

24 HOUR EMERGENCY NUMBERS

DISASTER:

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| <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:

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| <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:

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

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| <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

In addition to this directory you can also contact:

www.poconoalliance.org

PoconoInfo: 570-517-3954

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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 3rd 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 9th 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: 1st – 12th grades with an 8th – 12th 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

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

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

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

Website: 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

Website: 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
Elizabeth.bogart@rhd.org

Website: 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

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
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

Website: 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

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, 2nd 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: Kidspace

Address: 100 Community Drive Suite 208

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

Telephone: (570) 243-8787 **Fax #:** (570) 243-8797

Email: prunella.harris@kidspace.org

Website: www.kidspace.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:

1st 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

Website: 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

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)

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;
1st and 3rd 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 9th 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:

Address:

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

Telephone: **Fax #:**

Email:

Website:

Days/Hours:

Eligibility:

Fee:

Referral:

Service Area:

Services:

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 1st (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 4th 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

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, 1st 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

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: 1st and 3rd 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: 4th 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: 2nd and 4th 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

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.