Montgomery County Office Community Connections

Community Connection Navicates 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.

Pottstown 610-970-2979  Lansdale 610-278-1286
Norristown 610-278-3522  Willow Grove 215-784-5482
**EMERGENCY SERVICES**

*General Emergency (Ambulance, Fire, Police)* 911

*Poison Control Center* 800-222-1222

*Montgomery County Adult Mobile Crisis Support* 855-634-4673

*Child Abuse 24-hour Hotline* 800-932-0313

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**Abuse**

**Child**
- Child Abuse 24-hour Helpline (Childline) 800-932-0313
- Children’s Crisis Treatment Center 610-275-2020
- Mission Kids – Child Advocacy Center 484-687-2990
- Montgomery County Child Advocacy Project 610-279-1219
- Montgomery County Children & Youth 610-278-5800
- After 4:15 PM and Weekends Call: 610-275-1222

**Domestic Violence**
- Bilingual Hotline (English & Spanish) 866-723-3014
- Domestic Abuse Response Team (DART) 24/7 215-852-9826
- Laurel House (Women’s Shelter) 24-hour Helpline 800-642-3150
- Montgomery Co. Aging/Adult Elder Abuse 800-734-2020
- National Teen Dating Abuse Helpline 800-922-0313
- PA Coalition against Violence Harrisburg 800-799-SAFE
- S.A.F.E. Project of Creative Health 610-326-9250
- The Open Link (not 24 hours) 215-679-4112
- Victim Services Center of Montgomery County 610-277-0932
- Sexual Assault Victims 610-277-5200
- 24-hour Crisis Helpline 888-521-0983
- Women Organized Against Rape (WOAR) 215-908-3333
- Women’s Center of Montgomery Co Helpline 800-773-2424
- Bryn Mawr Helpline 610-525-1427
- Colmar 215-996-0721
- Elkins Park Helpline 215-635-7344
- Holy Redeemer Hospital 215-938-3711
- Lansdale Hospital/Abington Health 215-853-8090
- Norristown Office Helpline 610-279-1548
- Pottstown Office Helpline 610-970-7363
- MENERGY – Counseling for Perpetrators 267-625-6135
- Police Notification Program (SAVIN) 866-972-7284

*(Sign up to be notified of offender’s release)*

**Aging & Adult**
- Protective Hotline Norristown 800-734-2020

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**Adoption and Foster Care**

- Adoptions from the Heart 610-642-7200
- Bethany Christian Services 215-376-6200
- Catholic Social Services 610-279-7372
- Carson Valley Children’s Aid Society 215-225-2649
- Concern 215-887-6300
- Delta Community Supports 484-213-7011
- Haven Adoptions 800-716-8220
- Montgomery County Office of Children & Youth 610-278-5800
- National Adoption Center 215-735-9988
- Open Arms Adoption Network 267-256-2229
- PA Statewide Adoption Network 800-585-SWAN
- PA State Foster Care Resource Family Association 800-851-5151

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**Advocacy/Legal Services**

- AIDS Law Project of PA 215-587-9377
- Attorney General Consumer Protection Bureau 800-441-2555
- Better Business Bureau 202-393-8000

- Disability Rights PA 800-692-7443
- TDD 877-375-7193
- Philadelphia 215-238-8070
- Office of Vocational Rehab Client Assist. Program 888-745-2537
- CLARIFI Consumer Credit Counseling 215-563-5665
- Education Law Center 215-238-6970
- Housing Discrimination Advocacy 866-540-3247
- Housing Equality Center 888-799-2085
- HUD TDD 800-877-8339
- Legal Aid of SEPA Helpline 877-429-5994
- Legal Clinic for the Disabled (free for low-income) 215-587-3350
- Montgomery County Bar Association 610-279-9660
- Montgomery County Bar Association Lawyer Referral Service – Ext. 201: 610-278-3646
- Montgomery County Juvenile Probation 610-630-2252
- Montgomery County Legal Aid
  - Norristown 610-275-5400
  - Pottstown 610-326-8280
- Pennsylvania Health Law Project 800-274-3258
- Pennsylvania Human Relations Commission 215-560-2496
- Pennsylvania Legal Aid 800-322-7572
- Pennsylvania Utility Law Project 844-645-2500
- Senior LAW Center 877-727-7529
- Victim Services Center Helpline 888-521-0983
- Women’s Center of Montgomery County 800-773-2424

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**Basic Needs**

**Cribz for Kids: 610-278-5117** *(Agency referral required)*

**Pregnancy/Baby**
- A Baby’s Breath Collegeville 610-489-0083
- 24-Hour Call Line: English 484-571-5540
- Spanish 267-275-4966
- Norristown Catholic Social Services:
  - Diaper Bank (every 3rd Tuesday & Thursday) 610-279-7372
  - Pregnancy Resource Clinic 215-855-2424
  - Genesis Pregnancy Care Center Pottstown 610-970-8088
  - Philly Baby Bump – Local Resources [www.phillybabybump.org](http://www.phillybabybump.org)

**Clothing**
- Liberty Thrift & Home Gilbertsville 610-367-0595
- Impact Thrift Stores Pottstown 610-699-4146
- Norristown 610-239-9848

**Financial**
- Low Income Energy Assistance (LIHEAP) 866-857-7095
- PECO MEAF (Matching Energy Assistance Fund) 610-277-6363
- American Red Cross (Emergency Assistance) 215-299-4000
- Internal Revenue Service 800-829-1040
- Project Outreach 610-948-5111
- Social Security (SSDI/SSI disabilities)
  - Norristown 800-772-1213
  - Limerick 866-964-7415
- St. Vincent de Paul Society 215-721-0199
- Dept. Human Services Benefits Hotline 800-692-7462

**Food**
- Catholic Social Services Norristown 610-279-7372
- Interfaith Food Cupboard Jenkintown 215-628-2334
- Keystone Opportunity Center Souderton 215-723-5430
- St. Peters Lutheran Church Pottstown 610-323-5044
- New Life Church (food) Glenside 215-576-0892
- Norristown Hospitality Center 610-277-1321
- Open Door Ministry Royersford 610-948-4818
- Advocates against Hunger 610-630-9637
- Patrician Society of Central Norristown 610-272-6316
- **Project Share** 215-223-2220
Housing

If you are homeless or in imminent risk of becoming homeless, please contact the Your Way Home Call Center.

Visit www.211SEPA.org
Dial 2-1-1 or 866-964-7925
Text 898-211

Unsafe Living Conditions

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

AALCMO
Norristown
Pottstown

Adventist Community Service CTR (food/clothing)
Norristown

Boyertown Area Multi-Service, Inc. (food, financial)
Norristown

Cradles to Crayons (agencies only) Conshohocken

CADCUM (food, financial, etc.)

Carson Valley Children’s Aid

Catholic Social Services

Colonial Neighborhood Council (food, fuel, etc.)

Pottstown Cluster (food, furniture, clothing)

Family Services of Montgomery County

Keystone Opportunity CTR (food, housing, etc.)

Mitzvah Services

(Mirrors, clothing, personal care items, period supplies)

Manna on Main Street (food, financial)

Montgomery County Assistance Office

Norristown

Pottstown

Phoenixville Area Community Services

Women’s Bridge Resource Center

Eagleville

(housing, food, D.V., financial, employment, etc.)

www.womensbridgeresourcecenter.org

Salvation Army (food, housing, etc.)

Pottstown

Your Way Home

(Public Housing and Housing Voucher Program)

(Implied Warranty of Habitability)

In Montgomery County, families can benefit from evidence-based programs proven to improve maternal and child health, prevent child abuse and neglect and improve family literacy and economic security. They include Early Head Start, Healthy Families America, Nurse-Family Partnership, Partners for a Healthy Baby and Parents as Teachers.

Pregnancy/Baby Health Providers

A Baby’s Breath

Collegrove

24-Hour Call Line:

English

484-571-5540

Spanish

267-275-4966

Bethany Christian Svs Pregnancy Testing/Support

215-376-6200

Abington- Jefferson Health Maternal Health Services

Physician Referral

215-481-6334

Maternity Education Classes

215-481-6800

Expectant Parents Orientation

215-481-2110

Pregnancy Exercise

215-481-4360

Maternity & Parenting Info

215-481-6800

OB/GYN Clinic

215-481-6784

Prenatal Testing Center

215-481-4944

Fetal Medicine & Genetics

215-481-4575

Cradle of Hope

215-572-5937

Breastfeeding Support

Abington Memorial Hospital OB/GYN Center

(1800) 278-2151

Auburn Area Nursing Mothers

267-471-8168

Breastfeeding Resource Center Abington

215-886-2433

Bensalem

215-639-6708

Bryn Mawr Hospital

484-337-3000

Maternity Care Coalition

484-868-9800

Pregnancy/Childbirth/Breastfeeding

Connect with a FREE Montgomery County Family Support Program by calling 610-278-5117
Children with Special Needs

Early Intervention in PA Statewide CONNECT Line: 800-692-7376
Montgomery County Office of Early Intervention
Assessment and Intake (children under 3) 610-277-7176
Montgomery County Intermediate Unit
(Children three years and older) 610-539-8550

Autism Support
Montgomery County Office of Developmental Disabilities/Early Intervention 610-278-5666
The Autism Society www.autism-society.org 800-3-AUTISM
The PA Bureau of Autism Services 877-231-4244
The Center for Autism 215-878-3400

Developmental Disabilities
Montgomery County Office of Developmental Disabilities/Early Intervention 610-278-5666
National Down Syndrome Society 800-221-4602
The Arc of PA 717-234-2621
Disabilities Rights Network of PA 215-238-8070
Office of Vocational Rehabilitation (OVR) 484-250-4340
CCT Connect 215-580-7145
Suburban Transnet Services 215-542-7433

Early Intervention Providers
Montgomery County Office of Developmental Disabilities/Early Intervention 610-278-5666
ABA 2 Day Behavior Services LLC 561-213-3738
Clark Schools for Hearing & Speech 267-385-3436
Connective Intervention Services 610-662-4372
Early Childhood Assessment Services, LLC 610-506-6758
Easterseals of Southeastern Pennsylvania 215-368-7000.
Goldstar Rehabilitation Inc. 215-220-2210
K & S Therapies, Inc. 215-300-2144
Kencrest Services 610-825-9360
Kutest Kids 610-227-0388
Montgomery County Intermediate Unit 610-755-0416
Overbrook School for the Blind 215-877-0313
Pennsylvania Diversity Children’s Organization 267-571-2469
Pinwheels Developmental and Therapeutic Services 610-745-2233
Ramsey Education Development Institute 610-992-0555

Childcare

Keystone Stars 1-4 star ratings www.pakeys.org
NAEYC Accreditation www.naeyc.org
Child Care Works Helpline (State) 877-4-PA-KIDS 877-472-5437
Child Care Information Services (CCIS) 610-278-3707
Searching for a Provider in PA:
www.compass.state.pa.us/Compass.web/ProviderSearch/FAQ
Keystone Stars Parent Zone Resources 267-773-4400
Boys & Girls Club
Souderton 215-723-2402
Lansdale 215-855-7791
Ambler 215-855-7791

Accreditation

BACK TO SLEEP
Help reduce the risk of SIDS (Sudden Infant Death Syndrome):
• Place baby on his/her back in a bare crib and firm mattress
• Keep your home smoke-free
• Practice room-sharing without bed-sharing

Caregiver Resources
Easterseals of Greater Houston - Find an App bridgingapps.org
(Bridging the gap between technology and people with disabilities)
National Eldercare Locator eldercare.acl.gov 800-677-1116
Abington Jefferson Family Caregivers Support 267-263-2874

Childcare

Einstein Medical Center Montgomery 484-622-2226
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 866-225-5654
Early Head Start - Maternity Care Coalition 484-868-9800
Pottstown 610-819-6200
Norristown 610-277-1505
Nursing Mothers Advisory Council Helpline 215-572-8044
(Eligibility for subsidies, choosing care, etc.)
www.compass.state.pa.us/Compass.web/ProviderSearch/FAQ
Kutest Kids 610-277-1505
Creative Care Child Care – Collegeville 610-489-4523
All My Children Center – Souderton 215-721-1412
Gutman Early Learning Cntr - Melrose Pk 610-635-5570
KinderCare Learning Center Pottstown 610-326-0554
KinderCare Learning Center Lansdale 215-368-0242

Childbirth Classes

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

Pre-K Counts (ages 3 & 4)
Montgomery County Intermediate Unit 484-868-9800

Head Start (ages 3 to 5)
Montgomery County Intermediate Unit 484-868-9800
Abington, Ambler, Lansdale, Norristown, Pottstown, Etc.

Child Support & Paternity
Bucks County Domestic Relations 215-340-8068
Montgomery County Domestic Relations 610-278-3646

Early Head Start (birth to age 3)
Maternity Care Coalition 484-868-9800
Pottstown 610-819-6200
Norristown 610-277-1505

Abington Memorial Hospital OB/GYN Center 215-657-8430
Bryn Mawr Hospital 484-337-3000
Lifecycle Women Care Org (formerly The Birth Center) 610-525-6086
Einstein Women’s Resource Center Plymouth Mtg 484-622-2226
Holy Redeemer Hospital and Medical Center 800-818-4747
Lankenau Medical Center Wynnewood 866-225-5654
Pottstown Memorial Medical Center 610-327-7213

Awards of Southeastern Pennsylvania

Sample of centers with 4 Star Ratings in Montgomery County:
West Point Child Learning Center Lansdale 215-699-7044
Play & Learn Gerstadt Abington 215-481-0108
Oaks Early Learning Center – Oaks 610-676-0122
Creative Care Child Care – Collegeville 610-489-4523
All My Children Center – Souderton 215-721-1412
Gutman Early Learning Cntr - Melrose Pk 610-635-5570
KinderCare Learning Center Pottstown 610-326-0554
KinderCare Learning Center Lansdale 215-368-0242

Kennett Square, Pa. 610-800-6558
Pennsylvania Diversity Children’s Organization 267-571-2469

Keystone Stars
267-773-4400

Childcare

Abington Memorial Hospital OB/GYN Center
(Eligibility for subsidies, choosing care, etc.)

Keystone Stars Parent Zone Resources
267-773-4400

Childcare

KenCrest Services
Artman/Ambler 215-646-1166
Rosemont 610-525-4771

Keystone Stars Parent Zone Resources
267-773-4400

Childcare

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267-773-4400

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Keystone Stars Parent Zone Resources
267-773-4400

Childcare
Right Start Children’s Services, LLC 484-529-9663
The ARC Alliance Children’s Services 610-265-4700
TheraPlay Inc. 610-436-3600
Blossom Philadelphia (United Cerebral Palsy) 215-242-4200

Advocacy
Mission Empower (Parents Involved Network) 844-370-1529
Family Support Parent Advocate 610-428-2119

Assistive Technology
PA Assistive Technology Foundation 888-744-1938
PA’s Initiative on Assistive Technology 800-204-7428
PA’s Initiative on AT at Temple University 215-204-1356
Temple University Institute on Disabilities 215-204-1356

Support for Siblings
The Sibling Support Project www.siblingsupport.org
Sibshop (ages 6-12) and Sibteen (ages 13-17) 610-326-9250
Kulpsville – Easterseals of Southeastern PA 215-368-7000.

Additional Resources
Children/Adults with Attention Deficit/Hyperactivity Disorder (CHADD) 800-233-4050
Easterseals of Southeastern PA 215-368-7000
EdBeCo, Inc. 267-465-7515
Exceptional Connections (Applied Behavior Analysis) 267-495-8589
Indian Creek Foundation Family Services 267-203-1500
Montgomery County Intermediate Unit 610-755-9400
PA Families, Inc. (Statewide Families Network) 866-947-4941
Parent Education & Advocacy Leadership (PEAL) 866-950-1040
PA Tourette Syndrome Association 800-990-3300
Parent Exchange 610-962-0337
Pre-school Intervention Program Norristown 610-727-4110
Quinn Developmental Services 215-654-7577
Special Kids Network, Inc. 800-986-4550
The ARC Alliance Children’s Services 215-265-4700
Variety Club Camp & Developmental Center 610-584-4366
(Respite, socialization groups, camp)

Counseling Services
Community Service Foundation Pottstown 610-718-9500
Horsham Clinic 800-237-4447
St. Gabriel’s Hall Audubon 610-666-7970
Liberation Way, LLC Bala Cynwyd 856-669-4988
Philadelphia Counseling Center 610-298-1999
The Frost Medical Group Conshohocken 610-567-0088
Renew Family Services Jenkintown 267-626-2018
Resources for Human Development KOP 800-894-9925
Spring-Ford Counseling Svs. Royersford 610-948-0393

Narcotics Anonymous 610-534-9510
Nor-Anon 800-477-6292
PRO-ACT Hotline (Support for Families) 800-221-6333
Aldersgate Youth Service Bureau Willow Grove 215-657-4545
Caron Foundation 855-248-7846
Carson Valley Women’s Voices Program Norristown 610-279-2755
Pottstown Cluster 610-970-5995
Creative Health Services Outpatient 610-327-1503
PA Division of D & A Program Licensure (DDAP) 800-662-4357
Council of SE PA Drug & Alcohol Helpline 800-221-6333
Eagleville Hospital 800-255-2019
Family House – Residential for Women & Children 610-278-0700
Gaudenzia Norristown Outpatient 610-279-4262
Harwood House – Men and Women Halfway House 610-279-4262
Key Recovery Outpatient Ambler 215-542-4825
Libetar Family Halfway House & Family House Rehab (Women & Children) 215-639-8681
Lincoln Center Support for Victims of Crime 610-277-3715
Lower Merion Counseling Services 610-647-0330
Malvern Institute Rehab 610-647-0330
Northwestern Human Svcs (Now Merakey) 215-716-9001
Norristown Recovery & Education Center 267-507-3525
Pottstown Recovery & Education Center 267-507-3525
Penn Foundation Rehab, Mobile & Outpatient 215-257-9999
RHD Rise Above Outpatient KOP 484-681-4040
Valley Forge Medical Center 610-539-8500
RHD - Woman’s Space 610-649-8136

Case Management for Drug & Alcohol
(Preference given to pregnant patients, veterans, OD survivors)
Eastern Montgomery County (Gaudenzia) 215-433-1634
Central Montgomery County (Gaudenzia) 610-279-4262
Northeastern Montgomery County (Penn Found) 215-287-9999
Western Montgomery County (Creative Health Svc) 610-327-1503

HIV-STD-AIDS
ACCESS Services (Adult Mobile Crisis Support) 855-634-4673
CDC National STD Hotline English/Spanish 800-232-4636
Holcomb Associates 610-352-8943
Project Hope Case Management Family Services 610-630-2111
Montgomery Co. OPH HIV/STD Program 215-278-5117
Philadelphia FIGHT (Jonathan Lax Center, etc.) 215-790-1788
Mazzoni Center Philadelphia 215-563-0658
Norristown Regional Health Center 610-278-7787
Montgomery County. Office of Public Health Pottstown Public Health Center 610-970-5040
Norristown Public Health Center 610-278-5145
Willow Grove Public Health Center 215-784-5415
Pennsylvania State AIDS Fact Line 800-662-6080
Perinatal HIV/AIDS Hotline 888-488-4765
Planned Parenthood Norristown 610-279-4095
Pottstown 610-326-8080
All 800-230-7526

Family/Individual Counseling
A Baby’s Breath Collegeville 610-489-0083
24-Hour Call Line: English 484-571-5540
Spanish 267-275-4966
ACRAMO Norristown 610-277-2570
Pottstown 610-970-2134
Aldersgate Youth Service Bureau Willow Grove 215-657-4545
Bethany Christian Services 215-376-6200
Catholic Social Services 610-279-7372
Carson Valley Children’s Aid 610-279-2755
Creative Health Services 610-327-1503
Family Mentor & Advocacy Network 267-850-5677
Family Services of Montgomery County Eagleville 610-630-2111
Pottstown 610-326-1610
Holcomb Associates 610-352-8943
Gaudenzia Norristown 610-279-4262
Lower Merion Counseling Services 610-647-0330
The Penn Foundation 215-257-9999
Progressions 610-970-5000
Silver Springs Martin Luther School 267-297-5170

Talk Support in Non-Emergencies

TEEN Talk Line:
Call 886-825-5856 or Text 215-703-8411 or email: teentalkline@accessservices.org

Peer Support Talk Line (open daily 1:00pm to 9:00pm):
Call 855-715-8255 or Text 267-225-7785

Drug and Alcohol
Action AIDS/Action WellnessPhiladelphia 215-981-0088
Alcoholics Anonymous – Find a Group - www.aasepia.org
South Eastern Penn Intergroup Assoc. 215-923-7900
Intergrupal Hispana de PA 215-226-3049.
Al-Anon 800-344-2666
SpringFord Counseling Services  610-948-0393
The Open Link  215-679-4112
Victim Services Center Helpline  888-521-0983
Norristown  610-970-7363

**Behavioral Health**

**Community Behavioral Health Centers**

Norristown Region: Central BH  610-277-4600
Lower Merion Region: LMCS  610-520-1510
Franconia/Salford Region: (Penn Found)  215-257-6551
Pottstown Region (Creative Health Serv.)  610-326-2767
Lansdale Region (NHS/Merikay)  215-368-2022
Abington Region (Child & Family Focus)  215-957-9771
Abington Region (Central BH: Adults)  267-818-2220

Montgomery County Office of Mental Health  610-278-5666
Access Services (Crisis Support Adults & Children)  855-634-4673
Brooke Glen Behavioral Hospital  215-641-5404
Central Montgomery MH/MR Center  610-277-4600
Transition to Independence (Ages 16-26)  610-272-3042
Creative Health Services  610-327-1503
Eagleville Hospital  800-255-2019
Hedwig House  610-787-1982
Holcomb Associates  610-352-8943
Magellan Health Services  877-769-9782
Mental Health Partnerships  215-751-1800
(Formerly Mental Health Association of SEPA)
Recovery Learning Center Norristown  267-507-3510
Recovery Learning Center Pottstown  267-507-3525
Trail Guides (ages 28-65, severe MH)  267-507-3496
National Alliance on Mental Illness (NAMI)  215-361-7784
Northwestern Human Svcs (Now Merakey)  215-716-9001
Penn Foundation  215-257-9999
Progressions Behavioral Health Pottstown  610-970-5000
Gaudenzia Norristown  610-279-4262

**Suicide Crisis and Prevention**

ACCESS Services (Mobile Crisis Support)  855-634-4673
Brooke Glen Behavioral Hospital  215-641-5404
Faithmount Behavioral Health System  800-235-0200
Foundations Behavioral Health  800-445-4722
Horsham Clinic  800-237-4447
National Suicide Prevention Helpline  800-273-8255
Veterans Press 1
National Crisis Text Line  741741
National Trans Lifeline  877-565-8860
Suicide Prevention Taskforce Training Coordinator  610-278-1238
Mental Health First Aid (Youth & Adult)  610-313-0968
Prevent Suicide PA  715-885-9161
The Trevor Lifeline (For LGBTQIA Youth)  866-488-7386
Or Text “Trevor” to 202-304-1200

**Veterans**

Montgomery County Veterans Center  215-823-5245
Veterans Resource Center, Montco Comm College  215-619-7307

**Education**

**English as a Second Language**

Montgomery County Community College  215-641-6300
Keystone Opportunity Center  215-723-5430
ACLA MO Family Center  610-277-2570

**High School Equivalency Diploma (GED)**

Montgomery County Community College  215-641-6300
Mc3.edu/adm-fin-aid/ged
Keystone Opportunity Center  215-723-5430
PA Career Link Montgomery County  610-270-3407
The Open Link  215-679-4112
Literacy Council of Norristown (GED/ESL)  610-292-8515
Montgomery County Literacy Network  877-225-4484

**Parenting Education**

Center for Parenting Education/Maternity Care Co.  215-972-0700
Norristown Family Center  610-326-1610

**Job Training/Career Services**

Pennsylvania Career Link in Montgomery County  610-270-3429
or jobgateway.pa.gov
Colonial Neighborhood Council CLARIFY  610-828-6595
Developmental Enterprises Corporation (DEC)  610-277-3122
Goodwill Employment Services  215-653-7095
Hedwig House  610-787-1982
Job Corps  800-733-5627
Keystone Opportunity Center  215-723-5430
Lakeside Mobile Support Program  215-654-9207
Montgomery County Assistance Office  610-278-3601
Norristown  610-970-3651
Pottstown  800-641-3940
Montgomery County Community College
KEYS Program (TANF & SNAP)  215-643-6330
Montgomery County EARN Center
(Employment Advancement & Retention Network)  610-278-3026
Montgomery County O.I.C.
(Opportunities Industrialization Center)  610-279-9700
National Alliance on Mental Illness (NAMI)  215-361-7784
Pottstown Public Library  610-970-6551
PA Career Link of Montgomery County  610-270-3429

**Colleges**

Arcadia University  215-572-2900
Bryn Mawr College  610-526-5000
Cabrini College  610-902-8552
Eastern University  610-341-5800
Gwynedd Mercy University  855-824-0280
Harcum College  610-525-4100
Haverford College  610-896-1000
Immaculata University  610-647-4400
Manor College  215-855-2360
Montgomery County Community College
Norristown  215-641-6300
Pottstown  610-718-1800
Culinary Institute  267-646-5970
Penn State University – Abington Campus  215-881-7300
Rosemont College  610-527-0200
Saint Joseph’s University  610-660-1000
Temple University – Ambler Campus  267-468-9000
Ursinus College  610-409-3000
Villanova University  610-519-4500
West Chester University  610-436-1000

**Family Services**

The Norristown Family Center of Carson Valley Children’s Aid and the Pottstown Family Center of Family Services strengthen and empower parents of children ages 0 to K. All services are free.
Norristown  610-279-2755 • Pottstown  610-326-1610

**Health Services – Insurance and Access**

**Determining Eligibility**

PA Health Law Project Helpline:  800-274-3258
(Determining eligibility for Medicaid, etc.)
www.php.org

**Connecting to Health Insurance**

PA Health Access Network (ACA Enrollment)  877-570-3642
Enrolling in Benefits
VNA Personal Navigator Program
Abington 215-572-7880
Norristown 610-272-3373
Montgomery County Assistance Office
Norristown 610-270-3500
Norristown LIHEAP 610-272-1752
Pottstown 610-327-4280
Pottstown LIHEAP 610-272-1752
Social Security 800-772-1213
Social Security TTY 800-325-0778

COMPASS www.compass.state.pa.us
Hearing Impaired TTX/TTD 800-692-7462
Online application to apply for many health & human service benefits, including: Medical Assistance, CHIP/Adult Basic; Cash Assistance, Child Care Works Program (CCIS); Food Stamps; Energy Assistance (LIHEAP); School Meals; SelectPlan for Women; Home and Community-Based Services.

CHIP Press prompt #3; then Prompt #1 800-986-5437
Medicare 800-633-4227

Prescription Assistance
Partnership for Prescription Assistance www.pparx.org

Health Services – Providers

Montgomery County Office of Public Health

Health Centers
All County Health Centers provide the following services:

Immunization Clinics
HIV Testing and Counseling
STD Screening and Treatment
TB Screening and Treatment

For TB Screening and Treatment call: 610-970-5040
Pottstown Public Health Center 610-970-5040
Norristown Public Health Center 610-278-5145
Willow Grove Public Health Center 215-784-5415

Child Health Care
Community Health and Dental Care, Pottstown 610-326-9460
Bryn Mawr Family Practice 610-325-1390
VNA Primary Care for Under and Uninsured Children 215-572-7880

CHOP Primary Care
Indian Valley 215-712-7177
Flourtown 215-836-1700
Norristown 610-272-4550
Chalfont 215-822-7700
Abington Memorial 215-481-4320

CHOP Newborn Care Holy Redeemer Hospital 215-938-2903
CHOP Specialty Care
Exton 610-594-9008
King of Prussia 610-337-3232
Abington 215-885-2790

Pottstown Hospital-Tower Health
Coventry Pediatrics 610-326-8660

Suburban Family Medical
Norristown 610-275-7240
Montgomery Family Practice
Norristown 610-278-7787
North Hills Health Center 215-572-0302
Ginny Coombs Children’s Health Center of VNA
Abington 215-572-7880
Norristown 610-271-8911

Abington Health VNA
Abington 215-855-8296
VNA Health
Norristown 610-272-3373
VNA Children’s Clinic Press “2”
VNA Navigates Press “3”
VNA of Pottstown & Vicinity 610-327-5700
Abington Health Children’s Clinic Lansdale 215-855-8296

Dental
Community Health and Dental Care Pottstown 610-326-9460
Community Medical and Dental Rahns 610-489-1313

Immunizations
Abington Health VNA 215-855-8296
Community Health & Dental Care Pottstown 610-323-9460
Ginny Coombs Children’s Health Center VNA
Abington 215-572-7880
Norristown 610-277-8911
Montgomery County Office of Public Health
Norristown 610-278-5145
Pottstown 610-970-5040
Willow Grove 215-784-5415
Montgomery Family Practice Center Norristown 610-277-0964
Norristown Regional Health Center 610-278-7778
North Hills Health Center Glenside 215-572-0302
The Clinic (under and uninsured) Phoenixville 610-935-1134
VNA of Pottstown & Vicinity 610-327-5700

Pregnancy Testing
A Baby’s Breath
Collegeville 610-489-0083
24-Hour Call Line: English 484-571-5540
Spanish 267-275-4966
Birthright of Pottstown 610-327-2626
Catholic Social Services 610-279-7372
Choice One 800-497-8378
Genesis Pregnancy Center 610-970-8088
Genuardi Family Maternal Health Norristown 484-622-7300
North Care Women’s Clinic Lansdale 215-855-2424
Text: 215-720-1579
Planned Parenthood
Norristown 610-279-6095
Pottstown 610-326-8080
All 800-230-7526

Obstetrics/Gynecological
Abington Memorial OB/GYBN Center 215-481-6784
Bryn Mawr Hospital 484-337-3000
Lankenau Medical Center Wynnewood 866-225-5654

Genuardi Family Maternal Health Norristown 484-622-7300
North Hills Health Center Glenside 215-572-0302
Planned Parenthood
Norristown 610-279-6095
Pottstown 610-326-8080
All 800-230-7526

Pottstown Memorial Hospital Maternity & Women’s Health Center 610-327-7147
Lifecycle Women Care Org (formerly The Birth Center)
610-525-6086
The Clinic (under and uninsured) Phoenixville 610-935-1134

Sexually Transmitted Diseases
AIDS Fact Line 800-662-6080
Choice One 800-497-8378

Montgomery County Office of Public Health
Norristown 610-278-5145
Pottstown 610-970-5040
Willow Grove 215-784-5415

Planned Parenthood
Norristown 610-279-6095
Pottstown 610-326-8080
All 800-230-7526

Norristown Regional Health Center 610-278-7778
North Care Women’s Clinic Lansdale 215-855-2424
Text: 215-720-1579

Do you need a free smoke detector?
Call the Norristown Fire Department
FREE Smoke Detector Hotline: 610-270-2870
Teen Pregnancy
Abington Jefferson Hospital 215-481-2000
Lakeside Pregnancy and Parenting Program 215-654-9414
Maternity Care Coalition Teen Parent Support (Formerly Child, Home and Community) 215-348-9770
Montgomery County Teen Parent Task Force (link) Facebook

Montgomery County Office of Public Health
MCH Nurse Home Visiting 610-278-5117
Morningstar Ministries (Pregnant Teen Housing) 215-723-8103
Carson Valley Norristown Family Center 610-279-2755
Pottstown Family Center 610-326-1610
North Care Pregnancy Resource Clinic 215-855-2424
SafeTeens 866-SAFE-TEENS

Hospitals
Abington Jefferson Hospital 215-481-2000
Bryn Mawr Hospital 484-337-3000
Abington Health/Lansdale Hospital 215-368-2100
Chestnut Hill Hospital 215-248-8200
Children’s Hospital of Philadelphia 800-879-2467
Eagleville Hospital (Substance Use) 800-255-2019
Grand View Hospital Sellersville 215-453-4000
Holy Redeemer Hospital 800-818-4747
Lankenau Medical Center Wynnewood 866-225-5654
Mainline Health 484-565-1293
Montgomery County Emergency Services, Inc. 610-313-6100
Norristown State Hospital (Psychiatric) Referrals 610-278-3642
Social Work 610-313-1000
Paoli Hospital 484-565-1000
Phoenixville Hospital/Tower Health 610-983-1000
Pottstown Hospital/Tower Health 610-327-7000
Suburban Community Hospital 610-278-2000
St. Christopher’s Children’s Hospital Philadelphia 855-393-3780
Valleymere Medical Center 610-539-8500

Support Groups
A Baby’s Breath Collegeville 610-489-0083
24-Hour Call Line: English 484-571-5540
Spanish 267-275-4966
Bethany Christian Services 800-230-4269
Crisis TEXT LINE Text To: 741741
Acquired Brain Injury Network of PA 215-699-2139
Al-Anon Family Group Headquarters 888-425-2666
Alcoholics Anonymous 215-923-7900
Alzheimer’s Association Helpline 800-272-3900
Bereavement Support – Abington Hosp. 215-481-2700
Carson Valley Children’s Aid 610-279-7555
Center for Parenting Education Play ‘n Share Willow Grove, Abington 215-657-5720
Norristown Catholic Social Services English/Spanish Pregnancy & Parenting Support 610-279-7372
Crohn’s/Colitis Support Lansdale Hospital 215-361-6796
Epilepsy Foundation of Eastern Pennsylvania 215-629-5003
Gay & Lesbian Peer Counseling 215-732-8255
Grief Recovery after a Substance Passing (GRASP) 215-884-3916
Montgomery County Peer Support Talk Line 855-715-8255
Mental Health Association Norristown 267-507-3490
Maternity Care Coalition Teen Parent Support Multiple Sclerosis Association 215-529-4758
NOVA (Network of Victims Assistance) 800-675-6900
Nursing Mothers Advisory Council Abington 215-572-8044
Nursing Mothers Alliance Helpline 610-251-9405
Compassionate Friends (loss of child) 267-431-4810
NAMI Montgomery County 215-361-7784
Narcotics Anonymous 844-624-3575
PA Mentor 215-612-8200
Perinatal Loss Support, Abington Hospital 215-481-4814
Pottstown Family Center

Safe Harbor, Abington Hospital (Grieving children and teens) 215-481-5983
Survivors of Suicide Support Group 215-545-2242
The Center for Postpartum Depression Phila. 215-247-2114
The Postpartum Stress Center 610-525-7527
Unite Inc. Grief Support for Infant Loss 888-488-6483
The Women’s Center of Montgomery County 800-773-2424
Victim Services of Montgomery County 888-521-0983
Young Lives - Support for Teen Parents 484-947-1429

Taxes
Earned Income Tax Credit (EITC) Call IRS or go to www.irs.gov/eitc
PA Tax Forgiveness - PA Department of Revenue or revenue.state.pa.us 717-787-8201

Transportation
American Cancer Society Road to Recovery 800-277-2345
Boytown Area Multi-Service (Medical Transport) 610-367-6957
The Open Link (Pennsburg Area Medical Transport) 215-679-4112
Transnet Suburban www.suburbantransport.org 215-542-7433
Persons with Disabilities Transportation Program
Medical Assistance Program
School/Camp Transportation (set up by school/camp)
Shared Ride Program 65+
Shuttle Service for colleges/corporate centers SEPTA CCT Connect (disabilities & seniors) 215-580-7145
Pottstown Area Rapid Transit (PART) 610-326-5413
Penn DOT Customer Service Call Center 800-932-4600

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 at around the age of one, and again around the age of two. Children should be tested at their doctor’s office or a laboratory, and 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 OPH for information and referral at one of our offices:
Norristown area, call (610) 278-5145
Pottstown area, call (610) 970-5040
Willow Grove area, call (215) 784-5415

PennDOT Customer Service Call Center 800-932-4600

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Willow Grove area, call (215) 784-5415

PennDOT Customer Service Call Center 800-932-4600
LOCATIONS

1430 DeKalb Street 364 King Street Eastern Courthouse Annex
Norristsown, PA 19404 Pottstown, PA 19464 102 York Road, Suite 401
610-278-5145 610-970-5040 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.

NURSE FAMILY PARTNERSHIP PROGRAM

The Nurse-Family Partnership program helps first-time parents succeed. This evidence-based voluntary program provides a nurse who visits regularly during a two and a half year period, beginning in pregnancy fostering healthier pregnancies and working to improve the health and development of children. To enroll in this free program, you must be a Montgomery County resident, pregnant with your first baby, meet income requirements and be less than 28-weeks pregnant.

HEALTH PROMOTION AND EDUCATION

Montgomery County Office of Public Health offers a variety of programs that are FREE for worksites, schools, senior centers and Montgomery County residents. Staff can host a display table at your community’s health fair to distribute literature and answer questions. Program topics include:

- Communicable Diseases
- Environmental Health
- Fall and Injury Prevention
- Healthy Lifestyles
- Nutrition
- Car Seat Safety Checks
- Opiate Use Prevention

To request a health educator program, call (610) 278-5117 or fill out the on-line request form at: https://www.montcopa.org/EducationalPrograms

SAFE SLEEP TRAINING AND CRIBS FOR KIDS

Agencies may refer women who are pregnant and in need of a safe sleep space for their baby by calling (610) 278-5771. American Heart Association Infant CPR (non-certified) training is also available for groups.
## Toll-Free Helplines for Pennsylvania Families

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-932-0313</td>
<td>Child Abuse 24-hour Helpline (Childline)</td>
</tr>
<tr>
<td>1-800-986-Baby</td>
<td>Healthy Baby Line for information on finding a doctor, getting healthcare coverage, immunizations, tests for baby, breastfeeding</td>
</tr>
<tr>
<td>1-800-4-A-CHILD</td>
<td>24-hour crisis hotline to offer support, information and referrals for coping with a crying baby and preventing child abuse</td>
</tr>
<tr>
<td>1-800-986-4550</td>
<td>Special Kids Network - Information on services available for children with special needs</td>
</tr>
<tr>
<td>1-800-692-7376</td>
<td>Early Intervention in PA Statewide CONNECT Line for Birth to Age Three</td>
</tr>
<tr>
<td>1-866-286-3636</td>
<td>Aging and Disability Resource Center</td>
</tr>
<tr>
<td>800-642-3150</td>
<td>Laurel House Women’s Shelter 24-hour Helpline</td>
</tr>
<tr>
<td>1-800-WIC-WINS</td>
<td>Information on obtaining supplemental foods, breast feeding and nutrition education</td>
</tr>
<tr>
<td>1-800-440-5323</td>
<td>The Lead Information Helpline provides information for parents, homeowners, contractors and healthcare professionals.</td>
</tr>
<tr>
<td>1-866-412-4755</td>
<td>The Head Injury Information Helpline</td>
</tr>
<tr>
<td>1-800-QUIT-NOW</td>
<td>For information on smoking cessation services in Pennsylvania</td>
</tr>
<tr>
<td>1-800-951-5151</td>
<td>Pennsylvania State Resource Family Association</td>
</tr>
<tr>
<td>Dial 2-1-1 or 866-964-7925 or Text 898-211</td>
<td>Your Way Home Call Center - for persons who are homeless or are in imminent risk of becoming homeless</td>
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