

Montgomery County
Department of
Health and Human Services

Parent and Infant Resource Guide

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

Montgomery County Office of 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.

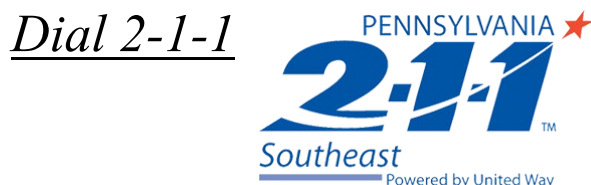
Language line services are readily available.
Servicios de línea de idiomas están disponibles.

www.montgomerycountypa.gov/ContactANavicate
610-278-3522

EMERGENCY SERVICES

General Emergency (Ambulance, Fire, Police) **911**
Poison Control Center **800-222-1222**
Montgomery County Mobile Crisis Support
855-634-4673
Childline 24-hour Child Abuse Hotline
800-932-0313

Need resources? Do not know who to call?



Abuse

Child Abuse Reporting

Childline 24-hour Child Abuse Hotline 800-932-0313
Montgomery County Office of Children & Youth Services
Weekdays 8:00am-4:30pm 610-278-5800
After 4:30pm, Weekends, and Holidays 610-275-1222

Child Abuse Resources

Children's Crisis Treatment Center Philadelphia 215-496-0707
Montgomery County 610-275-2020
Mission Kids Child Advocacy Center 484-687-2990
Montgomery Child Advocacy Project 610-279-1219

Domestic Violence

Abington Jefferson Health 215-481-2576
Creative Health Services S.A.F.E Project
Prevention and Intervention for Children 610-326-9250
Laurel House

24-hour Helpline 800-642-3150
Domestic Abuse Response Team (DART) 215-852-9826
Cordea (formerly Menergy) 215-242-2235
Montgomery County Office of Senior Services 610-278-3601
Elder Protective Services Hotline 800-734-2020
National Domestic Violence Hotline 800-799-7233
TTY: 800-787-3224
National Teen Dating Abuse Hotline 866-331-9474
TTY: 866-331-8453
TEXT: "loveis" to 22522

The Network/La Red LGBTQ+ 800-832-1901
The Open Link Support Services and Counseling 215-679-4112
Victim Services Center of Montgomery County 610-277-0932
24-hour Crisis Helpline 888-521-0983
Women Against Abuse Philadelphia Domestic Abuse Hotline
866-723-3014
TTY: 215-456-1529

Women's Center of Montgomery County
4/7 Hotline 800-773-2424
Bryn Mawr Office 610-525-1427
Colmar Office 215-996-0721
Elkins Park Office 215-635-7344
Norristown Office 610-279-1548
Pottstown Office 610-970-7363
Abington-Lansdale Hospital 215-853-8060
Holy Redeemer Hospital 215-938-3711
Women Organized Against Rape (WOAR) Hotline 215-985-3333

Adoption

Adoptions from the Heart 888-608-8373
Bethany Christian Services 215-376-6200
Catholic Social Services 267-331-2463
PA Statewide Adoption and Permanency Network 800-585-7926
Open Arms Adoption Network 888-673-6276

Advocacy/Legal Services

AIDS Law Project of PA 215-587-9377
Better Business Bureau 202-393-8000
CLARIFI Consumer Credit Counseling 215-563-5665
Disability Rights PA Toll Free 800-692-7443
TDD 877-375-7139
Philadelphia 215-238-8070
Education Law Center 215-238-6970
Fair Housing Rights Center in SE PA 866-576-1968
Housing Equality Center 866-540-3247
Laurel House 24-hour Helpline 800-642-3150
Laurel House Main Number 610-277-1860
Legal Aid of SEPA Helpline 877-429-5994
Legal Aid of Southeastern PA
Norristown 610-275-5400
Pottstown 610-326-8280
Legal Clinic for the Disabled (free for low-income) 215-587-3158
Montgomery County Child Advocacy Project 610-279-1219
Montgomery County Bar Association
Lawyer Referral Service – option 3: 610-279-9660
Montgomery County Domestic Relations 610-278-3646
Office of Vocational Rehab Client Assist. Program 888-745-2357
Pennsylvania Health Law Project 800-274-3258
Pennsylvania Human Relations Commission 215-560-2496
TTY 215-560-3599
PA Office of the Attorney General Consumer Prog
Philadelphia 800-441-2555
215-560-2414
Pennsylvania Health Law Project 800-274-3258
Pennsylvania Legal Aid 800-322-7572
Pennsylvania Utility Law Project 844-645-2500
utilityhotline@palegalaid.net
Senior LAW Center
Helpline (10AM to 12PM M-Th) 877-727-7529
Victim Services Center Helpline 888-521-0983
Villanova University School of Law
Civil Justice Clinic 610-519-5894
Spanish 866-655-4419
Women's Center of Montgomery County 610-279-1548

Basic Needs

SAFE TO SLEEP

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

- Place baby on his/her back in an empty crib with a firm mattress and fitted sheets
- Do not over bundle clothing
- Keep your home smoke-free
- Practice room-sharing without bed-sharing

Pregnancy/Baby

A Baby's Breath
Collegeville 610-489-0083
Jeffersonville 610-630-9630
Phoenixville 610-933-5182
Warminster 215-442-0442
Wayne 484-580-6436
Birthright of Pottstown
24/7 Hotline 800-550-4900
Pottstown 610-327-2626
Philadelphia 215-728-0385
Colonial Neighborhood Council (diapers/wipes) 610-828-6595
Cradle of Hope 215-572-5937
Genesis Pregnancy Care Center Pottstown 610-970-8089

Mitzvah Circle Foundation 215-828-6647
info@mitzvahcircle.org
 North Care Women's Center
 Lansdale 215-855-2424
 Text 267-656-6867

Cribs for Kids: 484-622-3637
(Agency referral required)

If you are homeless or in imminent risk of becoming homeless, please contact the Your Way Home Call Center.
 Visit www.211SEPA.org
 Dial 2-1-1 or 866-964-7925
 Text 898-211

Clothing

Goodwill Store	Phoenixville	610-917-0095
	Montgomeryville	267-645-4180
	Exton	610-594-6949
	Warminster	215-441-9185
Liberty Thrift Stores	Quakertown	215-529-1400
	Pottstown	610-970-6306
	Montgomeryville	215-699-1203
Little Liberty (children & maternity)		610-831-2170
Mitzvah Circle Foundation		215-828-6647

info@mitzvahcircle.org

Financial

American Red Cross (Emergency Assistance for home fire or other disasters)		800-733-2767
CADCOM		610-277-6363
Dept. Human Services COMPASS Benefits Hotline		800-692-7462
	TTY/TTD	800-451-5886
PA EBT Hotline		877-343-0179
Internal Revenue Service (IRS) www.irs.gov		844-545-5640
Low Income Energy Assistance (LIHEAP) Hotline		866-857-7095
Manna on Main Street	Lansdale	215-855-5454
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
PA Department of Revenue		888-PATAXES
PECO MEAF (Matching Energy Assistance Fund)		610-277-6363
Project Outreach	Royersford	610-948-5111
Social Security (SSDI/SSI disabilities)		
	Norristown	800-772-1213
	TTY/TTD	800-325-0778
Women's Center of Montgomery County		610-279-1548

www.montgomerycountypa.gov/carseatcheck
to schedule an appointment for a FREE car seat check by a certified car seat technician!

Food

Find food near you:

<https://www.montcoantihunger.org/mahn-member-food-pantries.html>

Boyetown Area Multi-Service, Inc.		610-367-6957
CADCOM		610-277-6363
Caring for Friends		215-464-2224
Catholic Social Services	Norristown	610-279-7372
Colonial Neighborhood Council		610-828-6595
Coventry Food Pantry	Pottstown	610-326-5659
Keystone Opportunity Center	Souderton	215-723-5430
Mattie N. Dixon Community	Norristown	215-628-3002
Manna on Main Street	North Penn	215-855-5454

Meals on Wheels (age 60+)		610-278-3601
	https://www.mealsonwheelsamerica.org/find-meals	
	King of Prussia	610-256-7051
	Norristown	610-275-1960
New Life Church Food Cupboard	Glenside	215-576-0892
Norristown Hospitality Center		610-277-1321
Patrician Society of Central Norristown		610-272-6316
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
The Share Program		215-223-2220
Women, Infants and Children (WIC)		
	Norristown	610-272-4042
	Colmar	215-822-8068
	Pottstown	610-323-8160

Housing Discrimination 800-669-9777
ComplaintsOffice03@hud.gov

Housing Resources

Your Way Home Call Center	www.211SEPA.org	866-964-7925
	Text	898-211
Genesis Housing Corporation		610-275-4357
Family Promise Montco PA		215-628-2334
Family Promise of the Main Line		610-277-0977
U.S. Department of Housing & Urban Dev. (HUD)		215-656-0500
	TTY/TTD	Dial 7-1-1
HUD Public Housing Info & Resource Center		800-955-2232
Montgomery County Housing Authority (MCHA)		
(Public Housing and Housing Voucher Program)		610-275-5720
	PA Voice Relay	800-654-5988
The Salvation Army	Norristown	610-275-4183
	Philadelphia	215-482-5911
	Pottstown	610-326-1621
	Boyetown	610-367-4089

Homeless Outreach Services

Street Outreach Main Number 484-686-3575
 Street Medicine Phone (24-hr monitored voice mail) 484-890-0602
 Ann Frances Foundation (birth cert; legal ID; food) 484-374-3091
 Norristown Hospitality Center – Norristown 610-277-1321
 HopeWorx (laundry, food, etc) Norristown 610-270-3685
 A Women of Purpose (showers/laundry) Pottstown 484-334-3811
 The Ricketts Center (showers/laundry) Pottstown 484-945-1020

Unsafe Living Conditions

Contact Your Municipality's Building & Code Enforcement Dept.

Norristown Building & Code Enforcement Dept.	610-270-0441
Pottstown Building & Code Inspections Dept.	610-970-6520
Lansdale Code Enforcement Dept.	215-368-1691
The Housing Equity Center of PA	866-540-FAIR

www.equalhousing.org

Public Housing Information and Resource Center 800-955-2232

The Pennsylvania Supreme Court has ensured that tenants have the right to a decent place to live. This guarantee to decent rental housing is called the **Implied Warranty of Habitability**.

Multiple Types of Resources

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
	Lansdale	484-685-6013
Adventist Community Service CTR (food/clothing)		610-489-6671
Boyetown Area Multi-Service, Inc. (food, financial)		610-367-6957
CADCOM (food, financial.)		610-277-6363
Carson Valley Children's Aid		215-233-1960
Catholic Social Services		610-279-7372
Colonial Neighborhood Council (food, clothing)		610-828-6595
Cradles to Crayons		215-836-0958

www.cradlestocrayons.org/philadelphia

Family Services of Montgomery County

Text “BABY” (para Español: “BEBE”) to 511411 or download the Text4baby app to receive FREE personalized health information throughout pregnancy and up until your child’s 1st birthday.

Eagleville	610-630-2111
Pottstown	610-326-1610
Keystone Opportunity CTR (food, housing, educ.)	215-723-5430
Mitzvah Circle Foundation	215-828-6647
	info@mitzvavircle.org
(Diapers, clothing, personal care items, period supplies)	
Manna on Main Street (food, financial) - Lansdale	215-855-5454
Maternity Care Coalition Press Option #3	215-972-0700
Montgomery County Assistance Office	
Norristown	877-398-5571
Pottstown	800-641-3940
Norristown Hospitality Center	610-277-1321
Open Door Ministry Royersford	610-948-4818
Phoenixville Area Community Services	610-933-1105
Pottstown Cluster (food, furniture, clothing)	610-970-5995
Salvation Army (food, housing)	
Pottstown	610-326-1621
Norristown	610-275-4183
The Open Link	215-679-4112
	East Greenville
	215-679-6550
The Women’s Center of Montco. IVP Hotline	800-773-2424
	Norristown
	610-279-1548
	Pottstown
	610-970-7363
	Lansdale
	215-853-8060
VNA Personal Navigator Program	
Abington, Colmar, Norristown, Pottstown	800-591-8234
VNA Community Services, Children’s Health Ctr	215-572-7880
VNA SSI/SSDI Outreach/Access	Ext. 244 215-572-7880

Immigration Legal Services

African Cultural Alliance of North America	215-729-8225
Catholic Charities	Allentown 610-435-1541
	Philadelphia 215-854-7019
Equal Access Legal Services	267-888-6703
Esperanza Immigration Legal Services	215-324-0746
HIAS Pennsylvania	215-832-0900
	Asylees Call or Text 833-344-2772
	HIAS Haitian Immigrant Relief 215-832-0640
Immigration Law & Justice of the Delaware Valley	814-343-3260
Keystone Opportunity Center – Citizenship classes	215-723-5430
Nationalities Service Center	215-893-8400
Villanova University School of Law – Legal Clinic	610-519-6839
Villanova University Spanish Legal Clinic	866-655-4419
US Citizenship and Immigration Legal Services Website:	
www.uscis.gov	

Maternal/Child Health Home Visiting

In Montgomery County, families can benefit from home visiting programs targeted at improving maternal and child health.

Call 888-404-0620 or Email

MontcoHomeVisiting@montgomerycountypa.gov

to be connected to one of the free home visiting services that best matches your needs.

Carson Valley Children’s Aid	215-233-1960
Parents as Teachers	
Women’s Voices, Healthy Choices	
Einstein/Jefferson Nurse Family Partnership	484-622-7074
Family Services	610-326-1610
Parents as Teachers	

Positive Parenting Program (Triple P)
 Maternity Care Coalition Option #3 215-972-0700
 Montgomery County Nurse Home Visiting Program 888-404-0620

Pregnancy/Childbirth/Breastfeeding

Pregnancy/Baby Health Providers

Montco Mamas (doula and lactation)

(press option #3)

215-972-0700

A Baby’s Breath	Collegeville	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Birthright International	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
Cradle of Hope		215-572-5937
Community Health and Dental	Pottstown	610-326-9460
Genesis Pregnancy Care Center	Pottstown	610-970-8089
North Care Women’s Clinic	Lansdale	215-855-2424
	Text	267-656-6867
Abington-Jefferson Health Maternal Health Services		
Maternity & Parenting Info		215-481-6800
OB/GYN Clinic		215-481-6784

Breastfeeding Support

Abington Memorial Hospital OB/GYN Center		
(Abington, Horsham, Warrington)		215-481-6784
Lactation “Warm Line”		215-481-6104
Breastfeeding Support		215-481-6106
Babies and Bellies	Norristown – text	571-487-0669
CHOP Breastfeeding and Lactation Program		215-886-2433
Einstein Women’s Resource Center		484-362-6133
MCC Early Head Start	Pottstown	610-819-6200
	Norristown	610-277-1505
National Women’s Health Information Center		800-994-9662
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	484-476-2000
Visiting Nurses Association Community Services		610-572-7880
WIC Breastfeeding “Warm Line”		855-427-5666
WIC Local Offices	Norristown	610-272-4042
	Pottstown	610-323-8160
	Lansdale/Colmar	215-822-8068

Childbirth Classes

Einstein Women’s Resource Center Plymouth Mtg	484-362-6133
Main Line Health	866-225-5654

Caregiver and Family Resources

Carson Valley Children’s Aid of Norristown and Family Services of Pottstown strengthen and empower parents and children. All services are free.

Norristown 215-233-1960 • Pottstown 610-326-1610

PA Birth Certificate:	www.health.pa.gov
Philadelphia Vital Records Office	844-228-3516
Social Security:	Norristown Office 800-772-1213
	TTY: 800-325-0778
ACLAMO Family Centers	Norristown 610-277-2570
	Pottstown 610-970-2134
Big Brothers Big Sisters	Philadelphia 215-790-9200
Carson Valley Children’s Aid	Norristown 215-233-1960
Family Services	Pottstown 610-326-1610
Family Services	Eagleville 610-630-2111
Montgomery County Grandparent Program	610-278-3601
Nancy’s House	info@nancys-house.org 215-885-0753
The Parenting Center	484-212-5859

Are you over the age of 55 and caring for a child 18 years or younger?

CALL: 610-278-3601 to learn about the Montgomery County Office of Senior Services' Grandparent Program

Child Learning Resources

Early Learning Resource Center Region 17
610-278-3707 or 800-281-1116
www.montgomerycountypa.gov/elrc

The ELRC administers the Child Care Works subsidized child care program to qualifying families in Montgomery County, assists families in locating and selecting high quality child care and manages the Keystone STARS quality rating improvement system for childcare providers in Montgomery County.

Apply for subsidized child care: compass.state.pa.us
Search for a child care provider: findchildcare.pa.gov

PA DHS Help Line		800-692-7462
	TDD/TTY:	800-451-5886
Regional Office of Child Development		800-346-2929
The Pennsylvania Key	pakeys.org	800-284-6031

Early Head Start (birth to age 3)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Maternity Care Coalition	
Pottstown/Norristown Press Option #3	215-972-0700

Pre-K Counts (ages 3 & 4)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Pottstown Early Action for Kindergarten Readiness	610-323-2006

Head Start (ages 3 to 5)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Montgomery County Intermediate Unit	484-868-9550
Pottstown Early Action for Kindergarten (PEAK)	610-232-2006

Subsidized Weekend/Overnight Childcare for Eligible Single Moms

Along the Way www.alongthewaypa.org 267-384-4546

Child Support & Paternity

Bucks County Domestic Relations	215-340-8068
Chester County Domestic Relations	610-444-6215
Español	610-344-6638
Information	800-221-INFO
Delaware County Domestic Relations	610-891-4314
Montgomery County Domestic Relations	610-278-3646
Montgomery County Court Child Care Center	610-292-4956
PA Child Support Program	
https://www.humanservices.state.pa.us/CSWSMmobile/#1/	
PA Office of Children and Families in the Courts	717-231-3300

Children with Special Needs

Assistive Technology (AT)

Bridging Apps	www.bridgingapps.org
Technology for Our Whole Lives	https://techowpa.org
PA Assistive Technology Foundation	888-744-1938
PA's Initiative on AT Lending Library	800-204-7428
PA's Initiative on AT at Temple University	215-204-1356
	TTY: 215-204-1805
Temple University Institute on Disabilities	215-204-1356

Autism Support

Autism Behavior Services	Philadelphia	844-909-4222
KenCrest		610-825-9360
Montgomery County Office of Developmental Disabilities/Early Intervention		610-277-7176
The Autism Society	www.autism-society.org	800-3-AUTISM
The Center for Autism		215-878-3400
The PA Bureau of Autism Services		877-231-4244

Behavioral Support Services

Access Services		215-540-2150
Aspire and Family Services	Huntingdon Valley	267-388-0670
Behavior Analysis and Therapy Partners		610-664-6200
Carson Valley Children's Aid Society	Norristown	610-279-2755
Chester County Intermediate Unit		484-237-5000
Child and Family Focus, Inc.	Hatboro	215-957-9771
Child Guidance Resource Center	Norristown	484-751-9691
Creative Health Services	Pottstown	484-941-0500
	Spring City	610-948-6490
	Collegeville	484-854-9833
Devereux Services	Malvern	800-345-1292
Elwyn, Inc.	Elwyn	610-891-2000
Epic Development Services	Trevoze	215-322-8860
Explorations	Eagleville	610-635-2418
Foundations Behavioral Health	Doylestown	215-345-0444
Indian Creek Foundation	Souderton	267-203-1500
Merakey	Lansdale	215-362-2022
	Colmar	215-716-9001
Institute for Behavioral Change	Exton	info@ibc-pa.org
Omni Health Services	Montgomeryville	215-997-2000
Penn Foundation	Sellersville	215-257-6551
Penn Psychiatric Center	Collegeville	610-489-3333
Vision Behavioral Health Services	Norristown	610-539-0280

Developmental Disabilities

The Arc of PA		800-732-0999
Delta Community Supports	Blue Bell	215-654-1000
Disability Rights PA	www.disabilityrightspa.org	
	Toll Free	800-692-7443
	TDD	877-375-7139
Indian Creek Foundation	Souderton	267-203-1500
Montgomery County Office of Developmental Disabilities		610-278-3642
National Down Syndrome Society		800-221-4602
Montgomery County Interest Group		484-808-2160
Office of Vocational Rehabilitation (OVR)		484-250-4340
Peaceful Living	Indian Valley	610-287-1200
Suburban Transnet Services		215-542-7433

Early Intervention (EI)

Montgomery County Office of Early Intervention (for children ages birth to 3)	610-277-7176
Montgomery County Intermediate Unit (for children ages 3 to 5)	610-755-9400
Early Intervention in PA Statewide CONNECT Line:	800-692-7288

Support for Siblings

The Sibling Support Project	www.siblingsupport.org	
Sibshop (Ages 6-12) and Sibteen (13-17)		
	Pottstown	610-326-9250
	Kulpsville	215-368-7000

Additional Resources

Children/Adults with Attention Deficit/Hyperactivity Disorder (CHADD)	267-362-7760
Clarke Schools for Hearing and Speech Phila.	267-930-5094
Easterseals Southeastern Pennsylvania	215-879-1000
Easterseals Kulpsville	215-368-7000
Exceptional Connections (Applied Behavior Analy)	215-285-3688
Montgomery County Intermediate Unit	610-755-9400
PA Families, Inc. (Statewide Families Network)	800-947-4941
Parent Education & Advocacy Leadership (PEAL)	866-950-1040
TTY	412-281-4409
PA Tourette Syndrome Association	800-990-3300
Parents Exchange	610-962-0337
Quinn Developmental Services	215-654-7577
Special Kids Network, Inc.	800-986-4550

Montgomery County Mobile Crisis Hotline

Children, Peer and Adult Support

855-634-4673

Speech Success Academy	Willow Grove	267-818-4200
The ARC Alliance Children's Services		610-265-4700
Variety Club Camp & Developmental Center		610-584-4366
(Respite, socialization groups, camp)		

Mental Health Services

Community Behavioral Health Centers

Central Behavioral Health	Norristown	610-277-4600
	Abington	267-818-2220
Child and Family Focus	Willow Grove	267-818-6190
	Hatboro	215-957-9771
Creative Health Services	Pottstown	484-941-0500
Lower Merion Counseling and Mobile Services		610-520-1510
Magellan Healthcare	Montgomery County	877-769-9782
	TTY: PA Relay 7-1-1	
Merakey/NHS	Lansdale	215-368-2022
Penn Foundation		215-257-6551

Talk Support in Non-Emergencies

(7 days a week from 1:00pm-9:00pm)

TEEN Talk Line:

Call 866-825-5856 or Text 215-703-8411 or email:
teentalkline@accessservices.org

Peer Support Talk Line:

Call 855-715-8255 or Text 267-225-7785

Suicide Crisis and Prevention

Mobile Crisis Support (ACCESS Services)	855-634-4673
National Suicide Prevention Lifeline (call/text)	988
National Trans Lifeline	877-565-8860
Suicide Prevention Taskforce Training Coordinator	
Free and Low-Cost suicide prevention trainings	610-278-1238
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
	Text 678-678

Drug and Alcohol Services

Case Management

Preference given to pregnant injection drug users, pregnant substance users, injection drug users, overdose survivors, and veterans.

Creative Health Services	Pottstown	610-322-1503
Gaudenzia	Norristown	833-976-4357
Penn Foundation		215-257-6551

Prevention/ Intervention

Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Carson Valley Women's Voices, Healthy Choices		610-279-2755
Creative Health Services		610-327-1503
Substance Abuse and Mental Health Services Administration		
National Helpline		800-662-4357

Outpatient Services

Creative Health Services		610-327-1503
Gaudenzia	Norristown	833-976-4357
Malvern Institute Outpatient Program	Pottstown	610-625-8376
Penn Foundation Recovery Center		215-257-9999
RHD Rise Above Outpatient Program	KOP	484-681-4040

Other

Alcoholics Anonymous Southeastern PA Intergroup		215-923-7900
Al-Anon/Alateen		www.pa-al-anon.org
Council of Southeast PA Drug and Alcohol		
Helpline		800-221-6333
PRO-ACT Program		844-784-1599
Eagleville Hospital		800-255-2019
Harwood House	Male ONLY Halfway House	610-853-3440
Libertae Family House		
Women and Children Halfway House		215-639-8681
Malvern Institute Inpatient Program	Willow Grove	610-480-8919
Narcotics Anonymous	Montgomery County	215-629-6757
Nar-Anon		800-477-6291
Norristown Recovery and Education Center		267-507-3510
PA Division of Drug and Alcohol Program		800-662-4357
Penn Foundation		215-257-9999
Pottstown Recovery and Education Center		267-507-3525
Resource for Human Development (RHD)		215-951-0300
Family House NOW (New Options for Women)		215-878-8616
Womanspace	Philadelphia	215-844-2400
Valley Forge Medical Center		610-539-8500

Education

English as a Second Language

Abington Free Library - Adult Literacy Classes		215-885-5180
ACLAMO Family Center		610-277-2570
Keystone Opportunity Center	Souderton	215-723-5430
Literacy Council of Norristown		610-292-8515
Montgomery County Community College		215-641-6300
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC	Norristown	610-279-9700
New Life Church	Glenside	215-576-0892
YWCA Tri-County	Pottstown	610-326-7323
	Norristown	610-427-5830

High School Equivalency (GED & HiSET)

Montgomery County Community College (testing)		215-641-6646
Keystone Opportunity Center	Souderton	215-723-5430
Literacy Council of Norristown (GED/ESL)		610-292-8515
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC	Norristown	610-279-9700
Montco Works NOW		484-416-6800
PA Career Link Montgomery County		610-270-3429
	TTY:	610-270-1273
The Open Link	Pennsburg	215-679-4112
YWCA Tri-County	Pottstown	610-326-7323

Job Training/Career Services

Pennsylvania Career Link in Montgomery County		610-270-3429
or cwds.pa.gov	TTY:	610-270-1273
Developmental Enterprises Corporation (DEC)		610-277-3122
Job Corps		800-733-5627
	TTD/TTY	877-889-5627
Montgomery County EARN Center		610-292-5026
(Employment Advancement & Retention Network)		
Montgomery County OIC		610-279-9700
(Opportunities Industrialization Center)		

Norristown Hospitality Center(Arize Workforce)	610-277-1322
Office of Vocational Rehabilitation	484-250-4340
The Work Place (for those 55+)	570-220-3543
Pottstown Public Library	610-278-5100

Health Services – Providers

Montgomery County Office of Public Health

All County Health Centers provide the following services: Immunization Clinics, HIV Testing and Counseling, STD Screening and Treatment, TB Screening and Treatment. County Health Center Phone Numbers:

Pottstown Public Health Center	610-970-5040
Norristown Public Health Center	610-278-5117
Willow Grove Health Center (limited Services)	215-784-5415

For TB Screening and Treatment call: 610-970-5040

Child Health Care

Abington Health Children’s Clinic	215-481-2000
Main Line Health	866-225-5654
Children’s Hospital of PA (CHOP) Multiple Loca.	800-TRY-CHOP
Community Health and Dental FQHC Pottstown	610-326-9460
Norristown Regional FQHC Norristown	610-278-7787
VNA Children’s Health Center Abington	215-527-7880
VNA Personal Navigator Program	800-591-8234

Dental

Community Health and Dental Care	Pottstown	800-589-6212
Community Medical and Dental	Collegeville	610-489-1313
Norristown Regional Health Center		610-278-7787

Immunizations

Community Health & Dental Care	Pottstown	610-323-9460
Children’s Health Center of VNA	Abington	215-572-7880
Montgomery County Office of Public Health		
	Norristown	610-278-5117
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Norristown Regional Health Center		610-278-7787
The Clinic (under and uninsured)	Phoenixville	610-935-1134

Pregnancy Testing

A Baby’s Breath	Collegeville	610-489-0083
	Wayne	484-580-6436
	Phoenixville	610-933-5182
	Warminster	215-442-0442
Birthright of Pottstown		610-327-2626
Genesis Pregnancy Center		610-970-8089
Genuardi Family Maternal Health Norristown		484-622-7300

North Care Women’s Clinic	Lansdale	215-798-3107
	Text	267-656-6867
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980

Obstetrics/Gynecological

Abington Memorial OB/GYBN Center		215-481-6784
Bryn Mawr Hospital		484-337-3000
Genuardi Family Maternal Health Norristown		484-622-7300
Lifecycle Woman Care (formerly The Birth Center)		610-525-6086
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980

HIV/STDs/AIDS Services

Access Matters	Hotline	215-985-3300
PA AIDS Fact Line		800-662-6080
CDC National STD Hotline English/Spanish		800-232-4636
	TTY/TTY	888-232-6348
US HHS HIV Info		800-448-0440
	TTY/TTY	888-480-3739
Find an STD/HIV Testing Site	https://gettested.cdc.gov/	
Montgomery County Office of Public Health		
	Pottstown Public Health Center	610-970-5040
	Norristown Public Health Center	610-278-5117
	HIV/STD Program	215-278-5145

Parenting Education

Carson Valley Norristown Parents as Teachers	610-279-2755
Family Services Pottstown Parents as Teachers	610-326-1610
Family Services Triple p (Countywide)	610-326-1610
Chester County MCHC Parents as Teachers	610-344-5370
Einstein Montgomery Nurse Family Partnership	484-622-7074

Colleges

Arcadia University	Glenside	877-272-2342
Bryn Mawr College		610-526-5000
Eastern University		610-341-5800
Gwynedd Mercy University		215-646-7300
Harcum College		610-525-4100
Haverford College		610-896-1000
Immaculata University		484-323-3060
Manor College		215-855-2360
Montgomery County Community College		
	Norristown	215-641-6300
	Pottstown	610-718-1800
	Culinary Institute	267-646-5970
(TANF & SNAP eligible assistance)		215-643-6330
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

Health Services – Insurance and Access

Determining Eligibility

VNA Personal Navigator Program	
Abington, Colmar, Norristown, Pottstown	800-591-8234
PA Health Law Project Helpline:	800-274-3258
(Determining eligibility for Medicaid, etc.)	www.phlp.org

Connecting to Health Insurance

VNA Personal Navigator Program	800-591-8234
Open Enrollment Health Insurance Marketplace	800-318-2596
	www.healthcare.gov

Enrolling in Benefits

VNA Personal Navigator Program	800-591-8234
CADCOM	610-277-6363
COMPASS	www.compass.state.pa.us 866-550-4355
Hearing Impaired TTX/TTD	800-451-5886
(Online application to apply for health & human service benefits)	

CHIP	Press prompt #2; then Prompt #1	800-986-5437
Medicare		800-633-4227
	TTY/TTD:	877-486-2048
Medicaid		877-267-2323
	TTY/TTD:	877-267-2323
Montgomery County Assistance Office		877-398-5571
	Norristown	610-270-3500
	Pottstown	800-641-3940
Montgomery County LIHEAP		610-272-1752
Open Enrollment Health Insurance Marketplace		800-318-2596
	www.healthcare.gov	
Social Security	www.SSA.gov	800-772-1213
	TTY	800-325-0778

Prescription Assistance

Partnership for Prescription Assistance	571-350-8640
	www.pparx.org
Visiting Nurse Association Prescription Support	800-591-8234

North Care Women's Clinic	Lansdale	215-798-3108
	Text:	267-656-6867
Norristown Regional Health Center		610-278-7787
National Perinatal HIV/AIDS Hotline		888-448-8765
Philadelphia FIGHT (Jonathan Lax Center, Etc.)		215-790-1788
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Warminster	215-957-7980
Project Hope Case Management Family Services		610-630-2111
	(se habla español)	

Al-Anon Family Find a Meeting	888-425-2666
Narcotics Anonymous	https://naworks.org

Father Friendly

CADCOM Fatherhood Empowerment Center	610-277-6363
Carson Valley Children's Aid	
Fatherhood Meetings	610-996-8945
Family Services Fatherhood Initiative	610-326-1610
ACLAMO Fatherhood Initiative	610-277-2570

Grief Support

Compassionate Friends (loss of child)	877-969-0010
Center for Loss and Bereavement Skippack	610-222-4110
Children's Crisis Treatment Center	610-275-2020
Peter's Place	Radnor 620-687-5150
Safe Harbor, Abington Hospital	
(grieving children and teens)	215-481-5983
Victim Services Center of Montco	888-521-0983

LGBTQ

National Trans Lifeline	877-565-8860
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
	Text 678-678
CHOP Gender & Sexuality Clinic Support Groups	267-426-5980
Gay Straight Alliance Network (GSA Clubs) info@gsanetwork.org	

Mental Health

Montgomery County Teen Talk Line	Text 215-703-8411
	Call 866-825-5856
National Alliance of Mental Health (NAMI)	215-361-7784
Family Worx (Parent/Caregiver Advocacy)	620-628-3059

Parenting

Pottstown Family Center	610-326-1610
Family Services Parents as Teachers	PAT@fsmontco.org
Family Services Parent Café	PFPCParentCafe@fsmontco.org
Family Services Positive Parenting Program	TripleP@fsmontco.org

Pregnancy/Childbirth

A Baby's Breath	Collegeville	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Babies and Bellies Breastfeeding Support	Text	571-487-0669
Birthright of Pottstown		610-327-2626
Nursing Mothers Alliance Helpline		484-985-9560
Pottstown Family Center		610-326-1610
The Postpartum Stress Center		610-525-7527
The Center for Postpartum Depression Phila.		800-944-4773

Veterans

Montgomery County Office of Veterans Affairs	610-213-4022
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Victims of Crime

Victim Rights and Services	888-521-0983
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Other

Crohn's/Colitis Support	Lansdale Hospital	215-343-0548
Epilepsy Foundation of Eastern Pennsylvania		215-629-5003
Multiple Sclerosis Association-	Greater Delaware Valley	215-271-1500

Taxes

Internal Revenue Service (IRS)	www.irs.gov
IRS Find a Location for Tax Help	800-829-1040
PA Department of Revenue	www.revenue.pa.gov
Customer Service Center	www.revenue.pa.custhelp.com
Forms, etc.	888-PATAXES

Teen Pregnancy

Birthright of Pottstown	Helpline	800-550-4900
		610-327-2626
Carson Valley Norristown Family Center		610-233-1960
Family Services Pottstown Family Center		610-326-1610
Maternity Care Coalition Press Option #3		215-972-0700
Montgomery County Office of Public Health		
MCH Nurse Home Visiting		800-404-0620
Morningstar Ministries (Pregnant Teen Housing)		215-723-8103
North Care Pregnancy Resource Clinic		215-798-3110
	Text:	267-656-6867
Nurse Family Partnership, Einstein Mont.		215-704-4153
SafeTeens	www.safeteens.org	866-SAFE-TEENS
	Or text "SAFE" to	57890
Women, Infants & Children (WIC) Find Location:		800-942-9467
	Colmar/Lansdale	215-822-8068
	Pottstown	610-323-8160
	Norristown	610-272-4042

Do you need a free smoke detector?
Call the Norristown Fire Department's
FREE Smoke Detector Hotline:
610-270-2870

Hospitals

Abington Hospital		215-481-2000
Abington-Lansdale Hospital		215-368-2100
Bryn Mawr Hospital		484-337-3000
Chestnut Hill Hospital		215-248-8200
Children's Hospital of Philadelphia		215-590-1000
Einstein Medical Center Elkins Park		215-663-6000
Einstein Medical Center Montgomery		484-622-1000
Grand View Hospital	Sellersville	215-453-4000
Holy Redeemer Hospital	Meadowbrook	215-947-3000
Lankenau Medical Center	Wynnewood	484-476-2000
Paoli Hospital		484-565-1000
Phoenixville Hospital		610-983-1000
Pottstown Hospital		610-327-7000
Roxborough Memorial Hospital		215-483-9900
Shriner's Hospital for Children	Philadelphia	215-430-4000
St. Christopher's Children's Hospital	Philadelphia	215-427-5000
Suburban Community Hospital	East Norriton	610-278-2000

Support Groups

Alzheimer's

Alzheimer's Association	800-272-3900
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Crisis

Crisis TEXT LINE	Text "HOME" to:	741741
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Domestic Violence

Laurel House 24-Hour Hotline		800-642-3150
	Text "HOPE" to	85511
	Office	610-277-1860
Nicole's Place	Huntingdon Valley	267-699-0200
Victim Services of Montgomery County (Hotline)		888-521-0983
The Women's Center of Montgomery County		800-773-2424

Drug & Alcohol

Alcoholics Anonymous Find a Meeting		800-839-1686
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Personal Income Tax 717-787-8201
Property Tax/Rent Rebate Program 888-222-9190
Taxpayer's Rights Advocate 717-772-9347
USA Tax Help www.usa.gov/help-with-taxes

Transportation

The American Cancer Society – PA 215-985-5400
The Breathing Room Foundation 215-277-1006
Montgomery County Office of Veteran Affairs 610-213-4022
PennDOT 717-412-5300
Pottstown Area Rapid Transit (PART) 610-326-5413
SEPTA CCT Connect 215-580-7145
TDD/TTX 215-580-7712
The Open Link Transportation Assistance Program (TAP)
Pennsburg Area – Medical Transport 215-679-4112
Transnet Suburban
Persons with Disabilities, Medical Assistance Transportation,
School/Camp Services, Shared Ride, Shuttle Services
215-542-7433

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 around the age of one and again around the age of two. Children should be tested at their doctor's office or a laboratory. 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 the Office of Public Health Clinics for more information:

Norristown area (610) 278-5145
Pottstown area (610) 970-5040
Willow Grove area (215) 784-5415

OFFICE OF PUBLIC HEALTH

CLINIC LOCATIONS

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

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

Eastern Courthouse Annex
102 York Road, Suite 401
Willow Grove, PA 19090
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.

Scan referrals to:

MontcoHomeVisiting@montgomerycountypa.gov or Call 1-888-404-0620

HEALTH PROMOTION AND EDUCATION

The Montgomery County Office of Public Health provides a variety of FREE programs intended to empower individuals, families, groups, organizations and communities to play active roles in achieving, protecting and sustaining their health. The programs are conducted in multiple venues that include schools, worksites, community organizations and faith-based communities. Staff can host a display table at your community's health fair to distribute literature and answer questions. Program topics include:

Child Passenger Safety (Car Seat Checks) • Montco Trail Challenge • CPR/AED Training • 1-2-3 A Healthy Me • Nutrition • A Healthy Garden

Toll-Free Helplines for Pennsylvania Families

1-800-932-0313	Child Abuse 24-hour Helpline (Childline)
1-800-4-A-CHILD (1-800-422-4453)	24-hour national crisis intervention hotline to offer support, information and referrals for preventing child abuse
1-855-4-A-PARENT (1-855-427-2736)	24-hour National Parent Helpline to provide emotional support to parents
866-243-BABY(2229)	24-hour crying baby helpline
1-866-626-6847 or text 855-999-3525	MotherToBaby Hotline to talk to an expert about information on the safety of medications and other exposures during pregnancy and while breastfeeding
1-800-692-7288	Early Intervention in PA Statewide CONNECT Line for Birth to Age Five – to provide resources and information if you have concerns about your child’s development
1-800-753-8827	PA LINK to Aging and Disability Resource Center
1-855-634-HOPE (4673)	Montgomery County’s Crisis Response, available 24/7.
1-800-642-3150	Laurel House Women’s Shelter 24-hour Helpline
1-800-WIC-WINS	Information on obtaining supplemental foods, breast feeding and nutrition education
1-800-424-LEAD (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 (1-800-784-8669)	24-hour Tobacco Quit line for Pennsylvania residents
1-800-662-HELP (4357) TTY: 1-800-487-4889	SAMHSA’s National helpline for persons who need assistance finding a treatment provider or funding for mental and/or substance use disorders (in English and Spanish)
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
1-800-232-4636 TTY: 888-232-6348	CDC National STD Hotline English/Spanish