health Insurance and Identification

Department of Public Welfare

Norristown Office 1931 New Hope Street Norristown, PA 19464 1-877-398-5571 or 610-270-3500 Pottstown Office 24 Robinson Street Pottstown, PA 19464 1-800-641-3940 or 610-327-4280 LIHEAP: 610-272-1752 Fax: 610-270-1678 LIHEAP: 610-272-1752 Fax: 610-327-4350

COMPASS

1-800-692-7462 https://www.compass.state.pa.us/compass.web/Public/CMPHome

Norristown Hospitality Center

530 Church Street Norristown, PA 19401 610-277-1321

ID clinics are held the second Saturday of every other month from 10 am until 12 pm. Please call for the next clinic date.

Do you need a photo ID, birth certificate, Social Security card, voter registration, or social services applications?

Help with fees available

Bring any of the following:

Personal identification—Social Security card; old photo ID or driver license; military ID; marriage or divorce certificates; passport; education ID; naturalization or citizenship certificate; birth certificate.

Proof of residence—Rental agreement, mortgage paperwork, utility bills, medical bills, W-2 forms, work ID, tax returns, bank statements

PA Health Law Project

123 Chestnut Street Suite 400 Philadelphia, PA 19106 215-625-3990 or 1-800-274-3258 Fax: 717-236-6311

Visiting Nurse Association

1421 Highland Ave Abington, PA 19001 800-591-8234 or 215-572-7880 1109 Dekalb Street Norristown, PA 19401 Fax: 215-572-8001 info@vnacs.org

PA Health Access Network

1501 Cherry Street Philadelphia, PA 19102 877-570-3642 Partnership for Prescription Assistance/Medicine Assistance Tool

888-477-2669 or 571-350-8643 https://medicineassistancetool.org/

Social Security Office

Norristown Social Security Office 1700 Markley Street Norristown, PA 19401 866-964-6305

Pottstown Social Security Office

80 Robinson Street Pottstown, PA 19464

Community Connections Navicate Program

Lansdale 421 W. Main Street Lansdale, PA 19446

Pottstown 364 King Street Pottstown, PA 19464

610-278-3522 Fax: 610-994-2829

Contact: Elizabeth DiArcangelo

Norristown 1430 Dekalb Street 1st Floor Norristown, PA 19401

Willow Grove 102 North York Road Willow Grove, PA 19090

New TeleNavicate Services - communicating with a Navicate through video call. This service is HIPAA compliant and confidential. The Zoom application works with Firefox, Safari, Edge and Chrome browsers. Click <u>here</u> to sign-up for this service.

Are you struggling with a need – but don't know where to turn? Call Community Connections at 610-278-3522 to speak to a trained, courteous, and experienced professional who can connect you to resources and services in Montgomery County.

Are you or a loved one looking for....

• Help in finding affordable housing or maintaining housing?

- Assistance in locating mental health or addiction services such as in-patient or outpatient rehab?
- Help in searching for affordable legal services?
- Food pantries and soup kitchens in your area and other ways to supplement your family's food/dietary needs?
- Supportive services for educational needs like in-school supports, adult literacy, or career development?

Navicates can assist with these needs and many more!

Department of Senior Services

Physical Address Human Services Center 1430 DeKalb Street, 2nd Fl. Norristown, PA 19404 (Enter bldg. from Fornance St.) 610- 278-3601 Fax: 610-278-3769 Mailing Address Montgomery County Office of Senior Services P.O. Box 311 Norristown, PA 19404

Contact: Jennifer Barnhart

Protective Services Hotline: 1-800-734-2020

Legal/Advocacy

Domestic Violence Legal Network (DVLN)

C/O Court Administration PO Box 311 Courthouse, Norristown, PA 19404 610-278-3224 www.montcopa.org/dvln

Contact: Michael R. Kehs, Esq, Chair mkehs@montcopa.org

Legal Aid of Southeastern PA

625 Swede Street Norristown, PA 19401 275-5400 Fax: 610-275-5406 Website: www.lasp.org

Contact: Kesha James kjames@lasp.org

Montgomery County Bar Association

100 W. Airy Street Norristown, PA 19401 610-279-9660 info@montgomerybar.org

Montgomery County Office of Domestic Relations

One Montgomery Plaza 425 Swede Street Norristown, PA 19401 610-278-3646

The Montgomery County Domestic Relations Office establishes paternity and determines and enforces child and spousal support orders in accordance with federal, state, and local regulations, statutes, and rules of civil procedure.

Victim Services Center

325 Swede Street #2 Norristown, PA 19401 610-277-0932 www.victimservicescenter.org

Contact: Erin Slight

Free and confidential support for victims of crime and their loved ones

Women's Center of Montgomery County

342 West Germantown Pike Suite 320 East Norriton, PA 19403 610-279-1548 wcwebmail@womenscentermc.org

Domestic Violence Counseling Services provide victims of domestic violence with counseling and options for accessing the legal system as well as other social services. Community education programs with information on healthy relationships as well as domestic violence dynamics are also available. Services are provided by volunteer counselors who have completed the PCADV training.

Laurel House

180 W. Germantown Pike #2 East Norriton, PA 19401 610-277-1860 https://laurel-house.org

Contact: Beth Sturman, Executive Director

Villanova University School of Law Civil Justice Clinic

Villanova University Charles Widger School of Law 299 N. Spring Mill Rd. Villanova, PA 19085 610-519-5894

AIDS Law Project of PA

1211 Chestnut Street, Suite 600 Philadelphia, PA 19107 215-587-9377 Fax: 215-587-9902 intake@aidslawpa.org or intake@lawprojectpa.org

Better Business Bureau

202-393-8000 https://www.bbb.org/

Clarifi Consumer Credit Counseling

See information in financial section

Disability Rights PA

1800 JFK Boulevard, Suite 900 Philadelphia, PA 19103 215-238-8070 or 1-800-692-7443 Fax: 215-772-3126 https://www.disabilityrightspa.org/

DRP is the federally authorized, protection and advocacy system in Pennsylvania to provide legal and advocacy services to persons with disabilities.

Legal Clinic for the Disabled

1513 Race Street Philadelphia, PA 19102 215-587-3158 General Intake line (all non-housing matters): 215-587-3158 Option 2 Landlord/Tenant line (all housing-related matters): 215-587-3158 Option 1

The mission of the Legal Clinic for the Disabled, Inc. is to empower low-income people with disabilities and the deaf and hard of hearing in the Philadelphia region to achieve inclusion, independence, and justice by providing free, quality legal representation to overcome legal obstacles that would otherwise affect their independence, health, or quality of life.

PA Health Law Project

See information in benefits, health insurance and identification section

Pennsylvania Utility Law Project

2 S. Easton Road Glenside, PA 19038 215-572-7300 Fax: 215-572-0262

PULP assists Pennsylvania's low-income residential utility and energy consumers connect to and maintain affordable utility and energy services within their homes. PULP helps both groups and individuals who meet the income eligibility guidelines of the Pennsylvania Legal Aid Network.

Reuniting Family Bail Fund

PO Box 781 Norristown PA 19404 484222-0437 https://www.bailfundmontco.org

Heather Lewis, Executive Director lewismexx3@aol.com

Abuse/Domestic Violence

Victim Services Center

See information in legal/advocacy section

Laurel House

See information in legal/advocacy section

Creative Health Services

11 Robinson Street Pottstown, PA 19464 610-326-9250 ext. 1197

Domestic Violence Prevention and Intervention: SAFE Program Stop Abuse, Foster Empowerment (SAFE)

Learn strategies to stop the violence and help you develop healthy relationships. SAFE is a therapeutic group intervention for individuals who have been identified as domestic violence offenders. This intervention is designed to decrease intimate relationship abuse, ensuring the safety of women and children while breaking the devastating cycle of domestic violence.

Women's Center of Montgomery County (WCMC)

107 E. Main Street Suite 307, 3rd Floor Norristown, PA 19401 24 Hour Hotline: 1-800-773-2424 or 610-279-1548 Business Line: 610-279-7474 www.wcmontco.org

Contact: Cheryl or Denise

The Women's Center of Montgomery County is a volunteer, community organization with a primary focus on freedom from domestic violence and other forms of abuse. Our programs, policies and procedures reflect our strong commitment to empowering women.

National Domestic Violence Hotline

800-799-7233

The Network/La Red (LGBTQ+) Hotline

800-832-1901

The Open Link

452 Penn Street Pennsburg, PA 18073 215-679-4112 517 Jefferson Street East Greenville, PA 18041 215-679-6550

The Open Link provides victims of domestic violence with free and confidential support services. Our services include counseling, safety planning, legal advocacy, court accompaniment, and referrals to other agencies and community resources as necessary.

Women Against Abuse Hotline

866-723-3014

Women Organized Against Rape (WOAR) Hotline

215-985-3333

Special Needs/Disabilities

Montgomery County Office of Mental Health/Developmental Disabilities/ Early Intervention

1430 Dekalb Street Norristown, PA 19401 610-278-5666 or 610-278-1242

To learn more about services contact the Intake Coordinator (Intellectual Disabilities) at 610-278-5666 or Intake Coordinator (Autism) at 610-278-1242. The Intake Coordinator will provide an overview of our program and review the eligibility criteria.

Eligibility

To assist in the determine of eligibility the following documents will be necessary before an intake meeting can be scheduled:

Individuals with an Intellectual Disability:

- Psychological evaluation completed by a licensed psychologist that documents
 - Diagnosis of intellectual disability
 - Full scale IQ of 70 or below
 - An adaptive assessment which documents significant limitations in at least two areas of adaptive functioning skills
 - Evidence of the onset of Intellectual Disabilities prior to the age of 22.

Individuals with Autism:

- Enrolled in Medical Assistance
- Standardized diagnostic tool completed by a Developmental Pediatrician, Licensed Psychiatrist or Psychologist that provides a diagnosis of Autism
- An adaptive assessment which documents significant limitations in at least three areas of adaptive functioning skills
- Evidence of onset of Autism prior to age of 22
- MA51 or medical evaluation form completed by a physician recommending ICF/ORC level of care

PA's Assistive Technology Foundation

1004 W 9th Ave King of Prussia, PA 19406 888-744-1938 https://patf.us/

PATF helps Pennsylvanians obtain the assistive technology they need to go to work, be active participants in their communities, and live in their own homes.

PA's Initiative on AT - Tech Owl

215-204-1356 https://techowlpa.org/

Temple University's Institute on Disabilities

Institute on Disabilities at Temple University Room 430 Ritter Annex 1301 Cecil B. Moore Ave Philadelphia, PA 19122 215-204-7428 or 215-204-5967 Fax: 215-204-6336 techowl@temple.edu

Behavioral Analysis and Therapy Partners

139 Montgomery Ave., #110 Bala Cynwyd, PA 19004 610-664-6200 or 484-802-22296 Fax: 610-664-6202

Provides ABA services to adults diagnosed with I/DD and autism

Child and Family Focus, Inc.

920 Madison Avenue Audubon, PA 19403 610-650-7750 or 215-957-9771 Fax: 610-650-7761

Certified Peer Specialists are individuals with lived experience who are trained to share their own stories of recovery and resiliency. They engage and inspire Transition Age Youth (TAY) aged 14 to 26 to plan for what is important to them in their everyday life.

Psychiatric Outpatient Services is an office based, trauma informed program, providing comprehensive outpatient treatment for children and adolescents (ages 3-18) and transitional aged adults (ages 18-26).

Child Guidance Resource Center

200 Old West Chester Pike Havertown, PA 19083 484-454-8700 or 484-751-9691

Child Guidance offers Adult Services for anyone over the age of 21 in need of residential or social care.

Devereux Pennsylvania Adult Services

139 Leopard Road Berwyn, PA 19312 610-296-6800 Email admissions: dsulli@devereux.org

Devereux Pennsylvania Adult Services serves nearly 400 adults living in homes and apartments throughout southeast Pennsylvania. Our dedicated team of 600 staff, ranging from highly-specialized clinicians and nurses, to recreational and direct staff professionals, all work with one common goal: the happiness, self-fulfillment and social integration of each adult in our community.

<u>Elwyn, Inc.</u>

111 Elwyn Road Elwyn, PA 19063 610-891-7095

Elwyn's programs are designed to provide individuals with opportunities for meaningful participation in daily life. Residential living includes campus living, community-based homes and apartments, supported living arrangements, in-home supports, and lifesharing opportunities. Individualized person centered support plans are developed for each individual in Elwyn's community support continuum. Elwyn's Day Programs offer opportunities for personal growth, social/recreational activity, vocational development and retirement.

The Arc of PA

3075 Ridge Pike Eagleville, PA 19403 610-265-4700 or 877-337-1970 ADEPT employment support program.

Delta Community Supports

Building 14, Suite 400 1777 Sentry Parkway West Blue Bell, PA 19422 215-654-1000 Fax: 215-641-0393 215-654-1000

Delta provides the following Supported Employment Services in PA:

- Job finding and development
- Job coaching and support
- Job coaching (Phases I-IV)
- Community-based work assessments
- Work-based learning experiences
- Job shadowing

Disability Rights PA

1800 JFK Boulevard, Suite 900 Philadelphia, PA 19103 215-238-8070 or 1-800-692-7443 Fax: 215-772-3126

Disability Rights PA helps people with disabilities:

- With disability-related problems in employment, education, housing, access to facilities and programs, and access to the opportunity to vote
- Who are subjected to abuse or neglect
- Eliminate institutionalization and segregation and advocates for integrated community services, supports and treatment
- Eliminate discrimination on the basis of disability
- Advocate for government service systems and funding for people with disabilities

Easterseals of Southeastern PA

3975 Conshohocken Avenue, Philadelphia, PA 19131-5484 215-879-1000

Services-Assistive Technology and Veteran Support

PA Tourette Syndrome Association

18 High St. #68 Hanover, PA 17331 717.337.1134 or 800-990-3300 info@patsainc.org 700 Washington Ave #456 Bridgeville, PA 15107

Gain support and help by joining our private FB support group. This group is different then our Public Facebook page. In this group only the other members of the private group can see the questions and comments posted, making it a private spot for you to connect and gain knowledge and support from others who are going through similar situations.

Health Services

Montgomery County Office of Public Health

1430 Dekalb Street Norristown, PA 19401 610-278-5117

Health Centers Located in: Norristown 1430 Dekalb Street Norristown, PA 1901 610-278-5117

Pottstown 364 King Street Pottstown, PA 19464 610-970-5040 Willow Grove 102 York Road Suite 401 Willow Grove, PA 19090 215-784-5415

Community Health and Dental Care

351 W. Schuylkill Road Pottstown, PA 19465 610-326-9460 or 484-948-3097

Montgomery Family Practice

1330 Powell Street Suite 409 Norristown, PA 19401 484-622-7510

Visiting Nurse Association

1109 Dekalb Street Norristown, PA 19401 215-572-7880

Community Medical and Dental

309 Gravel Pike Collegeville, PA 19426 610-489-1313

Norristown Regional Health Center

1401 Dekalb Street Norristown, PA 19401 610-278-7787

The Clinic

143 Church Street Phoenixville, PA 19460 610-935-1134

Abington Memorial OB/GYN Center

1200 Old York Road Ground Floor, Toll Building Abington, PA 19001 215-481-6784

Planned Parenthood

Norristown 1221 Powell Street Norristown, PA 19401 610-279-6095 Pottstown 2081 E High Street Pottstown, PA 19464 610-326-8080

HIV/AIDS and STD Services

Family Services of Montgomery County

3125 Ridge Pike Eagleville, PA 19403 610-630-2111

Contact: Taylor Hayes ext. 266 thayes@fsmontco.org

Project HOPE has improved the lives of those living with HIV/AIDS and those at-risk for the disease by providing:

- Medical Case Management Services
- Transportation Assistance
- Dental Assistance
- Housing Assistance (HOPWA)
- Psychosocial and Mental Health Resources
- Food and Nutrition Assistance
- Prevention and Education Programs
- HIV and STD Testing

Montgomery County Office of Public Health

See information above

Norristown Regional Health Center

See information above

Planned Parenthood

Genaurdi Family Maternal Health

1330 Powell Street Suite 507 Norristown, PA 19401 484-622-7300 See contact information above

Access Matters Hotline

215-985-3300

Action Wellness

1216 Arch Street 6th Floor Philadelphia, PA 19107 267-940-5515

Services: Medical Case Management, Medical Care, Linkage and Engagement After Prison

Mazzoni Center

1348 Bainbridge Street Philadelphia, PA 19147 855-462-9966

The Mazzoni Center provides quality comprehensive health and wellness services in an LGBTQfocused environment, while preserving the dignity and improving the quality of life of the individuals served.

National Perinatal HIV Hotline

888-448-8765

PA AIDS Factline

800-662-6080

Philadelphia FIGHT - Jonathan Lax Center

1233 Locust Street 4th Floor Philadelphia, PA 19107 215-790-1788

Services Provided:

• Same-day and walk-in sick appointments

- Well-adult care (routine checkups)
- New patient appointments (within 1 week)
- Vaccinations
- Onsite Blood-work/Lab testing
- Onsite Community Health Workers, Case Management and Benefits Coordinator
- Nutritional/Dietician services
- Form completion: driver's license, DPW benefits, general assistance and many more.
- Screening for mental health problems (such as ADHD, Depression, Anxiety, and Autism)
- HIV care, primary care, family planning, reproductive health services, hepatitis B and C care, and gender-affirming hormone therapy
- Medication assisted substance abuse treatment (such as Vivitrol and Suboxone)
- Onsite Pharmacy services including pill packing and adherence counseling
- Referrals to specialist care
- Access to cutting edge research studies

Support Groups

Laurel House

800-642-3150

Victim Services of Montgomery County

888-521-0983

Women's Center of Montgomery County

800-773-2424

National Fatherhood Initiative

301-948-0599

National Responsible Fatherhood Clearinghouse

877-432-3411

Abington Jefferson Bereavement Support Groups

215-441-6842

Abington Jefferson Perinatal Loss Support Groups

215-481-4814

Abington Jefferson Safe Harbor

215-481-5983

Cribs for Kids Healing Hearts Infant Bereavement

412-322-5680

Grief Recovery After a Substance Passing (GRASP)

215-884-3916

The Center for Loss and Bereavement

610-222-4110

The Compassionate Friends - Loss of a Child

484-919-0820

Unite Inc.

484-758-0002

Creating Increased Connections

484-681-9432

Parent to Parent

888-727-2706