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 Navicrates 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.montcopa.org/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
Child Abuse 24-hour Hotline 800-932-0313

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
CLARIFIT 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
Housing Discrimination Advocacy

Need Resources? … Don’t know who to call?

Dial 2-1-1

Pennsylvania 2-1-1

Abuse
Child
Child Abuse 24-hour Helpline (Childline) 800-932-0313
Montgomery County Children & Youth 610-278-5800
After 4:15 PM and Weekends 610-275-1222
Children’s Crisis Treatment Center 215-496-0707
Trauma Assistance Program 215-496-0707
Sexual Trauma Treatment Program 215-496-0707
Mission Kids – Child Advocacy Center 484-687-2990
Montgomery County Child Advocacy Project 610-279-1219

Domestic Violence
Bilingual Hotline (English & Spanish) 866-723-3014
Domestic Abuse Response Team (DART) 24/7 215-852-9826
Laurel House 24-hour Helpline 800-642-3150
MENERGY – Counseling for Perpetrators 215-242-2235
Montgomery Co. Aging/Adult Elder Abuse 800-734-2020
National Teen Dating Abuse Hotline 866-331-9474
PA Coalition against Violence (se habla español) 800-799-SAFE
TTY 800-787-3224
Police Notification Program (SAVIN) for victims 800-322-4472
for non-victims 866-727-2846
S.A.F.E. Project of Creative Health (prevention & intervention for children) 610-326-9250

The Open Link (not 24 Hours) 215-679-4112
Victim Services Center of Montgomery County 610-277-0932
24-hour Crisis Helpline 888-521-0983
Women Organized Against Rape (WOAR) Hotline 215-985-3333
Women’s Center of Montgomery Co 24/7 Hotline 800-773-2424
Bryn Mawr Office 610-525-1427
Colmar Office 215-996-0721
Elkins Park Office 215-635-7344
Holy Redeemer Hospital 215-938-3711
Lansdale Hospital/Abington Health 215-853-8060
Norristown Office 610-279-1548
Pottstown Office 610-970-7363

Adoption and Foster Care
Adoptions from the Heart 800-355-5500
Bethany Christian Services 215-376-6200
Catholic Social Services 610-279-7372
Carson Valley Children’s Aid 215-233-1960
Concern Willow Grove 800-562-1427
Delta Community Supports 215-887-6300
Haven Adoptions 800-716-8220
Montgomery County Office of Children & Youth 610-278-5800
National Adoption Center 215-735-9998
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
CLARIFIT 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
Housing Discrimination Advocacy

Montgomery County Bar Association Lawyer Referral Service – option 3: 610-279-9660
Montgomery County Child Advocacy Project 610-279-1219
Montgomery County Domestic Relations 610-278-3646
Montgomery County Juvenile Probation 610-630-2252
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
Pennsylvania Legal Aid 800-322-7572
Pennsylvania Utility Law Project 844-645-2300
utilityhotline@palegalaid.net
Senior LAW Center 877-727-7529
Victim Services Center Helpline 888-521-0983
Women’s Center of Montgomery County 800-773-2424

Basic Needs

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

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
24-Hour Call Line: English 484-571-5540
Spanish 267-275-4966
Birthright of Pottstown 610-327-2626
Cradle of Hope 215-572-5937
Genesis Pregnancy Care Center Pottstown 610-970-8089
Norristown Catholic Social Services
Diaper Bank (every 3rd Tuesday & Thursday) 610-279-7372
Philly Baby Bump – Local Resource www.phillybabybump.com
Pregnancy Resource Clinic (Hotline: 24 hours/day) 215-855-2424

Clothing
Goodwill Store East Norriton 484-680-7631
Montgomeryville 267-645-4180
Liberty Thrift Stores  
Pottstown  610-831-9856  
Norristown  610-970-6306  
Montgomeryville  215-699-1203
Little Liberty (children & maternity)  
Pottstown  610-831-2170  
St. Peter’s Lutheran Church  
Pottstown  215-699-4604

Financial
American Red Cross (Emergency Assistance)  215-299-4000
Dept. Human Services Benefits Hotline  800-692-7462
Internal Revenue Service (IRS)  800-829-1040
Low Income Energy Assistance (LIHEAP) Toll-free  
Norristown  877-398-5571  
Pottstown  800-641-3940
PECO MEAF (Matching Energy Assistance Fund)  610-277-6363
Project Outreach  610-948-5111
(Housing and rent assistance in Royersford area)
Social Security (SSDI/SSI disabilities)  
Norristown  800-772-1213  
Limerick  866-964-7415

Food
Find food near you:  
https://www.philabundance.org/find-food/food-map/

Advocates against Hunger  610-630-9637
Catholic Social Services  
Norristown  610-279-7372
Coventry Food Pantry  
Pottstown  610-326-5659
Inter-faith Food Cupboard  
Abington  267-318-0807
Keystone Opportunity Center  
Souderton  215-723-5430
Matti N. Dixon Community Cupboard  
Ambler  215-628-3002
Manna on Main Street  
North Penn  215-855-5454
Meals on Wheels (subsidized meals)  610-278-3522
Meals on Wheels (private pay)  
Boylston  610-367-6957
Gladwyn  610-688-8170
Pottstown  610-326-1610
Ambler  215-619-8863
Glenisle  215-619-8863
Souderton  215-723-8555
Norristown  610-275-1960
East Greenville  215-679-6550
New Life Church Food Cupboard  
Glenisle  215-576-0892
Norristown Hospitality Center  610-277-1321
Patrician Society of Central Norristown  610-272-6316
Share Food Program  215-223-2220
Women, Infants and Children (WIC)  
Norristown  610-272-4042  
Abington  215-877-8006  
Lansdale  215-368-9826  
Pottstown  610-323-8160

Housing
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

Genesis Housing Corporation  610-275-4357
HUD Public Housing Info & Resource Center  800-955-2232
Montgomery County Housing Authority (MCHA)  
(Public Housing and Housing Voucher Program)  610-275-5720

Unsafe Living Conditions
Contact Your Municipality’s Building & Code Enforcement Dept.
Norristown Building & Code Enforcement Dept.  610-270-0441  
The Housing Equity Center of PA  866-540-FAIR  
www.equalhousing.org  267-419-8918

Montgomery County Office of Public Health  
Norristown  610-278-5117  
Pottstown  610-970-5040  
Willow Grove  215-784-5415

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
Norristown  610-970-2134
Adventist Community Service CTR (food/clothing)  610-489-6671
Boyetown Area Multi-Service, Inc. (food, financial)  610-367-6957
CADCOR (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  
Eagleville  610-630-2111  
Pottstown  610-326-1610
Keystone Opportunity CTR (food, housing, educ.)  215-723-5430
Mitzvah Circle Foundation  215-828-6647
(Diapers, clothing, personal care items, period supplies)
Manna on Main Street (food, financial) - Lansdale  215-855-5454
Montgomery County Assistance Office  
Norristown  610-278-3601  
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 (food, education, financial)  215-679-4112
The Women’s Center of Mont.Co. (DV, financial)  800-773-2424
VNA Personal Navigator Program  
Abington, Colmar, Norristown, Pottstown  800-591-8234
Women’s Bridge Resource Center - Eagleville (housing, food, D.V., financial, employment)  
www.womensbridgecenter.org  610-761-1707

Visit https://www.montcopa.org/carseatcheck to schedule an appointment for a FREE car seat check by a certified car seat technician!

Immigration Legal Services
African Cultural Alliance of North America  215-729-8225
Catholic Charities  
Allentown  610-435-1541  
Philadelphia  267-331-2490
Equal Access Legal Services  267-888-6703
Esperanza Immigration Legal Services  215-324-0746 ext.308
HIAS Pennsylvania  215-832-0900
Keystone Opportunity Center – Citizenship classes  267-663-1001
Nationalities Service Center  215-893-8400
Villanova University School of Law – Legal Clinics  610-519-6839

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.

Maternity Care Coalition 215-972-0700
Early Head Start 610-819-6200
Maternal and Child Health Consortium of Chester County
Healthy Start - Parents as Teachers 610-344-5370
Montgomery County Nurse Home Visiting Program 610-278-6724
Nurse Family Partnership (Einstein) 484-622-ENFP (3637)
Email: NFPP@einstein.edu
Pottstown Family Center Parents as Teachers 610-326-1610

Call 1-888-404-0620 or Email MontcoHomeVisiting@montcopa.org to be connected to one of the free home visiting services that best matches your needs.

Pregnancy/Childbirth/Breastfeeding

Pregnancy/Baby Health Providers

A Baby’s Breath 610-489-0083
Collevery
24-Hour Call Line: English 484-571-5540
Spanish 267-275-4966

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.

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 215-481-2108
Fetal Diagnostic Center 215-481-4944

Breastfeeding Support

Abington Memorial Hospital OB/GYN Center
(Abington, Horsham, Warrington) 215-481-6784
Breastfeeding Resource Center Abington 215-886-2433
King of Prussia 484-582-6682
Bryn Mawr Hospital 484-337-3000
Einstein Women’s Resource Center 484-362-6133
Early Head Start Pottstown 610-819-6200
Norristown 610-277-1505
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
Maternity Care Coalition 215-972-0700
Nursing Mothers Alliance 610-251-9405
Pottstown Hospital 610-327-7145
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

Childbirth Classes

Abington Memorial Hospital OB/GYN Center
(Abington, Horsham, Warrington) 215-481-6784
Bryn Mawr Hospital 484-337-3000
Community Health & Dental Care (Pottstown) 888-215-9770
Einstein Women’s Resource Center Plymouth Mtg 484-622-2226
Holy Redeemer Hospital and Medical Center 800-818-4747
Lankenau Medical Center Wynnewood 484-476-2000
Lifecycles WomanCare (formerly The Birth Center) 610-525-6086
Maternity Care Coalition 215-348-9770
Doylestown
Grand View Hospital
Lower Bucks
Pottstown
Pottstown Hospital 610-327-7145

Caregiver Resources

To obtain a birth certificate: http://www.health.pa.gov/
Philadelphia Public Office 1-844-228-3516 or 215-560-3054
To locate a Social Security office: 1-800-772-1213
Statewide Adoption Network 1-800-585-SWAN (7926)

Childcare

Early Learning Resource Center Region 17 610-278-3707
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.

Print an application and supporting documentation: montco.org/elrc
Apply for subsidized child care online: compass.state.pa.us
Search for a child care provider: findchildcare.pave.org

Pennsylvania Department of Human Services 800-346-2929
Child care certification, inspections & complaints 215-560-2541
The Pennsylvania Key (for parents and providers) pakeys.org

Early Head Start (birth to age 3)
Chester County Intermediate Unit (CCIU) 610-383-6800
Maternity Care Coalition Pottstown 610-819-6200
Norristown 610-277-1505

Pre-K Counts (ages 3 & 4)
Montgomery County Intermediate Unit 484-868-9550
Pottstown Early Action for Kindergarten Readiness 610-970-6655

Head Start (ages 3 to 5)
Montgomery County Intermediate Unit 484-868-9800

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: 800-692-7288
Support for Siblings

**Early Intervention (EI)**

Montgomery County Office of Developmental Disabilities/Early Intervention 610-278-5666
The Autism Society  [www.autism-society.org](http://www.autism-society.org)  800-3-AUTISM
The Center for Autism  215-878-3400
The PA Bureau of Autism Services  877-231-4244

**Developmental Disabilities**

The Arc of PA  877-337-1970
Disability Rights PA  Toll Free  800-922-7443
TDD  877-375-7139
Philadelphia  215-238-8070
Montgomery County Office of Developmental Disabilities  610-278-5666
National Down Syndrome Society  610-754-1483
Office of Vocational Rehabilitation (OVR)  484-250-4340
Suburban Transnet Services  215-542-7433

**Autism Support**

Montgomery County Office of Developmental Disabilities/Early Intervention 610-278-5666
The Autism Society  [www.autism-society.org](http://www.autism-society.org)  800-3-AUTISM
The Center for Autism  215-878-3400
The PA Bureau of Autism Services  877-231-4244

**Support for Siblings**

**Additional Resources**

Children/Adults with Attention Deficit/Hyperactivity Disorder (CHADD)  800-233-4050
Easterseals of Southeastern PA  215-368-7000
EdBeCo. Inc.  267-465-7515
Exceptional Connections (Applied Behavior Anal)  267-495-8589
Indian Creek Foundation Family Services  267-203-1500
Montgomery County Intermediate Unit  610-755-9400
PA Families, Inc. (Statewide Families Network)  866-947-4941
Parent Education & Advocacy Leadership (PEAL)  866-950-1040
PA Tourette Syndrome Association  800-990-3300
Parents Exchange  610-962-0337

**Assistive Technology (AT)**

Bridging Apps  bridgingapps.org
Technology for Our Whole Lives  [https://techowlpa.org](http://https://techowlpa.org)
PA Assistive Technology Foundation  888-744-1998
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

**Advocacy**

Mission Empower  814-825-0788

**Mental Health Services**

**Community Behavioral Health Centers**

**Montgomery County Mobile Crisis Hotline**

855-634-HOPE (4673)

- **Suicide Crisis and Prevention**
  - ACCESS Services (Mobile Crisis Line)  855-634-4673
  - National Suicide Prevention Helpline  800-273-8255
  - Veterans Press 1 Para español:  888-628-9454
  - National Crisis Text Line  741741
  - National Trans Lifeline  877-565-8860
  - Prevent Suicide PA  717-885-9161
  - Suicide Prevention Taskforce Training Coordinator  610-278-1238
  - The Trevor Lifeline (For LGBTQIA Youth)  866-488-7386
  - Or Text "START" to:  678678

**Support Groups**

- New Directions (depression/bipolar)  215-659-2366
- Hearing Voices  484-681-9432 x 203
- Wrap  484-681-9432 x 204

**Veterans**

- Montgomery County Vet Center  215-823-5245
- Veterans Resource Center, Montco Comm College  215-619-7307

**Victims of Crime**

- Lincoln Center Victims of Crime Act Program  610-277-3715

**Drug and Alcohol Services**

**Case Management**

- Central Montgomery County (Gaudenzia)  610-279-4262
- Eastern Montgomery County (Gaudenzia-Dresher)  215-433-1634
- Northeastern Montgomery County  267-452-1913
- Western Montgomery County (Creative Health Svcs)  610-327-1503

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

**Prevention/ Intervention**

- Aldersgate Youth Service Bureau Willow Grove  215-657-4545
- Carson Valley Women’s Voices Program  610-279-2755
- Creative Health Services Outpatient  610-327-1503
- Northwestern Human Svgs (Now Merakey)  215-716-9001

**Outpatient Services**

- Creative Health Services Outpatient  610-327-1503
- Gaudenzia-Dresher/ Willow Grove Outpatient  215-433-1634
- Gaudenzia Norristown Outpatient  610-279-4262
- Key Recovery Outpatient  215-542-4825
- Malvern Institute Outpatient Program  610-647-0330

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**Montgomery County Office of Early Intervention**
Assessment and Intake (children under 3)  610-277-7176
Montgomery County Intermediate Unit  610-755-9400
(Early Intervention services for children 3 years and older)

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**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
Penn Foundation Outpatient  215-257-9999
RHD Rise Above Outpatient Program  KOP  484-681-4040

Other
Alcoholics Anonymous – Find a Group - www.aasepia.org
South Eastern Penn Intergroup Assoc.  215-923-7900
Intergrupal Hispana de PA  215-226-3049
Al-Anon  800-344-2666
Council of SE PA Drug & Alcohol Helpline  800-221-6333
Eaglewaste Hospital (Substance Use)  800-255-2019
Harwood House – Male Only Halfway House  610-853-3440
Libertae Halfway House &
  Family House Rehab (Women & Children)  215-639-8681
Malvern Institute Inpatient Program - Willow Grove  610-647-0330
Narcotics Anonymous  610-534-9510
Nar-Anon  800-477-6291
Norristown Recovery & Education Center  267-507-3525
PA Division of D & A Program Licensure (DDAP)  717-783-8675
Penn Foundation Rehab & Mobile  215-257-9999
Pottstown Recovery & Education Center  267-507-3525
PRO-ACT Hotline (Support for Families)  800-221-6333
Resource for Human Development (RHD)
  Family House-Residential for Women & Children  610-278-0700
  Lower Merion Counseling and Mobile Services  610-520-1510
  Womanspace - homelessness addiction recovery  215-844-2400
  Valley Forge Medical Center (Substance use only)  610-539-8500

Education
English as a Second Language
Abington Free Library - Adult Literacy Classes  215-885-5183
ACLAMO Family Center  610-277-2570
Keystone Opportunity Center Souderton  267-663-1001
Lansdale  Northwst
Montgomery County Community College  215-619-7396
Montgomery County Literacy Network  877-225-4484
Montgomery County OIC Norristown  610-279-9700
Won Community Center Glenside  215-884-8443
YWCA Tri-County Pottstown  610-326-7323

High School Equivalency (GED & HiSET)
Montgomery County Community College  215-641-6300
Keystone Opportunity Center Souderton  267-663-1001
Literacy Council of Norristown (GED/ESL)  610-292-8515
Montgomery County Literacy Network  877-225-4484
Montgomery County OIC Norristown  610-279-9700
PA Career Link Montgomery County  610-270-3429
The Open Link  215-679-4112
YWCA Tri-County Pottstown  610-326-7323

Job Training/Career Services
Pennsylvania Career Link in Montgomery County  610-270-3429
cwds.pa.gov
CADCOM’s Fatherhood Empowerment Center  610-277-6363
Developmental Enterprises Corporation (DEC)  610-277-3122
Goodwill Employment Services Keystone Area  717-394-0647
Hedwig House  610-787-1982
Job Corps  800-733-5627
Keystone Opportunity Center  267-663-1001
Lakeside Mobile Support Program  215-516-9312
Montgomery County Assistance Office Norristown  610-270-3500
Pottstown  610-327-4280
Montgomery County EARN Center  610-292-5026
(Employment Advancement & Retention Network)
Montgomery County OIC (Opportunities Industrialization Center)  610-279-9700
National Alliance on Mental Illness (NAMI)  215-361-7784
Norristown Hospitality Center  610-277-1321
Pottstown Public Library  610-970-6551

Parenting Education
Maternity Care Coalition  215-972-0700

Maternity Care Coalition MObile  610-713-0570
Norristown Family Center  610-279-2755
Pottstown Family Center  610-326-1610

Colleges
Arcadia University  215-572-2900
Bryn Mawr College  610-526-5000
Cabrini University  610-902-8100
Eastern University  610-341-5800
Gwynedd Mercy University  215-646-7300
Harcum College  610-625-4100
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
  KEYS Program
    (TANF & SNAP eligible assistance)  215-643-6330
Penn State University – Abington Campus  215-791-7300
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 and
children. 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
VNA Personal Navigator Program
  Abington, Colmar, Norristown, Pottstown  800-591-8234
PA Health Law Project Helpline:
  (Determining eligibility for Medicaid, etc.) www.phlp.org

Connecting to Health Insurance
VNA Personal Navigator Program  800-591-8234
PA Health Access Network (ACA Enrollment)  877-570-3642

Enrolling in Benefits
VNA Personal Navigator Program  800-591-8234
COMPASS www.compass.state.pa.us  800-692-7462
Hearing Impaired TTX/TTD
  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 #2; then Prompt #1  800-986-5437
  Medicare  800-633-4227
  Montgomery County Assistance Office  877-398-5571
  Norristown  610-270-3500
  Norristown LIHEAP Pottstown  610-272-1752
  Pottstown  610-327-4280
  Pottstown LIHEAP  610-272-1752
  Social Security  800-772-1213
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

Pottstown Public Health Center 610-970-5040
Norristown Public Health Center 610-278-5145
Willow Grove Public Health Center 215-784-5415

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

Child Health Care
Abington Health Children’s Clinic Lansdale 1-800-533-3669
Abington Health Maternal Child Home Health 215-481-5800
Bryn Mawr Family Practice 610-325-1390
CHOP Newborn Care Holy Redeemer Hospital 215-938-2903
CHOP Primary Care
- Indian Valley 215-723-7177
- Flourtown 215-836-1700
- Norristown 610-272-4550
- Chalfont 215-822-7700
- Abington Memorial 215-481-4320

CHOP Specialty Care
- Exton 610-594-9008
- King of Prussia 610-337-3232
- Abington 215-885-2790

Community Health and Dental Care
Pottstown 800-589-6212

Children’s Health Center of VNA Abington 215-572-7880
Montgomery Family Practice Norristown 484-622-7510
North Hills Health Center 215-572-0302

Pottstown Hospital-Tower Health
Tower Health at Home (home healthcare) 855-843-8627
Coventry Pediatrics 610-326-8660
Trappe Pediatric Care- Einstein 484-622-6340
VNA Health Norristown 610-272-3373
Children’s Clinic Press “2”
Navigates Press “3”

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
Abington Health Maternal Child Home Health 215-481-5800
Community Health & Dental Care Pottstown 610-325-9460
Children’s Health Center of VNA Abington 215-572-7880
Montgomery County Office of Public Health
- Norristown 610-278-5145
- Pottstown 610-970-5040
- Willow Grove 215-784-5415
- Montgomery Family Practice Norristown 484-622-7510
- Norristown Regional Health Center 610-278-7787
- North Hills Health Center Glenside 215-572-0302
- The Clinic (under and uninsured) Phoenixville 610-935-1134

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

Obstetrics/Gynecological
Abington Memorial OB/GYN Center 215-481-6784
Bryn Mawr Hospital 484-337-3000
Genuardi Family Maternal Health Norristown 484-622-7300
Lankenau Medical Center Wynnewood 484-476-2000
Lifestyle WomanCare (formerly The Birth Center) 610-525-6086

North Hills Health Center Glenside 215-572-0302
Planned Parenthood Norristown 610-279-6095
Pottstown 610-326-8080

All 800-230-7526

Pottstown Hospital Maternity Services 610-327-7142
The Clinic (under and uninsured) Phoenixville 610-935-1134

HIV/STDs/AIDS Services
AIDS Fact Line 800-662-6080
Action Wellness Philadelphia 215-981-0088
CDC National STD Hotline English/Spanish 800-232-4636
Choice One 800-497-8378

Find an STD/HIV Testing Site https://gettested.cdc.gov/

Mazzoni Center (LGBTQ) Philadelphia 215-563-0638

Montgomery County Office of Public Health
Pottstown Public Health Center 610-970-5040
Norristown Public Health Center 610-278-5117
Willow Grove Public Health Center 215-784-5415
Montgomery Co. HIV/STD Program 215-278-5145
North Care Women’s Clinic Lansdale 215-855-2424

Text: 215-720-1579
Norristown Regional Health Center 610-278-7787
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

All 800-230-7526

Project Hope Case Management Family Services (se habla español) 610-630-2111

Teen Pregnancy
Abington Jefferson Hospital 1-800-533-3669
Birthright of Pottstown 610-327-2626
Carson Valley Norristown Family Center 610-279-2755
Child, Home and Community (CHC) 215-348-9770
Maternity Care Coalition
Childbirth & Newborn Care Classes 215-348-9770
Montgomery County Teen Parent Task Force (link) Facebook
Montgomery County Office of Public Health
MCH Nurse Home Visiting 610-278-6763
Morningstar Ministries (Pregnant Teen Housing) 215-723-8103
North Care Pregnancy Resource Clinic (24 hrs/day) 215-855-2424

Text: 215-720-1579
Nurse Family Partnership 484-622-3637
Pottstown Family Center 610-326-1610
SafeTeens 866-SAFE-TEENS
Or text “SAFE” to 57890

Do you need a free smoke detector?
Call the Norristown Fire Department FREE Smoke Detector Hotline: 610-270-2878

Hospitals
Abington Health/Lansdale Hospital 215-368-2100
Abington Jefferson Hospital 800-533-3669

Social Security TTY 800-325-0778
Prescription Assistance Partnership for Prescription Assistance 888-477-2669 www.pparx.org
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 window-sills 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 for more information:**

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

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**Support Groups**

**Crisis**

Crisis TEXT LINE Text “HOME” to: 741741
NOVA (Network of Victims Assistance) 800-675-6900

**Domestic Violence**

Laurel House Individual & Support Group Counseling
East Norriton 610-405-7080
North Wales 610-983-8722

Nicole’s Place
Huntingdon Valley 215-402-7804
Bryn Mawr 610-405-7080
Pottstown 215-915-5125

Victim Services of Montgomery County (Hotline) 888-521-0983
The Women’s Center of Montgomery County 800-773-2424

**Drug & Alcohol**

Alcoholics Anonymous 215-923-7900
Al-Anon Family Group Headquarters 800-344-2666
Narcotics Anonymous 844-624-3575

**Father Friendly**

CADCOM Fatherhood Empowerment Center 610-277-6363
Carson Valley Children’s Aid Fatherhood Meetings 610-996-8945

CHCs School-based ELECT Program
Fatherhood program for teenage fathers 215-348-9770

Dad Lab - Abington Health Center (Willow Grove) 215-481-3233

Fathers Matter Initiative
fathersmatter2.org

I CAN DADS Coaching
icandads.com

More resources:
Better Dads - betterdads.net
National Center for Fathering - fathers.com
National Fatherhood Initiative - fatherhood.org

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**Grief Support**

Bereavement Support – Abington Hospital 215-441-6842
Compassionate Friends (loss of child)
Abington Chapter 267-265-6744
Valley Forge Chapter (KOP) 484-919-0820

Grief Recovery after a Substance Passing (GRASP) 215-884-3916

Perinatal Loss Support, Abington Hospital 215-481-4814
Safe Harbor, Abington Hospital
(grieving children and teens) 215-481-5983

Unite Inc. Grief Support for Infant Loss 888-488-6483

**LGBTQ**

LGBT Peer Counseling- William Way 215-732-8255
Mazzoni Center Philadelphia 215-563-0658

**Mental Health**

Montgomery County Peer Support Talk Line 855-715-8255

National Alliance of Mental Health (NAMI) Montgomery County 215-361-7784

Survivors of Suicide Support Group 215-545-2242

**Parenting**

Center for Parenting Education Abington
https://centerforparentingeducation.org/

Centering Parenting Program & New Parent Classes 800-346-7834
Norristown Catholic Social Services
English/Spanish Parenting Support 610-279-7372
Norristown Hospitality Center 610-277-1321
Pottstown Family Center 610-326-1610
Teen Parent Support Group (CHC) 215-348-9770

Young Lives - Support for Teen Parents 484-947-1429
Pregnancy/Childbirth
A Baby’s Breath  Collegeville  610-489-9083
24-Hour Call Line:  English  484-571-5540
Spanish  267-275-4966
Birthright of Pottstown  610-327-2626
Genuardi Family Maternal Health Center
  Centering Pregnancy Group  484-622-7300
Norristown Catholic Social Services
  English/Spanish Pregnancy Support  610-279-7372
Nursing Mothers Alliance Helpline  610-251-9405
Pottstown Family Center  610-326-1610
The Postpartum Stress Center  610-525-7527
The Center for Postpartum Depression Phila.  215-247-2114

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
PA Mentor  215-612-8200

Taxes
Earned Income Tax Credit (EITC)  Call IRS  800-829-1040
Or  www.irs.gov/eitc
PA Tax Forgiveness  PA Department of Revenue  717-787-8201
Or  https://www.revenue.pa.gov

Transportation
American Cancer Society Road to Recovery  800-277-2345
Mobility Hotline  866-507-4857
Boyertown Area Multi-Service (Medical Transport)  610-367-6957
Pottstown Area Rapid Transit (PART)  610-326-5413
Penn DOT Customer Service Call Center 800-932-4600
SEPTA CCT Connect (disabilities & seniors)  215-580-7145
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 colleges/corporate centers
LOCATIONS

Norristown  Pottstown  Willow Grove
1430 DeKalb Street  364 King Street  Eastern Courthouse Annex
Norristown, PA 19404  Pottstown, PA 19464  102 York Road, Suite 401
610-278-5145  610-970-5040  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.

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:

  - Chronic Disease
  - Communicable Disease
  - Environmental Health
  - Healthy Lifestyles
  - Immunizations
  - Injury Prevention
  - Nutrition
  - Opiate Epidemic
  - Physical Activity

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 (484) 622-ENFP (3637) American Heart Association Infant CPR (non-certified) training is also available for groups.
### Toll-Free Helplines for Pennsylvania Families

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Description</th>
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<tbody>
<tr>
<td>1-800-932-0313</td>
<td><strong>Child Abuse 24-hour Helpline (Childline)</strong></td>
</tr>
<tr>
<td>1-800-4-A-CHILD (1-800-422-4453)</td>
<td>24-hour national crisis intervention hotline to offer support, information and referrals for preventing child abuse</td>
</tr>
<tr>
<td>1-800-986-BABY(2229)</td>
<td>Healthy Baby Line for information about finding a doctor, immunizations and tests for your baby, and resources to support breastfeeding</td>
</tr>
<tr>
<td>1-855-4-A-PARENT (1-855-427-2736)</td>
<td>24-hour National Parent Helpline to provide emotional support to parents</td>
</tr>
<tr>
<td>866-243-BABY(2229)</td>
<td>24-hour crying baby helpline</td>
</tr>
<tr>
<td>1-866-626-6847 or text 855-999-3525</td>
<td>MotherToBaby Hotline to talk to an expert about information on the safety of medications and other exposures during pregnancy and while breastfeeding</td>
</tr>
<tr>
<td>1-800-986-4550</td>
<td>Special Kids Network - Information on services available for children with special health care needs and disabilities</td>
</tr>
<tr>
<td>1-800-692-7288</td>
<td>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</td>
</tr>
<tr>
<td>1-800-753-8827</td>
<td>PA LINK to Aging and Disability Resource Center</td>
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<tr>
<td>1-800-642-3150</td>
<td>Laurel House Women’s Shelter 24-hour Helpline</td>
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<tr>
<td>1-800-WIC-WINS</td>
<td>Information on obtaining supplemental foods, breast feeding and nutrition education</td>
</tr>
<tr>
<td>1-800-424-LEAD(5323)</td>
<td>The Lead Information Helpline provides information for parents, homeowners, contractors and healthcare professionals.</td>
</tr>
<tr>
<td>1-866-412-4755</td>
<td>The Head Injury Information Helpline</td>
</tr>
<tr>
<td>1-800-QUIT-NOW (1-800-784-8669)</td>
<td>24-hour Tobacco Quit line for Pennsylvania residents</td>
</tr>
<tr>
<td>1-800-662-HELP (4357)</td>
<td>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)</td>
</tr>
<tr>
<td>Dial 2-1-1 or 866-964-7925 or Text 898-211</td>
<td><strong>Your Way Home Call Center</strong> - for persons who are homeless or are in imminent risk of becoming homeless</td>
</tr>
<tr>
<td>1-800-232-4636</td>
<td>CDC National STD Hotline English/Spanish</td>
</tr>
</tbody>
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Thank you to Sarah Evenosky and Emma DeWyse, Arcadia University, who have updated the 2019 Parent and Infant Resource Guide.

Emma and Sarah are graduate students in the dual degree Master of Public Health (MPH) and Master of Medical Science (MMS) program at Arcadia University. After completing the MPH program in May 2019, they will begin their MMS degree and training to become Physician Assistants. They hope to apply the knowledge and experience they gained through the MPH program and their internship with the Office of Public Health in their future careers as clinical healthcare professionals. Both Emma and Sarah have interests in maternal and child health issues and hope to pursue work as licensed PAs in the field of pediatrics.