

Second Time Around Community Resources

Organization Names are in Red Text
For information and referral to local resources, call 2-1-1

United Way – great way to find community programs. Over 1,800 world-wide and Lehigh Valley's location is in the top 40!

Lehigh Valley United Way

1110 American Pkwy Suite F-120, Allentown, PA 18109

Monday – Friday 8:30 AM – 4:30 PM

- [\(610\) 758-8010](tel:(610)758-8010)

For Cash Assistance

Social Security Administration - provides income for retirees 62 and older, income for children of a deceased parent, and income for people of any age with disabilities

- Website: www.ssa.gov
- Lehigh Valley office (Phone service only)
 - [\(877\) 405-6746](tel:(877)405-6746)
 - 41 N 4th St, Allentown, PA 18102
- **State Social Services (sometimes called Human Services)**
 - TANF (Temporary Assistance to Needy Families) - gives cash assistance and work programs for low income families
 - In some cases children may receive a "child only" grant.
 - Grandparents' income is not considered and there are no work requirements
 - Lehigh County Human Services Department
 - [\(610\) 782-3200](tel:(610)782-3200)
 - 17 S 7th St, Allentown, PA 18101
 - Monday – Friday 8:30 AM – 4:30 PM

For Food Services

- **State Social Services** (sometimes called Human Services)
 - Same information as before
 - Also provides food stamps based on income
 - Lehigh County Human Services Department
 - [\(610\) 782-3200](tel:(610)782-3200)
 - 17 S 7th St, Allentown, PA 18101

- Monday – Friday 8:30 AM – 4:30 PM
- **Special Supplemental Food Program for Women, Infants, and Children (WIC)**
 - Food assistance and nutritional screening for low-income pregnant women and children through age five
 - National Website = <http://www.fns.usda.gov/wic>
- **University Cooperative Extension**
 - Expanded Food and Nutritive Information – assists limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being
 - Penn State Lehigh Valley - 610-391-9840
- **Local Schools may also offer assistance**
- **Food Banks**
 - Find one in your area by using <http://www.secondharvest.org/>

Utilities, Clothing, and Shelter Assistance

- **Salvation Army**
 - Allentown Location
 - 344 N 7th St, Allentown, PA 18102
 - 610-432-0128
- **American Red Cross**
 - 3939 Broadway, Allentown, PA 18104
 - [\(610\) 865-4400](tel:6108654400)
- **Goodwill**
 - 1901 Lehigh St, Allentown, PA 18103
 - [610\) 904-6120 ext. 3206](tel:6109046120)
- **Religious Organizations**
- **Community Centers**
 - For location that fits your needs type in Google "Community centers, Lehigh Valley"

Health/Disabilities Assistance

- **Local Department of Public Health**
 - Provides information, immunizations, and medical services
- **Free Clinics**
 - For location that fits your needs type in Google "Free Clinics, Lehigh Valley"
- **Medicaid**
- **Medicare**
- **Children's Health Insurance Program (CHIP)**
 - <https://www.capbluecross.com/wps/portal/cap/home/shop/individual/chip>
 - CHIP covers most health care needs including dental and eye care and prescriptions. CHIP is free for most families.
- **Local School District**

Legal Assistance

- **State Bar Association**
- **Legal Aid**
- **Child Support and Visitation Information**
 - Contact the local court which issued the support/visitation order to find out who administers the order

Childcare and Education Assistance

- **Head Start** – Provides a range of services encompassing all aspects of a child's development and learning for low income families with children through age five
 - <http://www.acf.hhs.gov/programs/hsb>
- **National Association of Child Care Resource and Referral Agencies (NACCRRA)** - www.naccrra.net

Guardianship, Foster Care, and Adoption Assistance

- **Adoption Assistance Payments**
 - http://www.nacac.org/subsidy_stateprofiles.html
 - Provides financial assistance for special needs children
 - See legal assistance as well with any legal questions

Counseling and Health Services

- Physician
- Local Schools can provide excellent services and refer you to outside services as well
- Community Mental Health
 - **Pinebrook Family Answers**
 - 402 N Fulton St, Allentown, PA 18102
 - 610-432-3919 www.pbfalv.org
- You can also use www.psychologytoday.com to find a therapist local to you

Other Sources of Information

- **AARP** – has extensive information for grandparents who are raising grandchildren – www.aarp.org
- **Area Agency on Aging/Commission on Aging**
- **Grandparent Again website** – www.grandparentagain.com