



- **Domestic Violence Services**
Emergency crisis or shelter services – offers emergency shelter, counseling and legal services to victims of domestic violence
Carlisle phone: 717-258-4249 & 800-852-2102 or 911
hours: 24-hour
- **Family Promise of Harrisburg Capital Region**
Camp Hill phone: 717-737-1100
hours: Mon thru Fri 7am to 6pm Sun & Sat 9am to 6pm
- **Safe Harbour – James Wilson Emergency Shelter (open 24 hours)**
102 W. High St, Carlisle phone: 717-249-2200
hours: 24-hour



Alcohol/Drug Disorder Support & Treatment

- **Alcoholics Anonymous** www.aaharrisburg.org
- **Cumberland/Perry Drug & Alcohol Commission**
phone: 866-240-6300 or 717-240-6300
16 W High St, Carlisle hours: Mon thru Fri 8am to 4:30pm
- **Diakon Family Life Services**— outpatient programs
960 Century Dr, Mechanicsburg phone: 717-795-0330
- **Gaudenzia West Shore**— outpatient programs
4740 Delbrook Rd, Mechanicsburg phone: 717-766-8517
- **Mazzitti & Sullivan**— outpatient programs
5021 E Trindle Rd, Mechanicsburg phone: 717-590-7607
- **Narcotics Anonymous** <http://casna.info>
- **New Insights**— outpatient programs
716 State St, Lemoyne phone: 717-303-2035
- **PA Counseling Services**— outpatient programs
1 Greystone Rd, Carlisle phone: 717-245-9525
- **Roxbury (Minerva Mills Bldg)**— outpatient programs
401 E. Louthier St, Ste 13, Carlisle phone: 717-249-5010



Housing & Homeless Services

Health Services

- **Holy Spirit Hospital Penn State Medical** — hospital
503 N 21st St, Camp Hill phone: 717-762-2100
- **Sadler Health Center** — community health clinic
100 N Hanover St, Carlisle phone: 717-218-6670
hours: Mon, Tues & Fri 8am to 5pm; Wed 9am to 5pm and Thurs 8am to 7:30pm
- **State Health Center** — community health clinic
431 E North St, Carlisle phone: 717-243-5151
hours: Mon thru Fri 8am to 4:30pm
- **UPMC Carlisle** — hospital
5 Sprint Dr, Carlisle phone: 717-241-3010
- **UPMC West Shore** — hospital
1995 Technology Prkwy, Mechanicsburg phone: 717-791-2600



- **Cumberland County Housing & Redevelopment Authority** -
114 N. Hanover St, Carlisle phone: 717-249-1315
office hours: Mon thru Fri 8am to 4pm
Call 2-1-1 or 1-855-567-5341 toll-free for information, screening and referral. You can contact Connect to Home by texting your zip code to 898-211 or by visiting the Connect to Home Access site. *(do you have a website for this?)*
- **Cumberland County Homeless Assistance Program**
Last Name A - M Patrice Pickering phone: 717-240-6117
Last Name N - Z Kellie Crawford phone: 717-240-6112
hours: Mon thru Fri 8am to 4:30pm
- **24 Hour/Overnight Shelters** — Call 2-1-1
hours: Mon thru Fri 9am to 4pm
- **Community Cares** - Provides Temporary night-time emergency shelter for adults & families
50 W. Penn St., Carlisle phone: 717-249-1009
hours: Sun thru Sat 7am to 6:30pm



Mental Health

- **Crisis Intervention**
Carlisle phone: 717-243-6005
Cumberland County phone: 866-350-HELP(4357)
West Shore phone: 717-762-2222
- **Cumberland County Mental Health Services**
1615 Ritner Hwy., Carlisle
phone: 866-240-6320 or 717-240-6320
hours: Mon thru Fri 8am to 4:30pm
- **Diakon Lutheran Social Ministries**
960 Century Dr, Mechanicsburg phone: 717-795-0330
- **Franklin Family Services** phone: 717-243-6500
816 Belvedere St., Carlisle
hours: Mon thru Fri 8am to 4:30pm
- **Merakey**
33 State Ave, Carlisle phone: 717-243-6033
Toll-free peer support line: 877-243-7153
- **PA Counseling** - phone: 717-249-3169 or 717-245-9255
1 Greystone Rd., Carlisle hours: Mon thru Fri 8am to 5pm
- **Penn State Health Holy Spirit Medical Center Behavioral Health Services**
503 N. 21st St., Camp Hill phone: 717-763-2228

For more copies: (insert email here) -Nov 2021

CUMBERLAND COUNTY

Emergency Assistance

Pocket Guide

- Shelter • Meals • Info
- PA 2-1-1**
Free Information & Referral Service
County-Wide
Phone: dial **2-1-1**
www.PA211.org
Texting available:

Cumberland County Assistance Office
(Cash Assistance, SNAP, Medical Assistance)
33 Westminster Dr., Carlisle
Mon thru Fri: 7:45am to 5:00pm
Phone: 717-240-2700 or 800-269-0173
www.compass.state.pa.us



Food & Meals

- **Five Leaves Food Pantry**
32 S. Front St., Wormleysburg phone: 717-737-1903
hours: 3rd Sat 10am to 12pm
 - **Project Share** — food pantry
5 N. Orange St., Carlisle phone: 717-249-7773
hours: Tues 12pm to 2pm; Wed thru Sat 9am to 11am; Thurs 3:30pm to 5:30pm
 - **New Hope Ministries** — food pantry hours by appt
Lemoyne - 701 Bosler Ave phone: 717-774-6255
hours: Mon thru Fri 9am to 4pm; 1st Thurs 6:30pm to 8:30pm; 3rd & 4th Thurs 7pm to 9 pm; Sat 10am to 12pm (no 5th Sat)
 - **Mechanicsburg** — 5228 E. Trindle Rd. phone: 717-766-7333
hours: Mon thru Fri 9am to 4pm; Tues & Thurs 7pm to 9pm; Sat 10am to 12pm (no 5th Tues/Thurs or Sat)
 - **Enola** — 110 Altoona Ave. phone: 717-996-9006
hours: Tues & Thurs and 2nd Sat 9am to 4pm
- ***Additional Services Available — Referrals to other assistance may be available upon intake.***

- **Mt Holly Springs Food Bank** — food pantry
202 W Butler St., Mt. Holly Springs phone: 717-486-4883
Must reside in Mt. Holly, Gardners or Boiling Springs area
hours: Tues 12pm to 2pm
- **New Cumberland — the Bridge** — food pantry
Gear Ave, New Cumberland phone: 717-774-6255
hours: 2nd Wed 2pm to 4:30pm
- **Newville Big Springs Area Food Bank**
101 Crossroad School Rd, Newville phone: 717-422-4603
hours: last Mon of ea. month or Mon before holiday 9am to 11am
- **Oasis of Love Church** — emergency food
303 S. Washington St., Shippenburg phone: 717-532-5112
- **Salvation Army** — 127 S. Hanover St., Carlisle phone: 717-249-1411
breakfast: Mon thru Fri 8:30am to 9am
lunch: Saturday 12pm to 1pm
dinner: Mon thru Fri 4:30pm to 5:30pm & Sun 5pm to 6pm
- **Shippenburg — The King's Kettle Food Pantry**
30 N. Fayette St., Shippenburg phone: 717-530-9200
hours: 1st, 2nd & 3rd Tues 5pm to 6:30pm
- **Shippenburg Produce Outreach (SPO) — Katie's Place**
130 S. Penn St., Shippenburg phone: 717-447-9100



Clothing

- **Community Aid**
4833 Carlisle Pike, Mechanicsburg phone: 717-412-7706
hours: Sat 9am to 9pm; Sun 11am to 6pm
- **Christ United Methodist Church**
47 E. King St., Shippensburg phone: 717-532-6850
hours: Sat 9am to 11am
- **Goodwill**
1200 Market St., Lemoyne phone: 717-737-6134
hours: Mon thru Sat 9am to 5pm
- **Trinity United Methodist Church**
116 W. Main St, Walnut Bottom phone: 717-532-7606
hours: 2nd & 4th Wed and Sat 9am to 12pm



Driver's License & Identification

- **Department of Health Statistics & Registries**
(for birth certificates: you will need to choose the state where you were born)
Online (\$30 + shipping)
<https://www.vitalchek.com/>
By Mail (\$20) – Division of Vital Records (for PA)
PO Box 1528, New Castle, PA 16103
- **PENNDOT Service Center**
Stonehedge Square, 950 Walnut Bottom Rd, Carlisle
phone: 800-932-4600
hours: Mon thru Fri 8:30am to 4:15pm
- **Social Security Card –**
(free replacement if lost or stolen)
200 S. Spring Garden St, Carlisle phone: 800-772-1213
hours: Mon thru Fri 8:30am to 4pm; except Wed 9am to 12pm



Employment/ Training/ Placement

- **Career Link**
1 Alexandra Ct., Carlisle phone: 717-243-4431
hours: Mon thru Fri 8:30am to 4:30pm
- **Employment Skills Center**
29 S. Hanover St., Carlisle phone: 717-243-6040
hours: Mon thru Thurs 8:30am to 4:30pm
- **Office of Vocational Rehabilitation**
555 Walnut St., 8th Floor, Harrisburg phone: 717-787-7834
hours: Mon thru Fri 8:30am to 4:30pm
- **Professional Educational Employment Center (PEEC)**
Provides space to complete online application or resume, fax and email important employment items
219 N. Pitt St, Carlisle phone: 717-249-7267
hours: Mon & Tues 3pm to 6pm;
Wed & Thurs 9am to 12pm; Fri 1pm to 4pm



Legal Services

- **Cumberland County Bar Association**
phone: 800-990-9108 or 717-614-0130
- **Mid Penn Legal Services**
401 E Louthier St., Ste 103, Carlisle phone: 800-326-9177 or 717-243-9400
hours: Mon thru Fri 8:30am to 4:30pm
- **PA Legal Aid Network**
The Louse Brooklyn Bldg, 118 Locust St, Harrisburg
phone: 800-326-9177 or 717-243-9400



Parenting & Family Relations

- **Central PA Family Support Services**
Provides emotional and social support to families and youth
320 S Hanover St, Carlisle phone: 717-614-0130
- **Children & Youth**
16 W High St, #200, Carlisle phone: 717-249-6120
- **Domestic Relations (child support)**
13 N Hanover St, Carlisle
phone: 888-313-7284 or 717-240-6545
- **Planned Parenthood**
1514 N 2nd St, Harrisburg phone: 717-234-2468
- **YWCA**
Parent & Support Programs/Sexual Assault Counseling
301 G St, Carlisle phone: 717-243-3812
hours: Mon thru Fri 8:30am to 4:30pm



Probation & Parole, Re-Entry & Supportive Services

- **Adult Probation**
4 E. Liberty Ave, Carlisle phone: 717-240-6255
hours: Mon thru Fri 8am to 4:30pm
- **Hope Station**
149 W. Penn St, Carlisle phone: 717-249-5144
hours: Mon thru Fri 8am to 4:30pm
- **Just for Today Recovery and Veterans Support Services**
300 Market St, Lemoyne phone: 717-695-6253
- **Rase Project**
1200 Walnut Bottom Rd, 3rd Flr, Carlisle
phone: 717-249-6499
hours: Mon thru Fri 9am to 5pm
- **The Harbor of Shippensburg**
55 W. King St, Shippensburg phone: 717-860-3292
- **Tri County Community Action**
130 S. Penn St, Shippensburg
phone: 717-232-9757 ext 301



Transportation

- **Capital Area Transit (CAT)**
<https://www.cattransit.com/> phone: 717-238-8304
- **His Hands Auto Repair Ministry**
730 N College St, Carlisle phone: 717-258-5483
hours: Tues thru Fri 8am to 5pm; Sat 8am to 2pm
- **Life Cycle New Life Community Church**
64 E. North St, Carlisle phone: 717-240-0060
hours: Tues, Wed & Thurs 10am to 2pm
www.newlifecommunity.us
- **rabbittransit-** *(free and reduced cost transportation application process)*
415 Zarfoss Dr, York phone: 800-632-9063 or 717-848-4853
hours: Tues thru Fri 8am to 5pm; Sat 8am to 2pm
<https://www.rabbittransit.org/>



Utility Assistance

- **Everyone**
Offers low-cost internet and/or computers options for those who qualify
<https://www.everyoneon.org/>
- **Lifeline Services/Link Up America**
Reduced monthly phone services available – CenturyLink, Verizon, PA
www.lifelinesupport.org
- **Public Utility Commission (PUC)**
Energy Assistance Programs may be available for those who are able to demonstrate a hardship
<https://www.puc.pa.gov/>
- **The Pennsylvania Customer Assistance Program (PCAP)**
Help with electric services (through New Hope)
5228 E. Trindle Rd, Mechanicsburg
phone: 800-545-7741 or 717-766-7333
- **Tri County Community Action – PPL Electric**
(on track and operation help)
Harrisburg phone: 717-232-9757