

Community Resources

Compiled by Manna on Main Street, August 2014

Multi-Services

211

www.211sepa.org | Dial 2-1-1 | United Way

A free, easy to remember phone number, 2-1-1 connects people with important resources in their communities, for everyday needs and in crisis situations. Highly-trained, multilingual call specialists are available seven days a week from 8am-8pm to help connect you to thousands of local health and human services, including emergency food and housing, job training, medical and mental health services, support for older adults, and youth & child care programs.

Community Connections

www.montcopa.org/communityconnections | Priya Bell, Lansdale Navicate

267-263-0048 | PBell@montcopa.org | 421 West Main Street, Lansdale, PA 19446

Community Connections is an innovative approach to provide services to people who need them most, where they need them most—in their community. Community Connections offices are one-stop service centers in an initial four locations around Montgomery County—Willow Grove, Pottstown, Lansdale and Norristown. Each center offers a Navicate, a skilled human service professional who can provide residents with information and assistance in identifying services that will help them with needs such as health, housing, senior supports, child care, veterans affairs, supports for individuals with behavioral health or developmental disabilities or child, family or elder protective services. Residents will work with the same Navicate during their interaction with Community Connections, allowing the Navicate to serve as both a navigator of the system and an advocate for the individual throughout the process. Navicates will be located at the Community Connections offices.

Personal Navigator Program of VNA-Community Services

www.vnacs.org | 1-800-591-8234 | info@vnacs.org

The Personal Navigator Program of VNA connects eligible individuals and families to the benefits and resources that will help improve lives as they work towards self-sufficiency and independence.

Sometimes for individuals in need the process of applying for benefit and support programs can be overwhelming. Through this one portal program, VNA Personal Navigators offer individuals direct connection to up to 22 separate benefits for which they are eligible but have been unable to apply. VNA staff work to help clients navigate through many different application processes so that individuals can obtain all the benefits for which they are entitled. A Personal Navigator is able to assist with possible participation or connection to the following programs or benefits:

Medical Benefits	Other Financial & Social Services
<ul style="list-style-type: none">•Medical Assistance/CHIP•Medical Assistance for Workers with Disabilities•SSI related Medicaid•Medicare•PACE/PACENET/Prescription medications	<ul style="list-style-type: none">•Energy Assistance/LIHEAP•Personal Emergency Response Service•Supplemental Nutrition Assistance Program/Food cupboards•The WIC nutrition program

<ul style="list-style-type: none"> •RX Support Program/Prescription medications •Mental Health treatment •Drug & Alcohol treatment 	<ul style="list-style-type: none"> •Housing assistance •Supplemental Security Income •Transportation services •Senior companion services •Lifeline services •Home care services •PA property tax & rent rebates •Child Care Works •Child healthcare services •Other available services
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Housing

Your Way Home Call Center

<http://yourwayhome.org/> | 1-877-646-6306

The Your Way Home Call Center is a centralized system for screening and intake for Montgomery County residents in need of housing. Instead of calling individual shelters, those experiencing homelessness or those at-risk of becoming homeless can call one toll-free number and be connected to appropriate services. After a brief screening, the operator may make an appointment for the caller at a Housing Resource Center to be connected with permanent housing and supportive services. Calls to the Center are answered by operators at NJ 2-1-1, which has access to up-to-date data about which providers have space available if the caller needs emergency shelter.

Food Assistance

Food Help Line

1-800-319-Food (3663) | Hours of Operation: Monday – Friday | 8:30 am to 4:30 pm

Philabundance established the Food Help Line in an effort to improve emergency access to food and to offer a welcoming resource for those seeking food assistance. Staffed five days a week with a bilingual referral specialist, the helpline directs callers to a food cupboard and other resources close to their homes.

Manna on Main Street

www.mannaonmain.org | 215-855-5454 | 713 W. Main Street, Lansdale, PA 19446

Manna on Main Street offers a public soup kitchen, with meals served twice a day Monday through Saturday and lunch on Sunday; all are welcome! Manna's choice-model food pantry is open Monday – Friday for residents within the North Penn community, with the exception of Hatfield and North Wales Borough as there are food cupboards in these municipalities. Additionally, Manna coordinates emergency financial aid for eligible individuals in crisis, and offers job readiness, financial planning, computer, and other classes as a public, community program.

Soup Kitchen	Food Pantry
Monday – Saturday: 10:00am-12:15pm Sunday: 12:00-1:15pm	Monday, Tuesday, Thursday, & Friday: 1:00-3:45pm Monday: 6:00-7:30pm Wednesday: 9:00-11:00am & 3:00-6:00pm <i>Starting September 1, 2014</i>

Supplemental Nutrition Assistance Program (formerly known as food stamps)

COMPASS: To complete a SNAP application, you can visit COMPASS, an online application site for Pennsylvanians to apply for many health and human service programs. To learn more, visit www.compass.state.pa.us or call the helpline at 1-800-692-7462 between 8:30 am and 4:45 pm, Monday through Friday.

CADCOM: Contact CADCOM, the Community Action Development Commission, to complete a SNAP application. To contact CADCOM, visit www.cadcom.org and click on SNAP on the left side of the website, or contact the SNAP Outreach Coordinator, Christopher Baranowski, 610-277-6363 x140, cbaranowski@cadcom.org.

Women, Infants & Children

Lansdale Office: 215-368-9826 | 607 N Broad St, Lansdale | Monday, 10am – 6pm | Tuesday & Wednesday 9am-5pm | Thursday & Friday 8am-4pm

The WIC Nutrition Program helps pregnant women, new mothers, and children up to age 5 learn about nutrition, make healthy food choices, and improve overall health. Participants receive education on infant and child feeding, child development information and assessments, and vouchers to purchase healthy foods at grocery stores and local farmers markets that help support proper growth and development.

Food & Household Goods

Mitzvah Circle Foundation

<http://mitzvahcircle.org/> | 484-897-0414 | P.O. Box 2130, Blue Bell, PA 19422

Mitzvah Circle Foundation provides support, hope and dignity to individuals and families during times of crisis, poverty, homelessness and serious illness. The Foundation assists people who have fallen through the cracks, removing barriers to meaningful help and resources. They provide individualized support such as clothing, school supplies, diapers, household items, food, services and referrals.

Legal Services

Legal Aid Services

<http://www.lasp.org/> | 1-877-429-5994 | Located at Manna on Main Street, 713 W. Main Street, Lansdale, Wednesdays, 2:00pm

Legal Aid of Southeastern Pennsylvania provides free, civil legal services for low-income residents of Bucks, Chester, Delaware and Montgomery Counties. To learn more, contact the hotline: 1-877-429-5994 or stop by Manna on Wednesdays at 2:00pm for free, first-come, first-serve appointments. Free help is available with the following:

Family Law Employment Law Protection from Abuse	Public Benefits Housing Problems Elder Law Consumer & Bankruptcy Problems
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Healthcare Services

Abington Health Children's Clinic

215-855-8296 | Lansdale Hospital Campus | 51 Medical Campus Drive, Lansdale, PA

The Children's Clinic provides a full range of services to children from birth through 21 years of age without insurance or who have approved insurance plans. If you do not have insurance coverage, the first visit is \$25, and you will be asked to complete a financial aid request form. Appointments are required for all visits.

Services include:

Routine Check-ups Sick Visits Immunizations Physicals for Driver's License, Employment, Camp, Daycare, Sports	Health Counseling - Child growth and development - Safety - Nutrition - Healthy lifestyle
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Abington Health Dental Clinic

215-481-2193 | Abington Memorial Hospital | Arches Building, Ground Floor | 1200 Old York Road | Abington, PA

Affordable dental care for individuals, children, families and seniors who are without dental insurance. Some insurances are accepted. Appointments are required. Services include:

Routine Exams/Check-ups X-rays Cleanings Sealants Minor Extractions	Fillings Denture Adjustments and Fittings Root canals Crowns Extractions
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Gwynedd-Mercy College Adult Health Center

215-855-2289 | Lansdale Hospital Campus | 51 Medical Campus Drive, Lansdale, PA

The Adult Health Center provides a full range of services for families, adults and adolescents (ages 18 and up) who do not have health insurance or outpatient coverage.

HealthLink Medical Center

www.healthlinkmedical.org/ | 215-364-4247 | 1775 Street Road, Southampton, PA

A free clinic for the working uninsured of Bucks and Montgomery counties including medical and dental services.

Laurel House

www.laurel-house.org/ | 610- 277-1860 | P.O. Box 764 | Norristown, PA 19404

Toll-Free Hotline: 1-800-642-3150

Laurel House is a comprehensive domestic violence agency serving individuals, families and communities throughout Montgomery County. Laurel House services are available to male and female victims of abuse and their children. If you are in an unsafe situation because of domestic violence or if you would like to speak with a counselor about available services, please call the Laurel House Hotline at 1-800-642-3150.

Women's Center of Montgomery County

www.wcmontco.org | Toll-Free Hotline: 1-800-773-2424 | 2506 N. Broad Street, Suite 203,

Colmar

The Women's Center primary focus is on eliminating domestic violence and other forms of abuse. Services include: A 24-hour domestic violence hotline, elder abuse counseling and supportive services, individualized peer and group domestic violence counseling, telephone counseling, information and referrals, legal advocacy, court and hospital accompaniment, emergency relocation funding for victims of domestic violence, and education and outreach to the community and schools.

Mental Health & Other Support Services

Access Services

www.accessservices.org | 215-540-2150 | 500 Office Center Drive, Suite 100, Fort Washington
Access Services empowers and serves people in need of specialized supports by providing innovative services that improve their ability to live fulfilling lives in the community. Access Services provides mental health and youth services as well as programs for individuals with autism and intellectual disabilities. Volunteers and/or staff are able to travel for appointments.

Montgomery County Emergency Services

www.mces.org | 610-279-6100 | 50 Beech Drive, Norristown, PA

MCES is a private, not-for-profit, psychiatric hospital in West Norriton, Montgomery County providing these services: Inpatient Program, Outpatient Program, Crisis Residential Program, Criminal Justice Program, Crisis Intervention and Suicide Prevention.

NHS Human Services

<http://www.nhsonline.org/> | 215-368-2022 | 400 N. Broad St, Lansdale, PA | Contact: Helen Conti

NHS provides innovative solutions to support the unique needs of individuals served through a variety of services including: Addictive Diseases, Autism, Education, Intellectual & Developmental Disabilities, Juvenile Justice, Mental Health, Specialized Services, and Treatment Foster Care/Adoption

Penn Foundation

www.pennfoundation.org/ | 215-257-6551 | 807 Lawn Ave, Sellersville, PA

Penn Foundation provides behavioral health and wellness services to address the mental health, substance use, and intellectual disability needs of individuals and families in our community.

Education Services

Clarifi

<http://clarifi.org/> | 215-563-5665 | 1608 Walnut Street, 10th Floor, Philadelphia

Immediate assistance: 1-800-989-2227 (toll free number)

Clarifi is a non-profit community resource devoted to lifelong financial literacy. It provides counseling, education and a host of financial and related resources. Volunteers and/or staff are able to travel for appointments.

Keystone Opportunity Center

<http://keystoneopportunity.org/education> | 215-723-5430 | 104 Main Street, Souderton, PA

Keystone Opportunity Center provides a host of education services, including GED classes, distance learning, family literacy, English language/civics classes, ESL classes, independent learning and tutoring services.

Manna on Main Street Community Education Program

<http://mannaonmain.org/manna-education-program/> | 215-855-5454 | 713 W. Main Street, Lansdale, PA

Manna on Main Street's Education Program provides opportunities for members of the community to further develop personal and professional goals. The program is focused on topics related to job readiness, financial planning, and computer literacy. Classes are taught by local experts with many years of experience. Sessions are designed to reach individuals outside of a regular classroom setting and include flexible scheduling options. Follow-up sessions and one-on-one meetings are also available to participants, as well as multi-week trainings and workshops.

Montgomery County Commerce Department Youth Programs

<http://montcopa.org/index.aspx?NID=1349>

The Commerce Department provides a variety of programs for kids, teens and young adults to help find training, educational and employment opportunities through a range of programs including: Youth Empowerment Program (in-school youth ages 14-21), Next Step Program (out-of-school youth ages 17-21), Gateway to College Program, and Summer Youth Employment Program

Pennsylvania Career Link: Montgomery County Commonwealth Workforce Development System

www.cwds.state.pa.us/

If you are interested in career assistance (finding a job, looking for a better job, improving job skills) or seeking vocational rehabilitation services, the Commonwealth Workforce Development System, enables you to search for job openings, create a résumé, apply for jobs online, research career information or request vocational rehabilitation services.