



# WHERE TO TURN FOR HELP IN INDIANA COUNTY

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300 Indian Springs Road, Suite 203, Indiana, PA 15701

724-349-0500, ext. 3 or TDD: 724-465-3805 or [mpounds@indianacountypa.gov](mailto:mpounds@indianacountypa.gov)

Human Services Information and Resources Dial 2-1-1 or go to [www.pa211sw.org](http://www.pa211sw.org)

LARGE PRINT AVAILABLE UPON REQUEST [www.humanservices-countyofindiana.org](http://www.humanservices-countyofindiana.org) \*\* area codes are 724 unless otherwise noted

EFFECTIVE

August

2019

## AGING SERVICES

- accessAbilities, Inc. - 465-6042
- Alzheimer's Association, Greater PA Chapter - 1-800-272-3900
- Aging Services, Inc. - 349-4500 or 1-800-442-8016
- IRMC Behavioral Health Services - 357-7404
- Meals on Wheels
  - Indiana/Homer City - 463-7676

## ALCOHOL/DRUG ABUSE/PREVENTION EDUCATION

- AA Indiana County Answering Service - 801-8788
- Armstrong-Indiana-Clarion Drug & Alcohol Commission, Inc. - 463-7860; Education/Prevention Programs - 354-2746
- ARC Manor - 548-7607 or 1-800-323-1333
- ARIN Underage Users Group - 463-5300, ext 1211
- Conewago Indiana, Adult Residential Treatment Program - 724-471-3037 or 1-888-347-3873
- Indiana County Recovery Center - 717-6492
- Laurel Mountain Highlands Area Chapter of Narcotics Anonymous - 1-888-251-2426
- New Way of Life Men's Halfway House - 471-1254; Admissions - 1-888-347-3873
- Open Door - 465-2605
- Spirit Life - 465-2165

## BUDGETING

- Advantage Credit Counseling Service (Phone or In-Person Counseling Session) 1-866-699-2227
- Family Promise/Financial Literacy Classes-464-5220

## CHILDREN, YOUTH SERVICES

- accessAbilities, Inc. - 465-6042
- Adelphoi Village - 520-1111; Adelphoi Education in Indiana - 463-1456
- ARIN IU 28 - 463-5300, ext 1211
  - Family Focus Program
  - ParentChild+ Program
- Armstrong-Indiana Behavioral & Developmental Health Program- Ages Birth-3 Early Intervention (EI) Services- 548-3451; EI Referrals-CONNECT Helpline at 1-800-692-7288
- Beacon Day Care - 349-0234
- Big Hearts Little Hands (Mentoring) - 463-9622
- Boy Scouts of America/Laurel Highlands Council - 1-814-471-1090
- Catholic Charities - 463-8806
- Care Center of Indiana County - 463-8595
- Community Guidance Center - 465-5576
- Cottage House Day Care - 349-1377
- Early Learning Resource Center (CCW and Keystone STARS) 1-888-864-1654 or 285-9431
- Evergreen After School Club in Indiana County- 910-1323
- Grand Beginnings Children's Center East- 463-1819; West- 463-1984
- Great Expectations Child Care Center- 459-6800
- Family Behavioral Resources - 465-0369
- Family Psychological Associates- 349-6320
- Highmark Caring Place: A Center for Grieving Children, Adolescents, and their Families - 1-888-224-4673
- Hopeful Hearts/A Service of VNA - Child-focused grief support - 463-6340
- Indiana County Children & Youth Services - 465-3895
- **After hours/Emergency - 911**
  - Childline - 1-800-932-0313

- Indiana County Head Start (3-5 years) - 349-6200 or 1-877-346-3023
  - Early Head Start - (0-3 years)
- Indiana County YMCA - 463-9622
- Indi Kids - 349-1821
- IUP Child Study Center - 357-2445
- JusticeWorks YouthCare - 672-0878
- Keys Montessori School - 349-5680
- Lifesteps - Child Check- 1-800-225-2010
- Lolos Early Care & Education Center - 237-1649
- Merakey- 349-2451
- New Story Schools & Services- 463-5390
- Penn State Cooperative Extension - 465-3880
  - 4-H Clubs (children ages 5-18)
- Stay N Play Day Care, Homer City - 479-2120
- Stay N Play Day Care - Indiana - 465-5683

## CLOTHING

- Chevy Chase Center - 463-0674
- Christos Clothes Closet - 479-2695
- Katie's Closet - 465-5597
- Kiwanis Baby Cupboard - 465-2657
- Life-Way Pregnancy Center - 349-5307 or 1-866-549-6636
- My Best Friend's Closet - 639-9454

## COUNSELING/SUPPORT

- ARC Manor (drug/alcohol) - 548-7607 or 1-800-323-1333
- Alice Paul House (APH) Trauma Focused empowerment counseling - 349-4444 or 1-800-435-7249
- Armstrong-Indiana Behavioral and Developmental Health Program - 548-3451 or 349-3350
  - Crisis Hotline 1-877-333-2470
- Catholic Charities - 463-8806
- Care Center of Indiana County - 463-8595
- Center for Independent Living of South-Central PA - Voice/TTY - 1-814-949-1905 or 1-800-237-9009
- Community Guidance Center - 465-5576
- Community Psychiatric Centers -850-7200
- Family A.C.T.S., Inc - 763-7600 or 1-800-860-4673
- Family Behavioral Resources - 465-0369
- Family Psychological Associates - 349-6320
- Highmark Caring Place (for Grieving Children/Families) - 1-888-224-4673
- Hopeful Hearts/A Service of VNA- Child-focused grief support - 463-6340
- Indiana County Recovery Center - 717-6492
- IRMC Behavioral Health Services - 357-7404
- Life-Way Pregnancy Center-349-5307 or 1-866-549-6636
- Merakey - 349-2451
- Open Door - 465-2605
  - Crisis and Suicide Hotline - 1-877-333-2470
  - Alcohol, Tobacco and Other Drug
  - Gambling Addiction
- Spirit Life (drug/alcohol) - 465-2165

## EDUCATION/ EDUCATIONAL INFORMATION

- Adelphoi Education in Indiana - 463-1456
- Alice Paul House - Prevention Education & Awareness Programming - 349-4444 or 1-800-435-7249
- American Red Cross of Chestnut Ridge - 465-5678
- Arc of Indiana County - 349-8230
- ARIN IU 28 - 463-5300
  - ARIN Center of Education, ext. 2307
  - Adult Education Classes/Literacy/Tutoring
  - (ABE/GED/ESL)

- Early Intervention Services (ages 3-5), ext 1222
- School and Community Services, ext 1211
  - Family Focus Program
  - ParentChild+ Program
  - PPT - Pregnant & Parenting Teen
  - Underage Users Group
- Special Education Programs & Services, ext 1246
- Care Center of Indiana County (Parent Ed.) - 463-8595
- Human Services Information - 349-0500, ext. 3
- Indiana Co. Head Start (3-5 years) - 349-6200 or 1-877-346-3023
  - Early Head Start (0-3 years)
- Indiana Co. Technology Center - 349-6700
  - Adult Education
  - School of Practical Nursing
- Indi Kids - 349-1821
- IUP Child Study Center - 357-2445
- Lifesteps - Family Care Mobile Library - 349-1122
- Lolos Early Care & Education Center- 237-1649
- New Story School (for children with autism)- 463-9841
- Office of Vocational Rehabilitation - 1-814-255-6771 or 1-800-762-4223 or TTY: 1-866-862-6891
- Penn State Cooperative Extension - 465-3880; TDD: 465-3805
  - Agriculture/Natural Resources
  - 4-H programs (children 5-18)
  - Consumer Education
- School of Graduate Studies and Research (IUP) - 357-2439
- The Salvation Army Tutoring Program - 465-2530
- Westmoreland County Community College Indiana Center 357-1404 or 1-800-262-2103 ext. 5939

## EMPLOYMENT TRAINING/ EMPLOYMENT COUNSELING

- AARP Sr. Employment Program 412-271-1580
- Community Living & Learning, Inc.
  - Adult Training Facility (ATF) 349-4590 (Prevocational Training)
- Epilepsy Foundation Western/Central PA - 1-800-361-5885
- Gatehouse Program of Spina Bifida Association of WPA (for persons with disabilities) - 877-310-5433
- ICW Vocational Services, Inc.
  - Workshop - 349-1211
  - Employment Services - 349-4143 (supported employment)
- PA CareerLink®, Indiana County - 471-7220 or TTY: 471-7221
  - Indiana County Career TRACK # above or 1-888-479-9494
  - Indiana County Health Care Careers Consortium - 471-7249
  - Tri-Co WIB (welfare to work programs) #above
- Indiana County Technology Center - 349-6700
  - Adult Education
  - School of Practical Nursing
- Office of Vocational Rehabilitation 1-814-255-6771 or 1-800-762-4223 or TTY: 1-866-862-6891
- Pathstone - (55+) 724-465-4171

- Veterans Leadership Program of W. PA - 1-814-255-7209
- Westmoreland County Community College Indiana Center 357-1404 or 1-800-262-2103 ext. 5939

## **FOOD**

- Chevy Chase Center - 463-0674
- Community Kitchen - 397-9498
- ICCAP - 465-2657 or 463-7440
- Indiana Co. Assistance Office - 357-2900 or 1-800-742-0679
- Kiwanis Baby Cupboard - 465-2657
- Meals on Wheels
  - Indiana/Homer City - 463-7676
- The Salvation Army - 465-2530
- Women, Infants, and Children Supplemental Nutrition Program (WIC)
  - 1-866-942-2778 (for current participants);
  - 1-800-215-7494 for information

## **FUEL/UTILITY**

- Catholic Charities Helpline - 1-866-409-6455
- ICCAP - 465-2657
- Indiana County Assistance Office - 357-1917

## **HEALTH / MEDICAL CARE/EDUCATIONAL INFORMATION**

- accessAbilities, Inc. - 465-6042
- Adagio Health - 349-2022
  - Gynecological Care/STD Testing men & women
  - WIC (Women, Infants & Children Supplemental Nutrition Program) - 1-866-942-2778 or 1-800-215-7494-9467 for info.
- Alzheimer's Association, Greater PA Chapter - 1-800-272-3900
- American Cancer Society - 1-800-227-2345
- American Diabetes Association - 1-888-342-2383 or 412-824-1181
- American Heart Association - 412-208-3550
- American Lung Association in PA - 1-800-LUNG-USA (586-4872) or 412-430-3066
- American Parkinson's Disease Association - 1-800-223-2732
- American Red Cross of Chestnut Ridge (Health & Safety Training & Certification) - 1-800-733-2767
- Anew Home Health Agency - 465-9224
- Arthritis Foundation - 1-800-522-9900
- Breathe PA - 772-1750 or breathepa.org
- Community Resources for Independence- 349-0201
- Conemaugh Home Health Agency - 1-814-534-7500
- Conemaugh Regional Hospice - 1-814-534-6100 or 1-888-553-5503
- Elks Home Service Program - 545-9150 (Case Management and Advocacy)
- Epilepsy Foundation Western/Central PA - 1-814-262-7494 or 1-800-361-5885
- Excela Health Home Care and Hospice - 689-1800 or 1-800-427-1400
- Family Hospice of Indiana County - 463-8711
- Heritage Home Health Agency- 465-0440
- HIV/Aids services: Community Care Management - 814-534-3032 or 1-866-429-1583
- Indiana County Assistance Office - 357-2900 or 1-800-742-0679
- Indiana Regional Medical Center
  - Birth and Family Programs - 357-7496
  - Case Management Dept. - 357-7070
  - Diabetes Program - 357-7164
  - Institute for Healthy Living - 357-8088
  - OB GYN Services - 888-452-4762
- IRMC Symetra Program (previously Empower 3 Center for Health) - 427-2763
- IUP Speech, Language & Hearing Clinic - 357-2451
- Leukemia & Lymphoma Society - 1-800-955-4572 or 412-395-2873
- March of Dimes Birth Defects Foundation - 1-412-505-2200
- Medi Home Health Agency - 349-9400
- Multiple Sclerosis, National - 1-814-696-1017 or 1-800-344-4867

- Muscular Dystrophy Association - 412-823-3094
- Myasthenia Gravis Association - 1-412-566-1545
- National Kidney Foundation - 1-800-261-4115
- PA Association for the Blind, Indiana County - 397-4054
- PA's Children's Health Insurance Program (CHIP) - 1-800-986-5437
- PA Department of Health - 357-2995
- Penn Highlands Dubois Home Health & Hospice - 1-814-375-3300
- Primary Health Network/Indiana Dental Center - 465-6100
- Spina Bifida Association of WPA - 1-800-243-5787
- Visiting Nurse Association of Indiana County - 463-6340
  - VNA Extended Home Care - 463-1102

## **HOUSING / SHELTER**

- Alice Paul House- Shelter for Domestic Violence, Sexual Assault and other Serious Crime - 349-4444 or 1-800-435-7249
- Family Promise of Indiana County - 464-5220
- Housing Authority of Indiana County - 463-4730
- I&A Residential Services, Inc. - 463-7830
- ICCAP - 465-2657
  - HEMAP, Housing Assistance, Housing Counseling, Housing for Disabled, Home Buyer Seminars, Behavioral Health Housing Liaison
- ICCAP / Pathway Shelter - 248-9555 or 465-2657
- Indiana County Office of Planning & Development (Fair Housing Advocate, Rehab, Homeownership, and Building Permits) - 465-3870
- Lifesteps (supported living) - 349-1122
- Rural Development - 482-4800, ext 100
- Veterans Community Gardens - 471-6500

## **LEGAL**

- Laurel Legal Services - 1-800-253-9558

## **MENTAL HEALTH / DEVELOPMENTAL DISABILITIES**

- accessAbilities, Inc. - 465-6042
- Arc of Indiana County- 349-8230
- Armstrong-Indiana Behavioral and Developmental Health Program - 548-3451 or 349-3350
- Center for Applied Psychology - 357-6228
- Community Guidance Center - 465-5576
- Community Living & Learning, Inc. - 349-1420
  - Residential and Day Program Services
- Community Psychiatric Centers-850-7200
- Elks Home Service Program- 549-9150 (Case Management and Advocacy)
- Family Behavioral Resources - 465-0369
- Family Psychological Associates- 349-6320
- I&A Residential Services, Inc. - 463-7830
- ICW Vocational Services, Inc.
  - Workshop - 349-1211
  - Employment Services - 349-4143
- IRMC Behavioral Health Services - 357-7404
- Lifesteps Community Outreach Center - 349-1122
- Merakey - 349-2451
- New Beginnings Drop In Center- 465-6510
- New Story Schools & Services - 463-5390
- The Open Door - Crisis and Suicide Hotline - 1-877-333-2470

## **MONEY / INCOME**

- Domestic Relations - 465-3940
- Indiana County Assistance Office - 357-2900 or 1-800-742-0679
- Indiana County Unemployment Compensation Center - Initial Claims-599-1250 or 1-888-313-7284; Continued Claims- 599-1004 or 1-888-255-4728
- Indiana County Veterans Affairs- 465-3815
- Social Security Administration- 1-877-405-7679 (local) or 1-800-772-1213 (National); [www.socialsecurity.gov](http://www.socialsecurity.gov)

## **PREGNANCY**

- Adagio Health -
  - WIC (Women, Infants & Children Supplemental Nutrition Program) - 1-866-942-2778 (current participants) or 1-800-215-7494 for info
- ARIN - Pregnant & Parenting Teens- 463-5300
- Catholic Charities - 463-8806
- **Emergency Hotline - 1-866-409-6455**
- Indiana Regional Medical Center
  - OB GYN Services - 888-452-4762
  - Birth and Family Programs -357-7496
- Life-Way Pregnancy Center - 349-5307 or 1-866-549-6636
- March of Dimes Birth Defects Foundation - 1-412-505-2200

## **PROTECTIVE SERVICES**

- Aging Services, Inc. - 349-6190 or **After hours/emergency - 911**
- Alice Paul House - Legal and Medical Advocacy - 349-4444 or 1-800-435-7249
- Care Center of Indiana County - 463-8595
- Indiana County Children & Youth Services - 465-3895
  - Childline- 1-800-932-0313
  - **After hours/emergency - 911**
- Laurel Legal Services - 1-800-253-9558

## **RECREATION / SOCIALIZATION**

- Aging Services, Inc. - 349-4500 or 1-800-442-8016
- Boy Scouts of America/Laurel Highlands Council - 1-814-471-1090
- Camp Orenda - 840-7863
- Evergreen After School Club in Indiana County - 910-1323
- Girl Scouts Western Pennsylvania - 1-800-248-3355, ext 1114
- Indiana County YMCA - 463-9622
- New Horizons Retreat Center - 254-1522
- Penn State Cooperative Extension - 465-3880
  - 4-H Clubs (children ages 5-18)
- Special Olympics PA-Armstrong/Indiana Counties - 763-1521

## **TRANSPORTATION**

### **\*\* Reimbursement program**

- Aging Services, Inc. - 349-4500
- Citizens' Ambulance Service - 349-5527 or 1-877-349-5529
- Health Ride Plus - 1-888-661-7587
- rabbittransit- Medical Assistance Transportation Program\*\* - 1-800- 524-2766;
- IndiGO/Indiana Co. Transit Authority - 465-2140 or 1-800-442-6928
  - shared ride for persons with disabilities (PWD)
- Indiana County Veterans Affairs - 465-3815
- Med Van - 1-888-633-9995
- Turbo Taxi (Indiana Borough and surrounding Townships within 15 miles) -465-8294

## **VETERANS**

- PA CareerLink®, Indiana County - 471-7234
- Indiana County VA Outpatient Clinic - 349-8900
- Indiana County Veterans Affairs - 465-3815
- Veterans Leadership Program of WPA - 1-814-255-7209

## **VOLUNTEERING**

- American Red Cross of Chestnut Ridge -465-5678
- Pennsylvania Mountain Service Corps/AmeriCorps - 1-814-472-7690
- Senior Corps (RSVP) - 1-814-938-3302 or 1-800-648-3381
- Office of Service Learning - IUP - 357-3103
- The Salvation Army - 465-2530
- Volunteer Center of Indiana County - 463-8200, ext. 3 or [mpounds@indianacountypa.gov](mailto:mpounds@indianacountypa.gov)