

## 24 HOUR EMERGENCY NUMBERS

### **DISASTER:**

<u>American Red Cross:</u>	<u>570-476-3800</u>
<u>Emergency Services:</u>	<u>570-992-4113</u>
<u>Pocono Search and Rescue, Inc.:</u>	<u>570-421-8424</u>
<u>Salvation Army:</u>	<u>570-421-3050</u>

### **HELPLINE:**

<u>Adult Basic (low cost health insurance for ages 19-64):</u>	<u>800-462-2742</u>
<u>Brain Injury (info and referrals regarding brain injury and treatment):</u>	<u>866-412-4755</u>
<u>Lead Information (written info about lead poisoning and prevention):</u>	<u>800-440-5323</u>
<u>Long Term Living (services for people of all ages with disabilities):</u>	<u>866-286-3636</u>
<u>System of Care (identify local needs and assist communities in improving children and youth with special healthcare needs):</u>	<u>877-986-4550</u>

### **HOSPITALS:**

<u>Pocono Medical Center:</u>	<u>570-421-4000</u>
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### **HOTLINE:**

<u>Alcoholics Anonymous:</u>	<u>570-424-8532</u>
<u>Area Agency on Aging:</u>	<u>570-420-3735</u>
<u>Cancer Information:</u>	<u>888-227-5445</u>
<u>Child Abuse (Monroe County only):</u>	<u>570-420-3590</u>
<u>Domestic Violence:</u>	<u>570-421-4200</u>
<u>Drug and Alcohol Abuse Program (Carbon-Monroe-Pike):</u>	<u>570-421-1960</u>
<u>Legal Services:</u>	<u>570-424-5338</u>
<u>Mental Health/Disability Services (Carbon-Monroe-Pike):</u>	<u>570-421-2901</u>
<u>Mental Health Crisis</u>	<u>570-992-0879</u>
<u>Narcotics Anonymous:</u>	<u>570-421-6618</u>
<u>Office of Consumer Advocate:</u>	<u>800-684-6560</u>
<u>Pocono Alliance, Inc.:</u>	<u>570-517-3954</u>
<u>Pregnancy Resource Center of the Poconos:</u>	<u>570-424-1113</u>
<u>Rape Crisis:</u>	<u>570-421-4200</u>
<u>Women, Infants, and Children Nutrition Program:</u>	<u>866-942-8463</u>
<u>Women's Resources of Monroe County:</u>	<u>570-421-4200</u>

**[www.heretohelp.pa.gov](http://www.heretohelp.pa.gov)**

In addition to this directory you can also contact:

**[www.poconoalliance.org](http://www.poconoalliance.org)**

PoconoInfo: 570-517-3954

# INDEX

<b>Agency</b>	<b>Page</b>
AARP	1
A Better Today	2
Adoptions from the Heart	3
Alcoholics Anonymous	4
Al-Anon/Alateen	5
American Cancer Society (Monroe Unit)	6
American Red Cross of the Poconos	7
American Heart Association/American Stroke Association	8
Arthritis Foundation	9
Barrett Council of Churches	10
Barrett Paradise Friendly Library	11
Big Brother/Big Sister of the Bridge	12
Blindness and Visual Services	13
Boy Scouts of America Minsi Trails Council	14
Brain Injury Association of Pennsylvania, Inc.	15
Brodhead Watershed Association	16
Burnley Workshop of the Poconos	17
Bushkill Outreach Program, Inc.	18
Carbon-Monroe-Pike Drug and Alcohol Commission	19
Carbon-Monroe-Pike MH/DS	20
Caregivers America	21
Careworks Convenient Healthcare (Tannersville)	22
Catholic Social Services	23
Center for Vision Loss	24
Childcare Information Services of Monroe County	25
Children's Resource Room of Eastern Monroe Library	26
Christian Awareness Ministries Ecumenical (CAME)	27
Church Women United of Monroe County	28
Clymer Library	29

Community Health Center, Clementine Abeloff	30
Community Services Center/Seventh Day Adventists	31
Consumer Credit Counseling of Northeast PA	32
Crossroads Community Services (1)	33
Crossroads Community Services (2)	34
Crossroads Community Services (3)	35
Crossroads Community Services/Street2 Feet Outreach Center	36
Depression/Bipolar Support Group	37
Developmental Education Services of Monroe County (Adult)	38
Developmental Education Services of Monroe County (Brodheadsville)	39
Developmental Education Services of Monroe County (Infant/Toddler)	40
Domestic Relations of Monroe County	41
Easter Seals Eastern Pennsylvania	42
Eastern Monroe Public Library (EMPL)	43
Equi-librium, Inc.	44
ESU Women's Center	45
ESU Speech and Hearing Center	46
Family Promise of Monroe County	47
Feeding Families Ministry Inc.	48
Fitzmaurice Community Services, Inc.	49
Foundations Christian Counseling Services Inc.	50
Fraternal Order BPO Elks 319	51
Geisinger Medical Group – Mt. Pocono	52
Girl Scouts in the Heart of PA Council	53
Healthy Baby (State helpline)	54
Healthy Kids Helpline	55
Human Resource Center Inc.	56
Integra Home Counseling	57
Inner Vision Treatment Services	58
Integrated Health System, Mt. Pocono Rehab Center	59
Kettle Creek Environmental Education Center	60

Kidspeace	61
Kiwanis Club of the Stroudsburgs	62
Lions Club of the Stroudsburgs	63
Loyal Order of Moose	64
Lupus Foundation of PA, Pocono/NE Br. and Resource	65
Make a Wish Greater PA and West VA	66
March of Dimes Birth Defects Foundation	67
Met-Ed, A FirstEnergy Company	68
Monroe Career and Technical Institute	69
Monroe County Area Agency on Aging	70
Monroe County Assistance Office	71
Monroe County Bar Association	72
Monroe County Children and Youth Services	73
Monroe County Conservation District	74
Monroe County Council of the Blind	75
Monroe County Diabetes Society	76
Monroe County Domestic Relations	77
Monroe County Family Health Center (Adult Medicine)	78
Monroe County Family Health Center (Pediatric Dental)	79
Monroe County Family Health Center (Pediatric Medicine)	80
Monroe County Grants Office	81
Monroe County Habitat for Humanity	82
Monroe County Historical Association	83
Monroe County Housing Authority	84
Monroe County Meals on Wheels	85
Monroe County Planning Commission	86
Monroe County Probation Dept.	87
Monroe County Redevelopment Authority	88
Monroe County Senior Centers	89
Monroe County Transportation Authority	90
Monroe County Veterans Affairs	91
Monroe County Youth Employment Service	92

NAACP Monroe County Branch	93
Narcotics Anonymous	94
NAR-ANON Family Groups	95
National Alliance on Mental Illness	96
National Stuttering Foundation	97
New Hope Recovery Work Center	98
New Perspectives	99
NHS Pocono Mountain Center	100
NHS Pocono Mountain Center: Outpatient Center (Mental Health and Substance Abuse)	101
North Penn Legal Services Inc.	102
Northampton Community College	103
Northeast PA Center for Independent Living	104
Nurse-Family Partnership	105
Office of Consumer Advocate	106
Office of Vocational Rehab	107
PA CareerLink of Monroe County	108
PA Dept. of Health (Monroe County Office)	109
PA Dept. of Human Services (Monroe County Assistance Office)	110
PA Dept. of Military and Veterans Affairs	111
PA Treatment and Healing	112
Penn State Cooperative Extension	113
Pennsylvania State Resource Family Association	114
Pennsylvania Victim/Awareness Assistance Program	115
Planned Parenthood of Northeast and Mid-PA	116
Pleasant Valley Ecumenical Network	117
Pleasant Valley Manor	118
Pocono Alliance	119
Pocono Area Transitional Housing (PATH)	120
Pocono Arts Council	121
Pocono Autism Society, Inc.	122
Pocono Medical Center: Celtic Hospice and Home Health	123

Pocono Medical Center (PMC)	124
PMC Physicians Associates- Pediatrics	125
Pocono Mountain Arts Council	126
Pocono Mountain Ecumenical Hunger Ministry	127
Pocono Mountain Public Library	128
Pocono Parkinson Support Group	129
Pocono Psychological Services	130
Pocono Services for Families and Children (Mountain Center)	131
Pocono Services for Families and Children (East Stroudsburg Center)	132
Pocono Services for Families and Children (PA Pre-K Counts Program)	133
Pocono Speech Center, LLC	134
Pocono Township Public Library	135
Pocono YMCA	136
PPL Electric Utilities	137
Pregnancy Resource Center of the Poconos	138
Providence Community Services, Inc.	139
Retired and Senior Volunteer Program of MC	140
Salvation Army	141
Smithfield Public Library	142
Social Security Administration	143
Special Kids Network	144
Stroudsburg Wesleyan Church	145
Suicide Survivors Support Group	146
Sunshine Therapeutic Services	147
Supplemental Food Resource Center	148
The Devereux Foundation	149
The Oasis of Love Inc.	150
The ReDCo Group Behavioral Health (Lehighton)	151
The ReDCo Group Behavioral Health (Milford)	152
The ReDCo Group Behavioral Health (Stroudsburg)	153



**Agency:** AARP (Pocono Area- Local Chapter 633)

**Address:** P.O. Box 133

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** 888-687-2277 **Fax #:** N/A

**Email:** N/A

**Website:** Aarp.org/myaarpbenefits

**Days/Hours:** Meetings are 3<sup>rd</sup> Monday of each month  
March-December. No meetings during snow months.

**Eligibility:** Must be a National member of AARP with a membership card and ID number.

**Fee:** \$10/year

**Referral:** N/A

**Service Area:** Monroe County

**Services:** Meetings take place at St. Johns Lutheran Church, 9 North 9<sup>th</sup> Street, Stroudsburg, PA 18360.



**Agency:** A Better Today

**Address:** 18 South 9th Street, Suite 103

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 570-424-8280 **Fax #:** 570-424-8283

**Email:** N/A

**Website:** abettertoday.org

**Days/Hours:** Monday – Thursday: 12:00-8:00  
Friday: 9:00-5:00

**Eligibility:** All

**Fee:** Accepts most insurance coverage, including Medical Assistance

**Referral:** None

**Service Area:** Monroe County, Pike County, and Carbon County

**Services:** Outpatient counseling services for substance abusers  
Specializing in intensive outpatient treatment programs

**Agency:** Adoptions from the Heart

**Address:** 2212 Union Boulevard

**City:** Allentown **PA** **Zip Code:** 18109

**Telephone:** 610-432-2384 **Fax #:** 610-432-8200

**Email:** adoption@afth.org

**Website:** www.afth.org  
www.adoptionsfromtheheart.org

**Days/Hours:** Monday-Thursday 9:00-5:00  
Friday 9:00-4:00

**Eligibility:** Adoptive parents: specific to program  
Pregnant women and babies: specific to program

**Fee:** Adoptive parents: specific to program  
Birth parents: none

**Referral:** None

**Service Area:** All of Northeast PA

**Services:** Open adoption services and counseling for perspective adoptive parents.  
Options counseling to birth parents who feel unable to parent if parent(s) choose to place child for adoption, they can plan ongoing counseling and other assistance regarding selection and meeting adoptive parents for their child.  
Heartbeats assisted reproduction program

**Agency:** Alcoholics Anonymous

**Address:** N/A

**City:** N/A **PA** **Zip Code:** N/A

**Telephone:** 570-424-8532  
(ANSWERING SERVICE TO OBTAIN INFORMATION ON MEETING PLACES AND TIMES)

**Email:** poconoaa@poconointergroupaa.org

**Website:** www.poconointergroupaa.org

**Days/Hours:** 24 Hour answering service

**Eligibility:** Desire to stop drinking

**Fee:** None  
(Self-supporting through own contributions)

**Referral:** None

**Service Area:** Monroe and adjacent counties

**Services:** Fellowship of men and women who share their experiences, strength, and hope with each other that they may solve their common problem and help others recover from alcoholism.

**Agency:** Al-Anon/Alateen

**Address:** N/A

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 1-888-4AL-ANON (1-888-425-2666) 24 HOUR AUTOMATED ANSWERING SERVICE  
Operator available to speak with Monday – Friday 8:00-6:00

**Email:** N/A

**Website:** www.pa-al-anon.org

**Days/Hours:** 24 Hour answering service  
Meeting times vary

**Eligibility:** Individuals with a drinking problem or those concerned about them.

**Fee:** Self-supporting via voluntary contributions (no dues)

**Referral:** Own initiative, clergy,  
friends, professionals

**Service Area:** Nationwide

**Services:** Fellowship of friends and family of alcoholics who share their experiences, strengths and hope in order to solve their common problem

**Agency:** American Cancer Society (Monroe Unit)

**Address:** 2158 West Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 570-0-1685 **Fax #:** N/A

**Email:** N/A

**Website:** www.cancer.org

**Days/Hours:** Monday-Friday 8:00-4:30

**Eligibility:** Cancer patient/family member/caregiver

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Educational programs (videos, posters, literature); information and referral; wig bank; counseling; patient education; reach to recovery; transportation/road to recovery for radiation and chemotherapy; financial assistance with medication (must qualify); free speakers bureau for clubs, organizations or businesses; look good/feel better program, breast cancer support group with Pocono Medical Center; support group for parents of children with cancer; Breast Friends of PA Breast Cancer support group; I Can Cope; Ostomy support group (570-992-0865 for information)

**Agency:** American Red Cross of the Poconos

**Address:** 410 Park Avenue

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** 570-476-3800 **Fax #:** 570-476-3803

**Email:** Info.stroudsburg.pa@redcross.org

**Website:** www.redcross.org/pa/stroudsburg

**Days/Hours:** Monday – Friday 8:30-4:30

**Eligibility:** Age restrictions on some health courses  
Blood donations: minimum 17 years of age and 105 lbs.

**Fee:** Varies for health courses only

**Referral:** Agencies, fire companies, personnel, staff

**Service Area:** Monroe County

**Services:** Services to Armed Forces; disaster services; disaster preparedness and education; blood; health and safety classes.

**Agency:** American Heart Association/ American Stroke Association

**Address:** 968 Postal Road, Suite 110

**City:** Allentown **PA** **Zip Code:** 18109

**Telephone:** 610-867-0583 **Fax #:** 610-264-2090

**Email:** andrea.king@heart.org

**Website:** www.heart.org

**Days/Hours:** Monday – Friday 8:30-5:30

**Eligibility:** All

**Fee:** None

**Referral:** None Required

**Service Area:** Lehigh, Northampton, Berks, Carbon and Monroe Counties

**Services:** CPR courses through National network; worksite wellness programs; and info on heart diseases, stroke, diet, exercise, etc.

**Agency:** Arthritis Foundation

**Address:** 111 South Independence Mau East, Suite 500 Bourse Building

**City:** Philadelphia **PA** **Zip Code:** 19106

**Telephone:** 215-574-3060 **Fax #:** 215-574-3070

**Email:** bmclure@arthritis.org

**Website:** www.arthritis.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** All

**Fee:** Most courses free or minimal fee, literature free, annual memberships available.

**Referral:** None

**Service Area:** Northeast PA

**Services:** Referral and info services; self-help courses; aquatic and land exercise programs; free literature distribution; updates in research; community events; public speaking; patient assistance program.



**Agency:** Barrett Council of Churches

**Address:** United Methodist Church PO Box 327

**City:** Mountainhome **PA** **Zip Code:** 18342

**Telephone:** 570-595-2077 **Fax #:** 570-595-5006

**Email:** revbabs@chilitech.net

**Website:** None

**Days/Hours:** Monday, Tuesday, Wednesday 9:30-12:30

**Eligibility:** All

**Fee:** None

**Referral:** None Required

**Service Area:** Barrett and Paradise Townships

**Services:** Referrals to: Canadensis Moravian Church, Canadensis United Methodist Church, Mountainhome United Methodist Church, St. Bernadette's Roman Catholic Church, St. Paul's United Church of Christ, and Keokee Chapel.

**Agency:** Barrett Paradise Friendly Library

**Address:** 6500 Route 191

**City:** Cresco **PA** **Zip Code:** 18326

**Telephone:** 570-595-7171 **Fax #:** 570-595-7879

**Email:** BRFPUBLI@ptd.net

**Website:** www.barrettlibrary.org

**Days/Hours:** Monday-Thursday 10:00-8:00 Friday-Saturday 10:00-5:00

**Eligibility:** Resident or property owner in Barrett or Paradise Townships or person with library card that has Access PA sticker

**Fee:** None

**Referral:** None Required

**Service Area:** Barrett, Paradise, and Mountainhome Townships

**Services:** Books, magazines, references, (limited availability in large print), audio cassettes, internet access, story hour, programs for children, programs for adults, computer tutorials, word processor, musical and informational CD's and DVD's. Books on CD and audio, literacy services, internet access. Fax available for a fee

**Agency:** Big Brother/Big Sister of the Bridge

**Address:** 724 A Phillips Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 570-421-2877 **Fax #:** 570-421-6015

**Email:** mentor@bbbsnepa.org

**Website:** www.bbbswb.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Big brother/sister must be 16 or older and in junior year of high school. Littles must be 7-14 years old

**Fee:** None

**Referral:** None Required

**Service Area:** Monroe County

**Services:** Strives to provide high quality mentoring services to the children and families of northeastern PA.

**Agency:** Blindness and Visual Services

**Address:** 300 G Laird Street

**City:** Wilkes-Barre **PA** **Zip Code:** 18702-7013

**Telephone:** 570-826-2361 **Fax #:** 570-826-2538

**Email:** N/A

**Website:** N/A

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** All

**Fee:** Some services based on eligibility under financial needs test.

**Referral:** By letter, phone, and in person, fax

**Service Area:** Northeastern PA

**Services:** Installation/supervision of business enterprises; rehab teaching; orientation and mobility instruction; counseling and casework services for children, their families, and older persons; vocational rehab and job placement.

**Agency:** Boy Scouts of America Minsi Trails Council

**Address:** 991 Postal Road

**City:** Allentown **PA** **Zip Code:** 18109

**Telephone:** (610) 264-8551 **Fax #:** (610) 465-4500

**Email:** craig.poland@scouting.org

**Website:** www.minsitrails.com

**Days/Hours:** Monday – Friday 9:00 – 5:00

**Eligibility:** 1<sup>st</sup> – 12<sup>th</sup> grades with an 8<sup>th</sup> – 12<sup>th</sup> Co-ed exploring program.

**Fee:** \$24 annual registration fee

**Referral:** None

**Service Area** PA Counties: Carbon, Lehigh, Luzerne, Monroe, Northampton:  
NJ Counties: Warren

**Services:** It is our mission to serve others by helping and instilling values in young people and in other ways to prepare them to make ethical choices over their lifetime while achieving their full potential.

Scout Shop Hours: Monday and Friday 9:00 – 5:00  
Tuesday – Thursday 9:00 – 7:00  
Saturday 10:00 – 2:00

Location: 991 Postal Road  
Allentown, PA 18109

**Agency:**

**Brain Injury Association of Pennsylvania, Inc.**

**Address:**

950 Walnut Bottom Road, Suite 15-229

**City:**

Carlisle

**PA**

**Zip Code:**

17015

**Telephone:**

(866) 635-7097

**Fax #:**

(717) 692-5567

**Email:**

info@biapa.org

**Website:**

www.biapa.org

**Days/Hours:**

Voice mail, e-mail, and web 24/7

**Eligibility:**

All

**Fee:**

None

**Referral:**

None

**Service Area:**

Statewide

**Services:**

Annual conference for professionals and people who have suffered brain injury; speakers bureau and customized training; searchable resource manual on web; Free semi-annual bicycle helmet distributions; literature; programs to prevent injury and improve quality of life for those with brain injury.

**Agency:** **Brodhead Watershed Association**

**Address:** 425 Carlton Road, Suite 101B

**City:** Mt. Pocono **PA** **Zip Code:** 18344

**Telephone:** (570) 839-1120 **Fax #:** N/A

**Email:** Info@brodheadwatershed.org

**Website:** www.brodheadwatershed.org

**Days/Hours:** N/A

**Eligibility:** All

**Fee:** Membership dues: \$25 individual, \$15 for students/seniors, family \$40, sustaining \$80, conservator \$120, steward \$500, adopt-a-stream \$300

**Referral:** None Required

**Service Area:** Brodhead Watershed

**Services:** Protect environment and water quality/quantity within the Brodhead and Cherry Creek watersheds. Strategies to achieve this include education, data collection, community activism, and legislative review. A volunteer stream watch program has been underway since 1991.

**Agency:** Burnley Workshop of the Poconos

**Address:** 4219 Manor Drive

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 992-6616 **Fax #:** (570) 992-5052

**Email:** jsanne@allied-services.org

**Website:** www.allied-services.org

**Days/Hours:** Monday—Friday 8:00-4:00

**Eligibility:** Over 18, disabled, ability to benefit from training

**Fee:** Varies per service

**Referral:** MH/DS and OVR

**Service Area:** Carbon/Monroe/Northampton/Pike/Lehigh Counties

**Services:** Food services training; job placement; job coaching; transition services and vocational training center.



**Agency:** Bushkill Outreach Program, Inc.

**Address:** PO Box 103

**City:** Bushkill **PA** **Zip Code:** 18324

**Telephone:** (570) 588-0660 **Fax #:** (570) 588-7198

**Email:** BushkillOutreach@yahoo.com

**Website:** www.bushkilloutreach.org

**Days/Hours:** Tuesday—Thursday 8:00-11:45

**Eligibility:** Low income eligibility guidelines for Monroe and Pike Counties

**Fee:** None

**Referral:** None

**Service Area:** Lehman and Middle Smithfield Townships

**Services:** Food pantry (monthly distribution and emergencies), clothing and home furnishing. Christmas toys for needy families.

**Agency:** Carbon-Monroe-Pike Drug and Alcohol Commission

**Address:** 724 Phillips Street, Suite A

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 517-0892 **Fax #:** (570) 517-0896

**Email:** N/A

**Website:** www.cmpda.cog.pa.us

**Days/Hours:** Monday—Thursday 8:00-5:00; Friday 8:00-4:30 by appointment

**Eligibility:** Anyone suffering from addiction to gambling, alcohol, tobacco, and/or other drugs

**Fee:** Sliding scale according to income, private health insurance, medical assistance

**Referral:** All sectors of community

**Service Area:** Carbon, Monroe, and Pike Counties

**Services:** Prevention/intervention school and community; care management, intake, assessment, level of care recommendations; outpatient treatment; case management; alcohol highway safety program; adolescent drug and alcohol education program.

**Agency:** Carbon-Monroe-Pike MH/DS

**Address:** Penn Square (732 Phillips Street)

**City:** Stroudsburg **PA** **Zip Code:** 18360-2239

**Telephone:** (570) 420-1900 **Fax #:** (570) 424-7753

**Email:** mhinfo@cmpmhds.org  
dsinfo@cmpmhds.org

**Website:** www.cmpmhds.org

**Days/Hours:** Monday—Friday 8:30-4:30 or by appointment

**Eligibility:** Children and adults at risk of developing mental health or behavioral health issues or with intellectual disabilities/developmental delays

**Fee:** Determined by established state criteria on sliding scale. Many services are Medicaid subsidized or at no-cost to individual

**Referral:** Self, friends, agencies, courts, health and/or education providers

**Service Area:** Carbon, Monroe, and Pike Counties

**Services:** Intake; referral; early intervention; 24 hour crisis/emergency services; mobile and medical/mobile crisis; case/targeted case management; outpatient counseling; medication assessment and monitoring; partial hospitalization; adult day treatment; behavioral health rehab; family-based mental health; student assistance; residential services; vocational services; community integrated employment; interagency coordination; family-driven support; consultation/education; peer support and psychiatric rehab.

**Agency:** CareGivers America

**Address:** 2937 Route 611

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 421-3200 **Fax #:** (570) 421-3233

**Email:** [vbarry@caregiversamerica.com](mailto:vbarry@caregiversamerica.com)

**Website:** www.caregiversamerica.com

**Days/Hours:** Monday—Friday 8:00-5:00; in home service Monday—Saturday all day

**Eligibility:** All

**Fee:** \$18.50-\$24.00 per hour depending on services provided

**Referral:** None; Private and subcontracted by local agencies.

**Service Area:** Monroe County

**Services:** Personalized in home medical care including: home health nurses, meal planning/preparation, errands, laundry, hygiene assistance, medical supplies, rehab therapies, companionship, incidental transportation, light housekeeping, medication reminders, live in service, handyman services.

**Agency:** Careworks Convenient Healthcare (Tannersville)

**Address:** 1575 Route 611

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 619-5142 **Fax #:** (570) 619-0127

**Email:** CCH@geisinger.edu

**Website:** [www.careworkshealth.com/cwh/index.html](http://www.careworkshealth.com/cwh/index.html)

**Days/Hours:** Monday – Friday 9:00-8:00  
Saturday & Sunday 8:00-6:00

**Eligibility:** All

**Fee:** Varies by service provided; insurance accepted

**Referral:** None

**Service Area:** Statewide

**Services:** Clinic for family healthcare needs including treatment of common illnesses, physicals, immunizations, etc.

**Agency:** Catholic Social Services

**Address:** 724 Phillips Street, Suite A

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-0892 **Fax #:** (570) 517-0896

**Email:** vmilland@cssstroudsburg.org

**Website:**

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** All

**Fee:** Fee based on services

**Referral:** Self, clergy, agencies, health providers, court

**Service Area:** Monroe, Carbon, and Pike Counties

**Services:** Juvenile theft diversion program, anger management (6 week program), parenting education (10 week program), "mother's alcove" baby pantry, custody home studies, representative payee program, chronically homeless housing care management, SWAN adoption, international home studies, private home studies, adoption/foster parent classes, Shepard's maternity house.

**Agency:** Center for Vision Loss

**Address:** 4215 Manor Drive

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 992-7787 **Fax #:** (570) 992-7772

**Email:** [jenniferpandolpho@centerforvisionloss.org](mailto:jenniferpandolpho@centerforvisionloss.org)

**Website:** www.centerforvisionloss.org

**Days/Hours:** Monday—Friday 8:30-3:30

**Eligibility:** Legally blind, 20/70 acuity in better eye or field restriction of 20 degrees or less for clinical exams. All medical assistance plans for general public accepted.

**Fee:** None

**Referral:** Any source

**Service Area:** Monroe County

**Services:** Casework/care management for blind and visually impaired individuals of all ages who meet eligibility requirement for visual impairment. Support groups, life skill classes, and escorted transportation for essential appointments. For Gen Pop: educational programs on eye health and safety; sensitivity training; free vision screenings; eye care clinic for uninsured/underinsured for eye exams and optical needs; low vision exams for persons whose vision cannot be corrected with conventional lenses.

**Agency:** Childcare Information Services of Monroe County

**Address:** 720 Phillips Street, Suite 103

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 1(866) 284-5829 **Fax #:** (570) 420-3584

**Email:** N/A

**Website:** N/A

**Days/Hours:** Monday—Friday 8:30-5:00 or by appointment

**Eligibility:** Resource/referral services available for all Monroe residents. Subsidy program has income eligibility.

**Fee:** None

**Referral:** Self

**Service Area:** Monroe County

**Services:** Quality childcare info; referral to early care and education programs; registered childcare facilities; head start; early education; pre-K counts. Financial subsidy program for low to moderate income level, working parents. Call for current income levels.



**Agency:** Children's Resource Room of Eastern Monroe Library

**Address:** 1002 North 9th Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-0800 x305 **Fax #:** (570) 421-0212

**Email:** youth@monroepl.org

**Website:** www.monroepl.org

**Days/Hours:** Monday—Thursday 9:00-9:00; Friday 9:00-6:00; Saturday 9:00-5:00; Sunday 1:00-5:00

**Eligibility:** All

**Fee:** Library card for borrowing material, cards issued to Monroe County residents

**Referral:** None

**Service Area:** Monroe County

**Services:** A comprehensive lending library of developmentally appropriate materials to public including games, toys, science/math materials, special needs equipment, musical instruments, children's books, resource books for adults, videos, and more.

**Agency:** Christian Awareness Ministries Ecumenical (CAME)

**Address:** PO Box 434, RT 447 High Acres Park

**City:** Canadensis **PA** **Zip Code:** 18325

**Telephone:** (570) 595-9141 **Fax #:** (570) 595-9165

**Email:** came1@verizon.net

**Website:** N/A

**Days/Hours:** Food Distribution: Monday 8:30-12:00  
Office Hours: Tuesday, Friday 8:00-10:00

**Eligibility:** Residents of service area and meet household income guidelines

**Fee:** None

**Referral:** Agencies, individuals, clergy

**Service Area:** Barrett/Paradise/Price Townships

**Services:** Food pantry, advocacy.

**Agency:** Church Women United of Monroe County: Children's Clothing Room

**Address:** 575 Main Street (1st Presbyterian Church)

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 992-3828  
(570) 476-1543 **Fax #:** N/A

**Email:** N/A

**Website:** N/A

**Days/Hours:** 9:00-11:00 1st and 3rd Wednesday of each month from Sept-June (no children)

**Eligibility:** Agency clients (letter from referring agency required), school/clergy referrals, disaster victims.

**Fee:** None; donations are welcome.

**Referral:** Agencies, schools, churches.

**Service Area:** East Stroudsburg, Pocono Mountain, Stroudsburg School Districts

**Services:** Children's clothing room. Sizes 4T-16 youth with some infant sizes. Sizes vary depending on donations.

**Agency:** Clymer Library

**Address:** 115 Firehouse Road

**City:** Pocono Pines **PA** **Zip Code:** 18350-9705

**Telephone:** (570) 646-0826 **Fax #:** (570) 646-6181

**Email:** clymer@clymerlibrary.org

**Website:** www.clymerlibrary.org

**Days/Hours:** Monday, Wednesday, Friday 10:00-5:00; Tuesday, Thursday 10:00-8:00; Saturday 10:00-5:00

**Eligibility:** Residents of Tobyhanna and Tunkhannock Townships or person with library card

**Fee:** None- if resident

**Referral:** None

**Service Area:** Tobyhanna/Tunkhannock Townships

**Services:** Books, videos, DVD's, internet access and computer software, CD's, magazines/newspapers (can be borrowed). Business/investment resources, telephone books, local history materials, consumer info/product ratings, health info resources. Inter-library loan and search services are available for documents and info not readily on hand in the library.

**Agency:** Community Health Center, Clementine Abeloff

**Address:** 175 East Brown Street, Building 1, Suite 108

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-3585 **Fax #:** (570) 421-9014

**Email:** N/A

**Website:** N/A

**Days/Hours:** Pediatric: Monday-Thursday 8:30-6:30; Friday 8:30-5:00; Saturday 8:30-12:30  
Dental care: Monday—Friday 8:30-5:00

**Eligibility:** Children who cannot access healthcare

**Fee:** Variable depending on service; all state insurance accepted

**Referral:** Self or agency

**Service Area:** Monroe County

**Services:** Comprehensive pediatric medical care; children/adolescent dental care

**Agency:** Community Services Center/Seventh Day Adventists

**Address:** 2085 West Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 476-0039 **Fax #:** N/A

**Email:** N/A

**Website:** N/A

**Days/Hours:** Wednesday 9:00-12:00

**Eligibility:** Anyone in need of clothing and/or groceries

**Fee:** None

**Referral:** Other agencies, newspapers

**Service Area:** Northeast PA

**Services:** Used clothing (all ages and sexes), some furniture, disaster relief, sorting, packing/shipping clothing to disaster areas worldwide, volunteer opportunities.

**Agency:** Consumer Credit Counseling of Northeast PA

**Address:** 411 Main Street, Suite 104

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** 866-699-2227 **Fax #:** (570-420-8981)

**Email:** cccsnepa@ptd.net

**Website:** www.cccsnepa.org

**Days/Hours:** Monday—Friday 8:30-4:30;  
Tuesday 11:00-7:00 by appointment

**Eligibility:** All

**Fee:** Bankruptcy/post-bankruptcy counseling (\$50), Credit report review (\$20-25)

**Referral:** Direct

**Service Area:** Monroe/Pike/Northampton/Wayne/Carbon Counties

**Services:** Budget/bankruptcy counseling; debt management program; pre-purchase mortgage counseling; PA-HEMAP counseling; HUD mortgage delinquency counseling; reverse mortgage counseling; educational programs; foreclosure prevention; credit report review; national foreclosure mitigation program.

**Agency:** Crossroads Community Services (1)

**Address:** 37 Dansbury Terrace

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-9228 **Fax #:** (570) 476-6500

**Email:** Leslie.perryman@rhd.org

**Website:** www.rhd.org

**Days/Hours:** Monday through Friday 8:00 am-4:30 pm

**Eligibility:** Homeless and have a mental health diagnosis

**Fee:** Insurance PMA

**Referral:** Through CMP MH/DS & housing

**Service Area:** Carbon, Monroe, Pike Counties

**Services:** Permanent supportive housing and life skills education/certified peer specialist for those in the forensic program



**Agency:** Crossroads Community Services (2)

**Address:** 37 Dansbury Terrace

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-9228 **Fax #:** (570) 476-6500

**Email:** [Nagwa.cramer@rhd.org](mailto:Nagwa.cramer@rhd.org)

**Website:** [www.rhd.org](http://www.rhd.org)

**Days/Hours:** Monday through Friday 8:00 am-4:30 pm

**Eligibility:** Mental illness and Medical Assistance/CCBH Insurance

**Fee:** None

**Referral:** Self-referred

**Service Area:** Carbon, Monroe, Pike Counties

**Services:** Blended Case Management Services

**Agency:** Crossroads Community Services (3)

**Address:** 37 Dansbury Terrace

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 476-9228 **Fax #:** (570) 476-6500

**Email:** [Cynthia.weber@rhd.org](mailto:Cynthia.weber@rhd.org)

**Website:** [www.rhd.org](http://www.rhd.org)

**Days/Hours:** Monday through Friday 8:00 am-4:30 pm

**Eligibility:** Mental illness and/or drug and alcohol diagnosis, adult member of household must be the person diagnosed

**Fee:** None

**Referral:** Self-referred

**Service Area:** Carbon, Monroe, Pike Counties

**Services:** Flexible Housing Funds-a one-time financial assistance for rent, security deposit, utility assistance, household furniture items. Must be able to provide proof of household income, a copy of lease/utility bill, and a sustainability plan.

**Agency:** Crossroads Community Services/Street 2 Feet Outreach Center

**Address:** 130 N. First Street, Suite 102

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 369-1299 **Fax #:** (570) 424-0825

**Email:** [Leslie.perryman@rhd.org](mailto:Leslie.perryman@rhd.org)  
Elizabeth.bogart@rhd.org

**Website:** [www.rhd.org](http://www.rhd.org)

**Days/Hours:** Monday through Friday 10:00 am - 2:30 pm  
Saturday 8:00 am - 12:00 pm

**Eligibility:** Homelessness or pending homelessness

**Fee:** None

**Referral:** None

**Service Area:** Monroe Counties

**Services:** Case management, street outreach, support services, assistance in filling out applications for housing, benefits, employment, free PMC medical clinic for the uninsured homeless, shower and laundry facilities, resources and referrals.

**Agency:** Depression/Bipolar Support Group

**Address:** 206 East Brown Street

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-3422 **Fax #:** N/A

**Email:** N/A

**Website:** N/A

**Days/Hours:** Call for group meeting times

**Eligibility:** Anyone suffering from depression and/or bipolar disorder

**Fee:** None

**Referral:** Self

**Service Area:** Northeast PA

**Services:** Gathering of depression/bipolar disorder sufferers who talk about their respective experiences in order to collectively strengthen each other

**Agency:** Developmental Education Services of Monroe County (Adult)

**Address:** 400 Powerhouse Lane

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 421-8893 **Fax #:** (570) 424-5664

**Email:** dev@ptd.net

**Website:** www.devedmc.org

**Days/Hours:** Monday—Friday 8:30-3:30

**Eligibility:** Individuals exhibiting developmental delays and/or mental retardation

**Fee:** Call for fee  
State and Federally funded

**Referral:** MHDS

**Service Area:** Monroe County

**Services:** Educational, vocational, and social activities in inclusive community settings for adults with mental retardation over the age of 21 years. No longer offering early intervention.

**Agency:** **Developmental Education Services of Monroe County (Brodheadsville)**

**Address:** Route 209 (Grant Homes Plaza) (Brodheadsville)  
400 Powerhouse Lane (Stroudsburg)

**City:** Brodheadsville  
Stroudsburg **PA** **Zip Code:** 18322  
18360

**Telephone:** (570) 402-1025  
(570) 424-5410 **Fax #:** (570) 424-5664

**Email:** dered@ptd.net

**Website:** www.devedmc.org

**Days/Hours:** Monday—Friday 8:30-3:30

**Eligibility:** Individuals exhibiting developmental delays and/or mental retardation

**Fee:** Call for fee

**Referral:** Medical centers, physicians, agencies, parents, individuals

**Service Area:** Monroe County

**Services:** Educational, vocational, and social activities in inclusive community settings for adults with mental retardation over the age of 21 years.

**Agency:** Developmental Education Services of Monroe County (Infant/Toddler)

**Address:** 400 Powerhouse Lane

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 424-5410 **Fax #:** (570) 424-5664

**Email:** deved@ptd.net

**Website:** www.devedmc.org

**Days/Hours:** Monday—Friday 8:30-4:00

**Eligibility:** Infants and toddlers exhibiting developmental delays

**Fee:** Call for details

**Referral:** Medical centers, physicians, agencies, parents, individuals

**Service Area:** Monroe County

**Services:** Physical/occupational therapy, special instruction and speech therapy can be provided in a child's home along with parent training.

**Agency:** Domestic Relations of Monroe County

**Address:** 37 Dansbury Terrace

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-9228 **Fax #:** (570) 476-6500

**Email:** [Leslie.perryman@rhd.org](mailto:Leslie.perryman@rhd.org)

**Website:** www.rhd.org

**Days/Hours:** Monday through Friday 8:00 am-4:30 pm

**Eligibility:** Homeless and have a mental health diagnosis  
Housing- participate in case management

**Fee:** None

**Referral:** Through CMP MH/DS

**Service Area:** Carbon, Monroe, Pike, Schuylkill Counties

**Services:** Permanent supportive housing, flex funding (one time help) and life skills education/certified peer specialist for those in the program



**Agency:**

Easter Seals Eastern Pennsylvania

**Address:**

1501 Lehigh Street, Suite 201

**City:**

Allentown

**PA**

**Zip Code:**

18103

**Telephone:**

(610) 289-0114

**Fax #:**

(610) 289-4282

**Email:**

alex.humanick@easterseals-easternpa.org

**Website:**

www.easterseals-easternpa.org

**Days/Hours:**

Monday—Friday 8:30-4:30

**Eligibility:**

Resident of Carbon/Monroe/Pike/Lehigh/Northampton Counties

**Fee:**

None

**Referral:**

County/early intervention

**Service Area:**

Northeast PA

**Services:**

Monroe County: home and community-based early intervention (birth-3 year olds); summer camp for teens/young adults; Saturday RESPITE services for kids 10 and older with special needs; "growing green".

**Agency:** Eastern Monroe Public Library (EMPL)

**Address:** 1002 North 9th Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-0800 **Fax #:** (570) 421-0212

**Email:** reference@monroepl.org

**Website:** www.monroepl.org

**Days/Hours:** Monday—Thursday 9:00-9:00; Friday 9:00-6:00; Saturday 9:00-5:00; Sunday 1:00-5:00

**Eligibility:** Must be resident for full borrowing privileges. ACCESS PA library cards honored.

**Fee:** None for residents. For non-residents: \$50 family annual, \$15 family 3 month, \$15 Pen Argyl School District annually

**Referral:** None

**Service Area:** Eastern Monroe County. ACCESS PA library cards honored.

**Services:** Books, videos, DVD's, internet access and computer software, CD's, magazines/newspapers (can be borrowed). Business/investment resources, telephone books, local history materials, consumer info/product ratings, health info resources. Inter-library loan and search services are available for documents and info not readily on hand in the library.

**Agency:** Equi-librium, Inc.

**Address:** 524 Fahr Road

**City:** Nazareth **PA** **Zip Code:** 18064

**Telephone:** (610) 365-2266 **Fax #:** (610) 365-2263

**Email:** [Erica@equi-librium.org](mailto:Erica@equi-librium.org)  
Sheryl@equi-librium.org

**Website:** www.equi-librium.org

**Days/Hours:** Monday—Friday 9:00-8:00  
Saturday 9:00-5:00

**Eligibility:** Children, youth, and adults with special needs (2 years old and up)

**Fee:** \$30-\$70 depending on program

**Referral:** Self, agencies, schools, physician, therapists

**Service Area:** Covers both in and out of state

**Services:** Equine-assisted services including hippotherapy, equine-assisted education and movement experience, equine-experiential learning, volunteer training and continuing education, cart/carriage driving for individuals unable to or who choose not to ride a horse

**Agency:** East Stroudsburg University Women's Center

**Address:** 411 Normal Street

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 422-3957 **Fax #:** (570) 422-3898

**Email:** [womenscntr@esu.edu](mailto:womenscntr@esu.edu)

**Website:** [http://www.esu.edu/about/administration/student\\_affairs/womens\\_center.cfm](http://www.esu.edu/about/administration/student_affairs/womens_center.cfm)

**Days/Hours:** Monday 10:00 AM – 12:00 PM, Tuesday 9:30 AM – 2:30 PM, Wednesday 9:00 AM – 12:00 PM

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Northeastern PA

**Services:** Educational Programming (women's issues); women's history month programs (March), drop-in center, workshops, consultation and crisis counseling; library on women's issues.

**Agency:** East Stroudsburg University Speech and Hearing Center

**Address:** East Stroudsburg University: Monroe Hall

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 422-3247 **Fax #:** (570) 422-3850

**Email:** eshuey@esu.edu

**Website:** [http://www4.esu.edu/academics/departments/communication\\_sciences\\_disorders/speech\\_hearing\\_center.cfm](http://www4.esu.edu/academics/departments/communication_sciences_disorders/speech_hearing_center.cfm)

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** All

**Fee:** Call for fees

**Referral:** Call for referral information

**Service Area:** Statewide

**Services:** Audiology and hearing aid evaluations, speech and language evaluations and therapy, aural rehab

**Agency:** Family Promise of Monroe County

**Address:** PO Box 1021

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 420-8589 **Fax #:** N/A

**Email:** info@familypromisepa.org

**Website:** http://familypromisepa.org

**Days/Hours:** Office: Monday—Friday 9:00-5:00  
Shelter: 24/7

**Eligibility:** Homeless families with children. Extensive application process

**Fee:** None

**Referral:** Self, local agencies

**Service Area:** Monroe County

**Services:** Nonprofit, non-denominational organization for homeless families in transition. Provides shelter, meals, and support services to families without homes via a network of local congregations.

**Agency:** Feeding Families Ministry Inc.

**Address:** 654 Route 611

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 977-3702 **Fax #:**

**Email:** feedingfamilies@verizon.net

**Website:** <http://www.feedingfamiliesministry.org/>

**Days/Hours:** Thursdays and Fridays 1:00-3:00

**Eligibility:** Individuals who do not qualify for welfare, have recently lost their jobs, are in need due to life emergencies (health or job related) or are underemployed – *the working poor*.

**Fee:** None

**Referral:** None

**Service Area:** Feeding Families Ministry is able to serve approximately 100 families a month in Monroe, Wayne and Pike Counties.

**Services:** Feeding Families Ministry, Inc. provides free food to needy individuals who do not qualify for welfare, have recently lost their jobs, are in need due to life emergencies (health or job related) or are underemployed – *the working poor*. Provides canned goods, dry goods, meat and produce to all families

**Agency:** Fitzmaurice Community Services, Inc.

**Address:** 2115 North Fifth Street

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (800) 289-8980 **Fax #:** (570) 424-5228

**Email:** enews@fitzmaurice.org

**Website:** www.fitzmaurice.org

**Days/Hours:** Monday through Friday 8:00 am-4:30 pm

**Eligibility:** Primary diagnosis of intellectual disabilities, autism or behavioral health diagnosis

**Fee:** None

**Referral:** Carbon-Monroe-Pike-Northampton County MH/DS; Private

**Service Area:** Carbon, Monroe, Pike and Northampton Counties

**Services:** Community services for persons with intellectual disabilities, autism and persons with a behavioral health diagnosis. A continuum of services for the severely disabled including; residential, social, medical, psychiatric, financial, employment, vocational, family



**Agency:** Foundations Christian Counseling Services, Inc.

**Address:** 1546 Route 209, Suite 106 (Rainbow Plaza)

**City:** Brodheadsville **PA** **Zip Code:** 18322

**Telephone:** (570) 402-5088 **Fax #:** (570) 992-1040

**Email:** fjacoby@foundchristcounsel.org

**Website:** FoundChristCounsel.org

**Days/Hours:** Monday—Saturday by appointment

**Eligibility:** All

**Fee:** Per session fee. Counseling scholarship available for income eligible families. Fees reduced for members or attendees of supporting churches.

**Referral:** Self, schools, physicians, pastors, friends, etc.

**Service Area:** Monroe, Carbon, Northampton, Lehigh, Luzerne, and Lackawanna Counties

**Services:** Faith-based counseling for children, families, individuals, and couples. Counseling issues include addiction, depression, anxiety, abuse, parenting, marriage, anger, self-worth, children, spiritual struggles, etc. Marriage/parenting seminars.

**Agency:** Fraternal Order BPO Elks 319

**Address:** 260 Washington Street

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 421-8760 **Fax #:** (570) 421-8760

**Email:** bpoe319@enter.net

**Website:** <https://www.elks.org/lodges/home.cfm?LodgeNumber=319>

**Days/Hours:** Thursday, Friday, Saturday 11:00-midnight  
Bingo: Wednesday 6:45-10:00  
Wing night: Tuesday 6:00-9:00

**Eligibility:** Resident of Monroe County over 21/US citizen/belief in God

**Fee:** \$64.00 annual membership

**Referral:** Other Elks

**Service Area:** Monroe County

**Services:** Cerebral palsy awareness, drug awareness, scholarships for local high schools, LL baseball sponsor, BS of A/GS of A supporter, YMCA leagues, veterans' programs, teenagers of the month, antlers youth group, patriotic programs, Americanism, dictionary project

**Agency:** Geisinger Medical Group-Mt. Pocono

**Address:** 126 Market Way #1

**City:** Mt. Pocono **PA** **Zip Code:** 18344

**Telephone:** (570) 839-3633 **Fax #:** 570-839-6490

**Email:** N/A

**Website:** www.geisinger.org

**Days/Hours:** M-Th 8:00 am-8:00 pm  
Fri: 8:00 am-5:00 pm  
Sat: 8:00 am-12 Noon

**Eligibility:** Accept many insurances  
(Call with any questions)

**Fee:** N/A

**Referral:** N/A

**Service Area:** N/A

**Services:** Family Practice, Pediatrics Newborn-Adolescents, Routine PAPs, Adult and Geriatrics, Preventive Care

**Agency:** Girl Scouts in the Heart of PA Council

**Address:** 350 Hale Avenue

**City:** Harrisburg **PA** **Zip Code:** 18505

**Telephone:** 1 (800) 692-7816 **Fax #:** N/A

**Email:** N/A

**Website:** www.gshpa.org

**Days/Hours:** Monday—Friday 8:30-5:00

**Eligibility:** Girls in grades K-12 (girls in kindergarten have to be 5 or older)

**Fee:** \$15/year

**Referral:** Self, friends/family, recruitment through schools

**Service Area:** Lackawanna/Monroe/Pike/Susquehanna/Wayne/Wyoming Counties

**Services:** Help girls realize their potential, learn to relate to others, develop values that will guide their decisions and participate in community service all the while having fun.

**Agency:** Healthy Baby (State Helpline)

**Address:** PA Department of Health  
625 Forster Street

**City:** Harrisburg **PA** **Zip Code:** 17120

**Telephone:** 1-800-986-BABY **Fax #:** N/A

**Email:** N/A

**Website:** <http://www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Pages/default.aspx#.WFmGZVUrKUK>

**Days/Hours:** Monday—Friday 8:30-4:00

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Statewide

**Services:** The statewide healthy baby hotline refers callers to programs that offer free or low cost healthcare services based on income

**Agency:** Healthy Kids Helpline

**Address:** PA Department of Health  
625 Forster Street

**City:** Harrisburg **PA** **Zip Code:** 17109

**Telephone:** 1 (800) 986-KIDS **Fax #:** N/A

**Email:** N/A

**Website:** <http://www.health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Pages/default.aspx#.WFmGwVUrKUK>

**Days/Hours:** Monday—Friday 7:00-7:00  
Saturday—Sunday 9:00-3:00

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Statewide

**Services:** Children's healthcare and coverage, Questions about CHIP, medical assistance appointments

**Agency:** Human Resource Center, Inc.

**Address:** 294 Bethel School Road

**City:** Honesdale **PA** **Zip Code:** 18431

**Telephone:** (570) 253-3782 **Fax #:** (570) 253-1041

**Email:** N/A

**Website:** www.hrcinc.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Mental, emotional, or physical disability

**Fee:** None

**Referral:** MH/DS, office of vocational rehab, Social Services, self

**Service Area:** Carbon/Monroe/Pike/Wayne/ Lehigh Counties

**Services:** Supportive employment, career counseling, residential services, home based services, OBRA, life sharing, Vocational training center, certified living arrangements, residential services and community integrated employment services. All services available 24/7

**Agency:** Integra Home Counseling

**Address:** 2937 Rt. 611 Merchants Plaza, Suite 10A

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 620-2438 **Fax #:** (570) 445-3374

**Email:** info@IntegraPa.org

**Website:** www.integraPA.org

**Days/Hours:** Monday—Friday 9:00-5:00  
Evenings/weekends by appointment

**Eligibility:** PA residency

**Fee:** No fees for counseling

**Referral:** Act 91, court diversion/mediation programs. HUD-approved agency

**Service Area:** Monroe/Pike/Carbon/Wayne/Northampton Counties

**Services:** Foreclosure prevention, all aspects of home ownership, credit counseling, credit rebuilding, family financial crisis management, rental counseling, homelessness counseling, and life-stage transition counseling.



**Agency:** Inner Vision Treatment Services

**Address:** 586 Main Street, Suite 9

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 476-1902 **Fax #:** (570) 476-4225

**Email:** innervisiontreatment@live.com

**Website:** N/A

**Days/Hours:** Monday, Wednesday, Friday 9:30-6:00;  
Tuesday, Thursday 9:30-5:00

**Eligibility:** Adults, adolescents, and families

**Fee:** Most private insurances. Sliding scale

**Referral:** Self, schools, friends, courts, probation

**Service Area:** Carbon/Monroe/Pike Counties

**Services:** Outpatient counseling; groups and individual sessions; drug testing; breath alcohol testing; evaluations; counseling for suboxone clients. Intensive counseling sessions available.

**Agency:** Integrated Health System, Mt. Pocono Rehab Center

**Address:** 126 Market Way (Geisinger Building, 2<sup>nd</sup> Floor)

**City:** Mt. Pocono **PA** **Zip Code:** 18344

**Telephone:** (570) 839-3157 **Fax #:** (570) 839-3506

**Email:** N/A

**Website:** <http://www.allied-services.org/locations/outpatient-locations/mt-pocono/>

**Days/Hours:** Monday, Tuesday, Thursday 8:00 – 6:00  
Wednesday 8:00 – 2:00, Friday 8:00 – 1:30

**Eligibility:** N/A

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Physical Therapy

**Agency:** Kettle Creek Environmental Education Center

**Address:** 8050 Running Valley Road

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 629-3061 **Fax #:** (570) 629-3063

**Email:** monroecd@ptd.net

**Website:** mcconservation.org

**Days/Hours:** M-F: 8:00 am-4:30 pm  
Sat: 9:00 am-1:00 pm

**Eligibility:** None required

**Fee:** Fees charged for education programs

**Referral:** None required

**Service Area:** Monroe County

**Services:** Environmental Education and Volunteer Opportunities

**Agency:**

Kidspeace

**Address:**

100 Community Drive Suite 208

**City:**

Tobyhanna

**PA**

**Zip Code:**

18466

**Telephone:**

(570) 243-8787

**Fax #:**

(570) 243-8797

**Email:**

prunella.harris@kidspeace.org

**Website:**

www.kidspeace.org

**Days/Hours:**

Monday—Friday 9:00-7:00

**Eligibility:**

Children, adolescents, and adults with emotional and behavioral problems DSM IV-R diagnosis

**Fee:**

Varies depending on program

**Referral:**

Call admissions department

**Service Area:**

Monroe, Carbon, and Pike Counties

**Services:**

Adult mental health services; outpatient; walk-in assessments.

**Agency:** Kiwanis Club of the Stroudsburgs

**Address:** PO Box 144

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 421-6915 **Fax #:** N/A

**Email:** mail@kiwanissbg.org

**Website:** www.kiwanissbg.org

**Days/Hours:** 1<sup>st</sup> Wednesday of the Month: 6:15 PM at Water Gap Country Club  
Rest of the month: Wednesday at 12:00 at Sycamore Lounge/Grille

**Eligibility:** Monroe County residents

**Fee:** \$32.50 quarterly membership dues

**Referral:** Must be sponsored by a Kiwanian

**Service Area:** Monroe County

**Services:** Two scholarships and one grant for each Monroe County High School; Head Start advocacy; agricultural committee; donation of money and time to Salvation Army; donation of money to Boy Scouts-Minsi Trails Council; donations to Pocono Family YMCA, United Way, Girl Scouts, Girls on the Run, two scholarships to Key Club members.

**Agency:** Lions Club of the Stroudsburgs

**Address:** PO Box 1071

**City:** Stroudsburg **PA** **Zip Code:** 18360-1071

**Telephone:** N/A **Fax #:** N/A

**Email:** stroudsburglions@gmail.com

**Website:** www.palions.org

**Days/Hours:** 2nd and 4th Tuesday of each month (2nd at EMPL/4th at Sycamore Grille Restaurant)

**Eligibility:** Proven need; always seeking new members both men and women to assist and volunteer.

**Fee:** None, contingent on proven financial need

**Referral:** School bursars, area agency on aging, self

**Service Area:** Monroe County

**Services:** Supply the blind with the necessary implements; eyeglasses for needy children; financial support for drug/alcohol school programs by purchasing relevant materials; vision problems related to diabetes; "Beacon Lodge" (camp for blind/handicapped children and adults); annual sponsor of "white cane day"; sponsor Leo clubs in schools; Leaderdog program.

**Agency:** Loyal Order of Moose

**Address:** 705 Stokes Mill Road

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** 609-685-1105 **Fax #:** (N/A)

**Email:** bpowell@mooseintl.org

**Website:** www.mooseintl.org

**Days/Hours:** Monday-Thursday 3:00-11:00; Friday 12:00-2:00; Saturday 11:00-2:00; Sunday 9:00-11:00

**Eligibility:** County Residency

**Fee:** Men: \$40 annual membership  
Women: \$30 annual membership

**Referral:** Member

**Service Area:** Monroe and surrounding counties

**Services:** Sponsor of YMCA girls softball; summer picnic for handicapped children; PA Special Olympics; blind vets association; disabled vets; Thanksgiving food drive; Christmas party for handicapped children; donations to Salvation Army, Boy Scouts, etc.; Easter party memorial; Relay for Life; Valor, home base for Boy Scouts

**Agency:** Lupus Foundation of PA, Pocono/NE Br. and Resource

**Address:** 100 West Station Square Drive, Landmarks Building, Suite 1920

**City:** Pittsburgh **PA** **Zip Code:** 15219

**Telephone:** (412) 261-5886 **Fax #:** (412) 261-5365

**Email:** neinfo@lupuspa.org

**Website:** www.lupuspa.org

**Days/Hours:** Monday—Thursday 9:00-5:00

**Eligibility:** Lupus patients, friends, family, or anyone interested in lupus.

**Fee:** None

**Referral:** None

**Service Area:** Statewide

**Services:** Awareness programs, community and telephone based support groups; comprehensive literature; education programs; individual and government advocacy; peer support program newsletter; social security disability letters; speakers bureau; special needs program.



**Agency:** Make a Wish Greater PA and West VA

**Address:** The Gulf Tower - 707 Grant Street, 37th Floor

**City:** Pittsburgh **PA** **Zip Code:** 15219-1938

**Telephone:** 1(800) 676-9474 **Fax #:** (412) 471-9705

**Email:** email@pawv.wish.org

**Website:** <http://greaterpawv.wish.org/>

**Days/Hours:** Monday—Thursday 9:00-5:00;  
Friday 9:00-3:00

**Eligibility:** Child's doctor must qualify the illness and child

**Fee:** None

**Referral:** Family, child's doctor or other medical professional, legal guardian,  
teacher, friend or the child

**Service Area:** Statewide

**Services:** Grant wishes to children 2.5-18 years old suffering from current life-threatening  
medical conditions.

**Agency:** March of Dimes Birth Defects Foundation

**Address:** 252 Broadhead Road- Suite 400

**City:** Bethlehem **PA** **Zip Code:** 18017

**Telephone:** (610) 814-7000 **Fax #:** (610) 814-7019

**Email:** [pa649@marchofdimes.com](mailto:pa649@marchofdimes.com)

**Website:** [www.marchofdimes.org/pennsylvania](http://www.marchofdimes.org/pennsylvania)

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Carbon/Lehigh/Monroe/Northampton/Bucks Counties

**Fee:** None

**Referral:** Self, friend, agencies, health providers

**Service Area:** Carbon/Lehigh/Monroe/Northampton/Bucks Counties

**Services:** Informational brochures and videos on issues including pregnancy, childbirth, birth defects, mental health and well-being; Provides educational programs to community organizations, businesses, and schools. Professional education materials are available for physicians, nurses, and health educators.

**Agency:** Met-Ed, a FirstEnergy Company

**Address:** 2800 Pottsville Pike (PO Box 16001)

**City:** Reading **PA** **Zip Code:** 19612-6001

**Telephone:** (800) 207-9276 **Fax #:** (610) 939-8888

**Email:** N/A

**Website:** [https://www.firstenergycorp.com/content/customer/help/billing/payments/assistance\\_serviceprogram/penn\\_power.html](https://www.firstenergycorp.com/content/customer/help/billing/payments/assistance_serviceprogram/penn_power.html)

**Days/Hours:** Monday—Friday 8:00-5:00

**Eligibility:** Met-Ed Residential customers. Some programs have income limits

**Fee:** None

**Referral:** East Stroudsburg Salvation Army (570) 421-3050

**Service Area:** Bucks/Lehigh/Monroe/Northampton/Pike Counties

**Services:** PCAP; WARM; fuel fund; gate keeper program; 3rd party notification program; special due date consideration for seniors; payment arrangements; critical medical customer (CMC) program; referrals to federal, state, and local human service programs. Fuel fund 888-282-6816, PCAP 800-207-9276, payment plans 800-962-4848, CMC 800-207-9276, WARM 800-207-9276.

**Agency:** Monroe Career and Technical Institute

**Address:** 194 Laurel Lake Road

**City:** Bartonsville **PA** **Zip Code:** 18321

**Telephone:** (570) 629-2001 **Fax #:** (570) 629-9698

**Email:** trushton@monroecti.org

**Website:** www.monroecti.org

**Days/Hours:** 7:30am-9:30pm

**Eligibility:** Public education facility

**Fee:** For adult classes only

**Referral:** None needed

**Service Area:** Monroe County

**Services:** 27 career programs available for high school students (free tuition to residents of Monroe County); adult evening programs; incumbent worker training; customized job training for businesses.

**Agency:** Monroe County Area Agency on Aging

**Address:** 724 Phillips Street, Suite 102

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 420-3735 **Fax #:** (570) 420-3734

**Email:** monroeaging@monroecountypa.gov

**Website:** <http://www.monroecountypa.gov/Dept/Aging/Pages/default.aspx>

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Age 60 or older

**Fee:** Some services are cost sharing

**Referral:** Self, agencies, health providers, friends, and family

**Service Area:** Monroe County

**Services:** Outreach; legal service; ombudsman; transit pass; casework; insurance counseling; prime time health wellness program; home delivered meals and support; information and referral service; attendant personal care/companion; long term care assessment management; property tax/rent rebate assistance; senior citizen club information; senior centers; protective services; discount programs; energy assistance programs; visual impairment and blindness services; school district tax refund program; medical assistance aging waiver program.

**Agency:** Monroe County Assistance Office

**Address:** 1972 West Main Street, Suite 101

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 424-3030  
(LIHEAP (570) 424-3517) **Fax #:** (570) 424-3915

**Email:** c-monroe@state.pa.us

**Website:** N/A

**Days/Hours:** Monday—Friday 7:30-5:00

**Eligibility:** Income and resource criteria vary according to program and number of people in household.

**Fee:** None

**Referral:** Self, agencies, health providers, friends, education providers (apply online [www.compass.state.pa.us](http://www.compass.state.pa.us))

**Service Area:** Monroe County

**Services:** TANF, cash assistance, state blind pension, emergency shelter assistance, medical assistance nursing home care payment. Healthy horizons, healthy beginnings; LIHEAP, food stamps (SNAP), medical assistance for workers with disabilities (MAWD), Breast/cervical cancer prevention and treatment, waiver programs.

**Agency:** Monroe County Bar Association

**Address:** 913 Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 424-7288 **Fax #:** (570) 424-8234

**Email:** info2@monroebar.org

**Website:** www.monroebar.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Lawyer referral service

**Fee:** Membership fee

**Referral:** None

**Service Area:** Monroe County

**Services:** Legal education programs; work with court and County government to improve administrative procedures in the Monroe County court system and related law offices; Provide opportunities for collegiality; lawyer referral service. Director: Denise Burdge.

**Agency:** Monroe County Children and Youth Services

**Address:** 730 Phillips Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 420-3590 **Fax #:** (570) 420-3598

**Email:** N/A

**Website:** N/A

**Days/Hours:** Monday—Friday 8:30-5:00

**Eligibility:** Monroe County resident

**Fee:** Dependent upon service

**Referral:** Self, schools, physicians, friends and neighbors

**Service Area:** Monroe County

**Services:** Advocate for and protector of children and youth while stabilizing the family unit. Foster care, day care, crisis counseling, info and referral, child abuse investigation; individual, group and family counseling, emergency shelter care. After hours: (570) 420-3590/PA child abuse: 800-932-0313.



**Agency:** Monroe County Conservation District

**Address:** 8050 Running Valley Road

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 629-3060 **Fax #:** (570) 629-3063

**Email:** monroecd@ptd.net

**Website:** www.mcconservation.org

**Days/Hours:** Monday—Friday 8:00-4:30  
Some Saturdays 9:00-1:00

**Eligibility:** All

**Fee:** For some programs

**Referral:** None

**Service Area:** Monroe County

**Services:** Community planning and development, environmental protection and regulation, education.

**Agency:** Monroe County Council of the Blind

**Address:** PO Box 1057

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 570-421-4118 **Fax #:** N/A

**Email:** Tried99@gmail.com

**Website:** N/A

**Days/Hours:** 24/7 Hotline

**Eligibility:** Advocacy Issues for the Blind and Visually Impaired

**Fee:** N/A

**Referral:** N/A

**Service Area:** Monroe County

**Services:** 24/7 Counseling Services  
Education, awareness and training program  
Computer access technology assistance

**Agency:** Monroe County Diabetes Society

**Address:** 502 Independence Road

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 476-6237 **Fax #:** (570) 421-7423

**Email:** wseko@vnahospiceofmc.org

**Website:** N/A

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** All

**Fee:** Free membership for all

**Referral:** Self, health providers, agencies

**Service Area:** Monroe County

**Services:** Help for diabetics in need (syringes, insulin, and diabetic medicine) and support system. Children's diabetic camps.

**Agency:** Monroe County Domestic Relations

**Address:** 610 Monroe Street, Suite 110

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-3845 **Fax #:** (570) 517-3867  
(570) 517- 3862

**Email:** N/A

**Website:** N/A

**Days/Hours:** Monday—Friday 8:30-4:30

**Eligibility:** Monroe County resident

**Fee:** \$70.50 Court Cost - No filing fee

**Referral:** Attorneys, legal service, individuals directly

**Service Area:** Monroe County

**Services:** Services: Establishing paternity, establishing, modifying and enforcing court-ordered obligations for child support, collecting child and spousal support payments, establishing and enforcing medical support.

**Agency:** **Monroe County Family Health Center  
(Adult Medicine)**

**Address:** 175 East Brown Street, Suite 204

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 476-3141 **Fax #:** (570) 421-1833

**Email:** N/A

**Website:** N/A

**Days/Hours:** Mon-Wed-Fri 8:30 am – 12:00 pm (Noon)

**Eligibility:** Adults age 18 & Older

**Fee:** Variable Accept Medicaid, Medicare and most insurance  
A sliding scale is used for self-pay and uninsured patients (based upon income).

**Referral:** None

**Service Area:** Monroe County and surrounding area

**Services:** Primary Care for adults: Family Practice and Internal Medicine

**Agency:** **Monroe County Family Health Center  
(Pediatric Dental)**

**Address:** 175 East Brown Street Suite 114

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 476-3506 **Fax #:** (570) 421-2408

**Email:** N/A

**Website:** N/A

**Days/Hours:** Mon-Fri 9:00 am – 5:00 pm

**Eligibility:** Children ages 3 - 18

**Fee:** Primarily accept Medicaid Insurances (Please call to verify)  
Uninsured patients, if eligible, may qualify for a sliding fee scale which is based upon income and other documentation.

**Referral:** Limited number of openings in practice

**Service Area:** Monroe County

**Services:** Dental care for children ages 3 - 18

**Agency:**

**Monroe County Family Health Center  
(Pediatric Medicine)**

**Address:**

175 East Brown Street Suite 108

**City:**

East Stroudsburg

**PA**

**Zip Code:**

18301

**Telephone:**

(570) 476-3585

**Fax #:**

(570) 421-9014

**Email:**

N/A

**Website:**

N/A

**Days/Hours:**

Mon-Thurs: 8:30 am – 6:00 pm

Fri: 8:30 am – 4:30 pm

Sat: 8:30 am – 12:30 pm

**Eligibility:**

Children ages 0 - 18

**Fee:**

We accept most insurances including Medicaid, Medicare.

Uninsured patients, if eligible, may qualify for a sliding fee scale which is based upon income and other documentation.

**Referral:**

None necessary

**Service Area**

Monroe County

**Services:**

Primary Care for children (Pediatrics)

**Agency:** Monroe County Grants Office

**Address:** 1 Quaker Plaza Room 204/Administrative Center

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 517-3190 **Fax #:** (570) 517-3861

**Email:** LBreunit@monroecountypa.gov

**Website:** <http://www.monroecountypa.gov/Dept/Grants/Pages/default.aspx>

**Days/Hours:** Monday—Friday 8:30-4:30

**Eligibility:** Contact the Grants Office regarding the service of interest to your agency

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Administration of human services grants awarded by the state: community services block grant (CSBG), human services development fund (HSDF), homeless assistance program (HAP), state food purchase program (SFPP), and work ready program. Federal grants include the emergency food assistance program (TEFAP), emergency food and shelter grant (EFSG), and emergency solutions grant program (ESGP). Coordination of food pantry system in addition to the various grants from PA Commission of Crime and Delinquency (PCCD).



**Agency:** Monroe County Habitat for Humanity

**Address:** 354 Memorial Blvd.

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** 570-216-4390 **Fax #:** 570-216-4495

**Email:** N/A

**Website:** www.habitatmc.org

**Days/Hours:** Monday—Friday 9:00-5:00 and by appointment

**Eligibility:** Meet income guidelines, living in sub-standard housing and be willing to work on preparation of house for habitation or home repairs. Monroe County resident for at least 1 year.

**Fee:** Sweat equity

**Referral:** None

**Service Area:** Monroe County

**Services:** Providing housing solutions and home repairs.

**Agency:** Monroe County Historical Association

**Address:** 900 Main Street

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 421-7703 **Fax #:** (570) 421-9199

**Email:** mcha@ptd.net

**Website:** www.monroehistorical.org

**Days/Hours:** Tuesday—Friday 10:00-4:00;  
1<sup>st</sup> and 3<sup>rd</sup> Saturday 10:00-4:00

**Eligibility:** All

**Fee:** Admission fee: call for current rates

**Referral:** None

**Service Area:** Monroe County residents and visitors

**Services:** HQ at 1795 Stroud Mansion and features a local history museum, genealogy and research library. The museum is four floors high and highlights history of Monroe County. Elizabeth D. Walters genealogy and research library has an extensive and unique collection of genealogical materials including family files, census reports, church records, cemetery listings, and more.

**Agency:** Monroe County Housing Authority

**Address:** 1055 West Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-7770 **Fax #:** (570) 421-6958

**Email:** N/A

**Website:** www.monroecountyhousing.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Depends on income and family composition

**Fee:** None

**Referral:** Self, agency

**Service Area:** Monroe County

**Services:** Public Housing and Housing Choice Voucher Program (section 8), Elderly Tax Credit and Family Tax Credit Programs for landlords. TDD# (570) 421-6968 / 24 hr. crime tips hotline: (570) 421-7079.

**Agency:**

Monroe County Meals on Wheels

**Address:**

9 North 9<sup>th</sup> Street

**City:**

Stroudsburg

**PA**

**Zip Code:**

18360

**Telephone:**

(570) 424-8794

**Fax #:**

(570) 424-8756

**Email:**

hfareri@monroemeals.org

**Website:**

www.monroemeals.com

**Days/Hours:**

Monday—Friday 8:00-4:00

**Eligibility:**

Homebound individuals who are unable to prepare/shop their own meals

**Fee:**

\$66.70 per week (Monday—Friday only), subject to change; sliding scale available

**Referral:**

Physicians, friends, families, agencies, hospitals

**Service Area:**

Monroe County

**Services:**

Delivery of nutritious meals to homebound persons enabling them to maintain independence and continue to live in their own homes; daily contact with a volunteer, and referral to appropriate agencies providing additional services is available when requested or required.

**Agency:** Monroe County Planning Commission

**Address:** Administrative Building (1 Quaker Plaza, Room 106)

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 517-3100 **Fax #:** (570) 517-3858

**Email:** mcpc@monroecountypa.gov

**Website:** <http://www.monroecountypa.gov/Dept/Planning/Pages/default.aspx>

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Professional planning assistance, open space program, municipal partnership program, geographic information system, annual water quality study, agricultural land preservation program, traffic courts, census data, 911 address change.

**Agency:**

**Monroe County Probation Department**

**Address:**

610 Monroe Street, Suite 327

**City:**

Stroudsburg

**PA**

**Zip Code:**

18360

**Telephone:**

(570) 517-3098

**Fax #:**

(570) 517-3869

**Email:**

N/A

**Website:**

N/A

**Days/Hours:**

Monday—Friday 8:30-4:30

**Eligibility:**

All

**Fee:**

None

**Referral:**

Police, school administration, courts, district attorney

**Service Area:**

Monroe County

**Services:**

Adult and juvenile probation, juvenile court services.

Phone for juvenile services: (570) 517-3095.

**Agency:**

**Address:**

**City:**  **PA** **Zip Code:**

**Telephone:**  **Fax #:**

**Email:**

**Website:**

**Days/Hours:**

**Eligibility:**

**Fee:**

**Referral:**

**Service Area:**

**Services:**

**Agency:** Monroe County Senior Centers

**Address:** Loder Senior Center (62 Analomink Street)

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 420-3745 **Fax #:** (570) 420-3730

**Email:** srcenter@ptd.net

**Website:** <http://www.monroecountypa.gov/Dept/Aging/Pages/AgingCenters.aspx>

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Age 60 or older

**Fee:** \$1.50 donation for lunch for individuals 60 or older; \$4.75 cost for lunch for individuals under 60

**Referral:** Self, agencies

**Service Area:** Monroe County

**Services:** Congregate lunch, socialization, exercise programs, health education programs/guest speakers, blood pressure screenings, local excursions, bingo games (card games, dominoes, etc.) Wii bowling, nutrition programs, music and entertainment.  
Barrett Senior Center: Mountainhome Methodist Church Rte. 390, (570) 595-6453, M/WITHF 9:00-1:00  
Chestnut Hill Senior Center: Zion United Lutheran Church, Rte. 209, Brodheadsville, (570) 992-2916, WITHF 9:00-1:30  
Jewish Resource Center of the Poconos: 727 Main Street, Stroudsburg, 18360, (570) 517-0815 (lunch on Thurs only @ 11:00am), MON-THUR 10:00-11:00am/FRI 8:00-12pm.



**Agency:** Monroe County Transportation Authority

**Address:** PO Box 339

**City:** Scotrun PA **Zip Code:** 18355

**Telephone:** Administration: (570) 839-6282  
Shared Ride/ Fixed Route: (570) 839-8210 **Fax #:** (570) 839-8205

**Email:** cjones@gomcta.com

**Website:** www.gomcta.com

**Days/Hours:** Office: Monday—Friday 8:00-4:30

**Eligibility:** All programs are offered to the general public. Any Shared Ride Program requires pre-enrollment (restrictions may apply)

**Fee:** Varied fare structure depending on program

**Referral:** All other programs available to public (call for details)

**Service Area:** Monroe County

**Services:** Fixed route-mass transit, ADA, paratransit, shared ride, medical assistance, welfare to work, PWD. Fixed route Monday-Saturday based on location, Pocono Pony.

**Agency:** Monroe County Veterans Affairs

**Address:** 1 Quaker Plaza, Room 101 (Administrative Building)

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-3187 **Fax #:** (570) 517-3188

**Email:** lkaye@monroecountypa.gov

**Website:** <http://www.monroecountypa.gov/Dept/VA/Pages/default.aspx>

**Days/Hours:** Monday—Friday 8:30-4:30  
Closed for major holidays

**Eligibility:** Varies, call office for more information.

**Fee:** None

**Referral:** Self, federal, state, county agency

**Service Area:** All veterans and their beneficiaries

**Services:** VA hospitalization, education, historical research, military records, upgrading of discharges, liaison with active military agencies, widow's/dependents benefits, administration of state and county veteran's benefits, liaison with local veterans groups, grave registration, etc.  
Call for an appointment.

**Agency:** Monroe County Youth Employment Service

**Address:** PO Box 81, 2937 Route 611

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 620-2410 **Fax #:** (570) 620-0546

**Email:** payes@ptd.net (director: Peter Alasty)

**Website:** www.poconoyes.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Monroe County Residents: ages 14-24

**Fee:** None

**Referral:** Self, guidance counselors, agencies, parents, friends, newspapers

**Service Area:** Monroe County

**Services:** Job placement, employment and career counseling, career workshops, GED, education on child labor laws, community services, career mentoring, leadership for youth program. All applications available at website.

**Agency:** NAACP Monroe County Branch

**Address:** PO Box 487

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 851-4522 **Fax #:** N/A

**Email:** president@pocononaacp.org

**Website:** N/A

**Days/Hours:** 24/7

**Eligibility:** All

**Fee:** Annual membership with magazine: \$32.00

**Referral:** None

**Service Area:** Monroe County

**Services:** Civil rights advocacy. Contacts: Yvonne Gonzales (president) or Beatrice Cyrus (secretary) secretary@pocononaacp.org.

**Agency:** Narcotics Anonymous

**Address:** PO Box 1053

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-6618 **Fax #:** (818) 700-0700

**Email:** None

**Website:** www.marscna.org

**Days/Hours:** 24/7

**Eligibility:** Desire to stop using all mood and mind changing chemicals

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Fellowship of men and women for whom drugs have become a major problem. Regularly scheduled meetings. Helpline has list of dates/times/places of meetings. Helpline: (570) 421-6618.

**Agency:** NAR-ANON Family Groups

**Address:** 9 North Ninth St, St. John's Evangelical Luther Church

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 856-4000 **Fax #:** N/A

**Email:** wso@nar-anon.org

**Website:** www.nar-anon.org

**Days/Hours:** Monday 7:30-9:00pm

**Eligibility:** All people affected by the addiction of a loved one or friend.

**Fee:** None

**Referral:** Self

**Service Area:** Northeastern PA

**Services:** Offering hope and recovery to all people affected by the addiction of a loved one or friend.

**Agency:** National Alliance on Mental Illness

**Address:** PO Box 157

**City:** Effort **PA** **Zip Code:** 18330

**Telephone:** (570) 620-1865 **Fax #:** N/A

**Email:** nami-pa@nami-pa.org

**Website:** <http://www.nami.org/>

**Days/Hours:** N/A

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Carbon, Monroe, and Pike Counties

**Services:** Support group for families of people with mental illness. Nami-PA state office: (803) 760-0606

**Agency:** National Stuttering Foundation

**Address:** Passan Hall (Floor 2, Room 212) 100 Lake Street, Misericordia University

**City:** Dallas **PA** **Zip Code:** 18612

**Telephone:** (570) 674-6724 **Fax #:** N/A

**Email:** stutteringsupport@misericordia.edu

**Website:** N/A

**Days/Hours:** 1st and 3rd Tuesday 6:30pm

**Eligibility:** People of all ages who stutter; family members and friends of people who stutter; anyone interested in stuttering (teachers, students, speech therapists, etc...)

**Fee:** None

**Referral:** None

**Service Area:** Northeastern PA

**Services:** Meet others who stutter, share experiences, practice speaking skills and work on moving forward with dignity and respect.



**Agency:** New Hope Recovery Work Center

**Address:** 801 Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 422-6804 **Fax #:** (570) 422-6819

**Email:** jmauceri@salisb.com

**Website:** N/A

**Days/Hours:** Monday—Friday 8:00-4:00

**Eligibility:** MA recipient: 18 years or older; mental health diagnosis; access card;  
Carbon/Monroe/Pike resident

**Fee:** Varies

**Referral:** Hospitals, local providers, doctors, therapists. May refer people who meet eligibility criteria

**Service Area:** Carbon/Monroe/Pike counties

**Services:** Site-based psychiatric rehab program. Dedicated to helping people with severe and persistent mental illness develop and investigate rehab strategies in order to satisfy treatment goals. The Recovery Work Center provides comprehensive services which include daily workshops, educational services, group activities, day/evening/weekend social programs, and more.

**Agency:**

**Address:**

**City:**  **PA** **Zip Code:**

**Telephone:**  **Fax #:**

**Email:**

**Website:**

**Days/Hours:**

**Eligibility:**

**Fee:**

**Referral:**

**Service Area:**

**Services:**

**Agency:** NHS Pocono Mountain Center

**Address:** 912 Main Street Suite 202

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** 570-424-9229 **Fax #:** (570) 424-7445

**Email:** kjsmith@nhsonline.org

**Website:** www.nhsonline.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Severe and persistent mental illness. Medical assistance criteria

**Fee:** For medical assistance

**Referral:** None

**Service Area:** Carbon, Monroe and Pike Counties

**Services:** Family Based Mental Health, Assertive Community Treatment, Behavioral Health Rehabilitation Services, Supportive, Independent Living, Blended Case Management, Therapeutic Family Care/Foster Care Plus, Residential.

**Agency:** NHS Pocono Mountain Center  
Outpatient Clinic: Mental Health and Substance Abuse Services

**Address:** 1151 Pocono Blvd.

**City:** Mt. Pocono **PA** **Zip Code:** 18344

**Telephone:** (570) 839-3097 **Fax #:** (570) 839-8798

**Email:** kjsmith@nhsonline.org

**Website:** www.nhsonline.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Severe and persistent mental illness. Medical assistance criteria.

**Fee:** For medical assistance

**Referral:** None

**Service Area:** Carbon, Monroe and Pike Counties

**Services:** Family Based Mental Health, Assertive Community Treatment, Behavioral Health Rehabilitation Services, Supportive, Independent Living, Blended Case Management, Therapeutic Family Care/Foster Care Plus, Residential.

**Agency:** North Penn Legal Services Inc.

**Address:** 10 North 10th Street

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 424-5338 **Fax #:** (570) 424-8004

**Email:** mlivigne@northpennlegal.org

**Website:** www.northpennlegal.org

**Days/Hours:** Monday—Thursday 8:30-12:00/1:00-4:30;  
Friday 8:30-12/12:30-4:00

**Eligibility:** Call for eligibility

**Fee:** None

**Referral:** When appropriate

**Service Area:** Monroe/Pike counties

**Services:** Legal Representation (in a limited number of civil matters). Free legal services for low income clients. Additional phone#: 1-800-532-8282. To apply for services call: 1-877-953-4250

**Agency:** Northampton Community College

**Address:** 2411 PA-715

**City:** Tannersville **PA** **Zip Code:** 18321

**Telephone:** (570) 620-9221 **Fax #:** N/A

**Email:** N/A

**Website:** www.northampton.edu

**Days/Hours:** Office: Monday—Thursday 7:30-7:00;  
Friday 7:30-5:00

**Eligibility:** High school graduate; must apply for admission

**Fee:** Varies depending on course load

**Referral:** None

**Service Area:** Monroe and surrounding counties

**Services:** Education, college, personal enrichment, professional development, community education, non-credit courses for all ages, and Horizon for Youth

**Agency:** Northeast PA Center for Independent Living

**Address:** 1142 Sanderson Ave

**City:** Scranton **PA** **Zip Code:** 18509

**Telephone:** (570) 344-7211 **Fax #:** (570) 344-7218

**Email:** nepacilinfo@mycil.org

**Website:** www.mycil.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Individuals with physical disabilities

**Fee:** None

**Referral:** None

**Service Area:** Bradford/Columbia/Lackawanna/Luzerne/Monroe/Pike/Sullivan/Susquehanna/Wayne/Wyoming counties

**Services:** Advocacy; independent living skills training; info and referral; peer counseling; service coordination, and interpreter referral program. Voice/toll free: 800-344-7211, TTY: (570) 344-7211, deaf services specialist TTY: (570) 344-5275, video phone: 866-563-5899.

**Agency:** Nurse-Family Partnership

**Address:** Pocono Medical Center, 206 East Brown Street

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 426-1688 **Fax #:** (570) 426-1832

**Email:** vsosnowski@poconomedicalcenter.org

**Website:** www.poconomedicalcenter.org  
www.nursefamilypartnership.org

**Days/Hours:** Office: M-F 8:00 am-4:30 pm  
Home visits: Flexible schedule

**Eligibility:** Any woman who is pregnant with her 1<sup>st</sup> (first) child, having no live births; prior to 28 weeks of pregnancy; meets income requirements; lives in the service area

**Fee:** None

**Referral:** Self; health and Human Service providers; healthcare Professionals; school nurse/guidance counselor/teacher

**Service Area:** Monroe and Lower Pike Counties; Albrightsville; Carbon County

**Services:** Nurse Home Visitation Program for low-income expectant women at risk. National program that focuses on three specific goals:

1. **Improve Pregnancy Outcomes** by helping women engage in good preventive health practices, including obtaining through prenatal care from their healthcare providers, improving their diet, and reducing their use of cigarettes, alcohol, and illegal substances.
2. **Improve Child Health and Development** by helping parents provide responsible and competent care for their children.
3. **Improve the economic self-sufficiency of the family** by helping parents develop a vision for their own future, plan future pregnancies, continue their education, and find work.



**Agency:** Office of Consumer Advocate

**Address:** 555 Walnut Street, 5th Floor, Forum Place

**City:** Harrisburg **PA** **Zip Code:** 17101-1923

**Telephone:** (717) 783-5048 **Fax #:** (717) 783-7152

**Email:** consumer@paoca.org

**Website:** www.oca.state.pa.us

**Days/Hours:** Monday—Friday 8:30-5:00

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Statewide

**Services:** Represents the interests of PA utility consumers. Toll free#: 800-684-6560

**Agency:** Office of Vocational Rehab

**Address:** 45 North 4<sup>th</sup> Street

**City:** Allentown **PA** **Zip Code:** 18102

**Telephone:** (610) 821-6441 **Fax #:** (610) 821-6110

**Email:** sustorm@pa.gov

**Website:** [http://lehigh.pa.networkofcare.org/mh/services/agency.aspx?pid=OfficeofVocationalRehabilitationOVR\\_794\\_2\\_0](http://lehigh.pa.networkofcare.org/mh/services/agency.aspx?pid=OfficeofVocationalRehabilitationOVR_794_2_0)

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Physical/mental impediment to employment

**Fee:** Sliding fee scale for physical restoration-training, "financial needs" test required. No fee for diagnostic evaluation, counseling, job placement.

**Referral:** Monroe County CareerLink or by calling toll free number listed in "services provided"

**Service Area:** Carbon/Lehigh/Monroe/Northampton counties

**Services:** Diagnostic evaluation, vocational rehabilitation, physical restoration, counseling and guidance, job training.  
  
Toll free#: 800-922-9536/TTY: 888-377-9207. Pre-applications available at Monroe County CareerLink: Route 611 Merchants Plaza, Tannersville PA (570) 620-2850.

**Agency:** PA CareerLink of Monroe County

**Address:** 2739 Merchant's Plaza Route 611

**City:** Tannersville **PA** **Zip Code:** 18372-0789

**Telephone:** (570) 620-2850 **Fax #:** (570) 620-0546

**Email:** jacmcl@ptd.net

**Website:** www.jobgateway.pa.gov  
www.pacareerlink.state.pa.us **or** www.monroecountycareerlink.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Monroe County Resident

**Fee:** None

**Referral:** Self, personal, agencies, courts, educational providers and public assistance

**Service Area:** Monroe

**Services:** Provides comprehensive employment and training assistance to eligible Monroe County employers and residents. Services include assessment and testing, job development and on-the-job training, classroom training, work experience and employment counseling. GED programs and literacy training are also available. Search workshops, video library, and labor marking info, employment resources, computer stations and internet access for job searching. We also assist employers with info and registration on the CareerLink system, employment screening, counseling and testing services; veteran counseling and placement service. Employer incentive programs, employer recruitment assistance, federal contractor job listings, labor certification and State Civil service Info.

**Agency:** PA Dept. of Health (Monroe County Office)

**Address:** 1972 West Main Street, Suite 102

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 424-3020 **Fax #:** (570) 424-3977

**Email:** susrowe@pa.gov

**Website:** Health.pa.gov

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** All PA residents

**Fee:** Depends on program and income level  
Vaccinations for under or uninsured

**Referral:** Self, physician, or agency

**Service Area:** Monroe County

**Services:** Community based clinics: immunization for under or non-insured; HIV counseling, testing; TB testing; communicable disease investigations and reporting. Provides info, education, and consultation to citizens, schools, institutions, organizations, businesses, and health care providers on issues relevant to public health issues.

**Free STD (Sexually Transmitted Disease) Walk-in Clinic every Tuesday afternoon**

**24 hr emergency answering service: (570) 826-2062**

**Agency:** PA Dept. of Human Services  
(Monroe County Assistance Office)

**Address:** 1972 W. Main Street, Suite 101

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** Toll Free: 1-877-905-1495  
570-424-3030 **Fax #:** 570-424-3915

**Email:** N/A

**Website:** www.compass.state.pa.us

**Days/Hours:** Call for Hours

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Statewide

**Services:** Healthcare coverage for families. Medicaid is a government program that provides access to quality medical care for families who qualify.  
  
Local office: Route 209 South at Tanite Rd, Stroudsburg PA 18360, Monday—Friday 7:30-5:00, 1-877-905-1495 or (570) 424-3030. FAX#: (570) 424-3915.

**Agency:** PA Dept. of Military & Veterans Affairs

**Address:** Fort Indiantown Gap, buildings S-O-47, FTIG

**City:** Annville **PA** **Zip Code:** 17003

**Telephone:** 800-547-2838 **Fax #:** (717) 861-8589

**Email:** RA-VA-Info@pa.gov

**Website:** www.dmva.pa.gov

**Days/Hours:** Monday—Friday 8:15-4:30

**Eligibility:** Different eligibility for different programs

**Fee:** N/A

**Referral:** None

**Service Area:** Statewide

**Services:** Operate six (6) long-term care facilities, veterans' programs and assistance for veteran claims. Veterans' housing, education, tax exemption, emergency assistance, pension.

**Agency:** PA Treatment and Healing

**Address:** 149 Sawmill Court

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 517-7153 **Fax #:** (570) 517-7155

**Email:** lisaa@pathtochange.org or steveg@pathtochange.org

**Website:** www.pathtochange.org

**Days/Hours:** Monday—Friday 8:00-7:00/Saturday 8:00-12pm (crisis on-call available)

**Eligibility:** At-risk adolescents; court referred adolescents; families in need of counseling; adult and adolescent needing drug/alcohol counseling; court orders/visitation.

**Fee:** Contact program manager for Per Diem rates for each service.

**Referral:** MCC&Y/MCJP; Monroe County school districts; CCC&Y/CCJP; CMP-MHMR

**Service Area:** Carbon/Monroe/Pike Counties

**Services:** After school treatment; adolescent/adult outpatient; drug/alcohol counseling; specialized foster care; alternative education program; family counseling; mental health licensed, medical assistance approved, intensive day treatment program; adolescent inpatient non-hospital residential program for males; court-ordered child visitation.

**Agency:** Penn State Cooperative Extension

**Address:** 724 Phillips Street, Suite 201

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-6430 **Fax #:** (570) 424-1984

**Email:** MonroeExt@psu.edu

**Website:** <http://www.extension.psu.edu/monroe>

**Days/Hours:** Monday—Friday 8:30-4:30

**Eligibility:** All

**Fee:** Usually low or no cost. Cost recovery, educational resources fee on some programs.

**Referral:** Self, friends, agencies, education providers

**Service Area:** Monroe/Pike/Wayne/Carbon counties

**Services:** Educational materials, workshops, services on improving nutrition, health and food safety; family stress/family strengths across the life cycle; parent education; caregiving for children; managing household resources including money; professional development for teachers and others; 4-H youth development; septic system management; maintain and enhancing water quality; competitiveness and profitability of agriculture; conservation of forest resources; economic and social viability of communities; pesticide education; master gardener; home gardening; composting; landscaping.



**Agency:** Pennsylvania State Resource Family Association

**Address:** 471 JPL Wick Drive

**City:** Harrisburg **PA** **Zip Code:** 17111

**Telephone:** 1-800-951-5151 **Fax #:** 1-800-951-5151

**Email:** KLRamper@psrfa.org

**Website:** www.psrfa.org

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Resource family (foster, kinship, adoption), child, self

**Fee:** Family \$25; local FPA \$25; Public or Private \$60; Supporting \$30

**Referral:** None

**Service Area:** Statewide

**Services:** Provides information to individuals interested in becoming foster parents.

**Agency:** Pennsylvania Victim/Awareness Assistance Program

**Address:** 610 Monroe Street, 1<sup>st</sup> Floor Annex, Suite 126 (DA office)

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-3062 **Fax #:** (570) 517-3863

**Email:** megley@monroecountypa.gov

**Website:** www.monroecountypa.gov

**Days/Hours:** Monday—Friday 8:00-5:00

**Eligibility:** Victim/witness of a crime going through the criminal justice system or a victim/witness needing info and referral to LE or social service agencies in the

**Fee:** None

**Referral:** Police, social service agencies, assistant DA, self

**Service Area:** Monroe County

**Services:** Orientation to the CJ system; support and court accompaniment; info on victim's compensation and assistance with victim compensation claims; notification to victim/witness on case outcome, sentence, and offender release; assistance with victim input for plea agreement, sentence, and parole; accompaniment to police and hospital; assistance with property return; crisis counseling for sex assault and domestic violence victims; community referrals; case status inquiries; victim/witness management; assistance with auxiliary services; employer/creditor intercession assistance with intimidation protection. 24hr on call service through the Monroe County Control Center: police or assistant DA on call. Additional phone#: (570) 242-6747.

**Agency:** Planned Parenthood of Northeast and Mid PA

**Address:** 28 North 7th Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 424-8306 **Fax #:** (570) 476-4580

**Email:** info@planitpa.org

**Website:** www.planitpa.org

**Days/Hours:** Monday 12:00-7:00; Tuesday 9:30-4:30; Wednesday 8:00-4:00; Thursday 9:00-4:30; Friday 9:00-4:00

**Eligibility:** At least 12 years old

**Fee:** Varies depending on income. MA accepted and most private insurances (younger than 17 years old free).

**Referral:** None

**Service Area:** Northeast and Mid PA

**Services:** Annual exams, pap smears, birth control, plan B, pregnancy options, adoption referrals, prenatal care referrals, abortion, pregnancy testing, STD testing and treatment, HIV testing, cancer screening/treatment, driver's license health exam. Other locations in Allentown, Bethlehem, Bristol, Scranton, Easton, Reading, Wilkes-Barre, Lancaster, Harrisburg, Carlisle, Quakertown. (1-800-230-7526).

**Agency:** Pleasant Valley Ecumenical Network

**Address:** 279 Greenview Drive

**City:** Brodheadsville **PA** **Zip Code:** 18353

**Telephone:** (570) 992-3136 **Fax #:** (570) 992-3136

**Email:** pven@ptd.net

**Website:** www.pven.net

**Days/Hours:** Monday, Tuesday and Friday 9:00-12:00  
All other times by appointment

**Eligibility:** Live in West End and income eligible

**Fee:** None

**Referral:** Churches, schools, and other agencies

**Service Area:** West end of Monroe County

**Services:** Clothing, food, and rental assistance if qualified. Other services available upon referral. West End food pantry

**Agency:** Pleasant Valley Manor

**Address:** 4227 Manor Drive

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 992-4172 **Fax #:** (570) 992-7409

**Email:** N/A

**Website:** www.pvmnh.com

**Days/Hours:** Office 8:00-5:00

**Eligibility:** Call for eligibility

**Fee:** N/A

**Referral:** Self, family, physician, other facilities

**Service Area:** Monroe County and surrounding areas

**Services:** Long term nursing facility offering inpatient rehab services, hospice and/or respite care.

**Agency:** Pocono Alliance

**Address:** 912 Main Street, Suite 300

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-3953 **Fax #:** (570) 517-3957

**Email:** poconoalliance@monroecountypa.gov

**Website:** www.poconoalliance.org

**Days/Hours:** Monday—Friday 8:30-4:30

**Eligibility:** Call for eligibility requirements

**Fee:** None

**Referral:** Self, agency, church

**Service Area:** Monroe County

**Services:** Pocono Alliance provides resources to the community by building relationships and creating solutions. Pocono Alliance provides a number of programs for the community including: PoconoInfo – Monroe County’s Information and Referral Service; Bridges Out of Poverty Initiative – engages the community and empowers the motivated to make a difference; Healthy Start Early Childhood Screening for children birth to age five; Tax to the Max pre-kindergarten scholarship program; Getting Ready for Kindergarten Calendar of activities for families; S.M.I.L.E. Program – In Home Mentoring Program; Specialized Fire Safety Training for early learning professionals.

**Agency:** Pocono Area Transitional Housing (PATH)

**Address:** 7 North 9th Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 476-1828 **Fax #:** (570) 476-7707

**Email:** N/A

**Website:** www.pathhouse.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** Families with children and minimum four (4) months residency in Monroe County. Demonstrate the motivation to address and resolve their housing crisis.

**Fee:** N/A

**Referral:** Self or agency. Intake/application by phone only.

**Service Area:** Monroe County only

**Services:** Transitional housing with supportive services to assist homeless families with children.

**Agency:** Pocono Arts Council

**Address:** 18 North 7th Street

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 476-4460 **Fax #:** (570) 426-7293

**Email:** info@poconoarts.org

**Website:** www.poconoarts.org

**Days/Hours:** Monday—Friday 10:00-4:00

**Eligibility:** None

**Fee:** Annual Memberships: Friend: \$10 / Patron: \$15 /Benefactor: \$20 /Silver Leaf: \$50

**Referral:** None

**Service Area:** Monroe/Pike/Wayne/Lackawanna/Luzerne Counties

**Services:** Arts in Education; Regional Residencies; monthly newsletter; PA Partners in the Arts Grants; artspace gallery; artist referral service, art classes; Pocono State Craft Festival, Festival of Wood.



**Agency:** Pocono Autism Society Inc.

**Address:** 16 Ledgewood Court

**City:** East Stroudsburg PA **Zip Code:** 18302

**Telephone:** (570) 421-2299 **Fax #:** (570) 421-2299

**Email:** [beth@poconoautism.org](mailto:beth@poconoautism.org)

**Website:** www.poconoautism.org

**Days/Hours:** 7 days a week from 9:00-9:00

**Eligibility:** N/A

**Fee:** None

**Referral:** Individuals and parents/friends

**Service Area:** Monroe/Southern Pike counties

**Services:** Support group for autistic spectrum disorders, two (2) monthly meetings (one night meeting, one daytime meeting).

**Agency:**

**Pocono Medical Center: Celtic Hospice and Home Health**

**Address:**

1619 N 9th St, Ste 14

**City:**

Stroudsburg

**PA**

**Zip Code:**

18360

**Telephone:**

888-923-5842

**Fax #:**

877-570-5954

**Email:**

Info@celtichealthcare.com

**Website:**

www.celtichealthcare.com

**Days/Hours:**

Monday—Friday 8:00-5:00

**Eligibility:**

Patient must be homebound; requiring considerable effort and assistance to leave their home. Care must be medically reasonable, necessary, and ordered by their physician and must be skilled, part-time and intermittent in nature.

**Fee:**

Billed directly to Medicare, Medicaid, Blue Cross, private commercial insurance and provider programs. Patients may pay for services not covered.

**Referral:**

None

**Service Area:**

All Northeast PA

**Services:**

Skilled nursing, home health aide, physical therapy, occupational therapy, speech therapy, medical social worker. Hospice: offering an interdisciplinary-theme approach to care for those individuals with progressive, chronic, or debilitating illnesses and those facing end-of-life situations. Hospice includes: Hospice trained skilled nurse, rehabilitation therapy, personal care, social services, spiritual chaplain support, and bereavement care.

Both Home Health and Hospice provide on-call 24/7 nursing

**Agency:** Pocono Medical Center (PMC)

**Address:** 206 East Brown Street

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 421-4000 **Fax #:** (570) 476-3409

**Email:** feedback@pmchealthsystem.org

**Website:** www.poconohealthsystem.org

**Days/Hours:** 24/7

**Eligibility:** Anyone requiring medical attention

**Fee:** Call for current rates

**Referral:** Health providers, agencies, self

**Service Area:** Monroe County and surrounding area

**Services:** Comprehensive array of inpatient, outpatient, education, and support services and programs. Major areas include: same day surgery, behavioral health unit, emergency medicine, cancer center, radiology, Clementine Abeloff community health center, pediatrics and mother/baby unit, cardiovascular institute, diabetes education, industrial/corporate wellness, older adult exercise, pulmonary rehab, and diagnostic stress testing. Physician referral service: 800-851-0268.

**Agency:** PMC Physicians Associates- Pediatrics

**Address:** 175 East Brown Street, Suite 108

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 476-3585 **Fax #:** (570) 421-9014

**Email:** N/A

**Website:** www.poconohealthsystem.org

**Days/Hours:** Monday-Thursday 8:00-7:00, Friday 8:00-5:00  
Saturday 8:30-12:30

**Eligibility:** Most insurances accepted

**Fee:** Depends on insurance

**Referral:** None required

**Service Area:** Monroe County and surrounding area

**Services:** Sick visits, referrals for specialists, etc.

**Agency:** Pocono Mountain Arts Council

**Address:** Pocono Mountain Public Library - 5570 Memorial Blvd

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 646-8014 **Fax #:** N/A

**Email:** Online form on website

**Website:** www.poconomac.com

**Days/Hours:** Second Monday of every month at 6:30pm

**Eligibility:** Fine artists, jewelers, wood and glass artists, writers, and those interested in the arts

**Fee:** Business \$50/family \$40/individual \$25/student K-12 \$10

**Referral:** None

**Service Area:** Townships of Barrett, Coolbaugh, Jackson, Paradise, Pocono, Tobyhanna, Tunkhannock and Borough of Mount Pocono and more

**Services:** Rotating gallery throughout Monroe County, monthly meetings with guest speakers, numerous exhibitions throughout region, exhibits and classes for children and adults. President: Nancy Pitcher: (570) 646-8014/Treasurer: Fran Ferguson (570) 839-7227.

**Agency:** Pocono Mountain Ecumenical Hunger Ministry

**Address:** 5570 Municipal Drive

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 894-2072 **Fax #:** (570) 894-8474

**Email:** admin@pmehm.org

**Website:** www.pmehm.org

**Days/Hours:** First Wednesday and Saturday of each month 9:00-12:00

**Eligibility:** Low income

**Fee:** None

**Referral:** Churches, individuals, self

**Service Area:** Henryville, Cresco (Paradise Township), Mt Pocono, Pocono Summit (Coolbaugh Township)

**Services:** Food Pantry

**Agency:** Pocono Mountain Public Library

**Address:** 5500 Municipal Drive, Coolbaugh Municipal Center

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 894-8860 **Fax #:** (570) 894-8852

**Email:** Pmp\_library@yahoo.com

**Website:** www.poconomountpl.org

**Days/Hours:** Monday & Wednesday 12:00-8:00, Tuesday & Thursday 10:00-5:00, Friday & Saturday 12:00-4:00

**Eligibility:** Resident or property owner in Coolbaugh Township or Mt. Pocono, or hold a library card with ACCESS PA sticker.

**Fee:** None

**Referral:** Self

**Service Area:** Coolbaugh Township and Mt. Pocono

**Services:** Library materials for children and adults including books, magazines, video/audio cassettes, reference, large print, newspapers, phone directories, story hour, programs for children, adult programs, public computers with internet access.

**Agency:**

Pocono Parkinson Support Group

**Address:**

62 Analomink Street

**City:**

East Stroudsburg

**PA**

**Zip Code:**

18301

**Telephone:**

(570) 420-3746

**Fax #:**

(570) 420-3730

**Email:**

lodersr@monroecountypa.gov

**Website:**

N/A

**Days/Hours:**

Office hours: Monday—Friday 8:00-4:30

Meeting hours: 3rd Wednesday each month at 2:00 at Loder building

**Eligibility:**

All

**Fee:**

None

**Referral:**

Self

**Service Area:**

Monroe County

**Services:**

Assists individuals with Parkinson's and their caregivers. Alternating speakers and discussion groups.



**Agency:** Pocono Psychological Services

**Address:** 408 Scotrun Ave, PO Box 325

**City:** Scotrun **PA** **Zip Code:** 18355

**Telephone:** (570) 688-2929 **Fax #:** (570) 688-0022

**Email:** ppscares@ptd.net

**Website:** N/A

**Days/Hours:** Monday—Friday 9:00-8:00

**Eligibility:** N/A

**Fee:** Most insurances accepted, medical assistance, cash, Medicare

**Referral:** N/A

**Service Area:** Monroe/Pike/Carbon Counties

**Services:** Mental/behavioral health services, Act 235, co-parenting sessions, psychological evaluations and testing, couples therapy, family therapy, and individual therapy (all ages).

**Agency:** Pocono Services for Families and Children (The Mountain Center)

**Address:** 5550 Memorial Boulevard

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 894-3272 **Fax #:** (570) 894-3278

**Email:** jmlapping@psfc.org

**Website:** www.psfc.org

**Days/Hours:** Monday—Friday 6am to 6pm (full and half day classes)

**Eligibility:** Families with kids 3-5 years old that meet federal low-income guidelines (10% of the kids are differently abled) 10% of enrolled children may be of higher income. Also, infants and toddlers (self-pay and CCIS)

**Fee:** Based on financial guidelines

**Referral:** Individuals and agencies

**Service Area:** Monroe County

**Services:** Comprehensive, developmentally-appropriate and high-quality early childhood education that is community based and family focused. Programs/classrooms include Head Start, CCIS and self-pay. Key elements (delivered in and out of the classroom) include: proven early childhood curriculum, parent involvement/education, health, nutrition, personalized instruction, child assessments, and social services as needed. A Child Well Being System helps ensure success for differently abled children. Teachers have advanced degrees and professional development opportunities. Other services include a Job Club for parents, focusing on career development; a youth mentoring program; and volunteer opportunities. New initiatives include infant/toddler classrooms and a school-age program for kindergarten through third grade students, with busing.

agency:

**Pocono Services for Families and Children (East Stroudsburg Center)**

Address:

212 West 4th Street

City:

East Stroudsburg

PA

Zip Code:

18301

Telephone:

(570) 421-2711  
(570) 421-2676

Fax #:

(570) 421-6482

Email:

jmlapping@psfc.org

Website:

www.psfc.org

Days/Hours:

Monday—Friday 6am to 6pm (full and half day classes)

Eligibility:

Families with 3-5 year olds who meet federal low-income guidelines (10% of the kids are differently abled). 10% of enrolled children may be of higher income. Also, infants and toddlers (self-pay and CCIS).

Fee:

Based on financial guidelines.

Referral:

Individuals and agencies

Service Area:

Monroe County

Services:

Comprehensive, developmentally-appropriate and high-quality early childhood education that is community based and family focused. Programs/classrooms include Head Start, CCIS and self-pay. Key elements (delivered in and out of the classroom) include: proven early childhood curriculum, parent involvement/education, health, nutrition, personalized instruction, child assessments, and social services as needed. A Child Well Being System helps ensure success for differently abled children. Teachers have advanced degrees and professional development opportunities. Other services include a Job Club for parents, focusing on career development; a youth mentoring program; and volunteer opportunities. New initiatives include infant/toddler classrooms.

**Agency:** Pocono Services for Families and Children (PA Pre-K Counts Program)

**Address:** 5550 Memorial Boulevard

**City:** Tobyhanna **PA** **Zip Code:** 18466

**Telephone:** (570) 894-3272 **Fax #:** (570) 894-3278

**Email:** jmlapping@psfc.org

**Website:** www.psfc.org

**Days/Hours:** Monday- Friday 6am to 6pm

**Eligibility:** Families with 4 year old children residing in the Pocono Mountain School District, income up to 300% of the current federal poverty level, children with disabilities, children with ESL

**Fee:** None

**Referral:** Individuals, community agencies, school district

**Service Area:** Pocono Mountain School District (PMSD)

**Services:** Comprehensive, developmentally-appropriate, high-quality early childhood education program to better prepare 4-year-old children for a smooth transition to, and success in, kindergarten. Program offers highly qualified and experienced teaching staff, proven early childhood curriculum, and assessment tools. Program is provided in collaboration with PMSD and funded by PA Department of Education.

**Agency:** Pocono Speech Center LLC

**Address:** 1219 North 5th Street

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 421-2232 **Fax #:** (570) 421-1825

**Email:** poconospeech@enter.net

**Website:** www.poconospeech.com

**Days/Hours:** Monday—Thursday 9:00-4:00

**Eligibility:** Children and adults with speech and language disabilities; swallowing therapy

**Fee:** Some Medicaid/Medicare and some private insurance accepted. Private pay rates: evaluation \$200, 30 minute therapy \$50

**Referral:** As required by insurance

**Service Area:** All

**Services:** Private practice providing speech, language, cognitive, and swallowing evaluation and therapy services to all children and adults.

**Agency:** Pocono Township Public library

**Address:** 112 Township Drive

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 629-5858 **Fax #:** N/A

**Email:** pmarra@monroepl.org

**Website:** www.monroepl.org

**Days/Hours:** Monday 9:00-6:00; Tuesday 1:00-6:00; Wednesday 3:00-7:00; Thursday 9:00-2:00; Friday 1:00-6:00; Saturday 10:00-2:00 ; **closed for lunch from 1:00-2:00**

**Eligibility:** Must be resident for full borrowing privileges. ACCESS PA library cards honored

**Fee:** For non-residents: \$50 family annual, \$30 family 3 month, \$20 Pen Argyl School District annual

**Referral:** None

**Service Area:** Cards issued to residents of 10 eastern municipalities in Monroe. ACCESS PA library cards honored.

**Services:** Books, videos, DVD's, internet access and computer software, CD's, magazines/newspapers. Inter-library loan and search services are available for documents and info not readily on hand in the library.

**Agency:** Pocono YMCA

**Address:** 809 Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-2525 **Fax #:** (570) 421-2640

**Email:** kscarborough@poconoymca.org

**Website:** www.poconoymca.org

**Days/Hours:** Monday—Friday 5:30am-9:00pm;  
Saturday 8:00-5:00; Sunday 12:00-2:00

**Eligibility:** All

**Fee:** Varies with program; financial assistance is available

**Referral:** None

**Service Area:** Monroe County

**Services:** Variety of recreational, educational, and fitness programs. Programs include: swimming, pre-school, child-care, latch-key, day-camp, various fitness classes, adult/youth sports, special events.

**Agency:** PPL Electric Utilities

**Address:** 827 Hausman Road

**City:** Allentown **PA** **Zip Code:** 18104-9392

**Telephone:** (800) 342-5775 **Fax #:** N/A

**Email:** N/A

**Website:** www.pplelectric.com

**Days/Hours:** Monday—Friday 8:00 AM - 5:00 PM

**Eligibility:** PPL customers who are income eligible

**Fee:** None

**Referral:** Direct and agencies

**Service Area:** Central and Northeast PA

**Services:** CARES (customer assistance referral), WRAP (free weatherization), operation help (energy assistance), and ONTRACK (special payment plan).



**Agency:**

Pregnancy Resource Center of the Poconos

**Address:**

115 North 8th Street

**City:**

Stroudsburg

**PA**

**Zip Code:**

18360

**Telephone:**

(570) 424-1113

**Fax #:**

(570) 424-0373

**Email:**

help@poconoprc.org

**Website:**

www.pregnancytalk.org

**Days/Hours:**

Monday 9:00-7:00; Tuesday 9:00-9:00;  
Thursday, Friday 9:00-1:00

**Eligibility:**

Women and families in unplanned pregnancy

**Fee:**

None

**Referral:**

None

**Service Area:**

Statewide

**Services:**

Free pregnancy test; options counseling, education on pregnancy, parenting, and life skills; baby and maternity clothing; referrals, childbirth classes, post abortion counseling, abstinence counseling HELPLINE: 1-800-395-HELP (4357).

**Agency:** Providence Community Services, Inc.

**Address:** 4 Landmark Center

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 424-6221 **Fax #:** (570) 424-6171

**Email:** mwoznicki@provcorp.com

**Website:** providencepa.com

**Days/Hours:** Monday – Friday 8:00 – 4:30

**Eligibility:** Children and adolescents, Medical Assistance recipients

**Fee:** None

**Referral:** Carbon-Monroe-Pike Mental Health/Mental Retardation Service

**Service Area:** Carbon, Monroe and Pike Counties

**Services:** Supportive services to children with serious mental health issues and their families; develop a service plan to empower parents and others to more adequately care for, supervise and educate their child; and family involvement in the treatment process (psychological evaluation, interagency service planning, and treatment plan development and review)

**Agency:** Retired & Senior Volunteer Program of Monroe County

**Address:** 411 Main Street, Suite 102B

**City:** Stroudsburg PA **Zip Code:** 18360

**Telephone:** (570) 420-3747 **Fax #:** (570) 420-3732

**Email:** mturitz@monroecountypa.gov

**Website:** www.monroecountypa.gov/RSVP

**Days/Hours:** Monday—Friday 8:00-4:30

**Eligibility:** Monroe County residents age 55 or older; PA criminal state clearance is required to become a volunteer.

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** For seniors over 55: volunteer opportunities for MC residents in a broad spectrum of settings including: local school services, medical and social service facilities, libraries, national parks, food pantries, and much more. Volunteers work on a flexible time schedule, daily, weekly, monthly, or on an at-need basis. For non-profit agencies/organizations: RSVP provides vital and capable personnel to assist with all levels of necessary tasks for those in need including: clerical, bulk mailing, companionship (friendly visitor and phone pal programs), grocery shopping, transport to medical facilities and entertainment. Tax/Medicare assistance by trained volunteers is also available.

**Agency:** Salvation Army

**Address:** 226 Washington Street

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 421-3050 **Fax #:** (570) 421-8720

**Email:** Cari.friend@use.salvationarmy.org

**Website:** <http://pa.salvationarmy.org/>

**Days/Hours:** Call for hours

**Eligibility:** Show need for assistance; guidelines from funding source

**Fee:** None

**Referral:** Self, agencies, churches, police

**Service Area:** Monroe County

**Services:** Spiritual counseling, clothing, social development, emergency services, friendly visiting, housing assistance, worship, food, and disaster fund. CENTER FOR ADULT SERVICES: transportation, intensive case management, info and referral, coordination of services with other agencies.

**Agency:** Smithfield Public Library

**Address:** 507 Seven Bridge Rd (Route 209) Suite 107

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 223-1881 **Fax #:** N/A

**Email:** smf@monroepl.org

**Website:** www.monroepl.org

**Days/Hours:** Monday 9:00-6:00; Tuesday 1:00-6:00; Wednesday 3:00-7:00; Thursday 9:00-2:00; Friday 1:00-6:00; Saturday 10:00-2:00

**Eligibility:** Must be County resident or property owner for full borrowing privileges. ACCESS PA library cards honored.

**Fee:** For non-residents: \$50 family annual, \$30 family 3 month, \$20 Pen Argyl School District annual

**Referral:** None

**Service Area:** Cards issued to residents of 10 eastern municipalities in Monroe. ACCESS PA library cards honored.

**Services:** Books, videos, DVD's, internet access and computer software, CD's, magazines/newspapers. Inter-library loan and search services are available for documents and info not readily on hand in the library.

**Agency:** Social Security Administration

**Address:** 9090 Franklin Hill Road

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (800) 772-1213 **Fax #:** (570) 223-5031

**Email:** www.socialsecurity.gov

**Website:** N/A

**Days/Hours:** Monday—Friday 9:00-3:30  
Except federal holidays

**Eligibility:** As provided under the Social Security Act

**Fee:** Varies. Fees are charged if the client requests info from SSA records for a non-program related purpose

**Referral:** Any source

**Service Area:** Monroe County

**Services:** Retirement, survivors, disability/Medicare claims, post entitlement actions. SSI claims and post entitlement action. Applications for new and replacement Social Security number cards. On-line services including claims filing available at website

**Agency:** Special Kids Network

**Address:** N/A

**City:** N/A **PA** **Zip Code:** N/A

**Telephone:** 1(800) 986-4550 **Fax #:** N/A

**Email:** N/A

**Website:** www.health.state.pa.us/skn

**Days/Hours:** Monday—Friday 8:30 AM - 4:00 PM

**Eligibility:** Parent/caregiver of a child or professional working with a child with special needs, age: birth-21 years

**Fee:** None

**Referral:** Self, agency, physician, school, religious community, etc.

**Service Area:** Statewide

**Services:** ID's and assists in filling gaps in services for children with special needs. Once said needs are identified, the Director of Community Systems Development works with communities to enhance or create services to meet families' needs.

**Agency:** Stroudsburg Wesleyan Church

**Address:** 915 North 5th Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 421-0750 **Fax #:** (570) 730-4464

**Email:** swcpastors@gmail.com

**Website:** www.stroudsburgwesleyan.org

**Days/Hours:** Thursday: Meal: 6:30; Meetings: 7-9pm; Food Pantry: 1<sup>st</sup> and 3<sup>rd</sup> Friday 5:00-6:00; Clothing Closet: Monday, Tuesday 10:00-2:00

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Carbon/Monroe/Pike counties

**Services:** Group peer support. 12-step recovery program with spiritual emphasis for men and women. Recovery issues: alcohol/chemical addiction; co-dependency; gambling; sexual integrity; physical, sexual, and emotional abuse; anger; grief; ACOA; spouses of addicts; chronic health issues; divorce; life struggles; depression.



**Agency:** Suicide Survivors Support Group

**Address:** 206 East Brown Street

**City:** East Stroudsburg PA **Zip Code:** 18301

**Telephone:** (570) 476-3422 **Fax #:** (570) 476-3346

**Email:** N/A

**Website:** www.poconohealthsystem.org

**Days/Hours:** 4<sup>th</sup> Tuesday of each month from 7:00-8:30pm

**Eligibility:** Survivors of suicide attempts and families and friends of those who have attempted suicide

**Fee:** None

**Referral:** None

**Service Area:** Northeast PA

**Services:** Group peer support and therapy provided for survivors of suicide attempts and families and friends of those who have attempted suicide.

**Agency:** Sunshine Therapeutic Services

**Address:** P.O. Box 41

**City:** Long Pond **PA** **Zip Code:** 18334

**Telephone:** (570) 656-2062 **Fax #:** (570) 643-2867

**Email:** sunshinetherapy@epix.net

**Website:** www.sunshine-therapy.com

**Days/Hours:** Monday – Friday 9:00 – 4:00

**Eligibility:** Children – birth to age three (3) who qualify for Early Intervention

**Fee:** None

**Referral:** Contact for details

**Service Area:** Carbon, Monroe, Pike, Lackawanna and Susquehanna Counties

**Services:** Speech therapy, occupational therapy and special instruction.

**Agency:** Supplemental Food Resource Center

**Address:** 178 Merwinsburg Road (PO Box 545)

**City:** Effort **PA** **Zip Code:** 18330

**Telephone:** (570) 629-1890 **Fax #:** (570) 629-9240

**Email:** eumcsfrc@ptd.net

**Website:** www.effortumc.org

**Days/Hours:** 2<sup>nd</sup> and 4<sup>th</sup> Saturday from 10:00-12:00

**Eligibility:** No income requirements. Must live within the West End and provide photo ID as verification. Maximum lifetime # of visits is 12.

**Fee:** None

**Referral:** Bring ID and proof of residence

**Service Area:** West End, Albrightsville, Effort, Kresgeville, Saylorburg, Scotia, Brodheadsville, Gilbert, Kunkletown

**Services:** Emergency needs food pantry. All welcome regardless of income. Other days/times can be accommodated based on special circumstances. Dependent on a 1-1 communication with person/family in need as well as a high level of urgency. Persons/families are given a certain level of choice in selecting what food they most need to feed themselves with. All food is disbursed based upon availability. Family must bring photo ID, proof of residency and come to the office on Saturday from 10am-12pm.

**Agency:** The Devereux Foundation

**Address:** 1547 Mill Creek Road

**City:** Newfoundland **PA** **Zip Code:** 18445

**Telephone:** (570) 839-6140 **Fax #:** (570) 676-4792

**Email:** N/A

**Website:** www.devereux.org

**Days/Hours:** Adult training/day care facilities 8:00am-3:00pm

**Eligibility:** Call admissions office to discuss eligibility for the different services offered

**Fee:** Call admissions office

**Referral:** None

**Service Area:** Northeast PA

**Services:** Serves children and adults with significant intellectual, developmental, and physical disabilities including autism, mental health disorders, challenging behaviors, and age related disabilities including dementia and medical/physical disabilities.

**Agency:** The Oasis of Love, Inc.

**Address:** 814 Monroe Street, Suite 101

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 972-0838 **Fax #:** (570) 972-2931

**Email:** theoasisofloveinc@gmail.com

**Website:** www.theoasisofloveinc.org

**Days/Hours:** Monday—Friday 9:00am-6:00pm by appointment only

**Eligibility:** Low-income and disadvantaged families and individuals with high risk needs

**Fee:** Medical assistance, most private health insurance plans, sliding fee scale based on income

**Referral:** None

**Service Area:** Monroe County and adjacent areas

**Services:** Outpatient individual and family mental health counseling; psychological/clinical assessments; food pantry; job training and career assessments; advocacy and mediation for youths and adults

**Agency:** The ReDCo Group Behavioral Health (Lehighton)

**Address:** 777 Blakeslee Blvd Drive East, Suite 3

**City:** Lehighton **PA** **Zip Code:** 18235

**Telephone:** (610) 377-8525 **Fax #:** (610) 377-8548

**Email:** tmcaleavy@redcogrp.com  
mwoznicki@provcorp.com

**Website:** www.redcogrp.com

**Days/Hours:** Call for hours

**Eligibility:** Medical assistance. Medicare first priority

**Fee:** Varies on MH/DS liability process

**Referral:** (570) 421-2901 CMP MH/DS

**Service Area:** Carbon/Monroe/Pike counties

**Services:** Adult, Child, adolescent, individual, group and/or family therapy services in outpatient, licensed setting. F.A.C.T program.

**Agency:** The ReDCo Group Behavioral Health (Milford)

**Address:** 10 Buist Road Suite 202

**City:** Milford **PA** **Zip Code:** 18337

**Telephone:** (570) 296-1138 **Fax #:** (570) 296-3032

**Email:**

**Website:** www.redcogrp.com  
www.pathways.com

**Days/Hours:** Call for hours

**Eligibility:** Medical assistance

**Fee:** Varies on MH/DS liability process

**Referral:** (570) 421-2901 (CMP MH/DS) or (570) 420-8070 (private pays)

**Service Area:** Carbon/Monroe/Pike counties

**Services:** Adult, Child, adolescent, individual, group and/or family therapy services in outpatient, licensed setting. Psychiatric rehab services at New Vision Clubhouse in Hawley, PA. F.A.C.T. program.

**Agency:** The ReDCo Group Behavioral Health (Stroudsburg)

**Address:** 562 Main Street

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 420-8070 **Fax #:** (670) 424-6487

**Email:**

**Website:** www.redcogrp.com

**Days/Hours:** Monday—Thursday 8:00-6:30;  
Friday 8:00-4:30

**Eligibility:** Medical assistance, Medicare with completed MH/DS liability

**Fee:** Varies on MH/DS liability process

**Referral:** (570) 421-2901 (CMP MH/DS) or (570) 420-8070 (private pays)

**Service Area:** Carbon/Monroe/Pike counties

**Services:** Outpatient (adult, child, adolescent, individual, group, and/or family therapy services); Psychiatric rehab; acute adult partial hospital; F.A.C.T. (family and child together), school-based mental health in Pleasant Valley School District; peer support.



**Agency:** The Shepard's Maternity House

**Address:** PO Box 277

**City:** Analomink **PA** **Zip Code:** 18320

**Telephone:** (570) 476-5270 **Fax #:** (570) 476-5274

**Email:** N/A

**Website:** <http://cssdioceseofscranton.org/content/housing-homeless/shepherds-maternity-house>

**Days/Hours:** Office: Monday—Friday 8:00-12:00; Sunday 5:00-12:00;  
Services: 24/7

**Eligibility:** Anyone pregnant and homeless over the age of 18

**Fee:** \$25 per week

**Referral:** None

**Service Area:** Statewide

**Services:** Housing; healthcare; counseling; education; career building

**Agency:** Tobyhanna Army Depot – Army Community Service

**Address:** 11 Hap Arnold Blvd Building 337

**City:** Tobyhanna **PA** **Zip Code:** 18466-5044

**Telephone:** (570) 615-6682 **Fax #:** (570) 615-9266

**Email:** usarmy.tyad.usamc.mbx.acs@mail.mil

**Website:** www.tobyhanna.army.mil  
(Click on: army community services under “military”)

**Days/Hours:** Monday—Friday 7:00-4:00

**Eligibility:** Active duty military, national guard/reserve component, military retirees and family members. All service branches. DoD civilians

**Fee:** None

**Referral:** Self, command, agency

**Service Area:** 75 mile radius of the Depot

**Services:** Army Community Service is a comprehensive social service program designed to assist the commander by identifying emerging social problems and assisting the military, retiree, civilian and family member's population at Tobyhanna depot and the surrounding communities. Tobyhanna ACS distinguishes itself by providing individual, tailored outreach services and programs to facilitate soldier, family, and mission readiness and morale.

**Agency:** Top of the Mountain Ecumenical Council Food Pantry

**Address:** PO Box 171 Rt. 940

**City:** Blakeslee **PA** **Zip Code:** 18610

**Telephone:** (570) 646-7456 **Fax #:** N/A

**Email:** N/A

**Website:** N/A

**Days/Hours:** 1 Tuesday per month 9:00-11:00am;  
May vary due to holidays

**Eligibility:** Low income, needy clients

**Fee:** None

**Referral:** Churches, Salvation Army, adverts, Saint Maximillian Kolbe, Blakeslee UMC, Faith Lutheran Church, Pocono Lake Wesleyan Church, Pocono lake UMC, and Salem united

**Service Area:** Blakeslee, Pocono Summit, and Tunkhannock

**Services:** Food pantry. Call for food distribution dates

**Agency:** Unemployment Compensation (PA Dept. of Labor and Industry)

**Address:** N/A

**City:** N/A **PA** **Zip Code:** N/A

**Telephone:** (888) 313-7284 **Fax #:** (570) 562-4872

**Email:** N/A

**Website:** <http://www.uc.pa.gov/Pages/default.aspx>

**Days/Hours:** Monday—Friday 7:00-6:30

**Eligibility:** Determined after application

**Fee:** None

**Referral:** None

**Service Area:** Bradford/Carbon/Columbia/Lackawanna/Luzerne/Lycoming/Monroe/Montour/Pike/Sullivan/Susquehanna/Tioga/Wayne/Wyoming counties

**Services:** Temporary partial income replacement to workers who are unemployed through no fault of their own.

**Agency:** United Cerebral Palsy of Northeast PA

**Address:** 425 Wyoming Ave

**City:** Scranton **PA** **Zip Code:** 18503

**Telephone:** (570) 347-3357 **Fax #:** (570) 341-5308

**Email:** ucpnepa@epix.net

**Website:** www.ucpnepa.com

**Days/Hours:** Monday—Friday 8:30am-4:30pm

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Northeast PA

**Services:** Services for people with disabilities: adult day services, early intervention, lekotek and compuplay, home services, residential services, assistive technology.

**Agency:** United Neighborhood Centers of Northeast PA

**Address:** 425 Alder Street

**City:** Scranton **PA** **Zip Code:** 18505

**Telephone:** (570) 880-7130 **Fax #:** N/A

**Email:** N/A

**Website:** www.uncnepa.org

**Days/Hours:** Monday—Friday 9:00-5:00

**Eligibility:** All

**Fee:** None

**Referral:** None

**Service Area:** Northeast PA

**Services:** Find solutions to social problems which hinder individual self-development and prevent productive community life. Improve quality of life for individuals living in communities via neighborhood centers. Youth groups, senior services, neighborhood development projects, and services for immigrant and migrant workers.

**Agency:** United Way of Monroe County

**Address:** 135 Warner Road (PO Box 790)

**City:** Tannersville **PA** **Zip Code:** 18372

**Telephone:** (570) 629-5657 **Fax #:** (570) 629-5680

**Email:** info@unitedwaymonroe.org

**Website:** www.unitedwaymonroe.org

**Days/Hours:** Monday—Friday 8:30-4:30

**Eligibility:** Check requirements

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Non-profit organization that improves lives through giving/advocating/volunteering. ID's health and human service problems/challenges throughout the community and works to provide solutions. Funds programs and initiatives such as quality preschool education, transitional housing, home healthcare, energy assistance and sheltered workshops for the disabled. Annual "Day of Caring" to engage volunteers who complete projects for local nonprofits. Targeted needs are: helping children succeed, engaging youth, meeting basic needs and promoting individual self-sufficiency. Teen Works program involves students in community service projects.

**Agency:** **Victim/Witness Assistance Program of Monroe County**

**Address:** District Attorney's Office, 610 Monroe Street, Suite 126

**City:** Stroudsburg **PA** **Zip Code:** 18360

**Telephone:** (570) 517-3062  
(570) 517-3052 **Fax #:** (570) 517-3863

**Email:** megley@monroecountypa.gov

**Website:** N/A

**Days/Hours:** Monday – Friday 8:00 – 5:00  
24-hour on-call program (570) 242-6742

**Eligibility:** Must be a victim/witness of a crime going through the criminal justice system, or a victim/witness needing information and referral to law enforcement or social service agencies in the community.

**Fee:** None

**Referral:** Police, other social service agencies, Assistant District Attorneys, Monroe County Control Center, or self

**Service Area:** Carbon, Monroe and Pike Counties

**Services:** Orientation to the criminal justice system; support and court accompaniment; information on victim's compensation and assistance with victim compensation claims; notification to victim/witnesses on case outcome, sentence, and offender release; assistance with victim input for plea agreement, sentence and parole; accompaniment to police and hospital; assistance with property return; crisis counseling for sexual assault and domestic violence victims; community referrals; case status inquiries; victim/witness management; assistance with auxiliary services – employer/creditor intercession assistance with intimidation protection. A 24 hour on call service through the Monroe County Control Center, police or assistant district attorney on call.  
On-Call phone (570) 242-6747



**Agency:** Youth Advocate Programs, Inc.

**Address:** 926 Interchange Road

**City:** Kresgeville **PA** **Zip Code:** 18333

**Telephone:** (610) 681-2488 **Fax #:** (610) 681-2494

**Email:** N/A

**Website:** www.yapinc.org

**Days/Hours:** Monday—Friday 8:30-5:00

**Eligibility:** Children under the age of 21; behavioral/medical assistance

**Fee:** Funded by medical assistance

**Referral:** J. Mark McCreary, Director (610) 681-2488 or 1-800-664-2699

**Service Area:** Carbon/Monroe counties

**Services:** Adult autism services; therapy, behavior modification, and a community-based detention program for youths under 21

**Agency:**

Youth Infusion, Inc.

**Address:**

PO Box 853

**City:**

East Stroudsburg

**PA**

**Zip Code:**

18301

**Telephone:**

(570) 266-5125

**Fax #:**

(570) 569-3546

**Email:**

[jessica@youthinfusion.org](mailto:jessica@youthinfusion.org)

**Website:**

www.youthinfusion.org

**Days/Hours:**

Call for hours

**Eligibility:**

Resident of Northeast PA under the age of 18

**Fee:**

None

**Referral:**

None

**Service Area:**

Northeast PA

**Services:**

School-based service-learning initiative. Community-based youth programs that provide youth with knowledge, skills, resources and opportunities that foster youth voice/action and empower them to improve their lives. Youth advisory board; trips for kids-Pocono flow (cycling program for at-risk youth).

**Agency:**

Weatherization Program of Monroe County

**Address:**

15 South Courtland Street (Apt. 1)

**City:**

East Stroudsburg

**PA**

**Zip Code:**

18360

**Telephone:**

(570) 421-4436

**Fax #:**

(570) 420-9414

**Email:**

mcwp@entermail.net

**Website:**

www.monroecountypa.gov

**Days/Hours:**

Monday—Friday 8:30-4:30

**Eligibility:**

Owners or renters who qualify by income: 1 member family (\$23,760), 2 member (\$32,040), 3 member (\$43,020), 4 member (\$48,600). \$8,320 per additional family member.

**Fee:**

None

**Referral:**

None

**Service Area:**

Monroe County

**Services:**

Assistance in energy saving improvements including insulation, water heater wrapping, weather sealing doors and windows, water saving devices, etc...

**Agency:** Western Pocono Community Library

**Address:** 131 Pilgrim Way, PO Box 318

**City:** Brodheadsville PA **Zip Code:** 18322

**Telephone:** (570) 992-7934 **Fax #:** (570) 992-7915

**Email:** N/A

**Website:** www.wpcl.lib.pa.us

**Days/Hours:** Monday, Wednesday, Thursday 9:00-8:00

**Eligibility:** Residents/property owners in Chestnuthill, Eldred, Polk, or Ross townships, or individuals with an ACCESS PA sticker on library card

**Fee:** None

**Referral:** None

**Service Area:** Chestnuthill, Eldred, Polk, or Ross townships

**Services:** A collection of library materials for adults and children which serves their info and reading needs. The collection includes: books, magazines, CD, MP3, playaways, DVD's, reference, large print newspapers, phone directories, internet access, story hour, programs for children and adults, word processor, literacy service, computer/internet classes, walking track, E-books, downloadable audio.

**Agency:** Women, Infant & Children (WIC) (East Stroudsburg)

**Address:** 175 East Brown Street, Suite 205

**City:** East Stroudsburg **PA** **Zip Code:** 18301

**Telephone:** (570) 424-8784 **Fax #:** (570) 424-8279

**Email:** N/A

**Website:** www.mfhs.org

**Days/Hours:** Monday 8:00-6:00; Tuesday 8:00-6:00; Wednesday 8:00-4:30; Thursday 8:00-4:30; Friday 8:00-4:00

**Eligibility:** Applicants with economic and nutritional need

**Fee:** None

**Referral:** None

**Service Area:** Monroe County

**Services:** Supplemental nutrition program for children from infancy to age 5 and pregnant or nursing women. ESPANOL: 1-866-942-8463 / toll free call center 1-866-942-8463.

**Agency:** Women, Infant & Children (WIC) (Mt. Pocono)

**Address:** 3041 Route 940, Suite 104

**City:** Mt. Pocono **PA** **Zip Code:** 18344

**Telephone:** (570) 839-5901 **Fax #:** (570) 839-3727

**Email:** N/A

**Website:** www.mfhs.org

**Days/Hours:** Monday 10:00-6:00; Tuesday 9:00-5:00; Wednesday 9:00-5:00; Thursday 8:00-4:00; Friday 8:00-4:00

**Eligibility:** Applicants with economic and nutritional need

**Fee:** None

**Referral:** Health providers, agencies, self

**Service Area:** Monroe County

**Services:** Supplemental nutrition program for children from infancy to age 5 and pregnant or nursing women as well as post-partum women. ESPANOL: 1-866-942-8463 / toll free call center 1-866-942-8463.

**Agency:** Women's Resources of Monroe County, Inc.

**Address:** 225 J Wilson Drive (PO Box 645)

**City:** Delaware Water Gap **PA** **Zip Code:** 18327

**Telephone:** (570) 424-2093 **Fax #:** (570) 424-2094

**Email:** N/A

**Website:** www.wrmonroe.org

**Days/Hours:** Office: Monday—Friday 9:00-5:00;  
24 hour crisis hot line (570) 421-4200

**Eligibility:** All victims of and those affected by domestic and sexual abuse/violence

**Fee:** None

**Referral:** None

**Area:** Monroe County

**Services:** Temporary emergency shelter for victims of domestic violence/sexual abuse, crisis counseling, support groups, 24/7 hotline, accompaniment to court, police, and medical services/legal advocacy. Community and youth education programs, public awareness events and professional in-services are provided to increase awareness and foster preventative change.