

**Adult Literacy Center of Lehigh Valley**  
610.435.0680. Classes in English as a second language as well as basic reading skills. Also trains tutors for people who want to learn English.  
**Educational Opportunity Center, Inc.**  
610.432.4839. Career planning, college, financial aid, diploma/GED.  
**Other Resources**  
Area school districts offer evening enrichment and skill courses for adults at minimal fees. Call your school district administration office for more information. Colleges and training schools also offer courses, events, libraries, museums, art and sports.

**Emergency Services**  
These services are available 24 hours/day to help during emergency situations. All are confidential.  
**American Red Cross Lifeline**  
610.861.5105. Emergency response system designed for senior citizens which allows them to live independently in their homes.  
**Childline**  
1.800.932.0313. Accepts reports of child abuse and pursues investigations of abuse.  
**Crime Victims Council of Lehigh Valley, Inc.**  
610.437.6611. Offers counsel and emotional support for victims of rape, incest and sexual assault, and victims/witnesses of violent crimes.  
**Lehigh County Crisis Intervention**  
610.782.3127. For mental health emergencies.  
**Lehigh County Office of Children and Youth**  
610.782.3064. Protects children from abuse or neglect.  
**Northampton County Children, Youth and Families**  
610.559.3290. Emergencies 610.252.9060.  
**Northampton County Emergency Services—Crisis Intervention**  
610.252.9060. For mental health emergencies.

**Dental Care**  
**Dental Clinics:**  
Lehigh Valley Hospital 610.969.2245; Lehigh Valley Hospital Muhlenberg 484.884.2315; Sacred Heart Hospital 610.776.4802; St. Luke's Dental Clinic 610.954.2460  
**NCC Dental Hygienists**  
610.861.5442. Cleaning, fluoride treatments, fillings and advice on need for additional work.  
**Valley Wide Smile Program**  
610.437.7615. Children ages 3–18 with no insurance or means to pay.  
**Drug and Alcohol Counseling**  
**Al-Anon Family Groups**  
610.778.2066. Support for families of alcoholics.  
**Alcoholics Anonymous**  
610.882.0558. Support for alcoholics.  
**Council on Alcohol and Drug Abuse**  
610.437.0801. Counseling, treatment and education.  
**New Direction Treatment Services**  
610.758.8011. Treats addiction using methadone.  
**Treatment Trends, Inc.**  
610.432.7690. Group and individual counseling, education.  
**Other Resources**  
Information about other services, such as in- and outpatient treatment and detoxification can be obtained by calling 2-1-1.

**Education**  
**Lehigh Carbon Community College (LCCC)**  
610.799.2121  
**Lehigh Career and Technical Institute**  
610.799.2300  
**Northampton Community College (NCC)**  
610.861.5300

**Call 2-1-1**  
Trained call specialists will provide information on a broad range of services, including basic needs, health care, youth programs, counseling, food banks, housing, aging services and more. Available Monday–Friday, 7 a.m.–6:30 p.m.

**Childcare**  
610.868.4636 or 1.800.528.7222. Maintains listings of openings in area childcare services, childcare information and resource referrals.

**Civil Rights**  
**Pennsylvania Human Relations Commission**  
717.787.4410 or 717.787.4087 (TTY users only)  
Assists with complaints of job, housing and other discrimination throughout the state.

**Clothing**  
**Adventist Community Services**  
610.432.3810  
**Lehigh County Conference of Churches**  
610.433.6421. Free clothing.  
**Salvation Army**  
Allentown 610.432.2381; Bethlehem 610.867.4681; Easton 610.258.9531; Pen Argyl 610.863.6677  
Free and low-cost, used clothing.  
**Other Resources**  
Thrift shops, many benefiting charities and second-hand stores listed in the phone book sell low-cost, used clothing.

**When you lose your job,**

you may lose some obvious things—your regular paycheck, your office, your locker at the plant. You may lose things that are not so obvious—your self-worth, sense of purpose and a daily routine.

We take pride in our skills. Our work provides the basic financial necessities for our families.

Given all these feelings of loss, it's often hard to remember that you haven't lost your most important resource—you. Though it may be difficult, try to keep a positive attitude during your period of unemployment. It's important for you to remember that you still have all the qualifications and personal worth that got you your job in the first place. No one can take that away from you.

United Way of the Greater Lehigh Valley has compiled a list of community service agencies, from the governmental and voluntary sector—your ABCs for Help.



ABCs For Help

Human Services Resource Guide for the Unemployed

(Emergency Services cont.)

**ProjeCt of Easton, Inc.**

610.258.4361

**Turning Point of Lehigh Valley, Inc.**

610.437.3369. Shelter and counsel for adults being battered by household members.

**Valley Youth House**

610.820.0166 or 610.691.1200 (shelter). Hotline and emergency shelter for homeless and runaway youth.

## Financial Assistance

**Assistance Office**

NC 610.250.1700; LC 610.821.6509. Subsistence cash payment to people whose income and resources are below the poverty level. Appointments necessary.

**Food Stamps**

NC 610.250.1700; LC 610.821.6509. Stamps which are used to pay for food, subsidizing family income.

**Medical Assistance**

NC 610.250.1700; LC 610.821.6509. Pays for health services and hospital care for people whose income and resources are below the poverty level. Appointments necessary.

## Food

**Food Banks and Soup Kitchens**

For information about sources of emergency or supplemental food in your area, call 2-1-1.

**Food Preservation**

NC 610.746.1970; LC 610.391.9840. Penn State Cooperative Extension has recipes, food plans, preservation suggestions and family budgets.

**Lehigh County Garden Plot Program**

610.782.3033. \$20/year.

**Meals on Wheels**

LC 610.398.2563; NC/Bethlehem 610.691.1030; Easton 610.691.1030

**Women, Infant and Children Program (WIC)**

Allentown 610.432.3455; Bethlehem 610.691.6491; Easton 610.258.6938. Provides vouchers for dairy products for children and pregnant women.

**Other Resources**

Bakeries with thrift shops where surplus merchandise is sold reduced. Check Yellow Pages under bakeries.

## Handling Money

**Consumer Credit Counseling Services of Lehigh Valley—Money Management International**

610.821.4010. Works with debtors and creditors to achieve acceptable repayment plan. Budget counseling.

**Easton Area Neighborhood Centers, Inc.**

610.253.4253. Budget counseling and advocacy.

**Federal Trade Commission**

202.326.2222. Will advise on methods to deal with creditors who are hassling you.

**ProjeCt of Easton, Inc.**

610.258.4361. Budget counseling.

## Housing

**Bureau of Consumer Protection**

610.821.6690. Offers assistance in tenant-landlord situations. Does not do real estate. NC & LC. List of landlords of low-to-moderate rent properties, a project of the Community Action Committee (CACLV), are maintained by Easton Area Neighborhood Center 610.253.4253; and Lehigh County Conference of Churches 610.439.8653.

**Emergency Shelter Assistance**

A variety of resources depending on the situation, family composition and time of year. Call 2-1-1.

**Public Housing**

Federally-owned housing units. See above agencies.

**Rent Assistance**

Also known as rent subsidy, Section-8 and HUD. Assists in partial rent payments for qualified tenants and landlords. Waiting lists. Allentown Housing Authority 610.439.8678; Bethlehem Housing Authority 610.865.8300; Easton Housing Authority 610.258.0806; Lehigh County Housing Authority 610.965.4514; Northampton County Housing Authority 610.759.8488

## Job Interest Exploration

**CareerLink Lehigh Valley**

610.437.JOBS (5627)

**Career Services**

610.861.5344. Northampton Community College offers testing and counseling for a fee.

**The Program for Women and Families**

610.433.6556. Individual counseling and workshops.

## Job Preparation and Resumes

Aids unemployed people in job readiness, interviewing skills and resume writing.

**CareerLink Lehigh Valley**

610.437.JOBS (5627)

**Career Services**

Northampton Community College 610.861.5344

**Council for Spanish Speaking Organizations**

Bethlehem 610.868.7800

**Northeast Ministries**

Marvine Village, Bethlehem 610.691.3355

**Other Resources**

Professional résumé writers/producers advertise in newspaper classified ads sections.

## Job Search and Placement

**CareerLink Lehigh Valley**

610.437.JOBS (5627). Training, retraining and job placement for the unemployed and displaced workers.

**Council for Spanish Speaking Organizations**

Bethlehem 610.868.7800. Job counselor available.

**Hispanic-American Organization**

610.435.5334. Maintains contact with area employers for possible job placement.

**OVR-Pa. Office of Vocational Rehabilitation**

610.821.6441 or 800.922.9536. Employment services for persons with disabilities.

**Private Employment Services**

Check Yellow Pages, newspaper classified sections and ask questions about fees, obligations, etc. before signing a contract for these businesses to find you a job.

**ProjeCt of Easton Inc.**

610.258.4361. Works with unemployed workers in job search and placement.

## Medical Care

Clinics at the area hospitals include such specialties as orthopedics, pediatrics, oncology and obstetrics.

**Allentown Health Bureau**

610.437.7760. Health information, clinics, immunizations and education.

**Bethlehem Health Bureau**

610.865.7083. Health information, clinics, immunizations and education.

**Lehigh County State Health Center**

610.821.6770

**Lehigh Valley Home Care-Hospice**

610.969.0300. Provides support for terminally ill patients and their families.

**Northampton County State Health Center**

610.256.1825. Runs clinics in outlying areas.

**Visiting Nurses Associations**

Bethlehem 610.691.1100; Easton 484.536.1300; Sacred Heart 610.871.2802. Offer home-delivered nursing, mental health and other health services; accepts medical assistance.

## Personal Care

**Area Schools**

Bethlehem Area Vocational Technical School 610.866.8013; Career Institute of Technology 610.258.2857; Empire Beauty School 610.628.3136; and Lehigh Career & Technical Institute 610.799.2300. Haircuts and other cosmetic work; fees very low. Work done by students approaching graduation.

## Personal & Family Counseling

**Area Agency on Aging**

LC 610.782.3034; NC 610.559.3245; Toll free in NC 1.800.322-9269. Services for people age 60 or older and their caretakers.

**Catholic Social Agency**

610.435.1541. Provides individual and family counseling, casework and referrals to counselors.

**Center for Pastoral Counseling and Family Therapy**

610.758.9994

**Council for Spanish Speaking Organizations**

610.868.7800

**Diakon Lutheran Social Ministries**

877.342.5667

**Family and Counseling Services of the Lehigh Valley**

Allentown 610.435.9651. Individual and family counseling.

**Jewish Family Service**

610.821.8722. Individual and family counseling and casework.

**KidsPeace**

800.257.3223. Offers counseling for children under age 18 and their families, and provides a residential setting for troubled children and youth.

**Lehigh County Mental Health/Mental Retardation**

610.782.3200

**Northampton County Mental Health/Mental Retardation**

Bethlehem 610.974.7500; Easton 610.559.3270

**Treatment Trends, Inc.**

610.432.7690. Individual and group counseling.

**Via of the Lehigh Valley**

610.317.8000. Counseling and training for handicapped people and their families.

**Other Resources**

Private therapists advertise in the Yellow Pages under "Marriage, Family, Child and Individual Counselors."

## Public Transportation

**LANTA**

610.776.7433. Route information and rates.

**VAST**

610.433.7334. Shared rides, medical assistance ride programs and specialized transportation.

## Utility Assistance

**C.A.R.E.S.**

1.800.358.6623. For PPL customers. Works with customers with bill-paying problems due to emergencies and unusual circumstances. Will design repayment plan in effort to stall shut-offs.

**Community Action Committee of the Lehigh Valley (CACLV)**

610.691.5620. For homeowners and renters who pay for their fuel; grants available for emergency fuel assistance during heating season. Household income must be close to Federal poverty lines.

**Federal Fuel Assistance Subsidy**

LC 610.821.6702; NC 610.250.1785. Application for fuel assistance (one grant per household) taken through local welfare offices.

**Salvation Army**

Allentown 610.432.2381; Bethlehem 610.867.4681; Easton 610.258.9531; and Pen Argyl 610.863.6677.

## Volunteer Work

Many useful skills can be learned as a volunteer. Opportunities are available if you can trade your time instead of money. If you don't know where to give your time, or if you want a new challenge or skill, call: **Retired and Senior Volunteer Program (RSVP)**

610.391.8211. Places people over age 55 in volunteer jobs.

**Volunteer Center of the Lehigh Valley**

610.807.0336. Places volunteers in community service opportunities.

## Warren County—New Jersey

**New Jersey Transit—Reduced Fare Program Disability Assistance**

973.378.6401 or 800.772.2222

**Northwest NJ Regional Woman's Center—Centenary College**

908.852.9365. Educational in nature, programs vary.

**WorkFirst New Jersey • One Stop Career Center**

908.859.0400

(LC) Lehigh County; (NC) Northampton County