

# Financial Resource Guide



Get the information you need to provide for your family, manage your money and reach self-sufficiency.



**PathWays PA**

*services and advocacy for women, children and families*

## Foreword

Thanks for your interest in the Financial Resource Guide from PathWays PA. This book will give you information on programs in Pennsylvania such as:

- The Self-Sufficiency Standard
- Unemployment Compensation
- Cell Phone Services
- Child Care
- Domestic Violence
- Financial Assistance
- Food
- Health Care
- Higher Education
- Housing
- Job Search Strategies
- Money Management
- Pets
- Tax Credits and Services
- Veterans Services

In addition to listing programs in Pennsylvania, the Financial Resource Guide also provides a County Help Chart that lists the names and contact information of organizations that can help you apply for programs in every county.

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No products, services, or companies listed in this guide are endorsed by PathWays PA or the Department of Labor and Industry. This guide is provided for your information, and is subject to change at any time.

Very truly yours,

Carol Goertzel, President/CEO, PathWays PA

August 2011

**About PathWays PA:** *PathWays PA serves more than 6,000 women, children and families who reside in the Greater Philadelphia Region by keeping families together, supporting teen parents and their children, providing in-home services to prevent child abuse and assisting families in their move toward self-sufficiency. With offices throughout Southeastern Pennsylvania and advocacy initiatives on behalf of low-wage workers statewide, PathWays PA provides programs committed to the development of client self-sufficiency which leads to the fulfillment of our mission:*

***To help women, teens, children and families achieve economic independence and family well-being.***

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## The Self-Sufficiency Standard

### *What is it?*

The Self-Sufficiency Standard for Pennsylvania compiles the cost of living for families living throughout the state. It gathers information to determine how much families must make to cover food, housing and other necessities without relying on government programs. The Standard does not leave room for entertainment, loan repayment or even cable TV—it represents the bare minimum a family needs to be self-sufficient.

Instead of creating a single cost of living, the Standard calculates the wages that 70 different family configurations must earn to be self-sufficient in each of Pennsylvania's 67 counties.

After almost fifteen years of use in Pennsylvania, the Self-Sufficiency Standard has become an invaluable tool for numerous government agencies, universities, nonprofits and other providers. For instance, PathWays PA uses the Standard to assist agency clients who are on the path to self-sufficiency and to ensure income adequacy. Some Local Workforce Investment Boards use the Standard as an eligibility tool for their programs.

Development of the Self-Sufficiency Standard has also led to new resources for statewide use. These include the *Online Training and Benefits Eligibility Tool*, *Making Wages Work* and various smaller publications and public testimony.

### *How can I use it?*

Take a moment to find your county, and then see what family looks closest to yours. If you can't find your family type here, you can download the full Standard at [www.pathwayspa.org](http://www.pathwayspa.org), or use our Online Training and Benefits Eligibility Tool, also available at [www.pathwayspa.org](http://www.pathwayspa.org). The number you find is the annual income that a family of your size needs to make ends meet in your county.

### **If you and your family don't earn enough to meet the Self-Sufficiency Standard, you are not alone.**

In 2009, one in five households (21%) did not earn enough to meet the Self-Sufficiency Standard (*Overlooked and Undercounted: Struggling to Make Ends Meet in Pennsylvania*). Many families in this situation must rely on food pantries and other services to make ends meet. Other families find themselves using inadequate child care, skipping meals, or going without medication to keep their families together.

### *What can I do?*

The Financial Resource Guide shows some of the first steps you can take towards reaching self-sufficiency. Through the programs listed, families can find ways to stretch their income and make ends meet. Programs like SNAP (food stamps), Child Care Works and CHIP all offer ways to help your family and yourself.

These programs, of course, are only the first step. Many are designed to be short-term safety nets as you progress to your ultimate goal of self-sufficiency. That is why the Financial Resource Guide also offers information about higher education and training programs as well as saving programs and credit counseling.

This resource guide is not your only companion in working towards self-sufficiency. Your local CareerLink® offers job search help, training, and a long list of job openings in your area. You can find the number for your local CareerLink® in the County Help Chart located in the back of this book.

# The Self-Sufficiency Standard

## 2010 Self-Sufficiency Standard for Pennsylvania

County	One Adult, One Preschooler		One Adult, One Preschooler, One Schoolage Child		Two Adults, One Preschooler, One Schoolage Child	
	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level
Adams	\$34,108	234%	\$45,367	248%	\$51,780	235%
Allegheny, Excluding Pittsburgh	\$38,957	267%	\$50,226	274%	\$56,865	258%
Allegheny, Pittsburgh	\$36,412	250%	\$47,857	261%	\$52,009	236%
Armstrong	\$30,206	207%	\$42,208	231%	\$48,918	222%
Beaver	\$33,556	230%	\$43,805	239%	\$50,321	228%
Bedford	\$27,916	192%	\$35,445	194%	\$43,756	198%
Berks	\$36,916	253%	\$46,550	254%	\$53,313	242%
Blair	\$29,915	205%	\$39,395	215%	\$46,319	210%
Bradford	\$28,471	195%	\$36,507	199%	\$44,524	202%
Bucks	\$51,253	352%	\$63,821	349%	\$71,846	326%
Butler	\$37,350	256%	\$47,367	259%	\$53,893	244%
Cambria	\$28,370	195%	\$37,268	204%	\$45,013	204%
Cameron	\$29,094	200%	\$38,663	211%	\$45,887	208%
Carbon	\$30,950	212%	\$40,448	221%	\$47,162	214%
Centre	\$40,284	276%	\$53,828	294%	\$60,290	273%
Chester	\$51,853	356%	\$63,639	348%	\$71,296	323%
Clarion	\$29,184	200%	\$38,762	212%	\$46,089	209%
Clearfield	\$28,971	199%	\$38,817	212%	\$45,963	208%
Clinton	\$30,490	209%	\$39,796	217%	\$46,485	211%
Columbia	\$31,198	214%	\$39,669	217%	\$46,475	211%
Crawford	\$31,221	214%	\$38,719	211%	\$46,060	209%
Cumberland	\$37,977	261%	\$45,604	249%	\$51,792	235%
Dauphin	\$37,510	257%	\$47,040	257%	\$53,316	242%

## The Self-Sufficiency Standard

### 2010 Self-Sufficiency Standard for Pennsylvania

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	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level
Delaware, Private Transit	\$45,903	315%	\$59,162	323%	\$67,238	305%
Delaware, Public Transit	\$43,343	297%	\$56,602	309%	\$62,543	284%
Elk	\$28,764	197%	\$40,359	220%	\$47,014	213%
Erie	\$35,928	247%	\$46,676	255%	\$53,077	241%
Fayette	\$29,573	203%	\$39,313	215%	\$46,233	210%
Forest	\$29,631	203%	\$39,369	215%	\$46,434	211%
Franklin	\$30,393	209%	\$38,218	209%	\$45,182	205%
Fulton	\$27,945	192%	\$35,704	195%	\$43,835	199%
Greene	\$36,705	252%	\$49,574	271%	\$56,190	255%
Huntingdon	\$27,805	191%	\$36,959	202%	\$44,745	203%
Indiana	\$32,946	226%	\$42,819	234%	\$49,331	224%
Jefferson	\$27,716	190%	\$33,943	185%	\$41,579	189%
Juniata	\$27,412	188%	\$34,985	191%	\$42,355	192%
Lackawanna	\$35,720	245%	\$46,586	254%	\$53,418	242%
Lancaster	\$37,612	258%	\$48,400	264%	\$54,821	249%
Lawrence	\$34,012	233%	\$45,270	247%	\$51,926	235%
Lebanon	\$33,196	228%	\$42,316	231%	\$48,856	222%
Lehigh	\$37,018	254%	\$47,016	257%	\$53,611	243%
Luzerne	\$31,935	219%	\$42,329	231%	\$49,167	223%
Lycoming	\$28,487	196%	\$33,574	183%	\$40,978	186%
McKean	\$28,514	196%	\$36,132	197%	\$44,217	201%
Mercer	\$35,353	243%	\$46,079	252%	\$52,758	239%
Mifflin	\$28,191	193%	\$34,881	191%	\$42,305	192%
Monroe	\$38,472	264%	\$48,155	263%	\$54,915	249%

# The Self-Sufficiency Standard

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	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level	Annual Self-Sufficiency Standard Income	Standard as Percentage of 2010 Federal Poverty Level
Montgomery	\$50,064	344%	\$63,323	346%	\$71,393	324%
Montour	\$35,692	245%	\$48,457	265%	\$54,833	249%
Northampton	\$38,229	262%	\$47,991	262%	\$54,527	247%
Northumberland	\$28,074	193%	\$35,925	196%	\$43,918	199%
Perry	\$32,886	226%	\$41,142	225%	\$47,488	215%
Philadelphia	\$41,863	287%	\$54,705	299%	\$59,501	270%
Pike	\$40,318	277%	\$51,926	284%	\$58,966	267%
Potter	\$28,774	197%	\$38,371	210%	\$45,730	207%
Schuylkill	\$27,919	192%	\$35,452	194%	\$43,656	198%
Snyder	\$29,803	205%	\$38,194	209%	\$45,167	205%
Somerset	\$28,503	196%	\$35,982	197%	\$44,051	200%
Sullivan	\$28,608	196%	\$38,626	211%	\$45,745	207%
Susquehanna	\$29,244	201%	\$39,449	215%	\$46,465	211%
Tioga	\$29,792	204%	\$41,604	227%	\$48,265	219%
Union	\$29,347	201%	\$36,435	199%	\$44,296	201%
Venango	\$31,736	218%	\$41,496	227%	\$48,220	219%
Warren	\$29,834	205%	\$39,549	216%	\$46,633	211%
Washington	\$34,924	240%	\$47,055	257%	\$53,573	243%
Wayne	\$32,784	225%	\$43,276	236%	\$49,885	226%
Westmoreland	\$33,358	229%	\$42,664	233%	\$49,266	223%
Wyoming	\$31,287	215%	\$40,469	221%	\$47,235	214%
York	\$33,584	231%	\$42,114	230%	\$48,408	220%

# Pennsylvania Unemployment Compensation

In Pennsylvania, unemployment compensation is administered through the Department of Labor and Industry. The purpose of the unemployment compensation system is to ease the transition period from one job to another when workers lose jobs through no fault of their own.

*When do I apply for Unemployment Compensation?*

**If you have worked during the past 18 months and you are unemployed or had your hours reduced, you can call the Unemployment Compensation Service Center to file or reopen a claim.**

*How do I apply for Unemployment Compensation?*

You can apply for benefits online in either English or Spanish by visiting [www.paclaims.state.pa.us](http://www.paclaims.state.pa.us). You can also call 215-856-6990 or 1-888-313-7284 (Monday-Friday) to file a new claim or reopen an old claim. The TTY access number for the deaf and hard of hearing is 1-888-334-4046. Spanish speaking claimants should call 1-877-888-8104.

*Special Note: The Service Center receives the most calls on Mondays, so you might get faster service if you call Tuesday through Friday, especially in the early mornings and late afternoons.*

*Am I eligible for Unemployment Compensation?*

Your eligibility depends on:

- Your reason for job separation: You will be eligible if you worked a sufficient number of weeks and were not terminated for “willful misconduct” or did not quit without good cause.
- Your ability to work: You must be able and available to work full time at the time that you collect unemployment compensation. For instance, if you become ill and cannot work at any job at all, you are not eligible to collect unemployment compensation for the weeks you are ill.
- Your earnings: Your eligibility depends on your earnings during the first four of the last five completed quarters, or your base year (see chart). This base year system does not count your most recent earnings, so if you are found financially ineligible you should re-apply in the next quarter, when additional earnings would be counted. The minimum earnings requirements are :
  - at least \$800 in the highest quarter of your base year
  - at least \$1320 in total wages for your base year
  - a minimum of 16 weeks of earnings over \$50 in your base year
  - sufficient wages in your total year relative to your wages in your highest quarter, known as qualifying wages.

*What do I need to apply for Unemployment Compensation?*

- Social Security Number
- Name and address of last employer
- Your most recent pay stub
- Date of last day of work
- Alien Registration number if you are not a U.S. citizen
- Valid driver's license number if you have one

# Pennsylvania Unemployment Compensation

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## How to Determine Your "Base Year"

The first 4 of the last 5 *completed* quarters will determine your base year. Using 2010 and 2011 as an example, if you apply for UC on August 1, 2011 your base year will begin April 1, 2010.

Current month	Current quarter	Last complete quarter -doesn't count in base figure	4th completed quarter	3rd completed quarter	2nd completed quarter	1st completed quarter
August 2011	3rd Q. 2011	2nd quarter 2011 (April, May, June)	Jan, Feb, March, 2011	Oct, Nov, Dec, 2010	July, Aug, Sept, 2010	April, May, June 2010
			^ Base Year			

### What do I need to do after I apply?

After you finish the call, you will be sent paperwork that you must complete and return to the Service Center. After they have received your information, you will receive three separate mailings:

- Notice of Financial Determination
- Claim Confirmation Letter
- Unemployment Compensation Handbook

You should receive this information within ten working days of filing your claim. The Notice of Financial Determination will list your wages earned over a certain time period, will tell you if you are financially eligible based on these wages and will tell you how much money you will get each week. If you want to appeal the information listed, you will have fifteen days from the date of the Notice to appeal.

### When will I receive benefits and for how long?

Your first week is known as a "waiting week" and you will not receive benefits for that week. It can take up to 4 or more weeks before you receive your first benefits check. Once you start receiving checks, you will receive one every two weeks. While you wait for your first check, you are eligible for other benefits including TANF and SNAP (food stamps). Currently workers are eligible for 26 weeks of Unemployment Compensation plus additional weeks of Emergency Unemployment Compensation (currently available until December 2011).

### What do I need to do to keep my Unemployment Compensation?

Once you have opened your claim, you must register with the Employment Office each week you are claiming unemployment compensation. You must register each week through one of two acceptable methods to receive your Unemployment Compensation benefits. You can either send in a mail claim (if you are eligible) or call the Pennsylvania Teleclaims (PAT) number.

## Pennsylvania Teleclaims Phone Numbers

Toll Free	(888) 255-4728	Philadelphia	(215) 560-1978
TTY	(888) 411-4728	Español	(877) 888-8104

## Cell Phone Services

### LifeLine/SafeLink Wireless Services

#### *What is it?*

SafeLink Wireless is a service offered by a private cell phone service provider. It began as a federal government program called LifeLine that provided low-income individuals with affordable landline access in their homes.

Today, SafeLink is a program that provides qualified participants with a cell phone and a monthly allotment of minutes to use the phone to call, text and check voicemail, among other features. SafeLink cell phone services are provided by TracPhone; other wireless carriers also have similar services for qualifying customers.

#### *Do I qualify?*

You qualify for Lifeline Service in your area if you already participate in one of the following assistance programs: Federal Public Housing Assistance/Section 8, Food Stamps, Low Income Home Energy Assistance Program (LIHEAP), Supplemental Security Income (SSI), National School Lunch (free program only), Temporary Assistance for Needy Families (TANF), Medicaid or the State Blind Pension.

You may also qualify if you fall within the income eligibility guidelines and no one in your household currently receives LifeLine services through another carrier.

### LifeLine/SafeLink Wireless Services Income Eligibility Guidelines

Number of Persons in Household	Annual Income	Monthly Income
1	\$14,702	\$1,225
2	\$19,859	\$1,655
3	\$25,016	\$2,085
4	\$30,173	\$2,514
5	\$35,330	\$2,944
6	\$40,487	\$3,374
7	\$45,644	\$3,804
8	\$50,801	\$4,233
For each additional person, add:	\$5,157	\$430

#### *How do I apply?*

You can apply at <https://www.safelinkwireless.com/Safelink/home> or by calling 1-800-977-3768.

The Community Action Association of Pennsylvania is also working with SafeLink Wireless. You can find the number for your local Community Action Agency by calling 717-233-1075 or visiting [www.thecaap.org](http://www.thecaap.org).

## Child Care Works

### *What is it?*

Child Care Works provides assistance to families for child care. The program pays most of your child care expenses at whatever qualified child care facility you choose. It covers children up to 13-years-old; if children are disabled, they can be covered to age 18. Parents provide small copayments to cover a portion of care costs.

### *Do I qualify?*

To qualify, the family must live in Pennsylvania, and there must be a child or children who need care. Each adult family member must work at least twenty hours per week or work at least ten hours per week while attending an education or training program at least ten hours per week. If you are not working, you must have the promise of a job starting in 30 days of your application for the program. Teen parents must attend an education program. There must be proof of identification for each parent or caretaker in the home. Parents can choose providers of their choice, but if they are Relative/Neighbor providers, they will need to comply with participation requirements and complete the CareCheck program (which includes background clearances).

Children must be citizens of the United States or aliens lawfully admitted for permanent residency. Hours of care must coincide with work, education or training. Children are eligible from birth until their 13th birthday, or, in the case of children with disabilities, until their 18th birthday.

### Child Care Works Income Eligibility Guidelines

Household Size	Maximum Yearly Family Income (April 2011)
2	\$29,420
3	\$37,060
4	\$44,700
5	\$52,340
6	\$59,980
7	\$67,620
8	\$75,260

### *How do I apply?*

To apply, you can use the COMPASS system or call your local Child Care Information Services (CCIS). The number can be found in the County Help Chart.

## Head Start

### *What is it?*

Head Start programs serve three and four year old children. Early Head Start programs serve pregnant women and children from birth to three years old. In order to be eligible to participate in Head Start, families must have an income below the Federal Poverty Guidelines.

## Child Care

### *Do I qualify?*

Children of households already receiving TANF or SSI, or those in foster care, are eligible automatically. In order to qualify for this benefit program, you must be a resident of Pennsylvania, you must be a parent or primary caregiver responsible for a child who is too young for public school and you must meet the income requirements.

If you do not meet these criteria, you may still qualify if you are a U.S. national, citizen or permanent resident whose financial status is low-income or very low-income, who is under-employed, unemployed or about to become unemployed, who is facing pregnancy, who is less than 19 years of age or who is the parent or primary caregiver for children under the age of 19 years.

Head Start Income Eligibility Guidelines	
Household Size	Annual Income Limit
2	\$14,710
3	\$18,530
4	\$22,350
5	\$26,170
6	\$29,990
7	\$33,810
8	\$37,630
For each additional person, add	\$3,820

### *How do I apply?*

To apply, you can call your local Head Start program. The number can be found in the County Help Chart. You can also call the Head Start toll free number at 1-866-763-6481.

### **Special Kids Network**

#### *What is it?*

The Special Kids Network is a national network of resources and supportive services for children with special needs that provides local information and referrals to their families. The Special Kids Network can connect you with health care products, social services, counseling, occupational therapy, assistive technology (wheelchairs, hearing aids, etc.) recreational activities, and education.

#### *Do I qualify?*

You qualify if a child in your family has special needs.

#### *How do I apply?*

There is no application for this resource. Just call 1-800-986-4550 or TTY: 1-877-232-7640 for information local to you and your child.

## Domestic Violence

Domestic violence includes physical abuse such as hitting, kicking, shoving and/or strangling. Domestic violence can also be emotional abuse, such as name-calling, put-downs and threats to you or your children.

Abusive partners may also steal, destroy property, and keep “track” of their partner by making sure they don’t see family or friends.

### *How do I know if I’m being abused?*

It’s easier to tell if your partner is physically abusive, but are you being abused emotionally?

Here is a checklist of questions you can ask yourself to figure out if you are being abused:

Does your partner...

- Insult you and always blame you for bad things that happen?
- Show feelings of intense jealousy when you try to spend time with others?
- Not allow you to see friends and family?
- Make you do things you don’t want to do, including forcing you into having sex?
- Spend your money and not let you make financial decisions?
- Threaten to hurt or kill you, your children or members of your family?

If you answered “Yes” to any of these questions, **get help now!**

### *How can I get help?*

Call the National Domestic Violence Hotline 24 hours a day, 365 days a year at 1-800-799-SAFE (TTY 1-800-787-3224). The hotline can refer you to emergency services in your area, like shelters and legal assistance. Spanish-language telephone operators and resources are available.

Call the Pennsylvania Coalition Against Domestic Violence (PCADV) at 1-800-932-4632. They have a list of domestic violence service agencies that can help you find shelter, get emergency cash assistance, provide counseling and help with legal services. PCADV facilitates a statewide network of 61 domestic violence programs and has a series of specialized program areas to address the needs of women and families experiencing abuse. Or you can access PCADV online at [www.pcadv.org](http://www.pcadv.org) for more resources.

Contact the 24-hour information line at the Pennsylvania Coalition Against Rape (PCAR) at 1-800-772-7227. The hotline operators can connect you to services in your area. PCAR runs a network of 52 rape crisis centers across Pennsylvania. The centers provide services to survivors of sexual violence and their loved ones, and work to promote public awareness and prevention education in local communities.

### **Important!**

**It is possible for your partner to find out what you do online, including what websites you visit. If you want to use any of the websites listed above, either use a computer that would be more difficult to track (like at the public library) or just call the hotline numbers to be on the safe side.**

**If you feel your life or your children’s lives are in danger right now, call 911 immediately!**

## Financial Assistance

### General Assistance Program (GA)

#### *What is it?*

GA is a cash assistance program. It provides money for people who have medical or other special circumstances that stop them from finding work. Such circumstances include having a disability, caring for someone with a disability, drug and alcohol rehabilitation and domestic violence. Families can apply for GA if they are not eligible for TANF.

#### *Do I qualify?*

The following groups of people can apply for GA:

- parents in a two-parent household with a child under 13 or a disabled child under 21
- adults other than a relative caring for a child under age 13
- children under 18 who are attending school
- adults between 18-20 who are attending secondary school
- people with a temporary or permanent disability that prevents them from working in gainful employment
- people who are undergoing active treatment in an approved drug and alcohol rehabilitation program if that program precludes employment (nine month lifetime limit)
- victims of domestic violence or other abusive living situations (nine month lifetime limit)
- pregnant women who cannot receive TANF
- people caring for someone who is ill or disabled.

GA also has income requirements which you can find by contacting the Department of Public Welfare.

#### *How do I apply?*

To apply, you can use the online COMPASS program. You can also apply at the local County Assistance Office. You can find the number for the local County Assistance Office in the County Help Chart.

### Low Income Home Energy Assistance Program (LIHEAP) and Other Utility Assistance

#### *What is it?*

LIHEAP helps individuals and families pay for utilities and heat. LIHEAP is available from November until April. If you are having an emergency, you may be eligible for an additional \$300 to help pay your utility bills. This is called a LIHEAP Crisis Grant. An emergency situation includes broken heating equipment, no fuel, cancelled utility service or being close to running out of fuel or having utility service cancelled.

If you have special needs, you may qualify for Customer Assistance Referral & Evaluation Program (CARES). Special needs include customers experiencing family emergencies, divorce, unemployment, or medical emergencies. Income limits are slightly higher than for LIHEAP.

Other utility assistance programs, including the Universal Service Fund Telephone Assistance Programs, are also available. If you are eligible for LIHEAP, food stamps, TANF or other programs, you may be eligible for other utility assistance.

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*Do I qualify?*

LIHEAP Income Eligibility Guidelines	
Household Size	Annual Income Limit
1	\$16,335
2	\$22,065
3	\$27,795
4	\$33,525
5	\$39,255
6	\$44,985
7	\$50,715
8	\$56,445
For each additional person, add:	\$5,730

*How do I apply?*

To get more information, you can call the LIHEAP Hotline at 1-866-857-7095 (TDD 1-800-451-5886). To apply, contact the local County Assistance Office. You can find the number for the local County Assistance Office in the County Help Chart.

## **Temporary Assistance for Needy Families (TANF)**

*What is it?*

TANF provides money to children and their parents or other relatives that take care of them. Pregnant women can also receive TANF. You can use money from TANF to pay for your family's basic needs, like clothing and shelter. There is a five year lifetime limit for TANF. After five years of being on TANF, you lose your eligibility for these benefits.

*Do I qualify?*

To qualify you must be a U.S. citizen or permanent resident, and have a Social Security number. If you are a single parent, you must agree to seek child support unless you are a victim of domestic violence. You must also sign an Agreement of Mutual Responsibility, which lists what you will do to get career training or find a job while on TANF. Also, to be eligible for TANF, your family must have \$1,000 or less in resources. Resources include money in your checking and savings accounts, bonds and any property you own besides your home. For more information on income requirements, please contact the Department of Public Welfare.

*How do I apply?*

To apply, you can use the online COMPASS program. You can also apply at the local County Assistance Office. You can find the number for the local County Assistance Office in the County Help Chart.

## Food

### Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps)

#### *What is it?*

SNAP is a federal benefit program that puts food on the tables of low-income households. SNAP recipients use an ACCESS card that works like a debit card and can be used at grocery stores, supermarkets and some farmers markets. SNAP benefits buy food items or seeds and plants to grow your own food.

#### *Do I qualify?*

Eligibility is based on monthly income and expenses. Even if you earn more than the eligibility range, you may still qualify. The SNAP program will look at all kinds of factors to determine your eligibility, like whether you have an elderly or disabled person living in your household, your savings account, medical bills, etc.

SNAP Income Guidelines		
Household Size	Maximum Gross Monthly Income	Maximum Gross Monthly Income for Households that Contain an Elderly or Disabled Member
1	\$1,444	\$1,805
2	\$1,943	\$2,429
3	\$2,442	\$3,052
4	\$2,941	\$3,675
5	\$3,440	\$4,299
6	\$3,939	\$4,922
7	\$4,438	\$5,545
8	\$4,937	\$6,169
each additional member	+\$499	+\$624

#### *How do I apply?*

You can apply on COMPASS or in-person at your local County Assistance Office. Phone numbers for County Assistance Offices are in the County Help Chart.

### Women, Infants, and Children (WIC)

#### *What is it?*

WIC is a federally funded program that provides healthy supplemental food and nutrition services for pregnant women, postpartum and breastfeeding women, infants and children under age five in a supportive environment.

#### *Do I qualify?*

All pregnant and postpartum women, infants and children up to age five can be eligible. Income eligibility standards must be met for new participants and for recertifying current participants at the time of their next certification on or after July 1, 2010. Participants must reside in Pennsylvania. The expected number of babies is counted in the family size for WIC and Medical Assistance (MA). WIC does not require proof of citizenship.

Women, Infants and Children (WIC) Income Eligibility Guidelines		
Family Size	(Approximate) Monthly Income:	(Approximate) Annual Income:
1	\$1,678	\$20,147
2	\$2,267	\$27,214
3	\$2,856	\$34,281
4	\$3,445	\$41,348
5	\$4,034	\$48,415
For Each Additional Family Member, Add:	\$588	\$7,067

*How do I apply?*

Find your local WIC office by county using the County Help Chart.

**National School Breakfast and Lunch Programs/Child & Adult Care Program**

*What is it?*

The National School Breakfast and Lunch Programs provide free or low-cost nutritious lunches to school children in an effort to encourage learning in school. Children can receive these meals in school, as well as snacks during after-school programs, until age 18. Free Summer Food Programs are also available.

The Child and Adult Care Food Program provides free or low-cost meals and snacks outside of school– in child care centers, Head Start programs, emergency shelters as well as day care centers for adults over the age of 60.

*Do I qualify?*

National School Breakfast & Lunch Program/ Child & Adult Care Program Income Eligibility Guidelines		
Family Size	Monthly Income for Free Meals:	Monthly Income for Reduced Price Meals:
1	\$1,180	\$1,679
2	\$1,594	\$2,268
3	\$2,008	\$2,857
4	\$2,422	\$3,446
5	\$2,836	\$4,035
For Each Additional Family Member, Add:	\$414	\$589

*How do I apply?*

You can apply on COMPASS or ask your school or caregiver for an application and information.

## Health Insurance

### The Breast and Cervical Cancer Prevention and Treatment Program (BCCPT)

#### What is it?

If you have been diagnosed with breast cancer, you may be eligible for free treatment through BCCPT. Women can receive free healthcare (except for nominal copayments), including care for medical needs unrelated to cancer, throughout their course of treatment for cancer or a pre-cancerous condition of the breast or cervix.

#### Do I qualify?

To be eligible, you must be a woman under 65 living in Pennsylvania who is a U.S. citizen or an eligible alien.

BCCPT Income Eligibility Guidelines	
Household Size	Monthly Income Limit
1	\$2,269
2	\$3,065
3	\$3,860
4	\$4,656
Each Additional Person	\$996

#### How do I apply?

Call the Healthy Woman program at 1-800-377-8828.

### Children's Health Insurance Program (CHIP)

#### What is it?

CHIP is a public health insurance program for children in Pennsylvania that covers all uninsured children. Coverage includes immunizations, routine check-ups, prescription drugs, dental care, maternity care, mental health benefits, up to 90 days of hospitalization, durable medical equipment, substance abuse treatment, partial hospitalization for mental health services, rehabilitation therapies and home health care.

#### Do my children qualify?

To qualify, children must be under age 19, U.S. citizens, Pennsylvania residents, uninsured, and ineligible for Medical Assistance. There are no income eligibility guidelines.

#### How do I apply?

To apply, you can use the online COMPASS system, or call 1-800-986-KIDS to talk with a counselor .

### Consolidated Omnibus Budget Reconciliation Act (COBRA)

#### What is it?

COBRA gives workers and their families who lose their health benefits the right to choose to continue their group health plan for limited periods of time under certain circumstances.

#### Do I qualify?

You or your family may qualify if you were covered by a group health plan on the day before a qualifying event.

Qualifying events are events that cause an individual to lose health coverage, such as termination, reduction of hours, dependent child ceasing to be dependent or divorce/legal separation. Federal COBRA covers businesses with 20+ full-time employees, but Pennsylvania offers Mini-COBRA for small businesses (2-19 employees).

*How do I apply?*

Claims are filed with the individual benefits company. Contact your plan’s administrator for more information. If you have questions about COBRA or Mini-COBRA, call the PA Department of Insurance at 1-877-881-6388.

**Discount Prescription Program**

*What is it?*

The Discount Prescription Program is a free card that discounts the regular cost of most prescription medicine for you, your family, and even your pets at more than 58,000 pharmacies nationwide.

*Do I qualify?*

Anyone can use this card, but we recommend that it be used by people without prescription coverage for the items they need and seniors in the Medicare Part D coverage gap. Check with your pharmacist for the lowest possible cost—if you already have drug coverage or other services, you cannot combine them with this card.

*How do I apply?*

There is no application; just make a copy of the card on page 43 or visit [www.pathwayspa.org](http://www.pathwayspa.org).

**Healthy Beginnings**

*What is it?*

Healthy Beginnings provides Medical Assistance coverage for pregnant women and their children up to age 18.

*Do I qualify?*

To qualify, you must be pregnant. Your children qualify if they fall into the following income guidelines.

Healthy Beginnings Income Eligibility Guidelines			
Household Size	Monthly Pregnant Women and Infants Under Age One	Monthly Age One to Age Five	Monthly Ages Six to Under Age 19
1	\$1,679	\$1,207	\$908
2	\$2,268	\$1,631	\$1,226
3	\$2,857	\$2,054	\$1,545
4	\$3,446	\$2,478	\$1,863
Each Additional Person	\$589	\$424	\$319

*How do I apply?*

To apply, you can use the online COMPASS system, or call your local County Assistance Office (CAO). Your doctor’s office or health clinic may also be able to provide you with a temporary eligibility form.

## Health Insurance

### Family Planning Services

#### *What is it?*

A family planning service is an organization that offers contraception, testing and treatment for sexually transmitted diseases (STDs) and pregnancy testing. They also offer breast and cervical cancer screenings.

#### *Do I qualify?*

You do not have to have medical insurance to pay for family planning services. Most services are offered on a sliding fee scale. Some people can even get services for free, including those under 18.

#### *How do I apply?*

Use the chart below to find the clinic in your area.

<u>Southeastern PA:</u> Family Planning Council (215) 985-2600	<u>Northeastern PA:</u> Maternal, Family & Health Services 1-800-367-6347	<u>Central PA:</u> Family Health Council of Central PA (717) 761-7380	<u>Western PA:</u> Adagio Health 1-800-215-7494
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### Medical Assistance

#### *What is it?*

Medicaid is health insurance that helps many people who can't afford medical care pay for some or all of their medical bills. Medicaid does not pay money to you; it sends payments directly to your health care providers.

#### *Do I qualify?*

Many groups of people are covered by Medicaid, but within these groups certain requirements must be met. The rules for counting income and resources vary from group to group. In general, you should apply for Medicaid if you have limited income and if someone in your family needs health care.

#### *How do I apply?*

To apply, you can use the online COMPASS system, or visit your local County Assistance Office (CAO). The number for the CAO office can be found in the County Help Chart.

### Medical Assistance Benefits for Workers with Disabilities (MAWD)

#### *What is it?*

MAWD lets Pennsylvanians with disabilities keep their full medical coverage with little cost while working.

#### *Do I qualify?*

To be eligible, you must be between ages 16 and 65. You must be employed and receiving compensation, and must have a disability that meets the Social Security Administration's standards. You cannot have more than \$10,000 in countable resources (not including your home and one car).

#### *How do I apply?*

To apply, you can use the online COMPASS system, or visit your local County Assistance Office (CAO).

## MAWD Income Eligibility Guidelines

Household Size	Monthly Income Limit
1	\$2,269
2	\$3,065
3	\$3,860
4	\$4,656
Each Additional Person	\$996

### PA Fair Care

#### *What is it?*

PA Fair Care is a health insurance program for uninsured people with pre-existing medical conditions.

#### *Do I qualify?*

To be eligible, you must be uninsured for six months and have a pre-existing condition.

#### *How do I apply?*

For information of PA Fair Care visit [www.PAFairCare.com](http://www.PAFairCare.com) or call 1-888-767-7015.

### SelectPlan for Women

#### *What is it?*

SelectPlan for Women is a free plan covering reproductive health services, birth control and family planning.

#### *Do I qualify?*

To qualify, women must be income eligible; between ages 18-44; not pregnant or sterilized; PA residents; U.S. citizens (or have satisfactory immigration status and identification) and have no, or limited, health insurance.

## SelectPlan for Women Income Eligibility Guidelines

Household Size	Annual Income Limit	Monthly Income Limit
1	\$20,147	\$1,679
2	\$27,214	\$2,268
3	\$34,281	\$2,857
4	\$41,348	\$3,446
Each Additional Person	\$7,067	\$589

#### *How do I apply?*

To apply, use the online COMPASS system, download an application at [www.selectplanforwomen.com](http://www.selectplanforwomen.com) or call your local County Assistance Office (CAO). The number for the CAO can be found in the County Help Chart.

### **Free Application for Federal Student Aid (FAFSA)**

#### *What is it?*

The FAFSA is an application you can fill out to receive federal and state loans and grants for college tuition.

#### *Do I qualify?*

To fill out the FAFSA, you must be a U.S. citizen or a permanent resident and have a Social Security number. You also need a high school diploma or GED and to be enrolled in or accepted to a school that accepts federal aid. You must sign up for Selective Service (if applicable). People with certain drug convictions may not qualify.

#### *How do I apply?*

To apply, complete the FAFSA online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). You can get a paper FAFSA application at your local library or by calling the Federal Student Aid Information Center at 1-800-4-FED-AID (TTY 1-800-730-8913).

### **Pennsylvania Higher Education Assistance Agency (PHEAA)**

#### *What is it?*

PHEAA provides loans, grants and scholarships to Pennsylvania students for college or technical school.

The most common grant offered by PHEAA is the state grant. Grants are different from loans: while loans must be paid back, grants do not. In addition to state grants there are also several special grants and scholarship programs. These programs benefit people who belong to certain groups, have specific interests and other personal characteristics. PHEAA also offers loan forgiveness, which can reduce the amount of money you owe for your student loans if you're in a certain line of work, such as nursing, early education, Armed Forces, States Veterans' Home Nurses and Agriculture. Your loans must be federal or state owned.

#### *Do I qualify?*

Different programs have different qualifications. The best way to see what programs you qualify for is to contact PHEAA. For most loans and grants, you will need to fill out the FAFSA to determine eligibility.

#### *How do I apply?*

To get more information about programs, call 1-800-233-0557 to ask for more information or applications, or visit the PHEAA website at [www.pheaa.org](http://www.pheaa.org).

### **TAP 529**

#### *What is it?*

TAP 529 is a savings program. You can use the money that you save in TAP 529 to pay for college tuition, books and room and board at any college or university that gives students federal aid.

#### *Do I qualify?*

Anyone over 18 is eligible for TAP 529. You can start an account for your child by asking that your child receives the money when she or he turns 18.

#### *How do I apply?*

To apply, open an account on their website at [www.tap529.com](http://www.tap529.com), or call 1-800-440-4400.

## **Housing Choice Voucher Program**

### *What is it?*

This program, popularly known as Section 8 Housing, provides vouchers to low-income households to cover a percentage of their rent in the privately-owned housing of their choice. Households must still pay a small percentage of their rent.

### *Do I qualify?*

Eligibility depends on your local housing authority, but guidelines may include gross family income, family size and U.S. citizenship status.

### *How do I apply?*

You can call your local housing authority (the number can be found in the County Help Chart) or call the U.S. Department of Housing and Urban Development at 1-800-955-2232.

## **Public Housing**

### *What is it?*

Public housing refers to apartments, townhouses and single-family homes owned by local housing authorities for which the rent is determined by household income.

### *Do I qualify?*

Eligibility is based on annual gross income and your family status-- that is, how many people are in your family, and if any of them are elderly or disabled.

### *How do I apply?*

You can call your local housing authority (the number can be found in the County Help Chart) or call the U.S. Department of Housing and Urban Development at 1-800-955-2232.

## **Homeless Assistance Program (HAP)**

### *What is it?*

HAP offers supportive services to those who are homeless or are in danger of becoming homeless including emergency shelters, bridge housing, rental assistance and case management.

### *Do I qualify?*

People who are homeless or are in immediate danger of becoming homeless qualify for this program.

### *How do I apply?*

You can call the local HAP program (the number can be found in the County Help Chart) or call the U.S. Department of Housing and Urban Development's Public and Indian Housing Customer Service Center at 1-800-955-2232.

## Job Search Strategies

### **Commonwealth Workforce Development System (CWDS)**

#### *What is it?*

CWDS provides access to Pennsylvania workforce development and independent living services provided by the Departments of Labor & Industry and Public Welfare. Job seekers and other individuals seeking services can use CWDS to create résumés and match their skills, requirements and backgrounds with job openings. CWDS also lists certified training providers in your area.

#### *Do I qualify?*

To apply for a job you must complete a short registration, and be a U.S. citizen, a permanent resident alien, or be authorized to work in the United States.

#### *How do I apply?*

To begin setting up a profile in CWDS, visit [www.cwds.state.pa.us](http://www.cwds.state.pa.us).

### **Employment, Retention and Advancement Network (EARN)**

#### *What is it?*

The purpose of EARN is to address the needs of welfare and low income individuals with serious barriers to employment through comprehensive case management, remediation, education with special emphasis on individuals with limited English proficiency, skills training, work activities, job placement and retention activities as well as providing supportive services. EARN unites the services of local Workforce Investment Area (WIA) staff, Bureau of Workforce Development Partnership (BWDP) representatives, educational institutions and County Assistance Office (CAO) staff.

#### *Do I qualify?*

To qualify, you must meet certain income guidelines.

#### *How do I apply?*

To apply, contact your local County Assistance Office (CAO) or PA CareerLink® office. Both numbers are available in the County Help Chart.

### **PA CareerLink®**

#### *What is it?*

PA CareerLink® is Pennsylvania's one-stop service for job seekers. CareerLinks® offer both self-directed and staff-assisted job search assistance as well as programs and training tailored to individual needs. Services range from group sessions with staff answering basic questions to intensive services. CareerLinks® also have computer resource areas where you can job search, and create resumes and cover letters with or without assistance.

#### *Do I qualify?*

Anyone can use a CareerLink office.

#### *How do I apply?*

Call your local CareerLink® to find its location. A list of CareerLinks® is available in the County Help Chart.

## **Consumer Credit Counseling Service**

### *What is it?*

Consumer Credit Counseling Services (CCCS) are non-profit credit and housing counseling agencies offering consumer credit education, counseling, asset building and debt reduction programs.

### *Do I qualify?*

Anyone can use these services, no matter how much you make.

### *How do I apply?*

Call the Consumer Credit Counseling Service at 1-800-989-2227 or visit [www.nfcc.org](http://www.nfcc.org) to find a CCCS near you.

## **Financial Path\$**

### *What is it?*

Financial Path\$ provides individualized one-on-one financial counseling and financial education workshops to low-to-middle income individuals and families. This PathWays PA program offers workshops and individual counseling, as well as outreach and assistance to low-income families to provide access to public benefits, resolve benefit problems, provide credit counseling and teach strategies to conserve, manage and build financial resources. Financial Path\$ staff can also help you get your credit report and walk through your report with you.

### *Do I qualify?*

Anyone in the Philadelphia/Delaware Valley area is welcome to use Financial Path\$ services.

### *How do I apply?*

For more information, please call PathWays PA at 215-387-1470 or 610-543-5022.

## **Individual Development Account (IDA) and Family Saving Account (FSA)**

### *What is it?*

IDAs and FSAs are savings accounts specially designed to help you save your money faster. These accounts are matched savings accounts. That means for every dollar you save, the government will match it and put it in a separate account. At the end of your program, you will receive the money you saved and the money that the government has put away for you. The government will match your savings up to \$2,000 after two years.

Individuals frequently use IDAs and FSAs in order to save up for an purchase a home, pay for higher education or start a business. They receive the matched funds at the end of their savings program. While you can take out money from the account at any time, you risk losing matching funds if you take it out before the program is complete.

### *Do I qualify?*

To qualify, you must meet the residence guidelines and other specific guidelines associated with the program to which you are applying. Generally, you must work full or part-time to take part in the program. Participants using the program also must attend several financial literacy trainings.

## Money Management

### IDA/FSA Income Eligibility Guidelines

Household Size	Annual Income Limit
1	\$21,660
2	\$29,140
3	\$36,620
4	\$44,100
5	\$51,580
Each Additional Person	\$7,480

#### *How do I apply?*

Contact your local Community Action Agency to get help applying for an account. You can find an agency near you by calling 717-233-1075. If you live in Philadelphia, PathWays PA can help you apply as well. Call us at 215-387-1470.

#### **Online Training and Benefits Worksheet**

PathWays PA offers an online worksheet on its website, [www.pathwayspa.org](http://www.pathwayspa.org). By putting in information such as how many people live with you and how much you earn, the worksheet can show you how much you need to make to pay for your basic needs. It can also tell you if you're eligible for programs such as Temporary Assistance for Needy Families (TANF), child care assistance, Medical Assistance, Children's Health Insurance Program (CHIP), Supplemental Nutrition Assistance Program (SNAP, also known as food stamps) and many more.

#### *Do I qualify?*

Anyone can use the worksheet!

#### *How do I apply?*

If you have a computer with internet access, visit [www.pathwayspa.org](http://www.pathwayspa.org).

#### **Pension Rights Project**

##### *What is it?*

The Pension Rights Project provides pension counseling and information services by telephone. If, after talking to you, the attorney decides that the situation requires more investigation, Pension Project staff will search for lost pensions, file claims for pension benefits, pursue internal pension appeals and investigate pension denials.

#### *Do I qualify?*

This service is provided free of charge and is available to anyone.

#### *How do I apply?*

You can contact the Project by emailing them at [info@mid-americanpensions.org](mailto:info@mid-americanpensions.org) or by calling them at 866-735-7737.

## Resources for Pet Owners Facing Foreclosure

### *What is it?*

Several organizations are available to offer help to pet owners who are facing foreclosure.

### *How do I apply?*

Below is some information about different programs and ways to contact them.

- American Humane Association: The American Humane Association has tips for homeowners and others regarding pets in the foreclosure crisis. These tips can be downloaded at [americanhumane.org](http://americanhumane.org).
- Petfinder.com: If you cannot find temporary placement for your pets, visit [petfinder.com](http://petfinder.com) to search for animal shelters and rescue organizations which do not euthanize adoptable animals. Some organizations may offer to house your pets at no or reduced cost while you find new housing. If you do not reclaim your pets within a certain time period, they may be placed for adoption. Always ask if this is an option.

## Spay-Neuter Clinics

### *What is it?*

Low-cost Spay/Neuter Clinics help prevent overpopulation by cats and dogs.

### *How do I apply?*

Below is some information about different programs and ways to contact them.

- Friends of Animals (FoA): Pet owners may buy a FoA certificate to pay for routine spay or neuter surgery at participating veterinary hospitals. For more information, visit FoA at <http://www.friendsofanimals.org> or 1-800-321-7837.
- Spay USA: Spay USA will work with anyone who needs assistance finding affordable spay/neuter services. They can be reached at 1-800-248-SPAY or <http://www.spayusa.org>.

## Veterinary Care/Pet Food Assistance

### *What is it?*

Veterinary Care Assistance is available for families who are having trouble affording the care their pets need.

### *How do I apply?*

Below is some information about different programs and ways to contact them.

- Pennsylvania SPCA: The PA SPCA is able to help qualifying low-income pet owners provide quality treatment for their ill or injured pets that they would otherwise be unable to afford. To learn more, contact the SPCA at (215) 426-6300 or visit <http://www.pspca.org>. Be advised that most of the Pennsylvania SPCA's work is centered around the Philadelphia area.
- Red Rover: The RedRover Relief program offers one-time grants to low- or no-income families, rescuers and Good Samaritans facing emergency veterinary crises. Grants are also available to help victims of domestic violence escape abuse without leaving their pets behind. You can contact Red Rover at <http://www.redrover.org>.
- The Prince Chunk Foundation: The Prince Chunk Foundation allows pet owners to keep their pets during times of financial crisis by providing temporary assistance such as free emergency veterinary care and free pet food to pet owners so they never have to choose between caring for themselves and caring for their pets. For more information, please visit <http://www.princechunkfoundation.org> or call 856-302-6373.

## Tax Credits and Services

### Child and Dependent Care Credit

#### *What is it?*

The Child and Dependent Care Credit is a federal tax credit for working families and individuals who live with and care for a dependent child, spouse, or a person who is unable to care for themselves.

#### *Do I qualify?*

You qualify if you pay for the care of a child age 13 or younger as well as older individuals who are physically or mentally unable to care for themselves. To qualify the care provided must allow you or your spouse to work or look for work or attend school.

#### *How do I apply?*

To apply, you can fill out Form 2441 with IRS form 1040 or 1040A. You can also have your taxes done for free by a trained volunteer with the Volunteer Income Tax Assistance Program (VITA).

### Child Tax Credit

#### *What is it?*

The Child Tax Credit is a federal tax credit you can claim if you have dependent children.

#### *Do I qualify?*

You qualify if you have children under 17 related to you who have lived with you for more than half the year.

#### *How do I apply?*

To apply, you can use IRS Publication 972 Child Tax Credit, available at IRS.gov or 800-TAX-FORM. You can also have your taxes done for free by a trained volunteer with VITA.

### Earned Income Tax Credit (EITC)

#### *What is it?*

The EITC is available to many working taxpayers. The EITC comes in the form of a refund check from the IRS.

#### *Do I qualify?*

To qualify, you must have a valid social security number and meet the income limits specified. Qualifying children are those under age 19 or under age 24 if the child is a full-time student. They must have lived with you in the U.S. for more than half the year, and be your son, daughter, grandchild, adopted child, foster child, sibling, niece or nephew. Permanently disabled children of any age qualify. Children must have a valid Social Security Number.

#### EITC Maximum Income Eligibility Guidelines (through tax year 2011)

	Annual Income, Married, Filing jointly	Annual Income, Single or Married, Filing Separately
No children	\$18,740	\$13,660
1 child	\$41,132	\$36,052
2 children	\$46,044	\$40,964
3 or more children	\$49,078	\$43,998

### *How do I apply?*

You can apply for this credit by filling out IRS Form 1040 or 1040A and attaching IRS Schedule EIC. You can also have your taxes done for free by a trained volunteer with the Volunteer Income Tax Assistance Program (VITA).

### **Pennsylvania Tax Forgiveness Program**

#### *What is it?*

The PA Tax Forgiveness Program helps reduce the amount of state taxes owed on your tax returns.

#### *Do I qualify?*

#### **PA Tax Forgiveness Maximum Income Eligibility Guidelines (through tax year 2011)**

Single Person	\$8,750
Couple	\$15,250
Single Parent with One Child	\$18,250
Couple with One Child	\$24,750
Each Additional Child	Add \$9,500

### *How do I apply?*

To receive Tax Forgiveness, you must file a PA income tax return and complete PA Schedule SP. You can also have your taxes done for free by a trained volunteer with the Volunteer Income Tax Assistance Program (VITA).

### **Volunteer Income Tax Assistance Program (VITA)**

#### *What is it?*

VITA provides free income tax services by IRS trained staff to people who need help filing their taxes. VITA sites are located statewide and are available from late January to mid-April.

#### *Do I qualify?*

If you make under \$50,000 a year, you can use VITA services.

#### *How do I apply?*

If you live in the Philadelphia/Delaware County area, call PathWays PA at (610) 543-5022. You can also call the IRS to find out more about the program at 1-800-906-9887.

### **Bureau of Veterans Affairs**

#### *What is it?*

The Office for Veterans Affairs mission is to provide advice and assistance to Pennsylvania's one million veterans and their families and to provide quality care to aging veterans. Services include:

- The Pennsylvania State Veterans Home System
- Pennsylvania Disabled Veterans Real Estate Tax Exemption
- Pennsylvania Veterans Emergency Assistance
- Pennsylvania Blind Veterans Pension
- Pennsylvania Paralyzed Veterans Pension
- Pennsylvania Educational Gratuity
- Pennsylvania Veterans Service Officer Support
- Pennsylvania Veterans' Memorial
- Pennsylvania DD214/215 Program
- Persian Gulf Conflict Veterans' Bonus Program
- Veterans Service Officer Grant Program

There are also a wide range of federal and county benefits available to qualified veterans and their families. County Veterans Directors or Service Officers can be an excellent source of information and assistance when applying for these benefits.

#### *Do I qualify?*

Eligibility varies depending on the program.

#### *How do I apply?*

Call 1-800-547-2838 or visit <http://www.dmva.state.pa.us> to learn more.

### **PA CareerLink®**

#### *What is it?*

PA CareerLink® is Pennsylvania's one-stop service for job seekers.

By law, PA CareerLink® sites give priority to qualified veterans through administration of the Veterans Program. The Veterans Program provides a full range of employment services to assist veterans in their search for work. Specially trained veteran employment representatives located in PA CareerLink® offices provide employment services, including referral services, job development, referral to training and referral to government and community veteran service agencies. These representatives help veterans match their job skills to employer job openings and contact employers on behalf of the veteran for consideration in hiring. The program places special emphasis on helping disabled veterans secure employment opportunities and on veterans who are leaving the military.

#### *Do I qualify?*

Anyone can use a CareerLink office.

#### *How do I apply?*

Call your local CareerLink to find its location. A list of CareerLinks® is available in the County Help Chart.

## Other Services and Resources for Your Family

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pathwayspa.org

800-209-2914

- **Area Agency of Aging (AAA):** The AAA provides employment services to individuals ages 55 and older or refers older individuals to the appropriate agency. To find your local AAA, call 717-783-6207 or visit <http://www.aging.state.pa.us>.
- **Brain Injury:** This information and referral clearinghouse can provide information and resources about the condition and treatment of brain injuries, protection and advocacy services, local support groups, as well as links to other websites. The line also offers referrals to community and State resources in addition to the Brain Injury Association of Pennsylvania. Services are available at 1-866-412-4755.
- **ChildLine:** The mission of ChildLine is to accept calls from the public and professional sources 24 hours per day, seven days per week. Each call is answered by a trained intake specialist who will interview the caller to determine the most appropriate course of action. The Intake Unit (800-932-0313) is available 24 hours to receive reports of suspected child abuse.
- **Child Support:** For general information about child support or to discuss specific case problems, call 800-932-0211.
- **Domestic Abuse Hotline:** If you or someone you know is in an abusive relationship and needs help or would like to speak with someone about services and options, free and confidential help is available 24 hours a day in all 67 counties in Pennsylvania by calling 800-932-4632.
- **Drug and Alcohol Treatment Programs:** For referral to drug and alcohol treatment programs, contact the Substance Abuse and Mental Health Services Administration at 800-662-HELP.
- **Elder Abuse:** Anyone who believes an older adult is being abused, neglected, exploited or abandoned should contact the Department of Aging's elder abuse hotline at 1-800-490-8505. All calls are confidential.
- **Gambling:** If you or someone you know has a gambling problem, call the Council on Compulsive Gambling of Pennsylvania's helpline 1-800-GAMBLER
- **Healthy Baby Line:** The statewide Healthy Baby help line refers callers to programs that offer free or low costs health care services, based on income. Services are available at 1-800-986-BABY.
- **Healthy Kids Line:** The statewide Healthy Kids help line refers callers to programs that offer free or low costs health care services, based on income. Services are available at 1-800-986-KIDS (5437).
- **Lead Information Line:** The Lead Information Line offers personal help and written information to parents, physicians, contractors and homeowners about lead poisoning and its prevention and control. Services are available at 1-800-440-LEAD (5323).
- **Long Term Living:** Information about the many long term living services available in Pennsylvania to help adults of all ages with disabilities locate services to remain in their home and community. This line connects caregivers and healthcare providers with resources that will help them to navigate the long term living system. Services are available at 1-866-286-3636.
- **National Suicide Prevention Lifeline:** Call the National Suicide Prevention Lifeline, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress, at 1-800-273-TALK (8255), Your call will be routed to the nearest crisis center to you. Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano.
- **Safe Haven:** If you're pregnant, and not prepared to be a mom, and feel you have no one to turn to, there's a Safe Haven for your newborn. No questions asked, just drop the child off at the nearest hospital. Call 1-866-921-7233 for more information.
- **Tobacco Quitline:** 1-800-QUIT-NOW provides access to many different types of cessation information and services, including free support and advice from an experienced cessation counselor, a personalized quit plan and self-help materials, social support and coping strategies to help you deal with cravings, and the latest information about cessation medications.

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>Adams</b>	CCIS of Adams, Franklin and Fulton Counties (717) 334-7634	Adams County Assistance Office 800-638-6816	PA Hunger Action Center (717) 233-6705 800-FOOD-997	A.C.C.E.S.S. Inc. Adams County High School (717) 337-1337	South Central Community Action Programs Inc. (717) 334-7634	Adams County Housing Authority (717) 334-1518	Adams County (717) 334-1173	South Central Community Action Programs Inc. (717) 334-7634
<b>Allegheny</b>	CCIS of Allegheny County 800-392-3131	Allegheny County Assistance Office (412) 565-2146	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Allegheny County Head Start (412) 394-5940	Allegheny County Dept. of Human Services- OCS (412) 350-6617	Allegheny County Housing Authority (412) 355-8940	Allegheny East (412) 436-2225 Allegheny West (412) 809-3500 Alle-Kiski (724) 334-8600 Pittsburgh (412) 552-7100	Allegheny County Health Dept. (412) 350-5801
<b>Armstrong</b>	CCIS of Armstrong County (724) 763-3308	Armstrong County Assistance Office (412) 565-2146	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Armstrong County CCA Head Start (724) 545-3632	Armstrong County Community Action Agency (724) 548-3408	Armstrong County Housing Authority (724) 548-7671	Armstrong County (724) 548-5693	Adagio Health 800-WIC-WINS 800-942-9467
<b>Beaver</b>	CCIS of Beaver County (724) 847-0145	Beaver County Assistance Office (724) 773-7495	PA Hunger Action Center (717) 233-6705 800-FOOD-997	CSC, Inc. Beaver County Head Start (724) 375-2300	Community Services Program of Beaver County (724) 728-3650	Beaver County Housing Authority (724) 775-1220	Beaver County (724) 728-4860	Adagio Health 800-WIC-WINS 800-942-9467
<b>Bedford</b>	CCIS of Bedford County (814) 623-2002	Bedford County Assistance Office 800-542-8584	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Bedford/Fulton County Head Start (814) 624-3200	Center for Community Services (814) 623-9129	Bedford County Housing Authority (814) 623-1477	Bedford County (814) 623-6107	Broad Top WIC Program (814) 635-3942
<b>Berks</b>	CCIS of Berks County (610) 987-8436	Berks County Assistance Office (610) 736-4211	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Berks County Intermediate Unit Head Start (610) 987-8453	Berks Community Action Program, Inc. (610) 376-6571	Berks County Housing Authority (610) 370-0822	Berks County (610) 988-1300	Maternal and Family Health Services 800-367-6347
<b>Blair</b>	CCIS of Blair County (814) 949-9110	Blair County Assistance Office (814) 946-7365	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Child Advocates of Blair County (814) 946-5247	Blair County Community Action Agency (814) 946-3651	Blair County Housing Authority (814) 695-7548	Blair County (814) 940-6200	Home Nursing Agency WIC Program (814) 943-0481

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>Bradford</b>	CCIS of Bradford County (570) 265-4420	Bradford County Assistance Office 800-542-3938	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Bradford-Tioga Head Start (570) 638-1400	TREHAB Center (570) 278-3338	Bradford County Housing Authority (570) 638-2151	Bradford/Sullivan (570) 265-2171 Tioga County (570) 724-1939	Maternal and Family Health Services 800-367-6347
<b>Bucks</b>	CCIS of Bucks County/Apple Child Care Services, Inc (215) 348-1283	Bucks County Assistance Office 800-362-1291	PathWays PA (610) 543-5022	Bucks County Head Start, Inc. (215) 428-6870	Bucks County Opportunity Council, Inc. (215) 345-8175	Bucks County Housing Authority (215) 348-9469	Bucks County at Bristol (215) 781-1073	Bucks County Health Department (215) 435-3494
<b>Butler</b>	CCIS of Butler County 888-864-1654	Butler County Assistance Office (724) 284-8844	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Butler County Children's Center, Inc. (724) 287-2761	Butler County Community Action and Development (724) 284-5125	Butler County Housing Authority (724) 287-6797	Butler County (724) 431-4000	Adagio Health 800-WIC-WINS 800-942-9467
<b>Cambria</b>	CCIS of Cambria County (814) 472-6341 800-492-9292	Cambria County Assistance Office 877-315-0389	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Cambria County Head Start (814) 536-9031	Cambria County Community Action Council, Inc. (814) 536-9031	Department of Housing and Urban Development 800-955-2232	Blair County (814) 940-6200 Cambria County (814) 533-2493	Cambria County Community Action Council, Inc. (814) 536-9031
<b>Cameron</b>	CCIS of Cameron County 800-638-4670	Cameron County Assistance Office (814) 486-3757	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Northern Tier CAC Head Start Program (814) 486-1161 ext. 224	Northern Tier Community Action Corporation (814) 486-1161	Department of Housing and Urban Development 800-955-2232	Cameron County (814) 486-3729	North Central PA Regional Planning and Development Commission (814) 773-3162
<b>Carbon</b>	CCIS Carbon County (570) 325-2226	Carbon County Assistance Office (610) 577-9020	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Carbon County Head Start (570) 645-7578	Carbon County Action Committee for Human Services (610) 377-6400	Carbon County Housing Authority (610) 377-9375	Carbon County (570) 325-2701	Maternal and Family Health Services 800-367-6347
<b>Centre</b>	CCIS of Centre County (814) 238-5480	Centre County Assistance Office 800-355-6024	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Cen-Clear Child Services, Inc. (814) 342-5678 ext. 233	Central PA Community Action, Inc. (814) 765-1551	Centre County Housing Authority (814) 355-6965	State College (814) 272-5465 Clearfield (814) 765-8118 Clinton County (570) 893-4022	Home Nursing Agency WIC Program (814) 342-6993

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>Chester</b>	CCIS Chester County (610) 344-6904 800-870-2323	Chester County Assistance Office 888-814-4698	Community Services Council of Chester County (610) 696-4545	Chester County IU Head Start (610) 383-6800 ext. 203	Chester County Dept. of Community Development (610) 344-6900	Chester County Housing Authority (610) 436-9200	Coatesville (610) 384-9393  Media (610) 723-6000  Montgomery County (610) 270-3429	Chester County Health Department (610) 344-6240
<b>Clarion</b>	CCIS Clarion County (814) 938-3302	Clarion County Assistance Office 800-253-3488	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Jefferson-Clarion Head Start, Inc. (814) 849-3660 ext. 15	Community Action, Inc. (814) 938-3302	Clarion County Housing Authority (814) 226-8910	Clarion County (814) 223-1550	Community Health Services, Inc. (814) 226-8130
<b>Clearfield</b>	CCIS of Clearfield County (814) 765-1546	Clearfield County Assistance Office 800-521-9218	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Cen-Clear Child Services EHS (814) 342-568	Central Pennsylvania Community Action, Inc. (814) 765-1551	Clearfield County Housing Authority (814) 765-2485	Blair County (814) 940-6200  Clearfield County at Clearfield (814) 765-8118  Clearfield County at DuBois (814) 371-0250	North Central PA Regional Planning & Development Commission (814) 765-7035
<b>Clinton</b>	CCIS Of Clinton County (570) 784-0963	Clinton County Assistance Office 800-820-4159	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Lycoming-Clinton Head Start (570) 601-9623	Lycoming-Clinton County Commission for Community Action, Inc. (570) 326-0587	Clinton County Housing Authority (570) 748-2954	Clinton County (570) 893-4022	Bi-County WIC Program (570) 748-1087
<b>Columbia</b>	CCIS of Columbia County (814) 337-8055	Columbia County Assistance Office (877) 211-1322	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Columbia/Sullivan Head Start (570) 784-8618	Central Susquehanna Opportunities (570) 644-6575	Columbia County Housing Authority (570) 784-9373	Columbia/Montour Counties (570) 387-6288	Family Health Council of Central PA, Inc. (570) 752-6935
<b>Crawford</b>	CCIS of Crawford County (814) 337-8055	Crawford County Assistance Office (814) 333-3400	PA Hunger Action Center (717) 233-6705 800-FOOD-997	YWCA Twin Creeks Head Start (814) 724-6530	Department of Housing and Urban Development 800-955-2232	Department of Housing and Urban Development 800-955-2232	Crawford County (814) 337-5574	Community Health Services, Inc. (814) 827-9166

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>Cumberland</b>	Child Care Network, Inc. (717) 233-8454 ext. 24	Cumberland County Assistance Office 800-269-0173	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Keystone Service Systems, Inc., DBA Capital Area Head Start (717) 541-1795	Community Action Commission (717) 232-9757	Cumberland County Housing Authority (717) 249-1315	Capitol Region (717) 783-3270 Cumberland (717) 243-4431	Family Health Council of Central PA, Inc. (717) 243-0523
<b>Dauphin</b>	CCIS of Cumberland, Dauphin and Perry Counties 800-952-7419	Dauphin County Assistance Office 800-788-5616	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Keystone Service Systems, Inc. (717) 541-1795	Community Action Commission (717) 232-9757	Dauphin County Housing Authority (717) 939-9301	Capitol Region (717) 783-3270	Hamilton Health Center (717) 230-3979
<b>Delaware</b>	CCIS of Delaware County 800-831-3117	Delaware County Assistance Office Headquarters (610) 447-5500	PathWays PA (610) 543-5022	Delaware County IU Head Start (610) 938-9000	Community Action Agency of Delaware County, Inc. (610) 891-5101	Delaware County Housing Authority (610) 876-2521	Chester City (610) 447-3307 Media (610) 723-6000	Crozer-Chester Medical Center (610) 497-7668
<b>Elk</b>	CCIS of Elk County 800-638-4670	Elk County Assistance Office 800-847-0257	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Northern Tier CAC Head Start Program (814) 486-1161 ext. 224	Northern Tier Community Action Corporation (814) 486-1161	Elk County Housing Authority (814) 965-2532	Elk County (814) 834-2857	North Central PA Regional Planning Development Commission (814) 773-3162
<b>Erie</b>	CCIS of Erie County (814) 451-6580	Erie County Assistance Office 800-635-1014	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Greater Erie Community Action Committee (814) 459-4581 ext. 422	Greater Erie Community Action Committee (814) 459-4581 ext. 422	Department of Housing and Urban Development 800-955-2232	Crawford County (814) 337-5574 Erie County (814) 455-9966	Erie County WIC Program (814) 453-5747 ext. 247
<b>Fayette</b>	CCIS of Fayette County (724) 425-1818	Fayette County Assistance Office (877) 832-7545	Fayette County Community Action Agency (724) 430-3011	Head Start of Fayette County (724) 430-4818	Fayette County Community Action Agency (724) 437-6050	Fayette County Housing Authority (724) 434-2100	Fayette County (724) 434-5627	Fayette County Community Action Agency (724) 437-6050
<b>Forest</b>	CCIS of Forest County (814) 726-1361	Forest County Assistance Office 800-876-0645	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Warren-Forest Counties Head Start (814) 726-2400 ext. 3027	Warren-Forest Counties Economic Opportunity Council (814) 726-2400	Department of Housing and Urban Development 800-955-2232	Clarion County (814) 223-1550 Oil Region (814) 678-5050 Warren County (814) 723-2350	Shenango Valley Urban League, Inc. WIC Program (814) 676-0099

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>Franklin</b>	CCIS of Adams, Franklin, and Fulton Counties (717) 334-7634	Franklin County Assistance Office 800-921-8839	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Franklin County Head Start, Inc. (717) 263-8019 ext. 208	South Central Community Action Programs, Inc. (717) 334-7634	Franklin County Housing Authority (717) 263-4200	Franklin County (717) 264-4584	South Central Community Action Programs, Inc. (717) 334-7634
<b>Fulton</b>	CCIS of Adams, Franklin, and Fulton Counties (717) 334-7634	Fulton County Assistance Office 800-222-8563	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Bedford/Fulton County Head Start (814) 624-3200	Center for Community Services (814) 623-9129	Fulton County Housing Authority (717) 485-4041	Franklin County (717) 264-4584 Bedford County (814) 623-6107	Broad Top WIC Program (814) 635-3942
<b>Greene</b>	CCIS of Greene County (724) 852-5277 888-355-2247	Greene County Assistance Office 888-410-5658	Hunger Services Network (412) 681-1110	Community Action Southwest Head Start (724) 222-9100	Community Action Southwest (724) 225-9500	Greene County Housing Authority (724) 627-6523	Greene County (724) 852-2900	Community Action Southwest (724) 225-9500 ext. 441
<b>Huntingdon</b>	CCIS of Huntingdon County (814) 643-4980 800-972-3444	Huntingdon County Assistance Office 800-237-7674	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Huntingdon County Head Start (814) 653-6800 ext. 109	Center for Community Services (814) 623-9129	Department of Housing and Urban Development 800-955-2232	Huntingdon County (814) 641-6409 Mifflin County (717) 248-4942	Broad Top WIC Program (814) 635-3942
<b>Indiana</b>	CCIS of Indiana County (724) 349-8830 800-327-3070	Indiana County Assistance Office 800-742-0679	Indiana County Community Action Program (724) 463-7440	Indiana County Head Start, Inc. 800-592-9036 (724) 349-6200	Indiana County Community Action Program (724) 465-2657	Indiana County Housing Authority (724) 463-4730	Indiana County (724) 471-7220	Adagio Health 800-WIC-WINS 800-942-9467
<b>Jefferson</b>	CCIS of Jefferson County (814) 938-3302	Jefferson County Assistance Office 800-242-814	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Jefferson-Clarion Head Start, Inc. (814) 849-3660 ext. 15	Jefferson County Community Action, Inc. (814) 938-3302	Jefferson County Housing Authority (814) 938-7140	Jefferson County (814) 938-0504	North Central PA Regional Planning and Development Commission (814) 938-7602
<b>Juniata</b>	CCIS of Juniata County (717) 436-8613	Juniata County Assistance Office 800-586-4282	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Juniata County Head Start (717) 436-8613	Department of Housing and Urban Development 800-955-2232	Department of Housing and Urban Development 800-955-2232	Mifflin County (717) 248-4942	Family Health Council of Central PA, Inc. Family Planning Plus (717) 299-7301

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
Lackawanna	CCIS of Lackawanna County (570) 963-6644	Lackawanna County Assistance Office (877) 431-1887	Commission on Economic Opportunity of Lackawanna County 800-822-0359	Scranton-Lackawanna Human Development Agency, Inc. (570) 963-6633	Scranton-Lackawanna Human Development Agency, Inc. (570) 963-6633	Lackawanna Housing Authority (570) 342-7629	Lackawanna County (570) 963-4671 Allentown (610) 437-5627	Maternal And Family Health Services 800-367-6347
Lancaster	CCIS of Lancaster County (717) 393-4004	Lancaster County Assistance Office (717) 299-7411	PA Hunger Action Center (717) 233-6705 800-FOOD-997	CAP Child Development Program/Head Start (717) 299-7301	Community Action Partnership of Lancaster County (717) 299-7301	Lancaster County Housing Authority (717) 394-0793	Lancaster County (717) 299-7631	Community Action Partnership of Lancaster County (717) 299-7301
Lawrence	CCIS of Lawrence County (724) 658-8874	Lawrence County Assistance Office 800-847-4522	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Lawrence County Social Services- Head Start (724) 658-7671	Lawrence County Social Services (724) 658-7671	Lawrence County Housing Authority (724) 656-5100	Lawrence County (724) 656-3165	Adagio Health 800-WIC-WINS 800-942-9467
Lebanon	CCIS of Lebanon County (717) 274-6552	Lebanon County Assistance Office 800-229-3926	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Lebanon County Head Start (717) 450-1512	Department of Housing and Urban Development 800-955-2232	Lebanon County Housing Authority (717) 274-1401	Lebanon County (717) 274-2554	Lebanon Family Health Services (717) 273-6741
Lehigh	Community Services for Children, Inc. (610) 437-6000	Lehigh County Assistance Office (610) 821-6509	Hispanic American Organization of Lehigh County (610) 435-5334	Community Services for Children (610) 437-6000 ext. 2354	Community Action Committee of the Lehigh Valley, Inc. (610) 691-5620	Lehigh County Housing Authority (610) 965-4514	Lehigh Valley at Allentown (610) 437-5627	Maternal and Family Health Services 800-367-6347
Luzerne	Coordinated Child Care Services of Northeast Pa (570) 822-6500	Luzerne County Assistance Office (570) 826-2100	Commission on Economic Opportunity of Luzerne County (570) 826-0510	Luzerne County Head Start, Inc. (570) 829-6231	Commission on Economic Opportunity of Luzerne County (570) 826-0510	Luzerne County Housing Authority (570) 287-9661	Allentown (610) 437-5627 Hazleton (570) 459-3854 Wilkes-Barre (570) 826-2401	Maternal and Family Health Services 800-367-6347
Lycoming	CCIS of Lycoming County (570) 327-5495 800-346-3020	Lycoming County Assistance Office 877-867-4014	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Lycoming-Clinton Head Start (570) 601-9623	Lycoming-Clinton County Commission for Community Action, (570) 326-0587	Lycoming County Housing Authority (570) 323-3755	Clinton County (570) 893-4022 Lycoming County (570) 601-5465	Bi-County WIC Program (570) 748-1087

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
<b>McKean</b>	CCIS of McKean County 800-638-4670	McKean County Assistance Office 800-822-1108	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Northern Tier CAC Head Start Program (814) 486-1161 ext. 224	Northern Tier Community Action Corporation (814) 486-1161	McKean County Housing Authority (814) 887-5563	McKean County (814) 363-9100	Bradford Hospital WIC Program (814) 362-4346
<b>Mercer</b>	CCIS of Mercer County (724) 346-6171	Mercer County Assistance Office 800-747-8405	Community Action Partnership of Mercer County (724) 342-6222 ext. 16	Mercer County Head Start (724) 346-4482	Community Action Partnership of Mercer County, Inc. (724) 342-6222	Mercer County Housing Authority (724) 342-4000	Mercer County (724) 347-9257	Shenango Valley Urban League, Inc. WIC Program (724) 981-6154
<b>Mifflin</b>	CCIS of Mifflin County (717) 242-4346 866-803-4346	Mifflin County Assistance Office 800-382-5253	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Snyder-Union-Mifflin Child Development, Inc. (570) 966-2845	Keystone Community Action Program (814) 643-3010	Mifflin County Housing Authority (717) 248-2624	Mifflin County (717) 248-4942	Family Health Council of Central PA, Inc. (717) 248-0175
<b>Monroe</b>	CCIS of Monroe County (570) 420-3590	Monroe County Assistance Office 877-905-1495 (570) 242-3030	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Monroe County Head Start (570) 421-2711 ext. 230	Monroe County Grants Office (570) 517-3129	Monroe County Housing Authority (570) 421-7770	Lehigh Valley at Allentown (610) 437-5627 Monroe County (570) 620-2850	Maternal and Family Health Services 800-367-6347
<b>Montgomery</b>	Montgomery County Office Child Day Care Services (610) 278-3707	Montgomery County Assistance 877-398-5571 Pottstown District 800-641-3940	PathWays PA (610) 543-5022	Montgomery County Head Start (610) 239-6662	Montgomery County Community Action Development (610) 277-6367	Montgomery County Housing Authority (610) 275-5720	Montgomery County (610) 270-3429	Maternal and Family Health Services 800-367-6347
<b>Montour</b>	CCIS of Montour County (570) 275-3996	Montour County Assistance Office (570) 275-7430	Family Health Council of Pennsylvania (717) 761-7380	Danville Head Start (570) 271-3268 ext. 6200	Central Susquehanna Opportunities (570) 271-3268 ext. 6200	Montour County Housing Authority (570) 275-3640	Columbia/Montour Counties (570) 387-6288	Family Health Council of Central PA, Inc. (570) 752-6935
<b>Northampton</b>	CCIS of Northampton County (610) 419-4500	Northampton County Assistance Office 800-368-8390	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Community Services for Children (610) 437-6000 ext. 2354	Community Action Committee of the Lehigh Valley, Inc. (610) 691-5620	Northampton County Housing Authority (570) 275-3640	Allentown (610) 437-5627 Bristol (215) 781-1073 Monroe County (570) 620-2850	Maternal and Family Health Services 800-367-6347

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
Northumberland	CCIS of Northumberland County (570) 988-4452	Northumberland County Assistance Office 800-368-8390	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Northumberland Area Head Start (570) 523-1155	Central Susquehanna Opportunities (570) 644-6575	Northumberland County Housing Authority (570) 742-8797	Northumberland/Snyder/Union (570) 988-7300	Family Health Council of Central PA, Inc. (717) 248-0175
Perry	CCIS of Perry County 800-358-8725	Perry County Assistance Office 800-991-1929	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Keystone Service Systems, Inc. DBA Capital Area Head Start (717) 541-1795	Community Action Commission (717) 232-9757	Department of Housing and Urban Development 800-955-2232	Capitol Region (717) 783-3270 Cumberland (717) 243-4431	Cumberland/Perry Tapestry of Health (717) 248-0175
Philadelphia	CCIS of Philadelphia 888-461-KIDS (5437)	Philadelphia County Assistance Office Headquarters (215) 560-2900	Greater Philadelphia Coalition Against Hunger (215) 430-0555	Philadelphia School District 215-400-4270	Mayor's Office of Community Services (215) 685-3602	Philadelphia Housing Authority (215) 557-8484	Nueva Esperanza (215) 324-0746 North Philadelphia (215) 560-5465 Northeast Philadelphia (215) 281-1038 Northwest Philadelphia (267) 339-0333 Suburban Station (215) 557-2592	N.O.R.T.H., Inc. (215) 978-6100
Pike	CCIS of Pike County 800-638-4670	Pike County Assistance Office 800-446-9896	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Scranton-Lackawanna Human Development Agency, Inc. (570) 963-6633	Pike County Administration (570) 296-3439	Pike County Human Development Office (570) 296-3439	Lehigh Valley at Allentown (610) 437-5627 Pike County (570) 296-2909	Maternal and Family Health Services 800-367-6347
Potter	CCIS of Potter County 800-638-4670	Potter County Assistance Office 800-446-9896	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Northern Tier CAC Head Start Program (814) 486-1161 ext. 224	Northern Tier Community Action Corporation (814) 486-1161	Potter County Housing Authority (814) 274-7031	Tioga County (570) 724-1939 Potter County (814) 274-9330	North Central PA Regional Planning and Development Commission (814) 274-7172

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
Schuylkill	CCIS of Schuylkill County (570) 624-7950 800-216-1938	Schuylkill County Assistance Office 877-306-5439	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Child Development, Inc. 800-433-3370	Schuylkill Community Action (570) 622-1995	Schuylkill County Housing Authority (570) 385-3400	Carbon County (570) 325-2701 Hazelton (570) 459-3854 Pottsville (570) 622-5253	Maternal and Family Health Services 800-367-6347
Snyder	CCIS of Snyder and Union Counties (570) 966-2216	Snyder County Assistance Office (570) 374-8126	Union-Snyder Office of Human Resources (570) 374-8938	Snyder-Union-Mifflin Child Development, Inc. (570) 966-2845	Union-Snyder Community Action Agency (570) 374-8938	Snyder County Housing Authority (570) 837-3979	Northumberland/Snyder/Union (570) 988-7300 Union/Snyder Counties (570) 374-5751	Family Health Council of Central PA, Inc. (717) 248-0175
Somerset	CCIS of Somerset County (814) 445-9305 800-428-8920	Somerset County Assistance Office 800-248-1607	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Somerset County Head Start (814) 445-9628	Community Action Partnership for Somerset County (814) 445-9628	Somerset County Housing Authority (814) 629-5147	Somerset County (814) 445-4181	Family Health Council of Central PA, Inc. (814) 443-1901
Sullivan	CCIS of Sullivan County (570) 265-4420	Sullivan County Assistance Office 877-265-1681	TREHAB Center (570) 278-3338	Columbia Sullivan Head Start (570) 784-8618	TREHAB Center (570) 278-3338	Sullivan County Housing Authority (570) 946-7677	Bradford/Sullivan Counties (570) 265-2171	Maternal and Family Health Services 800-367-6347
Susquehanna	CCIS of Susquehanna County (570) 341-0811	Susquehanna County Assistance Office 888-753-6328	Commission on Economic Opportunity of Luzerne County (570) 826-0510	Scranton-Lackawanna Human Development Agency, Inc. (570) 963-6633	TREHAB Center (570) 278-3338	Susquehanna County Housing Authority (570) 278-3011	Bradford/Sullivan Counties (570) 265-2171	Maternal and Family Health Services 800-367-6347
Tioga	CCIS of Tioga County (570) 724-5766	Tioga County Assistance Office 800-525-6842	TREHAB Center (570) 278-3338	Bradford-Tioga Head Start (570) 638-1400	TREHAB Center (570) 278-3338	Department of Housing and Urban Development 800-955-2232	Tioga County (570) 724-1939	Maternal and Family Health Services 800-367-6347
Union	CCIS of Snyder and Union Counties (570) 966-2216	Union County Assistance Office (570) 524-2201	Union-Snyder Office of Human Resources (570) 374-8938	Snyder-Union-Mifflin Child Development, Inc. (570) 966-2845	Union-Snyder Community Action Agency (570) 374-8938	Union County Housing Authority (570) 522-1300	Northumberland/Snyder/Union (570) 988-7300 Union/Snyder Counties (570) 374-5751	Family Health Council of Central PA, Inc. (717) 248-0175

# County Help Charts

County	Child Care Information Services (CCIS)	County Assistance Office (CAO)	Food Stamps Pre-Screening	Head Start	Homelessness Assistance Program	Local Housing Authority	PA CareerLink®	WIC Program
Venango	CCIS of Venango County 800-892-3448 (814) 437-1906	Venango County Assistance Office 877-409-2421	PA Hunger Action Center (717) 233-6705 800-FOOD-997	YWCA Twin Creeks Head Start (814) 724-6530	Venango County Office of Economic Opportunity (814) 432-9767	Venango County Housing Authority (814) 677-5926	Oil Region (814) 678-5050	Shenango Valley Urban League, Inc. WIC Program (814) 676-0099
Warren	CCIS of Warren County 877-855-0013	Warren County Assistance Office 800-403-4043	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Warren-Forest Counties Head Start (814) 726-2400 ext. 3026	Warren-Forest Counties Economic Opportunity Council (814) 726-2400	Warren County Housing Authority (814) 723-2312	Warren County (814) 723-2350	Community Health Services, Inc. (814) 726-1093
Washington	CCIS of Washington County (724) 228-6969	Washington County Assistance Office 800-835-9720	Hunger Services Network (412) 681-1101	Community Action Southwest Head Start (724) 222-9100	Community Action Southwest (724) 225-9550	Washington County Housing Authority (724) 228-6060	Mon Valley (724) 379-4750 Washington County (724) 223-4500	Community Action Southwest (724) 225-9550 ext. 441
Wayne	CCIS of Wayne County (570) 341-0811	Wayne County Assistance Office 877-879-5267	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Scranton-Lackawanna Human Development Agency, Inc. (570) 963-6633	TREHAB Center (570) 278-3338	Wayne County Housing Authority (570) 488-6069	Lehigh Valley at Allentown (610) 437-5627 Wayne County (570) 253-1163	Maternal and Family Health Services 800-367-6347
Westmoreland	CCIS of Westmoreland County (724) 836-4580	Westmoreland County Assistance Office (724) 832-5200	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Seton Hill Child Services, Inc. (724) 836-0099	Westmoreland Human Opportunities Inc. (724) 834-1260	Westmoreland County Housing Authority (724) 832-7258	Alle-Kiski (724) 334-8600 Westmoreland County at Youngwood (724) 755-2330	Mon Valley Community Health Center 800-342-8980 ext. 4492
Wyoming	CCIS of Wyoming County (570) 836-3131	Wyoming County Assistance Office (570) 836-5171	Commission on Economic Opportunity of Luzerne County (570) 826-0510	Luzerne County Head Start, Inc. (570) 829-6231	TREHAB Center (570) 278-3338	Wyoming County Housing Authority (570) 942-6155	Bradford/Sullivan Counties (570) 265-2171 Wyoming County (570) 836-5029	Maternal and Family Health Services 800-367-6347
York	Child Care Consultants, Inc. CCIS of York County (717) 854-2273	York County Assistance Office 800-991-0929	PA Hunger Action Center (717) 233-6705 800-FOOD-997	Head Start of York County (717) 846-4600 ext. 267	Community Progress Council, Inc. (717) 846-4600	York County Housing Authority (717) 845-2601	York County (717) 767-7600	Community Progress Council, Inc. (717) 843-7942

## Social Media

PathWays PA is represented in a number of ways online.

Please use the following links to find us on Facebook, Twitter and other sites.

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

### *Blogs*

The PathWays PA Policy Blog: <http://policypathwayspa.blogspot.com/>

The Coalition for Healthy Families and Workplaces Blog: <http://www.earnedsickdaysphilly.com>

The Financial Resource Guide Blog: <http://financialresourceguide.blogspot.com>

Coming soon - Benefits Buzz

### *Twitter:*

@PathWaysPolicy: <http://twitter.com/#!/PathWaysPolicy>

@EarnedSickTime: <http://twitter.com/#!/EarnedSickTime>

@Paths2Benefits: <http://twitter.com/#!/Paths2Benefits>

### *Facebook*

PathWays PA: <http://www.facebook.com/#!/PathWaysPA>

Financial Path\$: <http://on.fb.me/po7ihC>

Philadelphia Earned Sick Days Campaign: <http://on.fb.me/dSID94>

### *YouTube*

PathWays PA: <http://www.youtube.com/user/PathWaysPA>

Earned Sick Time: <http://www.youtube.com/user/EarnedSickTime>

Check us out online to see  
where else PathWays PA  
has popped up!



## Publications

PathWays PA offers a wide variety of publications. Please contact us at 800-209-2914 or at [policy@pathwayspa.org](mailto:policy@pathwayspa.org) to order. The first five copies of any publication are free; after that, we may charge a nominal fee.

Self-Sufficiency Standard (2010)

Overlooked and Undercounted (2009)

Elder Economic Security Initiative (2008)

Elder Policy Brief (2008)

Financial Resource Guide (2011))

Investing in PA's Families (2007)

Keeping it Real: Teen Finances (2010)

Making Wages Work (2010)

Pennsylvania's Workforce: The Role of Community Colleges (2010)

Paths to Banking (2008)

Work Supports: Helping Families Reach Self-Sufficiency (2008)

# Discount Prescription Program Card



## CAN I REDUCE THE HIGH COST OF MY PRESCRIPTION MEDICINE?

Use this free discount prescription card for **10-85%** off the regular cost of most prescription medicine for you and your family at more than 58,000 pharmacies nationwide!

It's easy to start saving money, and there is **NO** expiration date, **NO** age or income requirements, and **NO** limits on the number of prescriptions.

### HERE'S HOW IT WORKS

- Step 1:** Tear out the already active card below
- Step 2:** Present card with prescription to your participating pharmacy (or visit [www.trustscripts.com](http://www.trustscripts.com) for locator)
- Step 3:** Discounts will automatically be applied!

### Who should use this discount prescription card?

- People without prescription coverage
- Seniors in the Medicare Part D coverage gap
- People taking prescription drugs not covered by their prescription drug program

### YOUR TRUSTSCRIPTS CARD CAN HELP YOU AFFORD THE MEDICINE YOU NEED!





Example of a drug discounted by the TrustScripts Card:  
SIMVASTATIN (GENERIC ZOCOR) 20 mg, 30 day supply  
Average Retail Price \$77.04

Discounted Price By  
Using TrustScripts Card \$13.71

YOU SAVE!\* \$63.66

\*This is an example of savings – pricing is subject to change without notice and may vary by provider and location. Be sure to use our Pharmacy Locator and Best Medicine Price Finder online tools at [www.trustscripts.com](http://www.trustscripts.com)

This card is accepted nationwide at national chains and local independent pharmacies.  
Visit our Pharmacy Locator and Drug Pricing Tools at [www.TrustScripts.com](http://www.TrustScripts.com).

  <p><b>DISCOUNT PRESCRIPTION PROGRAM</b></p> <p>MEMBER ID: 4281969    BIN# 014186    GROUP ID# HAS196 MEMBER HELP PHONE # 877-827-7874    PHARMACY HELP PHONE # 877-459-8474</p> <p>DISCOUNT DRUG PROGRAM. THIS IS NOT INSURANCE.</p> 	<p>Need cards for friends and family? Visit <a href="http://www.pathwayspa.org">www.pathwayspa.org</a> to print and share additional cards!</p> <hr/> <p>Attention Pharmacist! If you have any questions regarding this card or eligibility please call the 24/7 Pharmacy Help Line at 877-459-8474.</p> <hr/> 
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## Financial Path\$



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Financial Education, Counseling and Credit Solutions

**ALL services are FREE**

- Improve your credit
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- Apply for public benefits (LIHEAP, SNAP, etc)
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