



Montgomery County
Department of
Health and Human Services

Office of Public Health

Parent and Infant Resource Guide

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

Montgomery County Office Community Connections

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

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

Pottstown 610-970-2979
Norristown 610-278-3522

Lansdale 610-278-1286
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

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 Hotline	800-932-0313
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)	215-985-3333
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	215-853-8060
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

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	Toll Free	800-692-7443
	TDD	877-375-7139
	Philadelphia	215-238-8070
Office of Vocational Rehab Client Assist. Program		888-745-2357
CLARIFI Consumer Credit Counseling		215-563-5665
Education Law Center		215-238-6970
Housing Discrimination Advocacy		
Housing Equality Center		866-540-3247
HUD		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		
Lawyer Referral Service – Ext. 201:		610-279-9660
Montgomery County Domestic Relations		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
	utilityhotline@palegalaid.net	
Senior LAW Center		877-727-7529
Victim Services Center Helpline		888-521-0983
	Norristown	610-970-7363
Women's Center of Montgomery County		800-773-2424

Basic Needs

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

Pregnancy/Baby

A Baby's Breath	Collegedale	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Norristown Catholic Social Services		
Diaper Bank (every 3 rd 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	

Clothing

Liberty Thrift & Home	Gilbertsville	610-367-0595
	Pottstown	
Impact Thrift Stores		
	Hatboro	215-957-6131
	Montgomeryville	215-699-4146
	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

Coventry Food Pantry Women, Infant Children (WIC)	Pottstown	610-326-5659
	Norristown	610-272-4042
	Abington	215-877-8006
	Lansdale	215-368-9826
	Pottstown	610-326-1610
Maddie N. Dixon Community Cupboard Manna on Main Street	Cupboard Lansdale	215-628-3002 215-855-5454
Meals on Wheels	Boyertown	610-367-6957
	Conshohocken	610-828-6595
	Pottstown	610-326-1610
	Ambler	215-619-8863
	Glenside	215-885-7650
	Souderton	215-723-5841
	Norristown	610-275-1960
	East Greenville	215-679-6550

Keystone Opportunity CTR (food, housing, educ.)	215-723-5430
Mitzvah Services (Diapers, clothing, personal care items, period supplies)	215-828-6647
Manna on Main Street (food, financial)	Lansdale 215-855-5454
Montgomery County Assistance Office	
	Norristown 610-278-3601
	Pottstown 800-641-3940
Phoenixville Area Community Services	610-933-1105
Women's Bridge Resource Center (housing, food, D.V., financial, employment, etc.)	Eagleville 610-761-1707
	www.womensbridgecenter.org
Salvation Army (food, housing, etc.)	
	Pottstown 610-326-1621
	Norristown 610-275-4183
The Open Link (food, Education, Financial)	215-679-4112
The Women's Center of Mont.Co. (DV, Financial)	800-773-2424

Housing

If you are homeless or in immanent 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**

Interfaith Housing Alliance	Ambler	215-628-2334
Interfaith Hospitality Network of the Main Line		610-277-0977
Genesis Housing Corporation		610-275-4357
Your Way Home (housing or rental assistance)		2-1-1
Text 898-211	yourwayhome.org	866-964-7925
Montgomery County Housing Authority (MCHA) (Public Housing and Housing Voucher Program)		610-275-5720
HUD Public Housing Info & Resource Center		800-955-2232
Genesis Housing Corporation		610-275-4357

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.**

The Housing Equity Center of PA www.equalhousing.org		866-540-FAIR 267-419-8918
Borough of Norristown Code Department		610-270-0441
Montgomery County Health Department		
	Norristown	610-278-5117
	Pottstown	610-970-5040
	Willow Grove	215-784-5415

Multiple Types of Resources

ACLAMO	Norristown Pottstown	610-277-2570 610-970-2134
Adventist Community Service CTR (food/clothing)		610-489-6671
Boyertown Area Multi-Service, Inc. (food, financial)		610-367-6957
Cradles to Crayons (agencies only)	Conshohocken	215-836-0958
CADCAM (food, financial, etc.)		610-277-6363
Carson Valley Children's Aid		610-279-2755
Catholic Social Services		610-279-7372
Colonial Neighborhood Council (food, fuel, etc.)		610-828-6595
Pottstown Cluster (food, furniture, clothing)		610-970-5995
Family Services of Montgomery County		
	Eagleville	610-630-2111
	Pottstown Family Center	610-326-1610

Immigration Legal Services

Africa Cultural Alliance of North America		215-729-8225
Catholic Charities	Allentown Reading Philadelphia	610-435-1541 610-376-7144 215-854-7019
Equal Access Legal Services		267-888-6703
Esperanza Immigration Legal Services		215-324-0746
HIAS Pennsylvania		215-832-0900
Nationalities Service Center		215-893-8400
Villanova University School of Law – Legal Clinic		610-519-6839

US Citizenship and Immigration Legal Services Website:

www.uscis.gov

Pregnancy/Childbirth/Breastfeeding

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

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	Collegeville	610-489-0083
24-Hour Call Line:	English Spanish	484-571-5540 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 (Abington, Horsham, Warrington)		215-657-8430
Ambler Area Nursing Mothers		267-471-8168
Breastfeeding Resource Center	Abington Bensalem	215-886-2433 215-639-6708
Bryn Mawr Hospital		484-337-3000
Maternity Care Coalition		484-868-9800

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
(Abington, Jenkintown, Cheltenham, Hatboro, Horsham)	
Nursing Mothers Alliance	610-251-9405
Pottstown Memorial Medical Center	610-327-7213
Maternity and Women's Health Center	610-327-7147
Visiting Nurses Association Community Services	610-272-3373
WIC Breastfeeding Warmline	855-427-5666
WIC Local Offices	
Abington	215-887-8006
Norristown	610-272-4042
Pottstown	610-323-8160
Lansdale	215-368-9826

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

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	215-635-5570
McNeil Child Dev. Center - Ft. Washington	215-273-8687
KinderCare Learning Center Pottstown	610-326-0554
KinderCare Learning Center Lansdale	215-368-0242

Early Head Start (birth to age 3)

Maternity Care Coalition		484-868-9800
	Pottstown	610-819-6200
	Norristown	610-277-1505

Pre-K Counts (ages 3 & 4)

Montgomery County Intermediate Unit	484-868-9800
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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

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 610-539-8550
(Children three years and older)

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	610-755-9416
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

Childbirth Classes

Abington Memorial Hospital OB/GYN Center (Abington, Horsham, Warrington)	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

Caregiver Resources

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

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

Childcare

Accreditation

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) (eligibility for subsidies, choosing care, etc.)	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

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

Narcotics Anonymous	610-534-9510
Nar-Anon	800-477-6292
PRO-ACT Hotline (Support for Families)	800-221-6333
Aldersgate Youth Service Bureau Willow Grove	215-657-4545
Caron Foundation	855-248-7486

Carson Valley Women's Voices Program	
Norristown	610-279-2755

Pottstown Cluster	610-970-5995
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Creative Health Services Outpatient	610-327-1503
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PA Division of D & A Program Licensure (DDAP)	800-662-4357
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Council of SE PA Drug & Alcohol Helpline	800-221-6333
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Eagleville Hospital	800-255-2019
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Family House – Residential for Women & Children	610-278-0700
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Gaudenzia Norristown Outpatient	610-279-4262
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Harwood House – Men and Women Halfway House	610-279-4262
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Key Recovery Outpatient Ambler	215-542-4825
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Libertae Halfway House & Family House Rehab (Women & Children)	215-639-8681
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Lincoln Center Support for Victims of Crime	610-277-3715
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Lower Merion Counseling Services	610-647-0330
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Malvern Institute Rehab	610-647-0330
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Northwestern Human Svcs (Now Merakey)	215-716-9001
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Norristown Recovery & Education Center	267-507-3525
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Pottstown Recovery & Education Center	267-507-3525
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Penn Foundation Rehab, Mobile & Outpatient	215-257-9999
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RHD Rise Above Outpatient KOP	484-681-4040
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Valley Forge Medical Center	610-539-8500
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RHD - Woman's Space	610-649-8136
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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
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PA's Initiative on Assistive Technology	800-204-7428
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PA's Initiative on AT at Temple University	215-204-1356
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Temple University Institute on Disabilities	215-204-1356
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Support for Siblings

The Sibling Support Project	www.siblingsupport.org
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Sibshop (ages 6-12) and Sibteen (ages 13-17)	
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Pottstown – Creative Health Services-Ext. 1215	610-326-9250
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Kulpsville – Easterseals of Southeastern PA	215-368-7000.
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Additional Resources

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

General Resources

Community Service Foundation Pottstown	610-718-9500
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Horsham Clinic	800-237-4447
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St. Gabriel's Hall Audubon	610-666-7970
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Liberation Way, LLC Bala Cynwyd	856-669-4988
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Philadelphia Counseling Center	610-298-1999
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The Frost Medical Group Conshohocken	610-567-0088
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Renew Family Services Jenkintown	267-626-2018
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Resources for Human Development KOP	800-894-9925
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Spring-Ford Counseling Svcs. Royersford	610-948-0393
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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 Wellness Philadelphia	215-981-0088
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Alcoholics Anonymous – Find a Group - www.aasepia.org	
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South Eastern Penn Intergroup Assoc.	215-923-7900
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Intergrupl Hispana de PA	215-226-3049.
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Al-Anon	800-344-2666
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Case Management for Drug & Alcohol

(Preference given to pregnant users, veterans, OD survivors)

Eastern Montgomery County (Gaudenzia)	215-433-1634
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Central Montgomery County (Gaudenzia)	610-279-4262
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Northeastern Montgomery County (Penn Found)	215-257-9999
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Western Montgomery County (Creative Health Svc)	610-327-1503
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HIV-STDs-AIDS

ACCESS Services (Adult Mobile Crisis Support)	855-634-4673
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CDC National STD Hotline English/Spanish	800-232-4636
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Holcomb Associates	610-352-8943
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Project Hope Case Management Family Services	610-630-2111
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Montgomery Co. OPH HIV/STD Program	215-278-5117
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Philadelphia FIGHT (Jonathan Lax Center, Etc.)	215-790-1788
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Mazzoni Center Philadelphia	215-563-0658
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Norristown Regional Health Center	610-278-7787
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Montgomery County, Office of Public Health	
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Pottstown Public Health Center	610-970-5040
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Norristown Public Health Center	610-278-5145
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Willow Grove Public Health Center	215-784-5415
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Pennsylvania State AIDS Fact Line	800-662-6080
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Perinatal HIV/AIDS Hotline	888-448-8765
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Planned Parenthood Norristown	610-279-6095
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Pottstown	610-326-8080
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All	800-230-7526
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Family/Individual Counseling

A Baby's Breath Collegeville	610-489-0083
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24-Hour Call Line: English	484-571-5540
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Spanish	267-275-4966
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ACLAMO Norristown	610-277-2570
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Pottstown	610-970-2134
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Aldersgate Youth Service Bureau Willow Grove	215-657-4545
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Bethany Christian Services	215-376-6200
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Catholic Social Services	610-279-7372
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Carson Valley Children's Aid	610-279-2755
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Creative Health Services	610-327-1503
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Family Mentor & Advocacy Network	267-850-5677
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Family Services of Montgomery County	
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Eagleville	610-630-2111
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Pottstown Family Center	610-326-1610
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Holcomb Associates	610-352-8943
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Gaudenzia Norristown	610-279-4262
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Lower Merion Counseling Services	610-647-0330
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The Penn Foundation	215-257-9999
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Progressions	610-970-5000
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Silver Springs Martin Luther School	267-297-5170
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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/Merkey)	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 28-26, 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
Fairmount 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	717-885-9161
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
ACLAMO 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	
Norristown	610-278-3601
Pottstown	800-641-3940
Montgomery County Community College	
KEYS Program (TANF & SNAP)	215-643-6330
Montgomery County EARN Center	610-278-5026
(Employment Advancement & Retention Network)	
Montgomery County O.I.C.	610-279-9700
(Opportunities Industrialization Center)	
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	267-468-8000
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

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
Big Brothers Big Sisters		610-277-2200

Health Services – Insurance and Access

Determining Eligibility

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

Connecting to Health Insurance

PA Health Access Network (ACA Enrollment)	877-570-3642
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Enrolling in Benefits

VNA Personal Navigator Program		
Abington	215-572-7880	
Norristown	610-272-3373	
Montgomery County Assistance Office	877-398-5571	
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	800-692-7462	
Hearing Impaired TTX/TTD	800-451-5886	
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 610-277-8911

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 610-278-7787
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 610-278-7787
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
	866-225-5654

Montgomery County Emergency Services, Inc.	
Crisis Intervention Norristown	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 Phila.	855-393-3780
Valley Forge 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		610-279-2755
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		215-348-9770
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)		267-421-4810
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	800-829-1040
Or go to www.irs.gov/eitc	
PA Tax Forgiveness PA Department of Revenue	717-787-8201
or revenue.state.pa.us	

Transportation

American Cancer Society Road to Recovery	800-277-2345
Boyertown Area Multi-Service (Medical Transport)	610-367-6957
The Open Link (Pennsburg Area Medical Transport)	215-679-4112
Transnet Suburban www.suburbantransit.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 collages/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



LOCATIONS

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

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

Eastern Courthouse Annex
102 York Road, Suite 401
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

1-800-932-0313	Child Abuse 24-hour Helpline (Childline)
1-800-986-Baby	Healthy Baby Line for information on finding a doctor, getting healthcare coverage, immunizations, tests for baby, breastfeeding
1-800-4-A-CHILD	24-hour crisis hotline to offer support, information and referrals for coping with a crying baby and preventing child abuse
1-800-986-4550	Special Kids Network - Information on services available for children with special needs
1-800-692-7376	Early Intervention in PA Statewide CONNECT Line for Birth to Age Three
1-866-286-3636	Aging and Disability Resource Center
1-855-634-HOPE (4673)	Montgomery County's Crisis Response, available 24/7.
800-642-3150	Laurel House Women's Shelter 24-hour Helpline
1-800-WIC-WINS	Information on obtaining supplemental foods, breast feeding and nutrition education
1-800-440-5323	The Lead Information Helpline provides information for parents, homeowners, contractors and healthcare professionals.
1-866-412-4755	The Head Injury Information Helpline
1-800-QUIT-NOW	For information on smoking cessation services in Pennsylvania
1-800-951-5151	Pennsylvania State Resource Family Association
Dial 2-1-1 or 866-964-7925 or Text 898-211	Your Way Home Call Center - for persons who are homeless or are in imminent risk of becoming homeless