



Montgomery County  
Department of  
Health and Human Services

# Parent and Infant Resource Guide

A reference guide of services to help families  
and agencies in Montgomery County

## Montgomery County Office of Community Connections

Community Connection Navigates are skilled human service professionals who are knowledgeable about local, county, and state resources. They can provide quick information for simple questions. They can also work with residents on complex issues. Residents can work with the same Navicate during their interaction with Community Connections allowing the Navicate to serve as both a navigator of the system and as an advocate for the individual throughout the process. This service is FREE of charge to ANY MONTGOMERY COUNTY RESIDENT.

Language line services are readily available.  
Servicios de línea de idiomas están disponibles.

[www.montgomerycountypa.gov/ContactANavigate](http://www.montgomerycountypa.gov/ContactANavigate)  
**610-278-3522**

## **EMERGENCY SERVICES**

*General Emergency (Ambulance, Fire, Police)* **911**  
*Poison Control Center* **800-222-1222**  
*Montgomery County Mobile Crisis Support*  
**855-634-4673**  
*Childline 24-hour Child Abuse Hotline*  
**800-932-0313**

## **Need resources? Do not know who to call?**

*Dial 2-1-1*



## **Abuse**

### **Child Abuse Reporting**

Childline 24-hour Child Abuse Hotline 800-932-0313  
Montgomery County Office of Children & Youth Services  
Weekdays 8:00am-4:30pm 610-278-5800  
After 4:30pm, Weekends, and Holidays 610-275-1222

### **Child Abuse Resources**

Children's Crisis Treatment Center Philadelphia 215-496-0707  
Montgomery County 610-275-2020  
Mission Kids Child Advocacy Center 484-687-2990  
Montgomery Child Advocacy Project 610-279-1219

### **Domestic Violence**

Abington Jefferson Health 215-481-2576  
Creative Health Services S.A.F.E Project  
Prevention and Intervention for Children 610-326-9250  
Laurel House

24-hour Helpline 800-642-3150  
Domestic Abuse Response Team (DART) 215-852-9826  
Cordea (formerly Menergy) 215-242-2235  
Montgomery County Office of Senior Services 610-278-3601  
Elder Protective Services Hotline 800-734-2020  
National Domestic Violence Hotline 800-799-7233  
TTY: 800-787-3224  
National Teen Dating Abuse Hotline 866-331-9474  
TTY: 866-331-8453  
TEXT: "loveis" to 22522

The Network/La Red LGBTQ+ 800-832-1901  
The Open Link Support Services and Counseling 215-679-4112  
Victim Services Center of Montgomery County 610-277-0932  
24-hour Crisis Helpline 888-521-0983  
Women Against Abuse Philadelphia Domestic Abuse Hotline  
866-723-3014  
TTY: 215-456-1529

Women's Center of Montgomery County  
4/7 Hotline 800-773-2424  
Bryn Mawr Office 610-525-1427  
Colmar Office 215-996-0721  
Elkins Park Office 215-635-7344  
Norristown Office 610-279-1548  
Pottstown Office 610-970-7363  
Abington-Lansdale Hospital 215-853-8060  
Holy Redeemer Hospital 215-938-3711  
Women Organized Against Rape (WOAR) Hotline 215-985-3333

## **Adoption**

Adoptions from the Heart 888-608-8373  
Bethany Christian Services 215-376-6200  
Catholic Social Services 267-331-2463  
PA Statewide Adoption and Permanency Network 800-585-7926  
Open Arms Adoption Network 888-673-6276

## **Advocacy/Legal Services**

AIDS Law Project of PA 215-587-9377  
Better Business Bureau 202-393-8000  
CLARIFI Consumer Credit Counseling 215-563-5665  
Disability Rights PA Toll Free 800-692-7443  
TDD 877-375-7139  
Philadelphia 215-238-8070  
Education Law Center 215-238-6970  
Fair Housing Rights Center in SE PA 866-576-1968  
Housing Equality Center 866-540-3247  
Laurel House 24-hour Helpline 800-642-3150  
Laurel House Main Number 610-277-1860  
Legal Aid of SEPA Helpline 877-429-5994  
Legal Aid of Southeastern PA  
Norristown 610-275-5400  
Pottstown 610-326-8280  
Legal Clinic for the Disabled (free for low-income) 215-587-3158  
Montgomery County Child Advocacy Project 610-279-1219  
Montgomery County Bar Association  
Lawyer Referral Service – option 3: 610-279-9660  
Montgomery County Domestic Relations 610-278-3646  
Office of Vocational Rehab Client Assist. Program 888-745-2357  
Pennsylvania Health Law Project 800-274-3258  
Pennsylvania Human Relations Commission 215-560-2496  
TTY 215-560-3599  
PA Office of the Attorney General Consumer Prog  
Philadelphia 800-441-2555  
215-560-2414  
Pennsylvania Health Law Project 800-274-3258  
Pennsylvania Legal Aid 800-322-7572  
Pennsylvania Utility Law Project 844-645-2500  
[utilityhotline@palegalaid.net](mailto:utilityhotline@palegalaid.net)  
Senior LAW Center  
Helpline (10AM to 12PM M-Th) 877-727-7529  
Victim Services Center Helpline 888-521-0983  
Villanova University School of Law  
Civil Justice Clinic 610-519-5894  
Spanish 866-655-4419  
Women's Center of Montgomery County 610-279-1548

## **Basic Needs**

### **SAFE TO SLEEP**

Help reduce the risk of SIDS (Sudden Infant Death Syndrome):

- Place baby on his/her back in an empty crib with a firm mattress and fitted sheets
- Do not over bundle clothing
- Keep your home smoke-free
- Practice room-sharing without bed-sharing

### **Pregnancy/Baby**

A Baby's Breath  
Collegeville 610-489-0083  
Jeffersonville 610-630-9630  
Phoenixville 610-933-5182  
Warminster 215-442-0442  
Wayne 484-580-6436  
Birthright of Pottstown  
24/7 Hotline 800-550-4900  
Pottstown 610-327-2626  
Philadelphia 215-728-0385  
Colonial Neighborhood Council (diapers/wipes) 610-828-6595  
Cradle of Hope 215-572-5937  
Genesis Pregnancy Care Center Pottstown 610-970-8089

Mitzvah Circle Foundation 215-828-6647  
[info@mitzvahcircle.org](mailto:info@mitzvahcircle.org)  
 North Care Women's Center  
 Lansdale 215-855-2424  
 Text 267-656-6867

**Cribs for Kids: 484-622-3637**  
**(Agency referral required)**

**If you are homeless or in imminent risk of becoming homeless, please contact the Your Way Home Call Center.**  
 Visit [www.211SEPA.org](http://www.211SEPA.org)  
 Dial 2-1-1 or 866-964-7925  
 Text 898-211

**Clothing**

Goodwill Store Phoenixville 610-917-0095  
 Montgomeryville 267-645-4180  
 Exton 610-594-6949  
 Warminster 215-441-9185  
 Liberty Thrift Stores Quakertown 215-529-1400  
 Pottstown 610-970-6306  
 Montgomeryville 215-699-1203  
 Little Liberty (children & maternity) 610-831-2170  
 Mitzvah Circle Foundation 215-828-6647  
[info@mitzvahcircle.org](mailto:info@mitzvahcircle.org)

**Financial**

American Red Cross (Emergency Assistance for home fire or other disasters) 800-733-2767  
 CADCOM 610-277-6363  
 Dept. Human Services COMPASS Benefits Hotline 800-692-7462  
 TTY/TTD 800-451-5886  
 PA EBT Hotline 877-343-0179  
 Internal Revenue Service (IRS) [www.irs.gov](http://www.irs.gov) 844-545-5640  
 Low Income Energy Assistance (LIHEAP) Hotline 866-857-7095  
 Manna on Main Street Lansdale 215-855-5454  
 The Open Link Pottstown 215-679-4112  
 East Greenville 215-679-6550  
 PA Department of Revenue 888-PATAXES  
 PECO MEAF (Matching Energy Assistance Fund) 610-277-6363  
 Project Outreach Royersford 610-948-5111  
 Social Security (SSDI/SSI disabilities) Norristown 800-772-1213  
 TTY/TTD 800-325-0778  
 Women's Center of Montgomery County 610-279-1548

[www.montgomerycountypa.gov/carseatcheck](http://www.montgomerycountypa.gov/carseatcheck)  
**to schedule an appointment for a FREE car seat check by a certified car seat technician!**

**Food**

Find food near you:

<https://www.montcoantihunger.org/mahn-member-food-pantries.html>

Boyetown Area Multi-Service, Inc. 610-367-6957  
 CADCOM 610-277-6363  
 Caring for Friends 215-464-2224  
 Catholic Social Services Norristown 610-279-7372  
 Colonial Neighborhood Council 610-828-6595  
 Coventry Food Pantry Pottstown 610-326-5659  
 Keystone Opportunity Center Souderton 215-723-5430  
 Mattie N. Dixon Community Norristown 215-628-3002  
 Manna on Main Street North Penn 215-855-5454

Meals on Wheels (age 60+) 610-278-3601  
<https://www.mealsonwheelsamerica.org/find-meals>  
 King of Prussia 610-256-7051  
 Norristown 610-275-1960  
 New Life Church Food Cupboard Glenside 215-576-0892  
 Norristown Hospitality Center 610-277-1321  
 Patrician Society of Central Norristown 610-272-6316  
 The Open Link Pottstown 215-679-4112  
 East Greenville 215-679-6550  
 The Share Program 215-223-2220  
 Women, Infants and Children (WIC) Norristown 610-272-4042  
 Colmar 215-822-8068  
 Pottstown 610-323-8160

**Housing Discrimination** 800-669-9777  
[ComplaintsOffice03@hud.gov](mailto:ComplaintsOffice03@hud.gov)

**Housing Resources**

Your Way Home Call Center [www.211SEPA.org](http://www.211SEPA.org) 866-964-7925  
 Text 898-211  
 Genesis Housing Corporation 610-275-4357  
 Family Promise Montco PA 215-628-2334  
 Family Promise of the Main Line 610-277-0977  
 U.S. Department of Housing & Urban Dev. (HUD) 215-656-0500  
 TTY/TTD Dial 7-1-1  
 HUD Public Housing Info & Resource Center 800-955-2232  
 Montgomery County Housing Authority (MCHA) (Public Housing and Housing Voucher Program) 610-275-5720  
 PA Voice Relay 800-654-5988  
 The Salvation Army Norristown 610-275-4183  
 Philadelphia 215-482-5911  
 Pottstown 610-326-1621  
 Boyertown 610-367-4089

**Homeless Outreach Services**

**Street Outreach Main Number 484-686-3575**  
 Street Medicine Phone (24-hr monitored voice mail) 484-890-0602  
 Ann Frances Foundation (birth cert; legal ID; food) 484-374-3091  
 Norristown Hospitality Center – Norristown 610-277-1321  
 HopeWorx (laundry, food, etc) Norristown 610-270-3685  
 A Women of Purpose (showers/laundry) Pottstown 484-334-3811  
 The Ricketts Center (showers/laundry) Pottstown 484-945-1020

**Unsafe Living Conditions**

**Contact Your Municipality's Building & Code Enforcement Dept.**

Norristown Building & Code Enforcement Dept. 610-270-0441  
 Pottstown Building & Code Inspections Dept. 610-970-6520  
 Lansdale Code Enforcement Dept. 215-368-1691  
 The Housing Equity Center of PA 866-540-FAIR

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

Public Housing Information and Resource Center 800-955-2232

The Pennsylvania Supreme Court has ensured that tenants have the right to a decent place to live. This guarantee to decent rental housing is called the **Implied Warranty of Habitability.**

**Multiple Types of Resources**

ACLAMO Norristown 610-277-2570  
 Pottstown 610-970-2134  
 Lansdale 484-685-6013  
 Adventist Community Service CTR (food/clothing) 610-489-6671  
 Boyertown Area Multi-Service, Inc. (food, financial) 610-367-6957  
 CADCOM (food, financial.) 610-277-6363  
 Carson Valley Children's Aid 215-233-1960  
 Catholic Social Services 610-279-7372  
 Colonial Neighborhood Council (food, clothing) 610-828-6595  
 Cradles to Crayons 215-836-0958

[www.cradlestocrayons.org/philadelphia](http://www.cradlestocrayons.org/philadelphia)

Family Services of Montgomery County

**Text “BABY” (para Español: “BEBE”) to 511411 or download the Text4baby app to receive FREE personalized health information throughout pregnancy and up until your child’s 1<sup>st</sup> birthday.**

Eagleville	610-630-2111
Pottstown	610-326-1610
Keystone Opportunity CTR (food, housing, educ.)	215-723-5430
Mitzvah Circle Foundation	215-828-6647
	<a href="mailto:info@mitzvavircle.org">info@mitzvavircle.org</a>
(Diapers, clothing, personal care items, period supplies)	
Manna on Main Street (food, financial) - Lansdale	215-855-5454
Maternity Care Coalition Press Option #3	215-972-0700
Montgomery County Assistance Office	
Norristown	877-398-5571
Pottstown	800-641-3940
Norristown Hospitality Center	610-277-1321
Open Door Ministry Royersford	610-948-4818
Phoenixville Area Community Services	610-933-1105
Pottstown Cluster (food, furniture, clothing)	610-970-5995
Salvation Army (food, housing)	
Pottstown	610-326-1621
Norristown	610-275-4183
The Open Link	215-679-4112
	East Greenville
	215-679-6550
The Women’s Center of Montco. IVP Hotline	800-773-2424
	Norristown
	610-279-1548
	Pottstown
	610-970-7363
	Lansdale
	215-853-8060
<b>VNA Personal Navigator Program</b>	
<b>Abington, Colmar, Norristown, Pottstown</b>	<b>800-591-8234</b>
VNA Community Services, Children’s Health Ctr	215-572-7880
VNA SSI/SSDI Outreach/Access	Ext. 244 215-572-7880

### **Immigration Legal Services**

African Cultural Alliance of North America	215-729-8225
Catholic Charities	Allentown 610-435-1541
	Philadelphia 215-854-7019
Equal Access Legal Services	267-888-6703
Esperanza Immigration Legal Services	215-324-0746
HIAS Pennsylvania	215-832-0900
	Asylees Call or Text 833-344-2772
	HIAS Haitian Immigrant Relief 215-832-0640
Immigration Law & Justice of the Delaware Valley	814-343-3260
Keystone Opportunity Center – Citizenship classes	215-723-5430
Nationalities Service Center	215-893-8400
Villanova University School of Law – Legal Clinic	610-519-6839
Villanova University Spanish Legal Clinic	866-655-4419
<b>US Citizenship and Immigration Legal Services Website:</b>	
<a href="http://www.uscis.gov">www.uscis.gov</a>	

### **Maternal/Child Health Home Visiting**

**In Montgomery County, families can benefit from home visiting programs targeted at improving maternal and child health.**

**Call 888-404-0620 or Email**

**[MontcoHomeVisiting@montgomerycountypa.gov](mailto:MontcoHomeVisiting@montgomerycountypa.gov)**

**to be connected to one of the free home visiting services that best matches your needs.**

Carson Valley Children’s Aid	215-233-1960
Parents as Teachers	
Women’s Voices, Healthy Choices	
Einstein/Jefferson Nurse Family Partnership	484-622-7074
Family Services	610-326-1610
Parents as Teachers	

Positive Parenting Program (Triple P)  
 Maternity Care Coalition Option #3 215-972-0700  
 Montgomery County Nurse Home Visiting Program 888-404-0620

### **Pregnancy/Childbirth/Breastfeeding**

#### *Pregnancy/Baby Health Providers*

#### **Montco Mamas (doula and lactation)**

**(press option #3) 215-972-0700**

A Baby’s Breath	Collegeville	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Birthright International	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
Cradle of Hope		215-572-5937
Community Health and Dental	Pottstown	610-326-9460
Genesis Pregnancy Care Center	Pottstown	610-970-8089
North Care Women’s Clinic	Lansdale	215-855-2424
	Text	267-656-6867
Abington-Jefferson Health Maternal Health Services		
Maternity & Parenting Info		215-481-6800
OB/GYN Clinic		215-481-6784

#### *Breastfeeding Support*

Abington Memorial Hospital OB/GYN Center		
(Abington, Horsham, Warrington)		215-481-6784
Lactation “Warm Line”		215-481-6104
Breastfeeding Support		215-481-6106
Babies and Bellies	Norristown – text	571-487-0669
CHOP Breastfeeding and Lactation Program		215-886-2433
Einstein Women’s Resource Center		484-362-6133
MCC Early Head Start	Pottstown	610-819-6200
	Norristown	610-277-1505
National Women’s Health Information Center		800-994-9662
Grand View Hospital Lactation Consultant		215-453-4594
Holy Redeemer Hospital and Medical Center		800-818-4747
La Leche League of Central Montgomery Co		610-666-0359
La Leche League HELPLINE		800-525-3243
Lankenau Medical Center	Wynnewood	484-476-2000
Visiting Nurses Association Community Services		610-572-7880
WIC Breastfeeding “Warm Line”		855-427-5666
WIC Local Offices	Norristown	610-272-4042
	Pottstown	610-323-8160
	Lansdale/Colmar	215-822-8068

#### *Childbirth Classes*

Einstein Women’s Resource Center Plymouth Mtg	484-362-6133
Main Line Health	866-225-5654

### **Caregiver and Family Resources**

**Carson Valley Children’s Aid of Norristown and Family Services of Pottstown strengthen and empower parents and children. All services are free.**

**Norristown 215-233-1960 • Pottstown 610-326-1610**

PA Birth Certificate:	<a href="http://www.health.pa.gov">www.health.pa.gov</a>
Philadelphia Vital Records Office	844-228-3516
Social Security:	Norristown Office 800-772-1213
	TTY: 800-325-0778
ACLAMO Family Centers	Norristown 610-277-2570
	Pottstown 610-970-2134
Big Brothers Big Sisters	Philadelphia 215-790-9200
Carson Valley Children’s Aid	Norristown 215-233-1960
Family Services	Pottstown 610-326-1610
Family Services	Eagleville 610-630-2111
Montgomery County Grandparent Program	610-278-3601
Nancy’s House	<a href="mailto:info@nancys-house.org">info@nancys-house.org</a> 215-885-0753
The Parenting Center	484-212-5859

Are you over the age of 55 and caring for a child 18 years or younger?

**CALL:** 610-278-3601 to learn about the Montgomery County Office of Senior Services' **Grandparent Program**

## Child Learning Resources

**Early Learning Resource Center Region 17**  
**610-278-3707 or 800-281-1116**  
[www.montgomerycountypa.gov/elrc](http://www.montgomerycountypa.gov/elrc)

The ELRC administers the Child Care Works subsidized child care program to qualifying families in Montgomery County, assists families in locating and selecting high quality child care and manages the Keystone STARS quality rating improvement system for childcare providers in Montgomery County.

Apply for subsidized child care: [compass.state.pa.us](http://compass.state.pa.us)  
Search for a child care provider: [findchildcare.pa.gov](http://findchildcare.pa.gov)

PA DHS Help Line		800-692-7462
	TDD/TTY:	800-451-5886
Regional Office of Child Development		800-346-2929
The Pennsylvania Key	<a href="http://pakeys.org">pakeys.org</a>	800-284-6031

### Early Head Start (birth to age 3)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Maternity Care Coalition	
Pottstown/Norristown Press Option #3	215-972-0700

### Pre-K Counts (ages 3 & 4)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Pottstown Early Action for Kindergarten Readiness	610-323-2006

### Head Start (ages 3 to 5)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Montgomery County Intermediate Unit	484-868-9550
Pottstown Early Action for Kindergarten (PEAK)	610-232-2006

### Subsidized Weekend/Overnight Childcare for Eligible Single Moms

Along the Way [www.alongthewaypa.org](http://www.alongthewaypa.org) 267-384-4546

## Child Support & Paternity

Bucks County Domestic Relations	215-340-8068
Chester County Domestic Relations	610-444-6215
Español	610-344-6638
Information	800-221-INFO
Delaware County Domestic Relations	610-891-4314
Montgomery County Domestic Relations	610-278-3646
Montgomery County Court Child Care Center	610-292-4956
PA Child Support Program	
<a href="https://www.humanservices.state.pa.us/CSWSMmobile/#1/">https://www.humanservices.state.pa.us/CSWSMmobile/#1/</a>	
PA Office of Children and Families in the Courts	717-231-3300

## Children with Special Needs

### Assistive Technology (AT)

Bridging Apps	<a href="http://www.bridgingapps.org">www.bridgingapps.org</a>
Technology for Our Whole Lives	<a href="https://techowpa.org">https://techowpa.org</a>
PA Assistive Technology Foundation	888-744-1938
PA's Initiative on AT Lending Library	800-204-7428
PA's Initiative on AT at Temple University	215-204-1356
	TTY: 215-204-1805
Temple University Institute on Disabilities	215-204-1356

### Autism Support

Autism Behavior Services	Philadelphia	844-909-4222
KenCrest		610-825-9360
Montgomery County Office of Developmental Disabilities/Early Intervention		610-277-7176
The Autism Society	<a href="http://www.autism-society.org">www.autism-society.org</a>	800-3-AUTISM
The Center for Autism		215-878-3400
The PA Bureau of Autism Services		877-231-4244

### Behavioral Support Services

Access Services		215-540-2150
Aspire and Family Services	Huntingdon Valley	267-388-0670
Behavior Analysis and Therapy Partners		610-664-6200
Carson Valley Children's Aid Society	Norristown	610-279-2755
Chester County Intermediate Unit		484-237-5000
Child and Family Focus, Inc.	Hatboro	215-957-9771
Child Guidance Resource Center	Norristown	484-751-9691
Creative Health Services	Pottstown	484-941-0500
	Spring City	610-948-6490
	Collegeville	484-854-9833
Devereux Services	Malvern	800-345-1292
Elwyn, Inc.	Elwyn	610-891-2000
Epic Development Services	Trevoze	215-322-8860
Explorations	Eagleville	610-635-2418
Foundations Behavioral Health	Doylstown	215-345-0444
Indian Creek Foundation	Souderton	267-203-1500
Merakey	Lansdale	215-362-2022
	Colmar	215-716-9001
Institute for Behavioral Change	Exton	<a href="mailto:info@ibc-pa.org">info@ibc-pa.org</a>
Omni Health Services	Montgomeryville	215-997-2000
Penn Foundation	Sellersville	215-257-6551
Penn Psychiatric Center	Collegeville	610-489-3333
Vision Behavioral Health Services	Norristown	610-539-0280

### Developmental Disabilities

The Arc of PA		800-732-0999
Delta Community Supports	Blue Bell	215-654-1000
Disability Rights PA	<a href="http://www.disabilityrightspa.org">www.disabilityrightspa.org</a>	
	Toll Free	800-692-7443
	TDD	877-375-7139
Indian Creek Foundation	Souderton	267-203-1500
Montgomery County Office of Developmental Disabilities		610-278-3642
National Down Syndrome Society		800-221-4602
Montgomery County Interest Group		484-808-2160
Office of Vocational Rehabilitation (OVR)		484-250-4340
Peaceful Living	Indian Valley	610-287-1200
Suburban Transnet Services		215-542-7433

### Early Intervention (EI)

Montgomery County Office of Early Intervention (for children ages birth to 3)	610-277-7176
Montgomery County Intermediate Unit (for children ages 3 to 5)	610-755-9400
Early Intervention in PA Statewide CONNECT Line:	800-692-7288

### Support for Siblings

The Sibling Support Project	<a href="http://www.siblingsupport.org">www.siblingsupport.org</a>	
Sibshop (Ages 6-12) and Sibteen (13-17)		
	Pottstown	610-326-9250
	Kulpsville	215-368-7000

## Additional Resources

Children/Adults with Attention Deficit/Hyperactivity Disorder (CHADD)	267-362-7760
Clarke Schools for Hearing and Speech Phila.	267-930-5094
Easterseals Southeastern Pennsylvania	215-879-1000
Easterseals Kulpsville	215-368-7000
Exceptional Connections (Applied Behavior Analy)	215-285-3688
Montgomery County Intermediate Unit	610-755-9400
PA Families, Inc. (Statewide Families Network)	800-947-4941
Parent Education & Advocacy Leadership (PEAL)	866-950-1040
TTY	412-281-4409
PA Tourette Syndrome Association	800-990-3300
Parents Exchange	610-962-0337
Quinn Developmental Services	215-654-7577
Special Kids Network, Inc.	800-986-4550

## Montgomery County Mobile Crisis Hotline

### Children, Peer and Adult Support

**855-634-4673**

Speech Success Academy	Willow Grove	267-818-4200
The ARC Alliance Children's Services		610-265-4700
Variety Club Camp & Developmental Center		610-584-4366
(Respite, socialization groups, camp)		

## Mental Health Services

### Community Behavioral Health Centers

Central Behavioral Health	Norristown	610-277-4600
	Abington	267-818-2220
Child and Family Focus	Willow Grove	267-818-6190
	Hatboro	215-957-9771
Creative Health Services	Pottstown	484-941-0500
Lower Merion Counseling and Mobile Services		610-520-1510
Magellan Healthcare	Montgomery County	877-769-9782
	TTY: PA Relay 7-1-1	
Merakey/NHS	Lansdale	215-368-2022
Penn Foundation		215-257-6551

## Talk Support in Non-Emergencies

(7 days a week from 1:00pm-9:00pm)

### TEEN Talk Line:

Call 866-825-5856 or Text 215-703-8411 or email:  
teentalkline@accessservices.org

### Peer Support Talk Line:

Call 855-715-8255 or Text 267-225-7785

## Suicide Crisis and Prevention

Mobile Crisis Support (ACCESS Services)	855-634-4673
National Suicide Prevention Lifeline (call/text)	988
National Trans Lifeline	877-565-8860
Suicide Prevention Taskforce Training Coordinator	
Free and Low-Cost suicide prevention trainings	610-278-1238
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
	Text 678-678

## Drug and Alcohol Services

### Case Management

Preference given to pregnant injection drug users, pregnant substance users, injection drug users, overdose survivors, and veterans.

Creative Health Services	Pottstown	610-322-1503
Gaudenzia	Norristown	833-976-4357
Penn Foundation		215-257-6551

### Prevention/ Intervention

Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Carson Valley Women's Voices, Healthy Choices		610-279-2755
Creative Health Services		610-327-1503
Substance Abuse and Mental Health Services Administration		
National Helpline		800-662-4357

## Outpatient Services

Creative Health Services		610-327-1503
Gaudenzia	Norristown	833-976-4357
Malvern Institute Outpatient Program	Pottstown	610-625-8376
Penn Foundation Recovery Center		215-257-9999
RHD Rise Above Outpatient Program	KOP	484-681-4040

## Other

Alcoholics Anonymous Southeastern PA Intergroup		215-923-7900
Al-Anon/Alateen		<a href="http://www.pa-al-anon.org">www.pa-al-anon.org</a>
Council of Southeast PA Drug and Alcohol		
Helpline		800-221-6333
PRO-ACT Program		844-784-1599
Eagleville Hospital		800-255-2019
Harwood House	Male ONLY Halfway House	610-853-3440
Libertae Family House		
Women and Children Halfway House		215-639-8681
Malvern Institute Inpatient Program	Willow Grove	610-480-8919
Narcotics Anonymous	Montgomery County	215-629-6757
Nar-Anon		800-477-6291
Norristown Recovery and Education Center		267-507-3510
PA Division of Drug and Alcohol Program		800-662-4357
Penn Foundation		215-257-9999
Pottstown Recovery and Education Center		267-507-3525
Resource for Human Development (RHD)		215-951-0300
Family House NOW (New Options for Women)		215-878-8616
Womanspace	Philadelphia	215-844-2400
Valley Forge Medical Center		610-539-8500

## Education

### English as a Second Language

Abington Free Library - Adult Literacy Classes		215-885-5180
ACLAMO Family Center		610-277-2570
Keystone Opportunity Center	Souderton	215-723-5430
Literacy Council of Norristown		610-292-8515
Montgomery County Community College		215-641-6300
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC	Norristown	610-279-9700
New Life Church	Glenside	215-576-0892
YWCA Tri-County	Pottstown	610-326-7323
	Norristown	610-427-5830

### High School Equivalency (GED & HiSET)

Montgomery County Community College (testing)		215-641-6646
Keystone Opportunity Center	Souderton	215-723-5430
Literacy Council of Norristown (GED/ESL)		610-292-8515
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC	Norristown	610-279-9700
Montco Works NOW		484-416-6800
PA Career Link Montgomery County		610-270-3429
	TTY:	610-270-1273
The Open Link	Pennsburg	215-679-4112
YWCA Tri-County	Pottstown	610-326-7323

## Job Training/Career Services

Pennsylvania Career Link in Montgomery County		610-270-3429
or cwds.pa.gov	TTY:	610-270-1273
Developmental Enterprises Corporation (DEC)		610-277-3122
Job Corps		800-733-5627
	TTD/TTY	877-889-5627
Montgomery County EARN Center		610-292-5026
(Employment Advancement & Retention Network)		
Montgomery County OIC		610-279-9700
(Opportunities Industrialization Center)		

Norristown Hospitality Center(Arize Workforce)	610-277-1322
Office of Vocational Rehabilitation	484-250-4340
The Work Place (for those 55+)	570-220-3543
Pottstown Public Library	610-278-5100

## **Health Services – Providers**

### *Montgomery County Office of Public Health*

All County Health Centers provide the following services: Immunization Clinics, HIV Testing and Counseling, STD Screening and Treatment, TB Screening and Treatment. County Health Center Phone Numbers:

Pottstown Public Health Center	610-970-5040
Norristown Public Health Center	610-278-5117
Willow Grove Health Center (limited Services)	215-784-5415

For TB Screening and Treatment call: 610-970-5040

### *Child Health Care*

Abington Health Children’s Clinic	215-481-2000
Main Line Health	866-225-5654
Children’s Hospital of PA (CHOP) Multiple Loca.	800-TRY-CHOP
Community Health and Dental FQHC Pottstown	610-326-9460
Norristown Regional FQHC Norristown	610-278-7787
VNA Children’s Health Center Abington	215-527-7880
VNA Personal Navigator Program	800-591-8234

### *Dental*

Community Health and Dental Care	Pottstown	800-589-6212
Community Medical and Dental	Collegeville	610-489-1313
Norristown Regional Health Center		610-278-7787

### *Immunizations*

Community Health & Dental Care	Pottstown	610-323-9460
Children’s Health Center of VNA	Abington	215-572-7880
Montgomery County Office of Public Health		
	Norristown	610-278-5117
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Norristown Regional Health Center		610-278-7787
The Clinic (under and uninsured)	Phoenixville	610-935-1134

### *Pregnancy Testing*

A Baby’s Breath	Collegeville	610-489-0083
	Wayne	484-580-6436
	Phoenixville	610-933-5182
	Warminster	215-442-0442
Birthright of Pottstown		610-327-2626
Genesis Pregnancy Center		610-970-8089
Genuardi Family Maternal Health Norristown		484-622-7300

North Care Women’s Clinic	Lansdale	215-798-3107
	Text	267-656-6867
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980

### *Obstetrics/Gynecological*

Abington Memorial OB/GYBN Center		215-481-6784
Bryn Mawr Hospital		484-337-3000
Genuardi Family Maternal Health Norristown		484-622-7300
Lifecycle Woman Care (formerly The Birth Center)		610-525-6086
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980

### **HIV/STDs/AIDS Services**

Access Matters	Hotline	215-985-3300
PA AIDS Fact Line		800-662-6080
CDC National STD Hotline English/Spanish		800-232-4636
	TTY/TTY	888-232-6348
US HHS HIV Info		800-448-0440
	TTY/TTY	888-480-3739
Find an STD/HIV Testing Site	<a href="https://gettested.cdc.gov/">https://gettested.cdc.gov/</a>	
Montgomery County Office of Public Health		
	Pottstown Public Health Center	610-970-5040
	Norristown Public Health Center	610-278-5117
	HIV/STD Program	215-278-5145

## ***Parenting Education***

Carson Valley Norristown Parents as Teachers	610-279-2755
Family Services Pottstown Parents as Teachers	610-326-1610
Family Services Triple p (Countywide)	610-326-1610
Chester County MCHC Parents as Teachers	610-344-5370
Einstein Montgomery Nurse Family Partnership	484-622-7074

## ***Colleges***

Arcadia University	Glenside	877-272-2342
Bryn Mawr College		610-526-5000
Eastern University		610-341-5800
Gwynedd Mercy University		215-646-7300
Harcum College		610-525-4100
Haverford College		610-896-1000
Immaculata University		484-323-3060
Manor College		215-855-2360
Montgomery County Community College		
	Norristown	215-641-6300
	Pottstown	610-718-1800
	Culinary Institute	267-646-5970
(TANF & SNAP eligible assistance)		215-643-6330
Penn State University – Abington Campus		215-881-7300
Rosemont College		610-527-0200
Saint Joseph’s University		610-660-1000
Temple University – Ambler Campus		267-468-8000
Ursinus College		610-409-3000
Villanova University		610-519-4500
West Chester University		610-436-1000

## **Health Services – Insurance and Access**

### ***Determining Eligibility***

VNA Personal Navigator Program	
Abington, Colmar, Norristown, Pottstown	800-591-8234
PA Health Law Project Helpline:	800-274-3258
(Determining eligibility for Medicaid, etc.)	<a href="http://www.phlp.org">www.phlp.org</a>

### ***Connecting to Health Insurance***

VNA Personal Navigator Program	800-591-8234
Open Enrollment Health Insurance Marketplace	800-318-2596
	<a href="http://www.healthcare.gov">www.healthcare.gov</a>

### ***Enrolling in Benefits***

<b>VNA Personal Navigator Program</b>	<b>800-591-8234</b>
CADCOM	610-277-6363
COMPASS	<a href="http://www.compass.state.pa.us">www.compass.state.pa.us</a>
Hearing Impaired TTX/TTD	800-451-5886
(Online application to apply for health & human service benefits)	

CHIP	Press prompt #2; then Prompt #1	800-986-5437
Medicare		800-633-4227
	TTY/TTD:	877-486-2048
Medicaid		877-267-2323
	TTY/TTD:	877-267-2323
Montgomery County Assistance Office		877-398-5571
	Norristown	610-270-3500
	Pottstown	800-641-3940
Montgomery County LIHEAP		610-272-1752
Open Enrollment Health Insurance Marketplace		800-318-2596
	<a href="http://www.healthcare.gov">www.healthcare.gov</a>	
Social Security	<a href="http://www.SSA.gov">www.SSA.gov</a>	800-772-1213
	TTY	800-325-0778

### ***Prescription Assistance***

Partnership for Prescription Assistance	571-350-8640
	<a href="http://www.pparx.org">www.pparx.org</a>
Visiting Nurse Association Prescription Support	800-591-8234

North Care Women's Clinic	Lansdale	215-798-3108
	Text:	267-656-6867
Norristown Regional Health Center		610-278-7787
National Perinatal HIV/AIDS Hotline		888-448-8765
Philadelphia FIGHT (Jonathan Lax Center, Etc.)		215-790-1788
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980
Project Hope Case Management Family Services		610-630-2111
	(se habla español)	

Al-Anon Family Find a Meeting	888-425-2666
Narcotics Anonymous	<a href="https://naworks.org">https://naworks.org</a>

### Father Friendly

CADCOM Fatherhood Empowerment Center	610-277-6363
Carson Valley Children's Aid	
Fatherhood Meetings	610-996-8945
Family Services Fatherhood Initiative	610-326-1610
ACLAMO Fatherhood Initiative	610-277-2570

### Grief Support

Compassionate Friends (loss of child)	877-969-0010
Center for Loss and Bereavement	Skippack 610-222-4110
Children's Crisis Treatment Center	610-275-2020
Peter's Place	Radnor 620-687-5150
Safe Harbor, Abington Hospital	
(grieving children and teens)	215-481-5983
Victim Services Center of Montco	888-521-0983

### LGBTQ

National Trans Lifeline	877-565-8860
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
	Text 678-678
CHOP Gender & Sexuality Clinic Support Groups	267-426-5980
Gay Straight Alliance Network (GSA Clubs)	<a href="mailto:info@gsanetwork.org">info@gsanetwork.org</a>

### Mental Health

Montgomery County Teen Talk Line	Text 215-703-8411
	Call 866-825-5856
National Alliance of Mental Health (NAMI)	215-361-7784
Family Worx (Parent/Caregiver Advocacy)	620-628-3059

### Parenting

Pottstown Family Center	610-326-1610
Family Services Parents as Teachers	<a href="mailto:PAT@fsmontco.org">PAT@fsmontco.org</a>
Family Services Parent Café	<a href="mailto:PFPCParentCafe@fsmontco.org">PFPCParentCafe@fsmontco.org</a>
Family Services Positive Parenting Program	<a href="mailto:TripleP@fsmontco.org">TripleP@fsmontco.org</a>

### Pregnancy/Childbirth

A Baby's Breath	Collegeville	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Babies and Bellies Breastfeeding Support	Text	571-487-0669
Birthright of Pottstown		610-327-2626
Nursing Mothers Alliance Helpline		484-985-9560
Pottstown Family Center		610-326-1610
The Postpartum Stress Center		610-525-7527
The Center for Postpartum Depression Phila.		800-944-4773

### Veterans

Montgomery County Office of Veterans Affairs	610-213-4022
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### Victims of Crime

Victim Rights and Services	888-521-0983
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### Other

Crohn's/Colitis Support	Lansdale Hospital	215-343-0548
Epilepsy Foundation of Eastern Pennsylvania		215-629-5003
Multiple Sclerosis Association-	Greater Delaware Valley	215-271-1500

### Taxes

Internal Revenue Service (IRS)	<a href="http://www.irs.gov">www.irs.gov</a>
IRS Find a Location for Tax Help	800-829-1040
PA Department of Revenue	<a href="http://www.revenue.pa.gov">www.revenue.pa.gov</a>
Customer Service Center	<a href="http://www.revenue.pa.custhelp.com">www.revenue.pa.custhelp.com</a>
Forms, etc.	888-PATAXES

### Teen Pregnancy

Birthright of Pottstown	Helpline	800-550-4900
		610-327-2626
Carson Valley Norristown Family Center		610-233-1960
Family Services Pottstown Family Center		610-326-1610
Maternity Care Coalition Press Option #3		215-972-0700
Montgomery County Office of Public Health		
MCH Nurse Home Visiting		800-404-0620
Morningstar Ministries (Pregnant Teen Housing)		215-723-8103
North Care Pregnancy Resource Clinic		215-798-3110
	Text:	267-656-6867
Nurse Family Partnership, Einstein Mont.		215-704-4153
SafeTeens	<a href="http://www.safeteens.org">www.safeteens.org</a>	866-SAFE-TEENS
	Or text "SAFE" to	57890
Women, Infants & Children (WIC) Find Location:		800-942-9467
	Colmar/Lansdale	215-822-8068
	Pottstown	610-323-8160
	Norristown	610-272-4042

**Do you need a free smoke detector?**  
 Call the Norristown Fire Department's  
**FREE Smoke Detector Hotline:**  
**610-270-2870**

### Hospitals

Abington Hospital		215-481-2000
Abington-Lansdale Hospital		215-368-2100
Bryn Mawr Hospital		484-337-3000
Chestnut Hill Hospital		215-248-8200
Children's Hospital of Philadelphia		215-590-1000
Einstein Medical Center Elkins Park		215-663-6000
Einstein Medical Center Montgomery		484-622-1000
Grand View Hospital	Sellersville	215-453-4000
Holy Redeemer Hospital	Meadowbrook	215-947-3000
Lankenau Medical Center	Wynnewood	484-476-2000
Paoli Hospital		484-565-1000
Phoenixville Hospital		610-983-1000
Pottstown Hospital		610-327-7000
Roxborough Memorial Hospital		215-483-9900
Shriner's Hospital for Children	Philadelphia	215-430-4000
St. Christopher's Children's Hospital	Philadelphia	215-427-5000
Suburban Community Hospital	East Norriton	610-278-2000

### Support Groups

#### Alzheimer's

Alzheimer's Association	800-272-3900
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#### Crisis

Crisis TEXT LINE	Text "HOME" to:	741741
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#### Domestic Violence

Laurel House 24-Hour Hotline		800-642-3150
	Text "HOPE" to	85511
	Office	610-277-1860
Nicole's Place	Huntingdon Valley	267-699-0200
Victim Services of Montgomery County (Hotline)		888-521-0983
The Women's Center of Montgomery County		800-773-2424

#### Drug & Alcohol

Alcoholics Anonymous Find a Meeting	800-839-1686
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Personal Income Tax 717-787-8201  
Property Tax/Rent Rebate Program 888-222-9190  
Taxpayer's Rights Advocate 717-772-9347  
USA Tax Help [www.usa.gov/help-with-taxes](http://www.usa.gov/help-with-taxes)

## **Transportation**

The American Cancer Society – PA 215-985-5400  
The Breathing Room Foundation 215-277-1006  
Montgomery County Office of Veteran Affairs 610-213-4022  
PennDOT 717-412-5300  
Pottstown Area Rapid Transit (PART) 610-326-5413  
SEPTA CCT Connect 215-580-7145  
TDD/TTX 215-580-7712  
The Open Link Transportation Assistance Program (TAP)  
Pennsburg Area – Medical Transport 215-679-4112  
Transnet Suburban  
Persons with Disabilities, Medical Assistance Transportation,  
School/Camp Services, Shared Ride, Shuttle Services  
215-542-7433

### **Lead poisoning is 100% preventable.**

Talk to your child's doctor about getting a blood lead test. Pediatricians recommend that children get a blood lead test around the age of one and again around the age of two. Children should be tested at their doctor's office or a laboratory. Medicaid, CHIP and private insurance covers blood lead testing for children.

#### ***You can do a lot to reduce your child's risk of being lead poisoned:***

- Keep children away from peeling paint.
- "Wet wipe" hard surfaces like floors and windowsills at least once a week.
- Foods high in Calcium, Iron, and Vitamin C can help keep your child healthy and lead free.
- Use caution when using children's toys and jewelry made in other countries. These items may contain lead.

#### **Parents, guardians and health care professionals can contact the Office of Public Health Clinics for more information:**

Norristown area (610) 278-5145  
Pottstown area (610) 970-5040  
Willow Grove area (215) 784-5415

# OFFICE OF PUBLIC HEALTH

## CLINIC LOCATIONS

1430 DeKalb Street  
Norristown, PA 19404  
610-278-5145

364 King Street  
Pottstown, PA 19464  
610-970-5040

Eastern Courthouse Annex  
102 York Road, Suite 401  
Willow Grove, PA 19090  
215-784-5415

## CHILDREN AND ADULT HEALTH

Vaccinations for children and adults, including flu, for those with no insurance covering vaccinations and for Vaccines for Children (VFC) eligible clients. Tuberculosis Testing and Treatment – Sexually Transmitted Disease Screening and Treatment - HIV/AIDS Testing and Counseling – Healthy Homes Program.

## FAMILY SUPPORT HOME VISITING PROGRAM

The Maternal Child Health Home Visiting Program is free for pregnant women, new mothers, new fathers, and their babies. A public health nurse will visit the family in the home, help with health care needs and discuss how mom, dad and baby are doing. The public health nurse can assist parents and children with a variety of needs including, but not limited to infant care, parenting tips, breastfeeding tips, home safety tips, smoking cessation, family planning, immunizations, education, and more.

Scan referrals to:

[MontcoHomeVisiting@montgomerycountypa.gov](mailto:MontcoHomeVisiting@montgomerycountypa.gov) or Call 1-888-404-0620

## HEALTH PROMOTION AND EDUCATION

The Montgomery County Office of Public Health provides a variety of FREE programs intended to empower individuals, families, groups, organizations and communities to play active roles in achieving, protecting and sustaining their health. The programs are conducted in multiple venues that include schools, worksites, community organizations and faith-based communities. Staff can host a display table at your community's health fair to distribute literature and answer questions. Program topics include:

*Child Passenger Safety (Car Seat Checks) • Montco Trail Challenge • CPR/AED Training • 1-2-3 A Healthy Me • Nutrition • A Healthy Garden*

### Toll-Free Helplines for Pennsylvania Families

<b>1-800-932-0313</b>	<b>Child Abuse 24-hour Helpline (Childline)</b>
1-800-4-A-CHILD (1-800-422-4453)	24-hour national crisis intervention hotline to offer support, information and referrals for preventing child abuse
1-855-4-A-PARENT (1-855-427-2736)	24-hour National Parent Helpline to provide emotional support to parents
866-243-BABY(2229)	24-hour crying baby helpline
1-866-626-6847 or text 855-999-3525	MotherToBaby Hotline to talk to an expert about information on the safety of medications and other exposures during pregnancy and while breastfeeding
1-800-692-7288	Early Intervention in PA Statewide CONNECT Line for Birth to Age Five – to provide resources and information if you have concerns about your child’s development
1-800-753-8827	PA LINK to Aging and Disability Resource Center
1-855-634-HOPE (4673)	Montgomery County’s Crisis Response, available 24/7.
1-800-642-3150	Laurel House Women’s Shelter 24-hour Helpline
1-800-WIC-WINS	Information on obtaining supplemental foods, breast feeding and nutrition education
1-800-424-LEAD (5323)	The Lead Information Helpline provides information for parents, homeowners, contractors and healthcare professionals.
1-866-412-4755	The Head Injury Information Helpline
1-800-QUIT-NOW (1-800-784-8669)	24-hour Tobacco Quit line for Pennsylvania residents
1-800-662-HELP (4357) TTY: 1-800-487-4889	SAMHSA’s National helpline for persons who need assistance finding a treatment provider or funding for mental and/or substance use disorders (in English and Spanish)
Dial 2-1-1 or 866-964-7925 or Text 898-211	<b>Your Way Home Call Center</b> - for persons who are homeless or are in imminent risk of becoming homeless
1-800-232-4636 TTY: 888-232-6348	CDC National STD Hotline English/Spanish