



2021-2022

# WHERE TO CALL WHEN YOU NEED HELP

DONDE LLAMAR CUANDO NECESITE AYUDA

**FOR UP-TO-DATE INFORMATION DIAL 211 OR VISIT OUR ONLINE DATABASE**

24 hours a day/365 days a year

[UWLanc.org/211](http://UWLanc.org/211)

Text your zip code to 898211

Para información actualizada, marque 211 • 24 horas al día/365 días al año



## EMERGENCY SERVICES (24 HOURS) SERVICIOS DE EMERGENCIA (24 HORAS)

For POLICE, FIRE, AMBULANCE.....	911
<i>policía, fuego, ambulancia</i>	
Behavioral Health and Developmental Services (BHDS), Crisis Intervention .....	717.394.2631
<i>intervención de crisis</i>	
Childline and Abuse Registry.....	800.932.0313
<i>abuso de niños</i>	
Domestic Violence Services of Lancaster County.....	717.299.1249
<i>abuso doméstico</i>	
National Suicide Prevention Lifeline Network.....	800.273.8255
<i>prevención del suicidio</i>	
Office of Aging, Lancaster County .....	717.299.7979
Toll Free/Llame Gratis .....	800.801.3070
<i>elderly abuse</i> <i>abuso de personas de mayor edad</i>	
Safe Haven .....	866.921.7233
<i>newborn protection</i> <i>refugio seguro para recién nacidos</i>	
The Poison Control Center.....	800.222.1222
<i>centro de veneno</i>	
Veterans Crisis Line .....	800.273.8255
<i>línea de crisis para veteranos</i>	
YWCA, Sexual Assault Prevention & Counseling Center .....	717.392.7273
<i>abuso sexual</i>	

## COMMUNITY HELP LINE (24 HOURS) LÍNEA DE AYUDA COMUNITARIA (24 HORAS)

Pennsylvania 211 East.....	211
<i>free and confidential 3-digit phone number for community resources</i> <i>línea de teléfono de 3-dígitos gratis y confidencial para servicios comunitarios</i>	

## MAKE SURE 211 WORKS IN YOUR WORKPLACE

United Way is working with all of the telephone service providers to ensure that 211 is accessible to anyone who could use help getting connected with resources. To reach 211 by calling from within a workplace, organization, or company, the phone system must be programmed to allow it. Please ask your telecommunications department to grant permission to this new dialing code. In the meantime, reach our knowledgeable staff by calling 855.567.5341.

# HOW TO USE YOUR WHERE TO CALL GUIDE

Go to the Table of Contents to find a listing for either the problem that is concerning you or the type of service you need. Then, turn to the page number listed to find an agency that can help. For more information about the programs, call Pennsylvania 211 East by dialing 211, 24 hours a day/7 days a week/365 days a year.

- This guide lists only agencies that you can contact directly.
- Most agencies are open Monday through Friday from 8:30 a.m. to 5:00 p.m. However, some agencies will arrange evening hours if you call during the day.
- Call an agency directly if you need information or to make an appointment.

The listing of an agency, program, or service in the directory does not imply endorsement by United Way, Pennsylvania 211 East, or any organization associated with this guide. The Pennsylvania 211 East/United Way of Lancaster County staff compiled this information. While we took great care to list accurate information, we do not accept responsibility for services provided by the agencies and programs listed.

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## COMO USAR SU GUÍA DE DONDE LLAMAR

Encuentre el problema que tienes o el servicio que necesitas en el índice siguiente. Después encuentre el número de la página de todas las agencias que puede ayudar. Para información más completa sobre cualquier programa mencionado, llame a Pennsylvania 211 East al marcar 211 en su telefono, 24 horas al día/7 días de la semana/365 días al año.

- La guía incluye solamente esas agencias que usted pueda llamar directamente.
- La mayoría de las agencias estan abierto de lunes a viernes a partir de las 8:30 a.m. a 5:00 p.m. Sin embargo, algunas agencias arreglarán horas de la tarde si usted llama durante el día.
- Llame a la agencia para información adicional o para una cita.

El listado de una agencia, programas o servicios en el directorio no implica endoso alguno por parte de United Way, Pennsylvania 211 East, o cualquier otra organización asociada a esta guía. El personal de Pennsylvania 211 East/United Way of Lancaster County ha recopilado esta información con mucha atención y cuidado para dar la información correcta. Pero no asume la responsabilidad por los servicios prestados por las agencias y programas en esta guía.

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### **Pennsylvania 211 East at United Way of Lancaster County**

1910 Harrington Drive, Lancaster, PA 17601

Phone: 211

Email: [211@UWLanc.org](mailto:211@UWLanc.org)

Internet: [LiveUnitedLancaster.org/211](http://LiveUnitedLancaster.org/211)

Text: Text your Zip Code to 898211

Chat: [LiveUnitedLancaster.org/211](http://LiveUnitedLancaster.org/211)

Teléfono: 211

Correo Electronico: [211@UWLanc.org](mailto:211@UWLanc.org)

Internet: [PA211East.org/Espanol](http://PA211East.org/Espanol)



**SEPTEMBER 2021 / SEPTIEMBRE 2021**

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## ABUSE/ASSAULT SERVICES

### ABUSO Y ASALTO, SERVICIOS DE

ChildLine and Abuse Registry .....	800.932.0313
Children & Youth Agency.....	717.299.7925
Domestic Violence Services of Lancaster County.....	717.299.1249
MidPenn Legal Service .....	800.326.9177
Office of Aging, Lancaster County.....	717.299.7979
YWCA Sexual Assault Prevention & Counseling Center (24 Hours/Horas) .....	717.392.7273

## ADOPTION/FOSTER CARE SERVICES

### ADOPCIÓN/CUIDADO ADOPTIVO, SERVICIOS DE

Adoptions From The Heart.....	717.399.7766
Bethanna.....	717.299.1926
Bethany Christian Services.....	717.399.3213
Catholic Charities .....	717.564.7115
Chariots.....	877.907.7970
Children & Youth Agency .....	717.299.7925
COBYS, Adoption Services.....	717.656.6580
Families United Network .....	717.492.9338
Pressley Ridge.....	717.397.5241

## AGING SERVICES

### ENVEJECIENTES, SERVICIOS A

AARP .....	888.687.2277
Albright LIFE .....	717.381.4320
Alzheimer's Disease Education & Referral Center .....	800.438.4380
Medicare Information Hotline .....	800.633.4227
Office of Aging, Lancaster County .....	717.299.7979
PA Link to Aging and Disability Resources .....	800.753.8827
Pharmaceutical Assistance Contract for Elderly (PACE).....	800.225.7223
The Lodge Life Services, Senior Services .....	717.368.6103
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<i>free tax preparation</i> <i>preparación de impuestos gratis</i>	

## ALCOHOL & DRUG ABUSE SERVICES

### ALCOHOL Y DROGAS, SERVICIOS DE ABUSO DE

#### DETOXIFICATION/INPATIENT

#### DESINTOXICACIÓN/ABSTINENCIA BAJO CUIDADOS MÉDICOS

GateHouse, The.....	717.393.3215
Lancaster Hogar Crea, Inc. ....	717.397.8633
Manos House .....	717.285.0420
<i>residential rehab for ages 14-18</i> <i>rehabilitación para edades 14-18</i>	
Nuestra Clinica.....	717.431.1435
<i>Adult Males</i> <i>Hombres Adultos</i>	
Pennsylvania Ault & Teen Challenge.....	844.888.8085
Vantage.....	717.291.1020
<i>women &amp; women with children</i> <i>mujeres &amp; mujeres con niños</i>	
White Deer Run of Lancaster.....	866.769.6822

## OUTPATIENT

### TRATAMIENTO DE CONSULTA EXTERNA

Addiction Recovery Systems (ARS) of Lancaster .....	717.394.7160
Blueprints for Addiction Recovery .....	717.361.1660
Elsie Shenk Outpatient Center.....	717.286.9088
<i>women &amp; women with children</i> <i>mujeres &amp; mujeres con niños</i>	
GateHouse Behavioral Health Services.....	717.393.3215
Lancaster Freedom Center .....	717.397.9118
Naaman Center.....	888.243.4316
Nuestra Clinica.....	717.431.1435
PA Health Management .....	717.466.5636
Pennsylvania Counseling Services.....	717.397.8081
RASE Project, The .....	717.295.3080
T.W. Ponessa & Associates Counseling Services, Inc. ....	877.228.9177
Wellness Counseling Associates .....	717.397.2727

## RECOVERY SUPPORT

### RECUPERACIÓN

Al-Anon/Alateen .....	877.298.5027
Alcoholics Anonymous of Lancaster County.....	717.394.3238
Nar-Anon.....	800.477.6291
Narcotics Anonymous .....	717.393.4546
RASE Project, The.....	717.295.3080

## SPECIALIZED INFORMATION/ADVOCACY

### INFORMACIÓN ESPECIALIZADA/APOYO

Bureau of Liquor Control Enforcement, Pennsylvania State Police .....	800.932.0602
Compass Mark, Inc. ....	717.299.2831
Drug & Alcohol Commission, Lancaster County.....	717.299.8023
Drug Enforcement Task Force .....	800.422.1380
Mothers Against Drunk Driving (MADD) .....	877.623.3435
Pennsylvania SADD (Students Against Destructive Decisions).....	800.627.2384

## ANIMAL SERVICES

### ANIMALES, SERVICIOS DE

Bureau of Dog Law Enforcement.....	717.787.3062
Bureau of Police (City Only/Ciudad Solamente).....	717.735.3453
Game Commission, Pennsylvania .....	610.926.3136
Helping Hands for Animals of Lancaster County, Inc.....	717.687.7297
Humane League of Lancaster County, Inc. (24 Hours/Horas).....	717.393.6551
Lancaster County SPCA .....	717.917.6979
Organization for Responsible Care of Animals (24 Hours/Horas).....	717.397.8922
Pet Pantry of Lancaster County .....	717.983.8878
Treasurer, Lancaster County.....	717.299.8222
<i>dog, hunting &amp; fishing licenses</i> <i>licencias para perros, cacería y pescadores</i>	

## BUSINESS INFORMATION & COUNSELING SERVICES

### NEGOCIOS, SERVICIOS DE CONSEJOS E INFORMACIÓN DE

ASSETS .....	717.393.6089
BASE, Inc.....	717.392.5467
Better Business Bureau .....	717.364.3250
Community First Fund.....	717.393.2351

Duke Street Business Center  
 at Lancaster Public Library ..... 717.394.2651  
 Economic Development Assistance ..... 717.291.4759  
 Lancaster Chamber of Commerce & Industry .... 717.397.3531  
 Lancaster City Alliance..... 717.394.0783  
 Service Corps of Retired Executives (SCORE) . 717.397.3092  
 Small Business Administration, U.S..... 800.827.5722  
 Small Business Institute, Millersville University.. 717.871.5990

For other Chamber of Commerce numbers, call  
 Pennsylvania 211 East..... 211

Para otros números del Chamber of Commerce,  
 llame a Pennsylvania 211 East ..... 211

**CHILDREN/YOUTH SERVICES**  
**NIÑOS Y JÓVENES, SERVICIOS PARA**

**AT RISK PROGRAMS**  
**PROGRAMAS PARA JÓVENES EN RIESGO**

Bethany Christian Services,  
 Safe Families for Children ..... 717.238.3549  
*temporary care*  
*cuidado temporero*  
 Catholic Charities ..... 717.299.3659  
 Compass Mark, Inc. .... 717.299.2831  
 Diakon ..... 877.342.5667  
 Youth Advocate Program ..... 717.519.8723  
 Youth Aid Panel ..... 717.299.8100  
 Youth Intervention Center ..... 717.299.7821  
*delinquency prevention programs*  
*programas de prevención de la delincuencia*

**GROWTH & ENRICHMENT**  
**DESARROLLO Y ENRIQUECIMIENTO**

4H Clubs (Penn State Extension Services)..... 717.394.6851  
 Behavioral Health and Developmental Services (BH/DS),  
 Early Intervention..... 717.399.7323  
 Boy Scouts of America ..... 717.394.4063  
 Boys & Girls Club of Lancaster ..... 717.295.3474  
 Cornerstone Youth Center ..... 717.367.0000  
 Crispus Attucks Community Center ..... 717.394.6604  
 Excentia Human Services ..... 717.299.4829  
 Factory Youth Center ..... 717.687.9594  
 Girl Scouts in the Heart of PA ..... 800.692.7816  
 Junior Achievement of  
 Central Pennsylvania Inc. .... 717.843.8028  
 LaAcademia Lancaster Partnership  
 Charter School..... 717.295.7763  
 Lancaster Family YMCA  
 City Center..... 717.393.9622  
 Lampeter-Strasburg..... 717.464.4000  
 Lighthouse Youth Center ..... 610.467.6000  
 LUMINA..... 717.394.8412  
 Rainbow's End Youth Services ..... 717.653.9511  
 School District of Lancaster,  
 Families in Transition..... 717.396.6829  
 Schreiber Pediatric Rehab Center of  
 Lancaster County..... 717.393.0425  
 Teen Central..... 717.664.2990  
 Teen Haven ..... 717.392.1995  
 The Mix ..... 717.393.1523  
 YMCA, Adamstown ..... 717.484.4996  
 YWCA ..... 717.393.1735

For additional resources call Pennsylvania 211 East..... 211

Para recursos adicionales llame a Pennsylvania 211 East  
 ..... 211

**PROTECTIVE SERVICES**  
**SERVICIOS PROTECTORES**

Children & Youth Agency..... 717.299.7925

**RUNAWAYS**  
**NIÑOS ESCAPADOS**

Child Find Inc. .... 800.426.5678  
 Boys Town National Hotline ..... 800.448.3000  
 National Runaway Switchboard ..... 800.786.2929  
 Valley Youth House ..... 610.691.1200  
*runaway and emergency shelter serving youth ages*  
*12-17 years*  
*refugio de emergencia para juventud de 12-17 años*  
*quienes están huyendo de su casa*

**CLOTHING RESOURCES**  
**ROPA, RECURSOS DE**

Columbia Free Clothing Bank ..... 717.684.6271  
 CVCCS Clothing Bank ..... 717.208.3711  
 Ebenezer Baptist Church ..... 717.392.4292  
 Ephrata Area Social Services ..... 717.733.0345  
 Ferris Wheel Clothing Bank ..... 717.799.1933  
 Lancaster County Food Hub ..... 717.291.2261  
 Lititz UMC, Open Door Clothing Bank..... 717.626.2710  
 Zion Evangelical Lutheran Church  
 East Petersburg ..... 717.569.1359

For referrals to local thrift shops, call Pennsylvania 211 East  
 ..... 211

Para referencia de las tiendas locales de segunda mano,  
 llame a Pennsylvania 211 East ..... 211

**CONSUMER SERVICES**  
**CONSUMIDOR, SERVICIOS AL**

Better Business Bureau ..... 717.364.3250  
 Bureau of Professional & Occupational Affairs .. 833.367.2762  
 Consumer Advocate, PA ..... 800.684.6560  
 Consumer Product Safety Commission ..... 800.638.2772  
 Credit Bureau of Lancaster County, Inc. .... 717.397.8144  
 Insurance Department, PA..... 877.881.6388  
 PA Office of Attorney General,  
 Consumer Advisories..... 800.441.2555  
 Public Utility Commission..... 800.692.7380

For toll-free information numbers & other resources that handle  
 specific consumer problems, call Pennsylvania 211 East  
 ..... 211

Para los números de información y otros recursos que manejan  
 problemas específicos del consumidor libres de cargo, llame a  
 Pennsylvania 211 East..... 211

**COUNSELING SERVICES**  
**CONSEJO, SERVICIOS DE**

Abundant Living Ministries ..... 717.626.9575

Breath of Life Ministries.....	717.393.7368
Catholic Charities, Counseling Services.....	717.299.3659
COBYS Family Services.....	717.661.3548
Toll-Free/Llame Gratis.....	800.452.6517
CONTACT Helpline.....	800.932.4616
CrossRoads Ministries.....	717.824.3068
District Attorney's Office, Victim/Witness Services.....	717.299.8048
Diversity Works Counseling.....	717.723.8644
Hope Within Ministries, Inc.....	717.367.9797
Jewel David Ministries.....	717.701.7513
New Hope Counseling Center.....	717.786.2802
Pennsylvania Counseling Services.....	717.397.8081
Pressley Ridge.....	717.397.5241
Samaritan Counseling Center.....	717.560.9969
SHARE.....	717.553.7857
<i>miscarriages, stillbirths, early infant death</i> <i>abortos, partos muertos, infantil muerto temprano</i>	
Spanish American Civic Association.....	717.293.4150
Upward Call Counseling Services.....	717.656.4834
WellSpan Philhaven.....	800.932.0359
YWCA Sexual Assault Prevention & Counseling Center (24 Hours/Horas).....	717.392.7273

## DAY CARE RESOURCES

### CUIDADO DIARIO, RECURSOS PARA

#### ADULT

#### ADULTO

Adult Day Services at Garden Spot Village.....	717.355.6226
Albright LIFE.....	717.381.4320
Community Services Group (CSG), CONCEPTS.....	717.285.7121
<i>persons with a developmental disability</i> <i>personas con una incapacidad intelectual</i>	
Ephrata Area Rehab Services.....	717.733.0710
Excentia Human Services.....	717.519.6740
Landis Homes Adult Day Services.....	717.581.3939
Moravian Center Adult Day.....	717.409.6225
Office of Aging, Lancaster County.....	717.299.7979

#### CHILD

#### Niño

Early Learning Resource Center (ELRC).....	717.393.4004
<i>formerly CCIS</i> <i>anteriormente conocido como CCIS</i>	
Helping Hand Children's Center.....	717.600.5443
Pennsylvania 211 East.....	211
<i>preschool &amp; summer camp listings</i> <i>lista de programas preescolares y campamentos de verano</i>	
Wonder Kids Medical Daycare.....	717.617.2021

## DENTAL SERVICES

### DENTALES, SERVICIOS

DALCO (Dental Access Lancaster County).....	717.544.3279
Hope within Ministries.....	717.367.9797
Lancaster Cleft Palate Clinic.....	717.394.3793
Lancaster County Dental Society.....	717.606.6534
Union Community Care Lancaster.....	717.299.6371
New Holland.....	717.354.4711

## DISABILITY SERVICES

### DESHABILIDAD, SERVICIOS DE

Behavioral Health and Developmental Services (BH/DS), Intellectual Disabilities Case Management... <i>manejo de caso para personas con una incapacidad</i> <i>intelectual</i>	717.399.7355
Bureau of Blindness & Visual Services.....	866.375.8264
Client Assistance Program, Pennsylvania.....	888.745.2357
Disability Empowerment Center.....	717.394.1890
Excentia Human Services.....	717.519.6740
Greystone Manor Therapeutic Riding, Inc.....	717.615.9222
Joni & Friends.....	717.522.1467
KPETS.....	888.685.7387
Lancaster Cleft Palate Clinic.....	717.394.3793
Toll-free.....	800.753.8827
Lancaster-Lebanon IU 13 (Voice/Voz & TTY).... <i>special services for preschool to age 21</i> <i>servicios especiales para niños preescolares y personas</i> <i>incapacitadas hasta los 21 años</i>	717.606.1600
Office of Vocational Rehabilitation, PA (Voice/Voz & TTY).....	800.762.6306
PA Link to Aging and Disability Resources.....	800.753.8827
Red Rose Transit Authority, Shared Ride (Access).....	717.291.1243
Schreiber Center for Pediatric Development.....	717.393.0425
Special Kids Network Recreation & Leisure Line.....	800.986.4550
United Disabilities Services.....	888.837.4235
VisionCorps.....	717.291.5951
WellSpan Center for Autism & Developmental Disabilities.....	877.203.2233

School districts offer special programs for their own students. Call schools directly or for appropriate numbers, or call Pennsylvania 211 East..... 211

Los distritos de la escuela ofrecen programas especiales para sus propios estudiantes. Llame las escuelas directamente o para los números de teléfono apropiados, llame a Pennsylvania 211 East..... 211

## EMPLOYMENT SERVICES FOR PEOPLE WITH DISABILITIES

### SERVICIOS DE EMPLEO PARA LOS INCAPACITADOS

AHEDD.....	717.560.1000
Bureau of Blindness & Visual Services.....	866.375.8264
Community Services Group (CSG), Adult Day Program.....	717.285.7121
Tempo Clubhouse.....	717.392.2300
Ephrata Area Rehab Services, Employment Program.....	717.733.0710
Goodwill Keystone Area.....	717.394.0647
Lighthouse Vocational Services.....	717.354.0355
Occupational Development Center.....	717.397.4269
Office of Vocational Rehabilitation, PA.....	800.762.6306
UDS, Employment Services.....	888.837.4235
VisionCorps.....	717.291.5951

## RECREATIONAL PROGRAMS FOR PEOPLE WITH DISABILITIES

### PROGRAMAS RECREACIONALES PARA LOS INCAPACITADOS

Aaron's Acres.....	717.917.6101
Arch Street Center.....	717.392.8536
Excentia Human Services.....	717.519.6740
Schreiber Pediatric Rehab Center.....	717.393.0425
Special Olympics of Lancaster County.....	717.299.2930



**DISASTER SERVICES**  
**DESASTRE, SERVICIOS DE**

- American Red Cross
  - Health and Safety Services ..... 866.311.3832
- Emergency Management Agency
  - Lancaster County..... 800.808.5236
- Lutheran Disaster Response..... 717.471.1067
- Mennonite Disaster Services ..... 717.735.3536
  - Volunteers/Voluntarios .....800.241.8111
- Salvation Army..... 717.397.7565

For additional resources during times of disaster call  
 Pennsylvania 211 East..... 211

Para recursos adicionales durante tiempos de desastre llame a  
 Pennsylvania 211 East..... 211

**DISCRIMINATION**  
**DISCRIMINACIÓN**

See UNFAIR TREATMENT  
 Busque TRATAMIENTO INJUSTO

**DOMESTIC VIOLENCE**  
**VIOLENCIA DOMÉSTICA**

See ABUSE/ASSAULT SERVICES  
 Busque ABUSO Y ASALTO, SERVICIOS DE

**DRUG ABUSE**  
**DROGAS, ABUSO DE**

See ALCOHOL & DRUG ABUSE SERVICES  
 Busque ALCOHOL Y DROGAS, SERVICIOS DE ABUSO DE

**EDUCATION SERVICES**  
**EDUCACIÓN, SERVICIOS DE**

**ADULT BASIC EDUCATION**  
**EDUCACIÓN BÁSICO DEL ADULTO**

- Adult Education, Lancaster-Lebanon IU 13 ..... 717.606.1708
- Crispus Attucks, Community Center ..... 717.394.6604
- Janus School..... 717.653.0025
- Literacy Council of Lancaster-Lebanon, The ..... 717.295.5523
- Spanish American Civic Association,  
 Tec Centro ..... 717.509.6679

**ADULT EDUCATION**  
**EDUCACIÓN PARA ADULTOS**

All colleges and most school districts provide Adult Education  
 courses. Contact schools directly or call Pennsylvania 211 East  
 ..... 211

Todas las universidades y la mayoría de los distritos escolares  
 proveen cursos de enseñanza para adultos. Llame a las  
 escuelas directamente, o llame a Pennsylvania 211 East  
 ..... 211

**PRESCHOOL EDUCATION**  
**EDUCACIÓN PREESCOLAR**

- Community Action Partnership,  
 Thrive to Five ..... 717.299.7301
- Toll-Free/Llame Gratis ..... 800.732.0018

Call Pennsylvania 211 East for information on Preschool  
 Programs in Lancaster County..... 211

Llame a Pennsylvania 211 East para información sobre  
 Programas Preescolares en el Condado de Lancaster ..... 211

**SPECIAL PRESCHOOL PROGRAMS**  
**PROGRAMAS PREESCOLARES ESPECIALES**

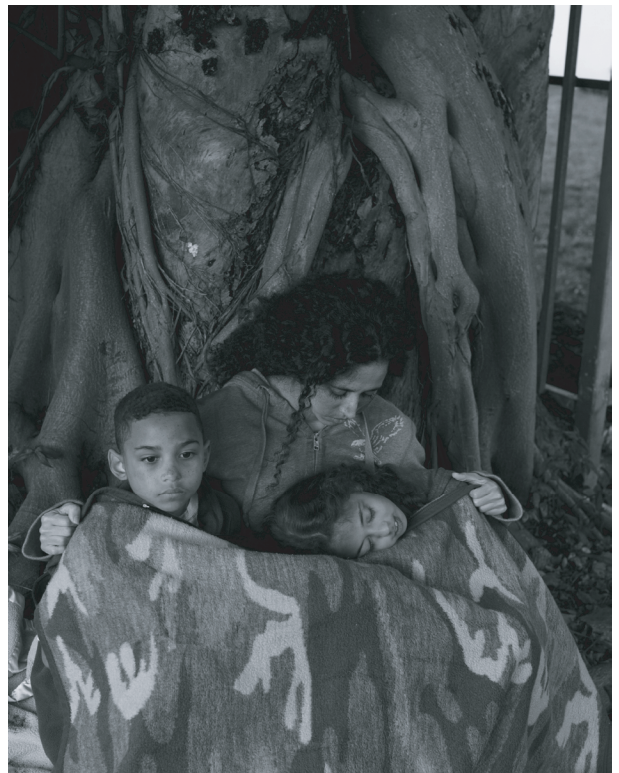
- Excentia Human Services ..... 717.519.6740
- Lancaster-Lebanon IU 13
  - Early Intervention Program ..... 717.606.1601
- Schreiber Pediatric Rehab Center ..... 717.393.0425

**SCHOLARSHIPS/LOANS**  
**BECAS Y PRÉSTAMOS**

- Lancaster Dollars for Higher Learning ..... 717.397.7920
- Pennsylvania Higher Education Assistance  
 Agency (PHEAA) ..... 800.692.7392

**TUTORING**  
**TUTORES**

- Boys & Girls Club ..... 717.295.3474
  - Columbia Clubhouse ..... 717.684.3637
- Children’s Dyslexia Centers, Inc. .... 717.481.5680
- Cornerstone Youth Center ..... 717.367.0000
- Crispus Attucks Community Center ..... 717.394.6604
- CrossNet Ministries ..... 717.355.2454
- Factory Youth Center ..... 717.687.9594
- Janus School..... 717.653.0025
- Literacy Council of Lancaster-Lebanon, The ..... 717.295.5523
- Love INC of Lancaster County ..... 717.735.7540
- Migrant Education Program ..... 717.872.3678
- Rainbow’s End Youth Services ..... 717.653.9511
- Teen Central..... 717.664.2990
- Teen Haven ..... 717.392.1995
- The Mix ..... 717.393.1523
- YMCA, Lancaster Family ..... 717.393.9622



## EMPLOYMENT SERVICES

### EMPLEO, SERVICIOS DE

#### JOB & CAREER COUNSELING

##### ASESORAMIENTO SOBRE TRABAJO Y CARRERA

Job Corps.....	800.733.5627
New Choices Career Development Program.....	717.869.6363
Pennsylvania CareerLink Lancaster County.....	717.509.5613

#### JOB PROBLEMS

##### PROBLEMAS DEL TRABAJO

Bureau of Labor Law Compliance, PA.....	800.932.0665
Community Services of Organized Labor (CSOL).....	717.392.2518
Department of Labor & Industry, PA.....	717.787.5279
Occupational Safety/Health Administration (OSHA).....	800.321.6742
Wage and Hour Division, U.S. Department of Labor.....	866.487.9243

#### JOB TRAINING/PLACEMENT

##### ENTRENAMIENTO Y COLOCACIÓN DEL TRABAJO

Goodwill Keystone Area.....	717.394.0647
Job Corps.....	800.733.5627
Pennsylvania CareerLink Lancaster County.....	717.509.5613
Spanish American Civic Association, Tec Centro.....	717.509.6679

#### UNEMPLOYMENT COMPENSATION

##### COMPENSACIÓN DE DESEMPLEO

Community Services of Organized Labor (CSOL).....	717.392.2518
Unemployment Compensation Service Center..	888.313.7284

#### WORKERS' COMPENSATION

##### COMPENSACIÓN DE TRABAJADORES

Bureau of Workers' Compensation, PA.....	800.482.2383
Community Services of Organized Labor (CSOL).....	717.392.2518

## ENVIRONMENTAL SERVICES

### AMBIENTALES, SERVICIOS

American Lung Association of Pennsylvania.....	800.586.4872
Department of Environmental Protection.....	717.705.4700
Environmental Emergencies.....	877.333.1904
Lancaster County Conservation District.....	717.299.5361
Lancaster County Environmental Center.....	717.295.2055
Lancaster Farmland Trust.....	717.687.8484
Occupational Safety/Health Administration (OSHA).....	800.321.6742
Penn State Cooperative Extension & Outreach..	717.394.6851
Solid Waste & Recycling, City of Lancaster.....	717.291.4744
Solid Waste Management Authority.....	717.397.9968

## FAMILY PLANNING/BIRTH CONTROL INFORMATION & SERVICES

### PLANIFICACIÓN FAMILIAR Y ANTICONCEPTIVO, SERVICIOS E INFORMACIÓN PARA LA

Birth & Family Health Services.....	717.786.4010
Lancaster General Women's Health Center.....	717.544.0700
Planned Parenthood, Keystone.....	800.230.7526

### Union Community Care

Lancaster.....	717.293.6371
New Holland.....	717.354.4711

## FINANCIAL ASSISTANCE

### FINANCIERA, ASISTENCIA

#### GENERAL/CONTINUING

##### GENERAL/CONTINUACIÓN

Assistance Office, Lancaster County, Cash Assistance.....	717.299.7411
Toll-Free/Llame Gratis.....	877.395.8930
Domestic Relations Section.....	717.299.8141
Social Security Administration Lancaster Office.....	888.384.9919
National Office.....	800.772.1213

#### HEALTH & MEDICAL

##### SALUD Y MÉDICO

Assistance Office, Lancaster County, Medicaid..	717.299.7411
Bureau of Workers' Compensation, PA.....	800.482.2383
CHIP/Healthy Kids Helpline.....	800.986.KIDS(5437)
Partnership for Prescription Assistance.....	888.477.2669
Pennie.....	844.844.8040
Pharmaceutic Assistance Contract for Elderly (PACE).....	800.225.7223
Social Security Administration (Medicare) Lancaster Office.....	888.384.9919
National Office.....	800.772.1213

#### SPECIAL KINDS OF FINANCIAL HELP

##### AYUDA FINANCIERA DE TIPO ESPECIAL

Early Learning Resource Centers (ELRC).....	717.393.4004
Toll-Free/Llame Gratis.....	800.937.4546
<i>formerly CCIS</i> <i>anteriormente conocido como CCIS</i>	
Community Action Partnership.....	717.299.7301
Toll-Free/Llame Gratis.....	800.732.0018
Columbia.....	717.684.8047
Ephrata.....	717.733.6562
Solanco.....	717.715.8959
<i>utilities</i> <i>servicios públicos/utilidades</i>	
Office of Victims' Services.....	800.233.2339
Tenfold (formerly Tabor & LHOP).....	717.397.5182
<i>mortgage prevention, reverse mortgages</i> <i>prevención de ejecución hipotecaria, invertir hipotecas</i>	
The Lodge Life Services.....	717.392.0257
<i>representative payee services</i> <i>representante beneficiario</i>	
Unemployment Compensation Service Center..	888.313.7284
Victim/Witness Services.....	717.299.8048

For additional referrals, call Pennsylvania 211 East..... 211

Para referencias adicionales, llame a Pennsylvania 211 East  
..... 211

## FINANCIAL STABILITY ESTABILIDAD FINANCIERA

Tenfold (formerly Tabor & LHOP)	
Homebuyer Initiative .....	717.397.5182
Barshinger Financial Empowerment Center .	717.358.9263
<i>financial literacy classes</i>	
<i>clases de educación financiera</i>	
Volunteer Income Tax Assistance (VITA) .....	211
<i>free tax preparation</i>	
<i>preparación de impuestos gratis</i>	

## FOOD RESOURCES COMIDA, RECURSOS DE

### CONGREGATE MEALS

#### COMIDAS PARA PERSONAS MAYORES

Pennsylvania 211 East.....	211
<i>hot meals served daily to program participants at local senior centers, call for locations and times</i>	
<i>comidas calientes servidos diarias para participantes en los centros de envejecientes, llame para lugares y horarios</i>	

### FINANCIAL ASSISTANCE ASISTENCIA FINANCIERA

Assistance Office, Lancaster County,	
Food Stamps (SNAP) .....	717.299.7411
Toll-Free/Llame Gratis .....	877.395.8930
Central PA Food Bank SNAP Helpline.....	877.999.5964
WIC (Women, Infants & Children)	
Toll-Free/Llame Gratis .....	800.732.0018
Columbia.....	717.684.0046
Ephrata .....	717.738.0355
Lancaster.....	717.509.3686
Quarryville.....	717.786.8542

### FOOD PANTRIES BANCOS DE ALIMENTOS

Columbia Food Bank.....	717.449.5101
Community Cupboard of Elizabethtown.....	717.361.8149
Crispus Attucks Food Bank.....	717.394.6604
CrossNet Ministries .....	717.355.2454
CVCCS, Food Bank .....	717.208.3711
<i>Conestoga Valley school district residents</i>	
<i>residentes del distrito escolar de Conestoga Valley</i>	
Ebenezer Baptist Church Food Pantry.....	717.392.4292
Factory House, The.....	717.687.9594
<i>Pequea Valley school district residents</i>	
<i>residentes del distrito escolar de Pequea Valley</i>	
East Donegal/Conoy Area Christian Food Bank.	717.426.2360
Ephrata Area Social Services .....	717.733.0345
<i>Northern Lancaster County</i>	
<i>Norte del Condado de Lancaster</i>	
Hempfield Area Food Pantry .....	717.898.2954
<i>Hempfield school district residents</i>	
<i>residentes del distrito escolar de Hempfield</i>	
Jean Polite Food Bank.....	717.393.8379
Lancaster County Food Hub .....	717.291.2261
Lititz Warwick Community Chest.....	717.627.0770
Salvation Army .....	717.397.7565
Salvation Army Extension Units .....	211
Solanco Food Bank.....	717.786.4308
Water Street Ministries, Outreach .....	717.358.2081

For additional resources call Pennsylvania 211 East..... 211

Para recursos adicionales llame a Pennsylvania 211 East  
..... 211

### SOUP KITCHENS COMEDORES

Pennsylvania 211 East.....	211
<i>complete, updated list of free meal locations throughout Lancaster County</i>	
<i>lista completa y actualizado de comidas gratis localizados en el condado de Lancaster</i>	

### HOME DELIVERED ENTREGADO AL HOGAR

Meals On Wheels	
Christiana/Gap.....	717.392.4842
Columbia.....	717.382.4842
Elizabethtown/Marietta .....	717.367.8528
Ephrata Area.....	717.733.4846
Lancaster .....	717.392.4842
Lititz .....	717.626.2500
Manheim .....	717.537.6152
Millersville .....	717.872.2415
Mount Joy .....	717.367.8528
New Holland/Leola.....	717.392.4842
Paradise.....	717.392.4842
Solanco.....	717.786.3426

### NUTRITION EDUCATION EDUCACIÓN NUTRICIONAL

American Diabetes Association.....	800.342.2383
American Heart Association,	
Lancaster Division .....	717.393.0725
American Institute for Cancer Research	
Nutrition Hotline .....	800.843.8114
Penn State Cooperative Extension & Outreach .	717.394.6851
WellSpan Ephrata Community Hospital,	
Wellness Center .....	717.721.8790

### SCHOOL PANTRY PROGRAMS PROGRAMAS ESCOLARES DESPENSA

Power Packs Project.....	717.517.9220
<i>weekend nutrition program for low-income families with children in grades k-12</i>	
<i>programa de nutrición de fin de semana para familias de bajos ingresos con niños en grados k-12</i>	

### FOSTER CARE CUIDADO ADOPTIVO, SERVICIOS DE

See ADOPTION/FOSTER CARE SERVICES  
Busque ADOPCIÓN/CUIDADO ADOPTIVO, SERVICIOS DE

### FUEL ASSISTANCE ENERGÍA, ASISTENCIA DE

See UTILITY ASSISTANCE  
Busque SERVICIOS PÚBLICOS, ASISTENCIA DE

### GOVERNMENT OFFICES/PUBLIC OFFICIALS GOBIERNO/FUNCIONARIOS PÚBLICOS OFICINAS DEL

For information on municipal services & complaints, call your local city, township or borough office or Pennsylvania 211 East for appropriate phone numbers..... 211

Para información sobre servicios y quejas municipales, llame a la oficina municipal de su ciudad local o Pennsylvania 211 East para los números de teléfono apropiados..... 211

## HEALTH EDUCATION/INFORMATION SALUD, EDUCACIÓN/INFORMACIÓN DE

AFL-CIO Blood Bank (Individual/Group Membership), Contact CSOL.....	717.392.2518
Alzheimer's Association .....	800.272.3900
American Cancer Society.....	800.227.2345
American Diabetes Association (Regional).....	800.342.2383
American Heart Association, Lancaster Division	717.393.0725
American Lung Association of Pennsylvania .....	800.586.4872
American Red Cross, Central PA.....	866.311.3832
Arthritis Foundation, Central PA Chapter .....	800.283.7800
CHI St. Joseph Children's Health.....	717.397.7625
Cystic Fibrosis Foundation, Central PA Chapter.	717.671.4000
Healthy Baby Helpline.....	800.986.2229
Kidney Foundation of Central PA.....	800.762.6202
Leukemia & Lymphoma Society.....	800.955.4572
Medicare Information Hotline .....	800.633.4227
Muscular Dystrophy Association .....	717.540.4316
National Multiple Sclerosis Society .....	800.344.4867
Planned Parenthood Keystone .....	800.230.7526
Schreiber Pediatric Rehab Center .....	717.393.0425
State Health Center, Lancaster.....	717.299.7597
VisionCorps.....	717.291.5951
Wellness Center, LGH .....	717.544.3811
WellSpan Ephrata Community Hospital, Wellness Center .....	717.721.8790

## HEALTH/MEDICAL CENTERS MÉDICOS Y DE SALUD, CENTROS

Birth Care & Family Health Services, A Midwifery .....	717.786.4010
Family First Health .....	717.342.2577
Hope Within Community Health Center .....	717.367.9797
Penn Medicine Lancaster General Health Express, Giant-Lancaster .....	717.735.3995
Urgent Care-Ephrata .....	717.721.4585
Urgent Care-Lancaster .....	717.544.0150
Urgent Care-Lancaster City.....	717.544.6111
Urgent Care-Lititz.....	717.627.7687
Urgent Care-Norlanco.....	717.544.6350
Planned Parenthood Keystone .....	800.230.7526
Union Community Care Lancaster .....	717.293.6371
New Holland .....	717.354.4711
UPMC Express Care.....	717.740.5750
Water Street Health Services .....	717.358.2017

For a list of additional Health and Medical Centers located throughout Lancaster County, call Pennsylvania 211 East .....

Para obtener una lista de otros Centros Médicos y de Salud en el Condado de Lancaster, llame a Pennsylvania 211 East .....

## HIV/AIDS SERVICES VIH/SIDA, SERVICIOS

Alder Health Services.....	717.233.7190
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Comprehensive Care Medicine (LGHP).....	717.544.4943
Nuestra Clinica.....	717.295.7994
Planned Parenthood Keystone .....	800.230.7526
State Health Center, Lancaster.....	717.299.7597
State Health Hotline .....	877.724.3258
Union Community Care, Lancaster .....	717.299.6371

## HOME HEALTH CARE CUIDADO MÉDICO CASERO

Brethren Village Home Care .....	717.581.4294
Landis at Home .....	717.509.5800
Penn Medicine Home Health .....	717.397.8251
UDS, In-Home Personal Care.....	888.837.4235
WellSpan VNA .....	717.738.3220

For additional resources call Pennsylvania 211 East..... 211

Para recursos adicionales llame a Pennsylvania 211 East.211

## HOSPICE SERVICES HOSPICIO, SERVICIOS DE

Hospice & Community Care.....	717.295.3900
Masonic Village .....	717.367.1121

## HOSPITALS HOSPITALES

WellSpan Ephrata Community Hospital.....	717.733.0311
Penn Medicine Lancaster General Hospital.....	717.544.5511
Lancaster General Women & Babies Hospital...	717.544.3700
Penn State Hershey Medical Center.....	800.243.1455
UPMC Lititz .....	717.625.5000

## HOUSING & HOMELESSNESS SERVICES VIVIENDA Y FALTA DE VIVIENDA, SERVICIOS DE

### CHART PROGRAM PROGRAMA CHART

The Community Homelessness Assessment & Referral Team (CHART) assesses and refers individuals experiencing homelessness. When needed, will make referrals to emergency shelters and transitional housing programs. For pre-screening and referral services call Pennsylvania 211 East..... 211

El programa CHART (un equipo comunitario cual completa evaluaciones de la falta de vivienda y servicios de referido) evalúa y refiere a las personas quienes estan sin vivienda. Cuando sea necesario, se hacen referencias a viviendas de emergencia y programas de vivienda transitoria. Para un evaluación y servicios de referencias llame Pennsylvania 211 East..... 211

### EMERGENCY SHELTERS VIVIENDA DE EMERGENCIA

Domestic Violence Services of Lancaster County.....	717.299.1249
Water Street Ministries, Access Center .....	717.358.2030

Winter Emergency Shelter ..... 211  
*several Lancaster County communities operate winter shelter programs from December through March, call for appropriate numbers*  
*varios comunidades en el Condado de Lancaster ofrecen albergues durante el invierno (diciembre hasta marzo), llame para los números apropiados*

**WORKFORCE/AFFORDABLE HOUSING**

**VIVIENDA PARA LA FUERZA LABORAL/VIVIENDA BAJO COSTO**

Community Basics ..... 717.735.9590  
Housing Development Corporation ..... 717.291.1911  
Spanish American Civic Association  
Development Corporation ..... 717.399.4292

For listings of rental property locations and numbers, visit [www.wearetenfold.org](http://www.wearetenfold.org) or call the Housing Resource Center ..... 877.428.8844

Para una lista y números de propiedades de alquiler visita [www.wearetenfold.org](http://www.wearetenfold.org) o llame al Housing Resource Center ..... 877.428.8844

**SPECIALTY HOUSING**

**VIVIENDAS ESPECIALIZADAS**

Beth Shalom House of Peace ..... 717.358.9376  
*ex-offenders, women with children*  
*ex-delinquentes, mujeres con niños*  
Bethany Christian Services,  
Safe Families for Children ..... 717.238.3549  
*temporary care for children birth to 17 years*  
*cuidado a corto plazo para niños de edades 0-17 años*  
House of His Creation (Lititz) ..... 717.626.0263  
*pregnant women over age 18*  
*mujeres embarazadas mayores de 18 años*  
Lourdeshouse (Harrisburg) ..... 717.412.4865  
*group home for pregnant women*  
*vivienda de grupo para mujeres embarazadas*

**HOME REPAIR/IMPROVEMENT/WEATHERIZATION**

**MEJORAS AL HOGAR/REPARACIÓN/CLIMATIZACIÓN**

Housing & Neighborhood Revitalization Unit,  
City of Lancaster ..... 717.291.4730  
Lancaster County Housing &  
Redevelopment Authority ..... 717.394.0793  
PPL Corporation ..... 800.342.5775  
Property Maintenance Unit, City of Lancaster ..... 717.291.4706  
*code enforcement*  
*cumplimiento de ordenanzas*  
UGI ..... 800.844.9276  
USDA, Rural Development ..... 717.272.3908

**FIRST-TIME HOMEBUYERS**

**PRIMEROS COMPRADORES DE VIVIENDA**

Base, Inc. .... 717.392.5467  
Habitat For Humanity, Lancaster Area ..... 717.392.8836  
*first-time homebuyers*  
*compradores de casa de primera vez*  
Tenfold (formerly Tabor & LHOP)  
Homebuyer Initiative ..... 717.397.5182  
Housing Equality and Equity Institute ..... 717.299.7840

For additional resources call Pennsylvania 211 East ..... 211

Para recursos adicionales llame a Pennsylvania 211 East. 211

**INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SERVICES**

**INCAPACIDAD INTELECTUAL Y DEL DESARROLLO, SERVICIOS DE**

AHEDD ..... 717.560.1000  
Behavioral Health and Developmental Services (BH/DS)  
Early Intervention/Intervención Temprana .... 717.399.7323  
Intellectual Disabilities/Incapacidad Intelectual . 717.399.7355  
Community Services Group (CSG) ..... 877.907.7970  
Excentia Human Services ..... 717.519.6740  
Friendship Community ..... 717.656.2566  
Keystone Human Services ..... 717.581.8229  
Lancaster County Special Olympics ..... 717.299.2930  
Lancaster-Lebanon IU 13, Early Intervention .... 717.606.1601  
Lighthouse Vocational Services ..... 717.354.0355  
The Arc Lancaster Lebanon ..... 717.394.5251

**LEAD POISONING**

**PLOMO, ENVENENAMIENTO CON**

Lead Information Line ..... 800.440.5323  
Penn Medicine, Lead Free Families ..... 717.544.LEAD(5323)  
State Health Center, Lancaster ..... 717.299.7597

**LEGAL SERVICES/ADVOCACY**

**LEGALES Y DE APOYO, SERVICIOS**

AARP ..... 888.687.2277  
Advoz ..... 717.397.2404  
American Civil Liberties Union (ACLU) ..... 717.238.2258  
Center for Disability Law & Policy,  
Client Assistance Program ..... 888.745.2357  
Court Appointed Special Advocates (CASA) ..... 717.208.3280  
District Attorney's Office  
Prosecution/Procesamiento ..... 717.299.8100  
Victim/Witness Services/Víctima y Testigo... 717.299.8048  
Domestic Violence Legal Clinic ..... 717.291.5826  
Lancaster Bar Association ..... 717.393.0737  
MidPenn Legal Service ..... 800.326.9177  
Public Defender's Office ..... 717.299.8131  
The Lodge Life Services, Senior Services ..... 717.368.6103

**LIBRARIES**

**BIBLIOTECAS**

Library System of Lancaster County ..... 717.207.0500  
Adamstown Area Library ..... 717.484.4200  
Bookmobile ..... 717.207.0500  
Columbia Public Library ..... 717.684.2255  
Eastern Lancaster County Library ..... 717.354.0525  
Elizabethtown Public Library ..... 717.367.7467  
Ephrata Public Library ..... 717.738.9291  
Lancaster Public Library  
Duke Street ..... 717.394.2651  
Mountville Branch ..... 717.285.3231  
Lititz Public Library ..... 717.626.2255  
Manheim Community Library ..... 717.665.6700  
Manheim Township Public Library ..... 717.560.6441  
Milanof-Schock Library ..... 717.653.1510  
Moores Memorial Library ..... 610.593.6683  
Pequea Valley Public Library ..... 717.768.3160  
Quarryville Library ..... 717.786.1336  
Salisbury Township Branch ..... 717.442.3304  
Shuts Environmental Library ..... 717.295.2055  
Strasburg-Heisler Library ..... 717.687.8969

## MENTAL HEALTH SERVICES SALUD MENTAL, SERVICIOS DE

Arch Street Center .....	717.392.8536
Behavioral Health and Developmental Services (BH/DS)	
Adult Behavioral Health Case Management. 717.393.0421	
<i>manejo de caso de salud mental de adultos</i>	
Children's Behavioral Health .....	717.393.0421
<i>salud mental de niños</i>	
Crisis Intervention/Intervención de Crisis .....	717.394.2631
Catholic Charities	
Counseling/Consejería .....	717.299.3659
Intensive Day Treatment.....	717.295.9630
<i>tratamiento intensivo de día</i>	
Center for Autism & Developmental Disabilities. 717.735.1920	
Community Services Group (CSG).....	877.907.7970
MAPS Behavioral Health .....	717.390.0353
Tempo Clubhouse .....	717.392.2300
Compeer Lancaster.....	717.397.7461
Keystone Human Services.....	717.581.8229
Lancaster Behavioral Health Hospital.....	717.740.4100
Lighthouse Vocational Services.....	717.354.0355
Mental Health America of Lancaster County.....	717.397.7461
Mental Health Court.....	717.299.8181
NAMI Pennsylvania, Lancaster County Affiliate. 717.871.6205	
Nuestra Clinica.....	717.293.4150
WellSpan Philhaven.....	800.932.0359
Youth Advocate Program .....	717.519.8723

## PARENTING PROGRAMS PADRES, PROGRAMAS PARA LOS

Children's Playroom of Lancaster County.....	717.945.9348
COBYS Family Life Center .....	717.435.8139
Lancaster Family Center.....	717.431.1027

## PERSONAL/FAMILY PROBLEMS PROBLEMAS PERSONALES O DE FAMILIA

See COUNSELING SERVICES & SELF HELP/SUPPORT GROUPS  
Busque CONSEJO, SERVICIOS DE Y GRUPOS DE APOYO/APOYO PROPIO

## PREGNANCY SERVICES (INCLUDING COUNSELING & TESTING) EMBARAZO, SERVICIOS DE (INCLUYE CONSEJO Y PRUEBAS)

A Woman's Concern .....	717.394.1561
Align Life Ministries	
Columbia.....	717.684.3400
Ephrata .....	717.733.9440
Lancaster.....	717.575.0561
Adoptions From The Heart.....	717.399.7766
Bethany Christian Services.....	717.399.3213
Birth Care & Family Health Services.....	717.786.4010
Healthy Baby Helpline.....	800.986.2229
Healthy Beginnings Plus (Ephrata Hospital) .....	717.738.6635
Healthy Beginnings Plus (Lancaster General) ...	717.544.4305
House of His Creation (Lititz) .....	717.626.0263
<i>pregnant women over age 18</i>	
<i>mujeres embarazadas mayores de 18 años</i>	
Lancaster County Coalition for Healthy Mothers,	
Healthy Babies.....	717.625.5337
Lourdeshouse Maternity Home .....	717.412.4865
Nurse Family Partnership.....	717.544.1952

Planned Parenthood Keystone .....	800.230.7526
Pregnancy Resources at Cornerstone .....	717.442.3111
Real Alternatives .....	888.543.3243
Safe Haven .....	866.921.7233
<i>unplanned pregnancy, newborn protection</i>	
<i>refugio seguro para recién nacidos, embarazo no planeado</i>	
Union Community Care	
Lancaster.....	717.293.6371
New Holland .....	717.354.4711
WIC (Women, Infants, Children) .....	717.509.3686

## PROBATION, PAROLE, & RE-ENTRY PROGRAMS PROBATORIA, LIBERTAD BAJO PALABRA, Y REINGRESO A LA COMUNIDAD

Adult Probation & Parole.....	717.299.8181
Ambassadors for Hope .....	717.584.6110
Compassionate House Aftercare .....	717.572.6325
Lancaster County Reentry Services.....	717.723.1075
New Person Ministries .....	717.490.5517
Office of Juvenile Probation & Parole .....	717.299.8161
Pennsylvania CareerLink Reentry Employment .	717.509.5613
Victim Impact Panel .....	717.299.8181

## RECREATION/SOCIAL DEVELOPMENT RECREACIÓN/DESARROLLO SOCIAL

### FOR ALL AGES

#### PARA TODAS LAS EDADES

Ephrata recCenter.....	717.738.1167
GEARS.....	717.367.0355
Hempfield recCenter .....	717.898.3102
Lancaster Family YMCA	
City Center.....	717.393.9622
Lampeter-Strasburg.....	717.464.4000
Lancaster Recreation Commission .....	717.392.2115
Lititz recCenter.....	717.626.5096
Manheim Township Parks & Recreation.....	717.290.7180
Manor Township Parks & Recreation.....	717.397.4769
Southern End Community Association (SECA) .	717.806.0123
YMCA, Adamstown .....	717.484.4996

### FOR SENIOR CITIZENS

#### PARA PERSONAS DE MAYOR EDAD

Community Action Partnership, Senior Center ..	717.299.3943
GEARS.....	717.367.7984
Lancaster Recreation Commission .....	717.392.2115
Lititz Senior Center.....	717.626.2800
Office of Aging, Senior Centers.....	717.299.7979
Toll-Free/LLame Gratis .....	800.801.3070
Spanish American Civic Association,	
Senior Center.....	717.397.6267

For a complete list of Senior Centers, contact  
Pennsylvania 211 East..... 211

Para una lista completa de centros para personas de mayor edad, llame a Pennsylvania 211 East..... 211

Contact local township & borough offices directly for  
recreational activities or call Pennsylvania 211 East .....

Comuníquese con la oficina de su ciudad o municipio  
irectamente para actividades recreativas o llame a  
Pennsylvania 211 East..... 211

## RECYCLING RECICLAJE

See ENVIRONMENTAL SERVICES  
Busque AMBIENTALES, SERVICIOS

## REFUGEE/IMMIGRATION SERVICES

### REFUGIADOS/INMIGRANTES, SERVICIOS A

Catholic Charities, Refugee Services..... 717.232.0568  
Church World Services ..... 717.381.2890  
U.S. Citizenship and Immigration Service..... 800.375.5283

## RESPITE CARE

### CUIDADO A CORTO PLAZO

Adult Day Services at Garden Spot Village..... 717.355.6226  
Bethany Christian Services,  
Safe Families for Children ..... 717.238.3549  
Brethren Village Home Care Agency ..... 717.581.4294  
Community Services Group (CSG), Chariots..... 877.907.7970  
Keystone Children and Family Services ..... 717.845.3249  
UDS In-Home Personal Care..... 888.837.4235  
Youth Advocate Program ..... 717.519.8723

## SELF-HELP/SUPPORT GROUPS

### GRUPOS DE APOYO/APOYO PROPIO

Self Help/Support Groups are for people who share a common physical or emotional condition, situation or problem. The primary purpose is to provide information, comfort and support to each other. Pennsylvania 211 East maintains a list of support groups available in the county. Listed is a sample of SOME OF THE CATEGORIES for which support groups are currently in existence. Call Pennsylvania 211 East for contact persons, meeting locations and times..... 211

Abuses/Assaults	Grandparents
Adoption	Grief
AIDS/HIV	Head Injury
Alcohol/Drug Problems	Heart
Alzheimer's Disease	Home Schooling
Amputee	Kidney
Arthritis	Mental Health
Bereavement	Multiple Sclerosis
Bi-Polar	Muscular Dystrophy
Blindness/Sight Loss	Obsessive/Compulsive Disorder
Brain Tumor	Organ Transplants
Breast Feeding	Parenting
Breathing Problems	Parkinson's Disease
Cancer	Scleroderma
Caregivers	Sexual Addiction
Co-Dependency	Sexual Assault Victims
Colostomy/Ostomy	Singles
Diabetes	Spinal Cord Injury
Divorce	Stroke
Down Syndrome	Substance Abuse
Eating Problems	Suicide
Formerly Incarcerated	Widows/Widowers
Gambling	

Grupos de Apoyo/Apoyo Propio son para personas quien comparte una situación, condición física o problema emocional común. El propósito principal es proporcionar información, consuelo y apoyo el uno al otro. Pennsylvania 211 East mantiene una lista de los grupos de ayuda disponibles en el condado. El listado siguiente es una muestra de ALGUNAS DE LAS CATEGORÍAS para las cuales los grupos de ayuda están actualmente en existencia. Llame a Pennsylvania 211 East para personas de contacto, localizaciones y horarios..... 211

Abuelos	Juego de Apuestas
Abuso de la Sustancia	Lesión en la Cabeza
Abusos/Asaltos	Lesión Espinal de la Médula
Adopción	Luto/Duelo
Amamantar	Médula
Amputado	Múltiple Esclerosis
Anteriormente Encarcelado	Padres
Artritis	Padres Sin Custodia
Cancer	Pérdida de Vista/Ceguera
Codependencia	Problemas de Alcohol/Drogas
Colostomía/Ostomía	Problemas de Comer
Corazón	Problemas de Respiración
Cuidadores	Riñón
Desorden Obsesiva/Compulsiva	Salud Mental
Diabetes	SIDA/VIH
Distrofia Muscular	Síndrome de Down
Divorcio	Solteros
Educación En El Hogar	Sordera
Enfermedad Bi-Polar	Suicidio
Enfermedad De Alzheimer's	Trasplantes De Órganos
Enfermedad De Parkinson's	Tumor del Cerebro
Escleroderma	Vicio Sexual
Infarto	Víctimas del Asalto Sexual

## SENIOR CITIZENS

### ANCIANOS

See AGING SERVICES; RECREATION & SOCIAL DEVELOPMENT-FOR SENIOR CITIZENS  
Busque ENVEJECIENTES, SERVICIOS A; RECREACIÓN/DESARROLLO SOCIAL-PARA PERSONAS DE MAYOR EDAD

## SEXUALLY TRANSMITTED INFECTIONS (VD)

### ENFERMEDADES DE TRANSMISIÓN SEXUAL, ASISTENCIA DE

See HEALTH/MEDICAL CENTERS, HIV/AIDS SERVICES  
Busque MÉDICOS Y DE SALUD, CENTROS, VIH/SIDA, SERVICIOS PARA

## SHELTERS

### ASILO

See HOUSING-EMERGENCY SHELTERS  
Busque VIVIENDA-VIVIENDA DE EMERGENCIA

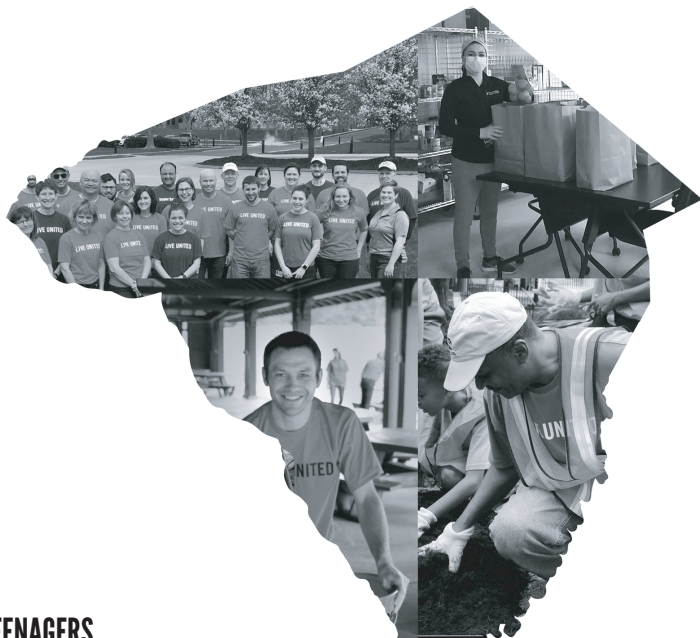
## SUBSTANCE ABUSE

### SUSTANCIAS, ABUSO DE

See ALCOHOL & DRUG ABUSE SERVICES  
Busque ABUSO DE ALCOHOL Y DROGAS, SERVICIOS DE

## TAXES IMPUESTOS

City of Lancaster Tax & Treasury .....	717.735.3425
Department of Revenue, Property Tax/Rent Rebate .....	888.222.9190
Internal Revenue Service (IRS) .....	800.829.1040
Tax Claim Office, Lancaster County .....	717.299.8232
Tax Collection Bureau, Lancaster County.....	717.569.4521
Treasurer's Office, Lancaster County .....	717.299.8222
Volunteer Income Tax Assistance (VITA) .....	211
<i>free tax preparation</i> <i>preparación de impuestos gratis</i>	



## TEENAGERS ADOLESCENTES

See CHILDREN/YOUTH SERVICES  
Busque NIÑOS Y JÓVENES, SERVICIOS PARA

## TENANT/LANDLORD INQUILINO/PROPIETARIO

Advoz .....	717.397.2404
Bureau of Consumer Protection, Pennsylvania	800.441.2555
MidPenn Legal Service .....	800.326.9177
Tenfold (formerly Tabor & LHOP), Housing Equality and Equity Institute .....	717.299.7840

## TRANSPORTATION SERVICES TRANSPORTACIÓN, SERVICIOS DE

Amtrak.....	800.872.7245
Commuter Services of Pennsylvania .....	866.579.7433
Ephrata Area Social Services.....	717.733.0345
<i>Northern Lancaster County</i> <i>Norte del Condado de Lancaster</i>	
Lancaster EMS.....	717.392.8887
<i>non-emergency medical transportation</i> <i>transportación médico no de emergencia</i>	
Love INC of Lancaster County .....	717.735.7540
Office of Aging .....	717.299.7979
Toll-Free/Llame Gratis .....	800.801.3070

Red Rose Transit Authority Administrative Services/Administrativo.....	717.397.5613
Bus Information/Información de Autobus.....	717.397.4246
Queen Street Transit Center.....	717.393.3315
Shared Ride (ACCESS).....	717.291.1243
Toll-Free/Llame Gratis .....	800.892.1122
Susquehanna Valley EMS for Lancaster County. <i>non-emergency medical transportation</i> <i>transportación médico no de emergencia</i>	717.435.8101

Some health agencies provide transportation for their clients to medical appointments. For additional resources call Pennsylvania 211 East..... 211

Algunas agencias de salud suministran transportación para sus clientes a citas médicas. Para recursos adicionales llame a Pennsylvania 211 East..... 211

## TUTORING SERVICES TUTORÍA ESCOLAR, SERVICIOS DE

See EDUCATION SERVICES-TUTORING  
Busque EDUCACIÓN, SERVICIOS DE-TUTORES

## UNFAIR TREATMENT TRATAMIENTO INJUSTO

Advoz .....	717.397.2404
American Civil Liberties Union .....	717.238.2258
Client Assistance Program.....	888.745.2357
Community Services of Organized Labor (CSOL).....	717.392.2518
Equal Employment Opportunity Commission.....	800.669.4000
Lancaster Bar Association .....	717.393.0737
Lancaster City & County Medical Society .....	717.393.9588
Lancaster County Dental Society.....	717.606.6534
MidPenn Legal Services .....	800.326.9177

For referral to appropriate agency call Pennsylvania 211 East .....

Para referencias a agencias apropiadas llame a Pennsylvania 211 East..... 211

## UTILITY ASSISTANCE SERVICIOS PÚBLICOS, ASISTENCIA DE

Assistance Office, Lancaster County, LIHEAP .. <i>winter months only</i> <i>solamente en el invierno</i>	717.299.7543
Internet Essentials, Comcast .....	855.846.8376
<i>low-cost internet service</i> <i>servicio de internet bajo costo</i>	
PA Office of Consumer Advocate .....	800.684.6560
PPL Electric Utilities Corporation .....	800.342.5775
Public Utility Commission.....	800.692.7380
SafeLink Wireless Lifeline Service .....	800.723.3546
UGI.....	800.276.2722

Most telephone companies provide lifeline services for low income customers. Contact your local provider.

La mayoría de las compañías telefónicas proveen el servicio lifeline para clientes con ingreso bajo. Llame su proveedor local.



**VETERANS/MILITARY SERVICES**  
**VETERANOS/MILITARES, SERVICIOS A**

American Red Cross, Susquehanna Valley ..... 866.311.3832  
 Department of Veterans Affairs,  
 Lancaster County..... 717.299.7920  
 Department of Veterans Affairs Medical Center  
 Coatesville ..... 800.290.6172  
 Lancaster Outpatient Clinic..... 717.290.6900  
 Lebanon..... 800.409.8771  
 Department of Veterans Affairs,  
 Regional Office & Insurance Center ..... 800.827.1000  
 PA Link to Aging and Disability Resources ..... 800.753.8827  
 National Call Center for Homeless Veterans ..... 877.424.3838  
 Opportunity House, Supportive Services for  
 Veteran Families (SSVF) ..... 717.740.5077  
 Pennsylvania CareerLink Lancaster County ..... 717.509.5613  
 United Veterans Beacon House..... 717.859.4577  
 Veterans Victory House ..... 717.397.0156  
 Volunteers of America, Supportive Services for  
 Veteran Families (SSVF) ..... 717.236.1440



**VICTIM SERVICES**  
**VÍCTIMAS, SERVICIOS DE**

Mothers Against Drunk Drivers (MADD) ..... 877.623.3435  
 Office of District Attorney,  
 Victim/Witness Services ..... 717.299.8048

**VOLUNTEER REFERRAL SERVICES**  
**VOLUNTARIOS, REFERENCIAS DE**

Love INC of Lancaster County ..... 717.735.7540  
 Office of Aging, Lancaster County..... 717.299.7979  
 United Way Volunteer Center..... 717.394.0731



**YOUTH PROGRAMS**  
**JÓVENES, PROGRAMAS PARA**

See CHILDREN & YOUTH SERVICES, GROWTH &  
 ENRICHMENT  
 Busque NIÑOS Y JÓVENES, SERVICIOS PARA CRECIMIENTO  
 Y ENRIQUECIMIENTO





**We're here to help.**

**Free Tax Prep by IRS-Certified Volunteers**

We provide free tax prep to anyone in Lancaster County who makes \$62,000 or less. We've spent months training and want to help you get your taxes done right without the hassle of paid tax prep service. Sounds a little too good to be true, right? But it's 100% true! And, we promise, no gimmicks or hidden fees.



VITA is a program of the United Way of Lancaster County.



**Estamos para ayudar.**

**Preparación de Impuestos Gratuita por Voluntarios Certificados en IRS**

Ofrecemos la preparación de impuestos a los residentes del Condado de Lancaster que tengan ingresos menores o iguales a \$62,000. Hemos pasado meses certificándonos y queremos ayudarlos a presentar sus impuestos debidamente, sin el molesto cargo por servicio. ¿Demasiado bueno para ser verdad? Es 100% real y te prometemos que no hay engaño o cargos extras.



VITA es un programa de United Way of Lancaster County.

**When you're ready to give back, check in with us.**



**GET CONNECTED**  
Find Volunteer Opportunities Online  
**GET CONNECTED**

Powered by United Way

[www.unitedwaylanaster.org](http://www.unitedwaylanaster.org) | [volunteer@uwlanc.org](mailto:volunteer@uwlanc.org) | 717.824.8122


**GET CONNECTED. GET HELP.**

When life happens, help is available. 24 hours a day, 7 days a week.

**CONNECT WITH 211**

- Phone: 211 or 855.567.5341
- Chat: [PA211East.org](http://PA211East.org)
- Text: Your zip code to 898211
- Database: [PA211East.org](http://PA211East.org)
- Social: [PA211East](https://www.facebook.com/PA211East)

**2-1-1**  
Pennsylvania Get Connected. Get Help.™



United Way of Lancaster County

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