



Montgomery County  
Department of  
Health and Human Services

## Guia de Recursos para Padres

Una guía de servicios para ayudar a las familias y agencias en el condado de Montgomery.

### Montgomery County Office of Community Connections

Los “Navicates” de “Community Connection” son profesionales de servicios sociales quien son expertos en recursos de la comunidad, del condado, y del estado. Ellos pueden proveer informacion rapida por preguntas simples. Ellos tambien pueden trabajar con residents en problemas mas complicados. Residents pueden trabajar con el mismo “Navicate” durante sus interacciones con “community Connections” para que el “Navicate” pueda server de un navegante del Sistema y un defensor para el individual durante el proceso. Este servicio es GRATIS para todos residents del condado de Montgomery. Este servicio es GRATIS para todos residents del condado de Montgomery.

**Servicios de línea de idiomas están disponibles.**

[www.montgomerycountypa.gov/ContactANavicate](http://www.montgomerycountypa.gov/ContactANavicate)

**610-278-3522**

## SERVICIOS DE EMERGENCIA

*Emergencias generales (Ambulancia, bomberos, policía)*

**911**

Poison Control Center **800-222-1222**  
(control de veneno)

Montgomery County Mobile Crisis Support  
**855-634-4673**

Child Abuse 24-hour Hotline **800-932-0313**

¿Necesita recursos? ...

¿No sabes a quien llamar?

**2-1-1** PENNSYLVANIA ★  
*Marqué 2-1-1* **2-1-1**™  
*Southeast*  
Powered by United Way

## Abuso/Maltrato

### *Infantil*

Childline 24-hour Child Abuse Hotline 800-932-0313  
Montgomery County Office of Children & Youth Services  
Weekdays 8:00am-4:30pm 610-278-5800  
After 4:30pm, Weekends, and Holidays 610-275-1222

### *Child Abuse Resources*

Children's Crisis Treatment Center Philadelphia 215-496-0707  
Montgomery County 610-275-2020  
Mission Kids Child Advocacy Center 484-687-2990  
Montgomery Child Advocacy Project 610-279-1219

### *Violencia Doméstica*

Abington Jefferson Health 215-481-2576  
Creative Health Services S.A.F.E Project  
Prevention and Intervention for Children 610-326-9250  
Laurel House  
24-horas Línea de ayuda 800-642-3150  
Domestic Abuse Response Team (DART) 215-852-9826  
Cordea (antes MENERGY) 215-242-2235  
Montgomery County Office of Senior Services 610-278-3601  
Elder Protective Services Hotline 800-734-2020  
National Domestic Violence Hotline 800-799-7233  
TTY: 800-787-3224  
National Teen Dating Abuse Hotline 866-331-9474  
TTY: 866-331-8453  
TEXT: "loveis" to 22522  
The Network/La Red LGBTQ+ 800-832-1901  
The Open Link Support Services and Counseling 215-679-4112  
Victim Services Center of Montgomery County 610-277-0932  
24-horas Línea de ayuda 888-521-0983  
Women Against Abuse Philadelphia Domestic Abuse Hotline  
866-723-3014  
TTY: 215-456-1529  
Women's Center of Montgomery County  
24-horas Línea de ayuda 800-773-2424  
Bryn Mawr Office 610-525-1427  
Colmar Office 215-996-0721  
Elkins Park Office 215-635-7344  
Norristown Office 610-279-1548  
Pottstown Office 610-970-7363  
Abington-Lansdale Hospital 215-853-8060  
Holy Redeemer Hospital 215-938-3711  
Women Organized Against Rape (WOAR) Hotline 215-985-3333

## Adopción y Cuidado Temporal

Adoptions from the Heart 888-608-8373  
Bethany Christian Services 215-376-6200  
Catholic Social Services 267-331-2463  
PA Statewide Adoption and Permanency Network 800-585-7926  
Open Arms Adoption Network 888-673-6276

## Servicios Jurídicos

AIDS Law Project of PA 215-587-9377  
Better Business Bureau 202-393-8000  
CLARIFI Consumer Credit Counseling 215-563-5665  
Disability Rights PA Toll Free 800-692-7443  
TDD 877-375-7139  
Philadelphia 215-238-8070  
Education Law Center 215-238-6970  
Fair Housing Rights Center in SE PA 866-576-1968  
Housing Equality Center 866-540-3247  
Laurel House 24-hour Helpline 800-642-3150  
Laurel House Main Number 610-277-1860  
Legal Aid of SEPA Helpline 877-429-5994  
Legal Aid of Southeastern PA  
Norristown 610-275-5400  
Pottstown 610-326-8280  
Legal Clinic for the Disabled (free for low-income) 215-587-3158  
Montgomery County Child Advocacy Project 610-279-1219  
Montgomery County Bar Association  
Lawyer Referral Service – option 3: 610-279-9660  
Montgomery County Domestic Relations 610-278-3646  
Office of Vocational Rehab Client Assist. Program 888-745-2357  
Pennsylvania Health Law Project 800-274-3258  
Pennsylvania Human Relations Commission 215-560-2496  
TTY 215-560-3599  
PA Office of the Attorney General Consumer Prog  
Philadelphia 800-441-2555  
215-560-2414  
Pennsylvania Health Law Project 800-274-3258  
Pennsylvania Legal Aid 800-322-7572  
Pennsylvania Utility Law Project 844-645-2500  
[utilityhotline@palegalaid.net](mailto:utilityhotline@palegalaid.net)  
Senior LAW Center  
Helpline (10AM to 12PM M-Th) 877-727-7529  
Victim Services Center Helpline 888-521-0983  
Villanova University School of Law  
Civil Justice Clinic 610-519-5894  
Spanish 866-655-4419  
Women's Center of Montgomery County 610-279-1548

## SEGURO PARA DORMIR

Ayude a reducir el riesgo de SMSL SIDS  
(Síndrome de muerte subita del lactante)

- Coloque al bebé boca arriba en una cuna vacía con un colchón firme y sábanas ajustables.
- No empaquetar demasiado la ropa
- Mantenga su hogar libre de humo
- Practique compartir habitación sin compartir cama.

## Visite

[www.montgomerycountypa.gov/carseatcheck](http://www.montgomerycountypa.gov/carseatcheck)

**¡Para programar una cita para una revisión GRATUITA del asiento para el automóvil por parte de un técnico certificado en asientos para el automóvil!**

## Necesidades Básicas

### Embarazo/Bebé

A Baby's Breath	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	Phoenixville	610-933-5182
	Warminster	215-442-0442
	Wayne	484-580-6436
Birthright of Pottstown		
	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
	Philadelphia	215-728-0385
Colonial Neighborhood Council (diapers/wipes)		610-828-6595
Cradle of Hope		215-572-5937
Genesis Pregnancy Care Center Pottstown		610-970-8089
Mitzvah Circle Foundation		215-828-6647
Email:	<a href="mailto:info@mitzvahcircle.org">info@mitzvahcircle.org</a>	
North Care Women's Center		
Lansdale		215-855-2424
Text		267-656-6867

### Cribs for Kids: 484-622-3637

**Cunas para Niños  
(Agency referral required)**

**Si está sin hogar o si tiene un riesgo inminente de quedarse sin hogar, contacte a "Your Way Home Call Center," por favor.**

Visit [www.211SEPA.org](http://www.211SEPA.org)  
Dial 2-1-1 or 866-964-7925  
Text 898-211

### Ropa

Goodwill Store	Phoenixville	610-917-0095
	Montgomeryville	267-645-4180
	Exton	610-594-6949
	Warminster	215-441-9185
Liberty Thrift Stores	Quakertown	215-529-1400
	Pottstown	610-970-6306
	Montgomeryville	215-699-1203
Little Liberty (children & maternity)		610-831-2170
Mitzvah Circle	<a href="mailto:info@mitzvahcircle.org">info@mitzvahcircle.org</a>	215-828-6647

### Finanzas

American Red Cross (Asistencia en caso de desastre)		800-733-2767
CADCOM		610-277-6363
Dept. Human Services COMPASS Benefits Hotline		800-692-7462
	TTY/TTD	800-451-5886
PA EBT Hotline		877-343-0179
Internal Revenue Service (IRS) <a href="http://www.irs.gov">www.irs.gov</a>		844-545-5640
Low Income Energy Assistance (LIHEAP) Hotline		866-857-7095
Manna on Main Street	Lansdale	215-855-5454

The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
PA Department of Revenue		888-PATAxes
PECO MEAF (Matching Energy Assistance Fund)		610-277-6363
Project Outreach	Royersford	610-948-5111
Social Security (SSDI/SSI disabilities)		
	Norristown	800-772-1213
	TTY/TTD	800-325-0778
Women's Center of Montgomery County		610-279-1548

### Comida

**Encontrar comida cerca de Ud.:**

<https://www.montcoantihunger.org/mahn-member-food-pantries.html>

Boyerstown Area Multi-Service, Inc.		610-367-6957
CADCOM		610-277-6363
Caring for Friends		215-464-2224
Catholic Social Services	Norristown	610-279-7372
Colonial Neighborhood Council		610-828-6595
Coventry Food Pantry	Pottstown	610-326-5659
Keystone Opportunity Center	Souderton	215-723-5430
Mattie N. Dixon Community	Norristown	215-628-3002
Manna on Main Street	North Penn	215-855-5454
Meals on Wheels (edad 60+)		610-278-3601
	<a href="https://www.mealsonwheelsamerica.org/find-meals">https://www.mealsonwheelsamerica.org/find-meals</a>	
	King of Prussia	610-256-7051
	Norristown	610-275-1960
New Life Church Food Cupboard	Glenside	215-576-0892
Norristown Hospitality Center		610-277-1321
Patrician Society of Central	Norristown	610-272-6316
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
The Share Program		215-223-2220
Women, Infants and Children (WIC)		
	Norristown	610-272-4042
	Colmar	215-822-8068
	Pottstown	610-323-8160

### Discriminacion en la vivienda

800-669-9777

[ComplaintsOffice03@hud.gov](mailto:ComplaintsOffice03@hud.gov)

### Alojamiento

Your Way Home Call Center <a href="http://www.211SEPA.org">www.211SEPA.org</a>		866-964-7925
	Text	898-211
Genesis Housing Corporation		610-275-4357
Family Promise Montco PA		215-628-2334
Family Promise of the Main Line		610-277-0977
U.S. Department of Housing & Urban Dev. (HUD)		215-656-0500
	TTY/TTD	Dial 7-1-1
HUD Public Housing Info & Resource Center		800-955-2232
Montgomery County Housing Authority (MCHA)		
(Public Housing and Housing Voucher Program)		610-275-5720
	PA Voice Relay	800-654-5988
The Salvation Army	Norristown	610-275-4183
	Philadelphia	215-482-5911
	Pottstown	610-326-1621
	Boyerstown	610-367-4089

### Servicios de Extension Para personas Sin Hogar

<b>Street Outreach Main Number</b>	<b>484-686-3575</b>
Street Medicine Phone (24-hr monitored voice mail)	484-890-0602
Ann Frances Foundation (birth cert; legal ID; food)	484-374-3091
Norristown Hospitality Center – Norristown	610-277-1321
HopeWorx (lavanderia, comida, etc) Norristown	610-270-3685
A Women of Purpose (duchas/lavanderia) Pottstown	484-334-3811
The Ricketts Center (duchas/lavanderia) Pottstown	484-945-1020

### Condiciones de Vida Peligrosos

<b>Contact Your Municipality's Building &amp; Code Enforcement Dept.</b>	
Norristown Building & Code Enforcement Dept.	610-270-0441
Pottstown Building & Code Inspections Dept.	610-970-6520
Lansdale Code Enforcement Dept.	215-368-1691

The Housing Equity Center of PA 866-540-FAIR  
[www.equalhousing.org](http://www.equalhousing.org)  
 Public Housing Information and Resource Center 800-955-2232

**VNA Personal Navigator Program**  
**Abington, Colmar, Norristown, Pottstown** **800-591-8234**  
 VNA Community Services, Children's Health Ctr 215-572-7880  
 VNA SSI/SSDI Outreach/Access Ext. 244 215-572-7880

### Los Servicios de Inmigración

African Cultural Alliance of North America	215-729-8225
Catholic Charities Allentown	610-435-1541
Philadelphia	215-854-7019
Equal Access Legal Services	267-888-6703
Esperanza Immigration Legal Services	215-324-0746
HIAS Pennsylvania	215-832-0900
Asylees Call or Text	833-344-2772
HIAS Haitian Immigrant Relief	215-832-0640
Immigration Law & Justice of the Delaware Valley	814-343-3260
Keystone Opportunity Center – Citizenship classes	215-723-5430
Nationalities Service Center	215-893-8400
Villanova University School of Law – Legal Clinic	610-519-6839
Villanova University Spanish Legal Clinic	866-655-4419

**US Citizenship and Immigration Legal Services Website:**  
[www.uscis.gov](http://www.uscis.gov)

### Visitas a Domicilio para Madres/Niños

Carson Valley Children's Aid	215-233-1960
Parents as Teachers	
Women's Voices, Healthy Choices	
Einstein/Jefferson Nurse Family Partnership	484-622-7074
Family Services	610-326-1610
Parents as Teachers	
Positive Parenting Program (Triple P)	
Maternity Care Coalition Press Option #3	215-972-0700
Montgomery County Nurse Home Visiting Program	888-404-0620

### Embarazo/Parto/Amamantamiento

#### *Embarazo/Prestador de Servicios Médicos para el Bebé*

#### **Montco Mamas (doulas and lactation)**

	<b>Press Option #3</b>	<b>215-972-0700</b>
A Baby's Breath	Collegeville	610-489-0083
24-Hour Call Line:	English	484-571-5540
	Spanish	267-275-4966
Birthright International	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
Cradle of Hope		215-572-5937
Community Health and Dental Pottstown		610-326-9460
Genesis Pregnancy Care Center Pottstown		610-970-8089
North Care Women's Clinic Lansdale		215-855-2424
	Text	267-656-6867
Abington-Jefferson Health Maternal Health Services		
	Maternity & Parenting Info	215-481-6800
	OB/GYN Clinic	215-481-6784

#### *Apoyo para el Amamantamiento*

Abington Memorial Hospital OB/GYN Center		
(Abington, Horsham, Warrington)		215-481-6784
Lactation "Warm Line"		215-481-6104
Breastfeeding Support		215-481-6106
Babies and Bellies	Norristown – text	571-487-0669
CHOP Breastfeeding and Lactation Program		215-886-2433
Einstein Women's Resource Center		484-362-6133
MCC Early Head Start	Pottstown	610-819-6200
	Norristown	610-277-1505
National Women's Health Information Center		800-994-9662
Grand View Hospital Lactation Consultant		215-453-4594
Holy Redeemer Hospital and Medical Center		800-818-4747
La Leche League of Central Montgomery Co		610-666-0359
La Leche League HELPLINE		800-525-3243
Lankenau Medical Center Wynnewood		484-476-2000
Visiting Nurses Association Community Services		610-572-7880
WIC Breastfeeding "Warm Line"		855-427-5666

**En el condado de Montgomery, las familias pueden beneficiarse de los programas de visitas domiciliarias destinados a mejorar la salud materna e infantil.**

**Llame 888-404-0620 or Email**

**[MontcoHomeVisiting@montgomerycountypa.gov](mailto:MontcoHomeVisiting@montgomerycountypa.gov)**  
 para estar conectado a uno de los servicios gratuitos de visitas domiciliarias que mejor se

**El tribunal supremo de Pennsylvania garantiza que arrendatarios tienen un derecho de vivir en un lugar que es habitable. Esta garantía de vivienda en alquiler que es habitable se llama Implied Warranty of Habitability.**

#### *Varios Recursos*

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
	Lansdale	484-685-6013
Adventist Community Service CTR (food/clothing)		610-489-6671
Boyertown Area Multi-Service, Inc. (food, financial)		610-367-6957
CADCOM (food, financial.)		610-277-6363
Carson Valley Children's Aid		215-233-1960
Catholic Social Services		610-279-7372
Colonial Neighborhood Council (comida, ropa)		610-828-6595
Cradles to Crayons		215-836-0958
	<a href="http://www.cradlestocrayons.org/philadelphia">www.cradlestocrayons.org/philadelphia</a>	
Family Services of Montgomery County		
	Eagleville	610-630-2111
	Pottstown	610-326-1610
Keystone Opportunity CTR (comida, alojamiento)		215-723-5430

**Mende por mensaje de texto "BEBE" a 511411 o descargue la app "Text4baby" para recibir información de salud personalizada GRATIS durante su embarazo y hasta el primer cumpleaños de su niño.**

Mitzvah Circle	<a href="mailto:info@mitzvacircle.org">info@mitzvacircle.org</a>	215-828-6647
	(panales, artículos de cuidado personal, ropa)	
Manna on Main Street (food, financial) - Lansdale		215-855-5454
Maternity Care Coalition Press Option #3		215-972-0700
Montgomery County Assistance Office		
	Norristown	877-398-5571
	Pottstown	800-641-3940
Norristown Hospitality Center		610-277-1321
Open Door Ministry	Royersford	610-948-4818
Phoenixville Area Community Services		610-933-1105
Pottstown Cluster (food, furniture, clothing)		610-970-5995
Salvation Army (food, housing)		
	Pottstown	610-326-1621
	Norristown	610-275-4183
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
The Women's Center of Montco. IVP Hotline		800-773-2424
	Norristown	610-279-1548
	Pottstown	610-970-7363
	Lansdale	215-853-8060

WIC Local Offices	Norristown	610-272-4042
	Pottstown	610-323-8160
	Lansdale/Colmar	215-822-8068

Delaware County Intermediate Unit	610-938-9000
Maternity Care Coalition	
Pottstown/Norristown Press Option #3	215-972-0700

### Clases de Parto

Einstein Women's Resource Center Plymouth Mtg	484-362-6133
Main Line Health	866-225-5654

El "Norristown Family Center of Carson Valley Children's Aid" y el "Pottstown Family Center of Family Services" em poderan a los padres y ninos. Totos los servicios son gratis.

**Norristown 215-233-1960 • Pottstown 610-326-1610**

### Pre-K Counts (los edades 3 & 4)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Pottstown Early Action for Kindergarten Readiness	610-323-2006

### Head Start (los edades 3 - 5)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Montgomery County Intermediate Unit	484-868-9550
Pottstown Early Action for Kindergarten (PEAK)	610-232-2006

### Subsidized Weekend/Overnight Childcare for Eligible Single Moms

Along the Way [www.alongthewaypa.org/get-help](http://www.alongthewaypa.org/get-help) 267-384-4546

### Pensión Alimenticia & Paternidad

Bucks County Domestic Relations	215-340-8068
Chester County Domestic Relations	610-444-6215
Español Information	610-344-6638
Delaware County Domestic Relations	800-221-INFO
Montgomery County Domestic Relations	610-891-4314
Montgomery County Court Child Care Center	610-278-3646
PA Child Support Program	610-292-4956
<a href="https://www.humanservices.state.pa.us/CSWSMmobile/#/">https://www.humanservices.state.pa.us/CSWSMmobile/#/</a>	
PA Office of Children and Families in the Courts	717-231-3300

### Niños con Necesidades Especiales

#### Tecnología de Asistencia (AT)

Bridging Apps	<a href="http://www.bridgingapps.org">www.bridgingapps.org</a>
Technology for Our Whole Lives	<a href="https://techowipa.org">https://techowipa.org</a>
PA Assistive Technology Foundation	888-744-1938
PA's Initiative on AT Lending Library	800-204-7428
PA's Initiative on AT at Temple University	215-204-1356
TTY: 215-204-1805	
Temple University Institute on Disabilities	215-204-1356

#### Apoyo para el Autismo

Autism Behavior Services Philadelphia	844-909-4222
KenCrest	610-825-9360
Montgomery County Office of Developmental Disabilities/Early Intervention	610-277-7176
The Autism Society <a href="http://www.autism-society.org">www.autism-society.org</a>	800-3-AUTISM
The Center for Autism	215-878-3400
The PA Bureau of Autism Services	877-231-4244

#### Centros de Salud Comunitarios

Access Services	215-540-2150
Aspire and Family Services Huntingdon Valley	267-388-0670
Behavior Analysis and Therapy Partners	610-664-6200
Carson Valley Children's Aid Society Norristown	610-279-2755
Chester County Intermediate Unit	484-237-5000
Child and Family Focus, Inc. Hatboro	215-957-9771
Child Guidance Resource Center Norristown	484-751-9691
Creative Health Services Pottstown	484-941-0500
Spring City	610-948-6490
Collegetown	484-854-9833
Devereux Services Malvern	800-345-1292
Elwyn, Inc. Elwyn	610-891-2000
Epic Development Services Treose	215-322-8860
Explorations Eagleville	610-635-2418
Foundations Behavioral Health Doylestown	215-345-0444
Indian Creek Foundation Souderton	267-203-1500
Merakey Lansdale	215-362-2022
Colmar	215-716-9001
Institute for Behavioral Change Exton	<a href="mailto:info@ibc-pa.org">info@ibc-pa.org</a>

### Recursos para Cuidadores

PA Birth Certificate:	<a href="http://www.health.pa.gov">www.health.pa.gov</a>
Philadelphia Vital Records Office	844-228-3516
Social Security:	Norristown Office 800-772-1213
	TTY: 800-325-0778
ACLAMO Family Centers Norristown	610-277-2570
	Pottstown 610-970-2134
Big Brothers Big Sisters Philadelphia	215-790-9200
Carson Valley Children's Aid Norristown	215-233-1960
Family Services Pottstown	610-326-1610
Family Services Eagleville	610-630-2111
Nancy's House <a href="mailto:info@nancys-house.org">info@nancys-house.org</a>	215-885-0753
Montgomery County Grandparent Program	610-278-3601
The Parenting Center	484-212-5859

¿Tiene más de 55 años y está cuidando a un niño de 18 años o menos?

**LLAME: 610-278-3601** para obtener más información sobre el **Programa de Abuelos** de la Montgomery County Office of Senior Services.

### Guardería

#### Early Learning Resource Center Region 17 610-278-3707 or 800-281-1116

[www.montgomerycountypa.gov/elrc](http://www.montgomerycountypa.gov/elrc)

Administra el programa de cuidado infantil subvencionado "Child Care Works" a familias calificativas en el condado de Montgomery, asiste a familias con encontrar y elegir cuidado infantil de buena calidad y sistema supervisado "Keystone Stars" que promueve el refinamiento de la calidad de guarderías en el condado de Montgomery.

Solicitar el cuidado de niños subsidiado: [compass.state.pa.us](http://compass.state.pa.us)  
 Buscar un proveedor de cuidado infantil: [findchildcare.pa.gov](http://findchildcare.pa.gov)

PA DHS Help Line	800-692-7462
TDD/TTY:	800-451-5886
Regional Office of Child Development	800-346-2929
The Pennsylvania Key <a href="http://pakeys.org">pakeys.org</a>	800-284-6031

#### Early Head Start

(desde el nacimiento hasta 3 años)

Bucks County Intermediate Unit	215-348-2940
Chester County Intermediate Unit (CCIU)	610-383-6800

Omni Health Services	Montgomeryville	215-997-2000
Penn Foundation	Sellersville	215-257-6551
Penn Psychiatric Center	Collegeville	610-489-3333
Vision Behavioral Health Services	Norristown	610-539-0280

### Retraso en el Desarrollo

The Arc of PA		800-732-0999
Delta Community Supports	Blue Bell	215-654-1000
Disability Rights PA	<a href="http://www.disabilityrightspa.org">www.disabilityrightspa.org</a>	
	Toll Free	800-692-7443
	TDD	877-375-7139
Indian Creek Foundation	Souderton	267-203-1500
Montgomery County Office of Developmental Disabilities		610-278-3642
National Down Syndrome Society		800-221-4602
Montgomery County Interest Group		484-808-2160
Office of Vocational Rehabilitation (OVR)		484-250-4340
Peaceful Living	Indian Valley	610-287-1200
Suburban Transnet Services		215-542-7433

### Intervención Temprano (EI)

Montgomery County Office of Early Intervention (for children ages birth to 3)		610-277-7176
Montgomery County Intermediate Unit (for children ages 3 to 5)		610-755-9400
Early Intervention in PA Statewide CONNECT Line:		800-692-7288

### Apoyo para los Hermanos

The Sibling Support Project	<a href="http://www.siblingsupport.org">www.siblingsupport.org</a>	
Sibshop (Ages 6-12) and Sibteen (13-17)		
	Pottstown	610-326-9250
	Kulpsville	215-368-7000

### Más Recursos

Children/Adults with Attention Deficit/Hyperactivity Disorder (CHADD)		267-362-7760
Clarke Schools for Hearing and Speech Phila.		267-930-5094
Easterseals Southeastern Pennsylvania		215-879-1000
Easterseals Kulpsville		215-368-7000
Exceptional Connections (Applied Behavior Analy)		215-285-3688
Montgomery County Intermediate Unit		610-755-9400
PA Families, Inc. (Statewide Families Network)		800-947-4941
Parent Education & Advocacy Leadership (PEAL)		866-950-1040
	TTY	412-281-4409
PA Tourette Syndrome Association		800-990-3300
Parents Exchange		610-962-0337
Quinn Developmental Services		215-654-7577
Special Kids Network, Inc.		800-986-4550
Speech Success Academy	Willow Grove	267-818-4200
The ARC Alliance Children's Services		610-265-4700
Variety Club Camp & Developmental Center (Respite, socialization groups, camp)		610-584-4366

## Montgomery County Mobile Crisis Hotline

### Children, Peer and Adult Support

855-634-4673

### Servicios de Salud Mental

#### Centros de Salud Comunitarios

Central Behavioral Health	Norristown	610-277-4600
	Abington	267-818-2220
Child and Family Focus	Willow Grove	267-818-6190
	Hatboro	215-957-9771
Creative Health Services	Pottstown	484-941-0500
Lower Merion Counseling and Mobile Services		610-520-1510
Magellan Healthcare	Montgomery County	877-769-9782
	TTY: PA Relay 7-1-1	
Merakey/NHS	Lansdale	215-368-2022
Penn Foundation		215-257-6551

### Apoyo no en Emergencias

#### TEEN Talk Line:

Llame 886-825-5856 o mande un mensaje de texto 215-703-8411 o envíe un correo electrónico a: [teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)

#### Peer Support Talk Line (disponible 1:00pm a 9:00pm):

Llame 855-715-8255 o mande un mensaje de texto 267-225-7785

### Crisis Suicida y Prevención

Mobile Crisis Support (ACCESS Services)	855-634-4673
National Suicide Prevention Lifeline (call or text)	988
National Trans Lifeline	877-565-8860
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
	Text 678-678
Suicide Prevention Taskforce Training Coordinator	
Free and Low-Cost suicide prevention trainings	610-278-1238

### Servicios de Drogas y Alcohol

#### Administración de Casos

#### Drogadictas embarazadas, veteranos, supervivientes de sobredosis, y drogadictos de drogas inyectables tiene preferencia.

Creative Health Services	Pottstown	610-322-1503
Gaudenzia	Norristown	833-976-4357
Penn Foundation		215-257-6551

#### Prevención/Intervención

Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Carson Valley Women's Voices, Healthy Choices		610-279-2755
Creative Health Services		610-327-1503
Substance Abuse and Mental Health Services Administration		
	National Helpline	800-662-4357

#### Servicios Ambulatorios

Creative Health Services		610-327-1503
Gaudenzia	Norristown	833-976-4357
Malvern Institute Outpatient Program	Pottstown	610-625-8376
Penn Foundation Recovery Center		215-257-9999
RHD Rise Above Outpatient Program	KOP	484-681-4040

#### Más Recursos

Alcoholics Anonymous Southeastern PA Intergroup		215-923-7900
Al-Anon/Alateen		pa-al-anon.org
Council of Southeast PA Drug and Alcohol		
	Helpline	800-221-6333
	PRO-ACT Program	844-784-1599
Eagleville Hospital		800-255-2019
Harwood House	Male ONLY Halfway House	610-853-3440
Libertae Family House		
	Women and Children Halfway House	215-639-8681
Malvern Institute Inpatient Program	Willow Grove	610-480-8919
Narcotics Anonymous	Montgomery County	215-629-6757
Nar-Anon		800-477-6291
Norristown Recovery and Education Center		267-507-3510
PA Division of Drug and Alcohol Program		800-662-4357
Penn Foundation		215-257-9999
Pottstown Recovery and Education Center		267-507-3525
Resource for Human Development (RHD)		215-951-0300
Family House NOW (New Options for Women)		215-878-8616
Womanspace	Philadelphia	215-844-2400
Valley Forge Medical Center		610-539-8500

### Educación

#### Inglés como Segunda Lengua (ESL)

Abington Free Library - Adult Literacy Classes		215-885-5180
ACLAMO Family Center		610-277-2570
Keystone Opportunity Center	Souderton	215-723-5430

Literacy Council of Norristown	610-292-8515
Montgomery County Community College	215-641-6300
Montgomery County Literacy Network	877-225-4484
Montgomery County OIC	Norristown 610-279-9700
New Life Church	Glenside 215-576-0892
YWCA Tri-County	Pottstown 610-326-7323
	Norristown 610-427-5830

Hearing Impaired TTX/TTD	800-451-5886
(Online application to apply for health & human service benefits)	
CHIP Press prompt #2; then Prompt #1	800-986-5437
Medicare	800-633-4227
	TTY/TTD: 877-486-2048
Medicaid	877-267-2323
	TTY/TTD: 877-267-2323
Montgomery County Assistance Office	877-398-5571
	Norristown 610-270-3500
	Pottstown 800-641-3940
Montgomery County LIHEAP	610-272-1752
Open Enrollment Health Insurance Marketplace	800-318-2596
	<a href="http://www.healthcare.gov">www.healthcare.gov</a>
Social Security	<a href="http://www.SSA.gov">www.SSA.gov</a> 800-772-1213
	TTY 800-325-0778

### Preparación para GED & HiSET

Montgomery County Community College (testing)	215-641-6646
Keystone Opportunity Center	Souderton 215-723-5430
Literacy Council of Norristown (GED/ESL)	610-292-8515
Montgomery County Literacy Network	877-225-4484
Montgomery County OIC	Norristown 610-279-9700
Monteo Works NOW	484-416-6800
PA Career Link Montgomery County	610-270-3429
	TTY: 610-270-1273
The Open Link	Pennsburg 215-679-4112
YWCA Tri-County	Pottstown 610-326-7323

### Ayuda con las Prescripciones

Partnership for Prescription Assistance	571-350-8640
	<a href="http://www.pparx.org">www.pparx.org</a>
Visiting Nurse Association Prescription Support	800-591-8234

### Job Training/Career Services

Pennsylvania Career Link in Montgomery County	610-270-3429
or <a href="http://www.cwds.pa.gov">www.cwds.pa.gov</a>	TTY: 610-270-1273
Developmental Enterprises Corporation (DEC)	610-277-3122
Job Corps	800-733-5627
	TTD/TTY 877-889-5627
Montgomery County EARN Center	610-292-5026
(Employment Advancement & Retention Network)	
Montgomery County OIC	610-279-9700
(Opportunities Industrialization Center)	
Norristown Hospitality Center (Arize Workforce)	610-277-1322
Office of Vocational Rehabilitation	570-220-3543
Pottstown Public Library	610-278-5100

### Prestadores de Servicios Médicos

#### Montgomery County Office of Public Health

Todos los centros de salud del condado brindan los siguientes servicios: clínicas de inmunización, pruebas y asesoramiento sobre el VIH, detección y tratamiento de ETS, detección y tratamiento de la tuberculosis. Números de teléfono de los centros de salud del condado:

Pottstown Public Health Center	610-970-5040
Norristown Public Health Center	610-278-5117
Willow Grove Public Health Center (limited Services)	215-784-5415
For TB Screening and Treatment call:	610-970-5040

### Crianza de los Hijos

Carson Valley Norristown Parents as Teachers	610-279-2755
Family Services Pottstown Parents as Teachers	610-326-1610
Family Services Triple P	610-326-1610
Chester County MCHC Parents as Teachers	610-344-5370
Einstein Montgomery Nurse Family Partnership	484-622-7074

### Asistencia Médica para los Niños

Abington Health Children's Clinic	215-481-2000
Main Line Health	866-225-5654
Children's Hospital of PA (CHOP) Multiple Loca.	800-TRY-CHOP
Community Health and Dental FQHC Pottstown	610-326-9460
Norristown Regional FQHC Norristown	610-278-7787
VNA Children's Health Center	Abington 215-527-7880
VNA Personal Navigator Program	800-591-8234

### Universidades

Arcadia University	877-272-2342
Bryn Mawr College	610-526-5000
Eastern University	610-341-5800
Gwynedd Mercy University	215-646-7300
Harcum College	610-525-4100
Haverford College	610-896-1000
Immaculata University	484-323-3060
Manor College	215-855-2360
Montgomery County Community College	
	Norristown 215-641-6300
	Pottstown 610-718-1800
	Culinary Institute 267-646-5970
(TANF & SNAP eligible assistance)	215-643-6330
Penn State University – Abington Campus	215-881-7300
Rosemont College	610-527-0200
Saint Joseph's University	610-660-1000
Temple University – Ambler Campus	267-468-8000
Ursinus College	610-409-3000
Villanova University	610-519-4500
West Chester University	610-436-1000

### Dental

Community Health and Dental Care	Pottstown 800-589-6212
Community Medical and Dental	Collegeville 610-489-1313
Norristown Regional Health Center	610-278-7787

### Inmunizaciones

Community Health & Dental Care	Pottstown 610-323-9460
Children's Health Center of VNA	Abington 215-572-7880
Montgomery County Office of Public Health	
	Norristown 610-278-5117
	Pottstown 610-970-5040
	Willow Grove 215-784-5415
Norristown Regional Health Center	610-278-7787
The Clinic (under and uninsured)	Phoenixville 610-935-1134

### Prueba de Embarazo

A Baby's Breath	Collegeville 610-489-0083
	Wayne 484-580-6436
	Phoenixville 610-933-5182
	Warminster 215-442-0442
Birthingright of Pottstown	610-327-2626
Genesis Pregnancy Center	610-970-8089
Genuardi Family Maternal Health Norristown	484-622-7300
North Care Women's Clinic	Lansdale 215-798-3107
	Text 267-656-6867
Planned Parenthood	Norristown 610-279-6095
	Pottstown 610-326-8080
	Warminster 215-957-7980

### Servicios de Salud – Seguro de Salud y Acceso

#### Para Determinar Elegibilidad

VNA Personal Navigator Program	
Abington, Colmar, Norristown, Pottstown	800-591-8234
PA Health Law Project Helpline:	800-274-3258
(Determining eligibility for Medicaid, etc.)	<a href="http://www.phlp.org">www.phlp.org</a>
Open Enrollment Health Insurance Marketplace	800-318-2596
	<a href="http://www.healthcare.gov">www.healthcare.gov</a>

#### Inscribiendo en los Beneficios

VNA Personal Navigator Program	800-591-8234
CADCOM	610-277-6363
COMPASS <a href="http://www.compass.state.pa.us">www.compass.state.pa.us</a>	866-550-4355

## Obstetricia/Ginecología

Abington Memorial OB/GYBN Center	215-481-6784
Bryn Mawr Hospital	484-337-3000
Genuardi Family Maternal Health Norristown	484-622-7300
Lifecycle Woman Care (formerly The Birth Center)	610-525-6086
Planned Parenthood Norristown	610-279-6095
Pottstown	610-326-8080
Warminster	215-957-7980

## Servicios de VIH/ETSs/SIDA

Access Matters Hotline	215-985-3300
PA AIDS Fact Line	800-662-6080
CDC National STD Hotline English/Spanish	800-232-4636
TTD/TTY	888-232-6348
US HHS HIV Info	800-448-0440
TTD/TTY	888-480-3739
Find an STD/HIV Testing Site	<a href="https://gettested.cdc.gov/">https://gettested.cdc.gov/</a>
Montgomery County Office of Public Health	
Pottstown Public Health Center	610-970-5040
Norristown Public Health Center	610-278-5117
HIV/STD Program	215-278-5145
North Care Women's Clinic Lansdale	215-798-3108
Text:	267-656-6867
Norristown Regional Health Center	610-278-7787
National Perinatal HIV/AIDS Hotline	888-448-8765
Philadelphia FIGHT (Jonathan Lax Center, Etc.)	215-790-1788
Planned Parenthood Norristown	610-279-6095
Pottstown	610-326-8080
Warminster	215-957-7980
Project Hope Case Management Family Services (se habla español)	610-630-2111

## Embarazo Adolescente

Birthright of Pottstown Helpline	800-550-4900
	610-327-2626
Carson Valley Norristown Family Center	610-233-1960
Family Services Pottstown Family Center	610-326-1610
Maternity Care Coalition Press Option #3	215-972-0700
Montgomery County Office of Public Health MCH Nurse Home Visiting	800-404-0620
Morningstar Ministries (Pregnant Teen Housing)	215-723-8103
North Care Pregnancy Resource Clinic	215-798-3110
Text:	267-656-6867
Nurse Family Partnership, Einstein Mont.	215-704-4153
SafeTeens <a href="http://www.safeteens.org">www.safeteens.org</a>	866-SAFE-TEENS
Or text "SAFE" to 57890	
Women, Infants & Children (WIC) Find Location:	800-942-9467
Colmar/Lansdale	215-822-8068
Pottstown	610-323-8160
Norristown	610-272-4042

### **¿Necesita un detector de humo?**

Llame el departamento de bomberos en Norristown,  
línea directa para los detectores de humo GRATIS:  
610-270-2878

## Hospitales

Abington Hospital	215-481-2000
Abington-Lansdale Hospital	215-368-2100
Bryn Mawr Hospital	484-337-3000
Chestnut Hill Hospital	215-248-8200
Children's Hospital of Philadelphia	215-590-1000
Einstein Medical Center Elkins Park	215-663-6000
Einstein Medical Center Montgomery	484-622-1000
Grand View Hospital Sellersville	215-453-4000
Holy Redeemer Hospital Meadowbrook	215-947-3000
Lankenau Medical Center Wynnewood	484-476-2000
Paoli Hospital	484-565-1000
Phoenixville Hospital	610-983-1000
Pottstown Hospital	610-327-7000
Roxborough Memorial Hospital	215-483-9900

Shriner's Hospital for Children Philadelphia	215-430-4000
St. Christopher's Children's Hospital Philadelphia	215-427-5000
Suburban Community Hospital East Norriton	610-278-2000

## Grupos de Apoyo

### Crisis

Crisis TEXT LINE Text "HOME" to: 741741

### Violencia Doméstica

Laurel House 24-Hour Hotline	800-642-3150
Text "HOPE" to Office	85511 610-277-1860
Nicole's Place Huntingdon Valley	267-699-0200
Victim Services of Montgomery County (Hotline)	888-521-0983
The Women's Center of Montgomery County	800-773-2424

### Drogas & Alcohol

Alcoholics Anonymous - Find a Meeting	800-839-1686
Al-Anon Family Find a Meeting	888-425-2666
Narcotics Anonymous	<a href="https://naworks.org">https://naworks.org</a>

### Para Padres

CADCOM Fatherhood Empowerment Center	610-277-6363
Carson Valley Children's Aid Fatherhood Meetings	610-996-8945
Family Services Fatherhood Initiative	610-326-1610
ACLAMO Fatherhood Initiative	610-277-2570

### Luto

Compassionate Friends (loss of child)	877-969-0010
Center for Loss and Bereavement Skippack	610-222-4110
Children's Crisis Treatment Center	610-275-2020
Peter's Place Radnor	620-687-5150
Safe Harbor, Abington Hospital (Grieving children and teens)	215-481-5983
Victim Services Center of Montco	888-521-0983

### LGBTQ

National Trans Lifeline	877-565-8860
The Trevor Lifeline (LGBTQIA Youth)	866-488-7386
Text	678-678
CHOP Gender & Sexuality Clinic Support Groups	267-426-5980
Gay Straight Alliance Network (GSA Clubs) <a href="http://info@gsanetwork.org">info@gsanetwork.org</a>	

### Salud Mental

Montgomery County Teen Talk Line Text	215-703-8411
Call	866-825-5856
National Alliance of Mental Health (NAMI)	215-361-7784
Family Worx (Parent/Caregiver Advocacy)	620-628-3059

### Crianza de los Hijos

Pottstown Family Center	610-326-1610
Family Services Parents as Teachers	<a href="mailto:PAT@fsmontco.org">PAT@fsmontco.org</a>
Family Services Parent Café	<a href="mailto:PFCParentCafe@fsmontco.org">PFCParentCafe@fsmontco.org</a>
Family Services Positive Parenting Program	<a href="mailto:TripleP@fsmontco.org">TripleP@fsmontco.org</a>

### Embarazo/Parto

A Baby's Breath Collegetown	610-489-0083
24-Hour Call Line: English	484-571-5540
Spanish	267-275-4966
Babies and Bellies Breastfeeding Support Text	571-487-0669
Birthright of Pottstown	610-327-2626
Nursing Mothers Alliance Helpline	484-985-9560
Pottstown Family Center	610-326-1610
The Postpartum Stress Center	610-525-7527
The Center for Postpartum Depression Phila.	800-944-4773

### Veteranos

Montgomery County Office of Veterans Affairs	610-213-4022
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## *Víctimas del Crimen*

Victim Rights and Services 888-521-0983

## *Más*

Crohn's/Colitis Support Lansdale Hospital 215-343-0548  
Epilepsy Foundation of Eastern Pennsylvania 215-629-5003  
Multiple Sclerosis Association 215-271-1500

## **Impuestos**

Internal Revenue Service (IRS) [www.irs.gov](http://www.irs.gov)  
IRS Find a Location for Tax Help 800-829-1040  
PA Department of Revenue [www.revenue.pa.gov](http://www.revenue.pa.gov)  
Customer Service Center [www.revenue-pa.custhelp.com](http://www.revenue-pa.custhelp.com)  
Forms, etc. 888-PATAXES  
Personal Income Tax 717-787-8201  
Property Tax/Rent Rebate Program 888-222-9190  
Taxpayer's Rights Advocate 717-772-9347  
USA Tax Help [www.usa.gov/help-with-taxes](http://www.usa.gov/help-with-taxes)

## **Transporte**

The American Cancer Society – PA 215-985-5400  
The Breathing Room Foundation 215-277-1006  
Montgomery County Office of Veteran Affairs 610-213-4022  
PennDOT 717-412-5300  
Pottstown Area Rapid Transit (PART) 610-326-5413  
SEPTA CCT Connect 215-580-7145  
TDD/TTX 215-580-7712  
The Open Link Transportation Assistance Program (TAP)  
Pennsburg Area – Medical Transport 215-679-4112  
Transnet Suburban  
Persons with Disabilities, Medical Assistance Transportation,  
School/Camp Services, Shared Ride, Shuttle Services  
215-542-7433

### **Intoxicación por el plomo es 100% evitable.**

Hable con el médico de su niño/a sobre un examen de plomo en la sangre. Pediatras aconsejan que los niños reciban un examen de plomo en la sangre alrededor de la **edad de uno**, y otra vez alrededor de la **edad de dos**. Los niños deben ser examinados en el consultorio o un laboratorio, y es gratis si el/la niño/a tiene Medicaid, CHIP o el seguro de salud privado.

### ***Ud. puede hacer mucho para reducir el riesgo de intoxicación por el plomo para su niño/a:***

- Mantenga alejados los niños desde pintura descascarillada.
- Limpie superficies duras, como pisos y alféizares, por lo menos una vez cada semana.
- Las comidas ricas en calcio, hierro, y vitamina C pueden mantener a su niño saludable y sin plomo.
- Tenga cuidado a usar los juguetes y la joyería hechos en otros países. Estos productos pueden contener plomo.

### **Padres, tutores, y profesionales de la salud pueden contactar a una de nuestras oficinas para más información:**

Zona de Norristown: (610) 278-5145  
Zona de Pottstown: (610) 970-5040  
Zona de Willow Grove: (215) 784-5415

# Office of Public Health

## DIRECCIONES

1430 DeKalb Street  
Norristown, PA 19404  
610-278-5145

364 King Street  
Pottstown, PA 19464  
610-970-5040

Eastern Courthouse Annex  
102 York Road, Suite 401  
Willow Grove, PA 19090  
215-784-5415

## LA SALUD DE LOS NIÑOS Y LOS ADULTOS

Vacunas para niños y adultos, incluyendo la gripe, para aquellos sin seguro médico para las vacunas y aquellos que califican para “Vaccines for Children” (VFC). Prueba y tratamiento de tuberculosis – Prueba y tratamiento de enfermedades de transmisión sexual – Prueba y terapia de VIH/SIDA – El programa de “Healthy Homes”.

## VISITAS A DOMICILIO PARA MADRES/NIÑOS – APOYO FAMILIAR

EL programa “Maternal-Child Health Home Visiting Program” es gratis para mujeres embarazadas y padres que tienen bebés en casa. Una enfermera con entrenamiento en la salud pública visitará a la familia en su casa, ayudará con necesidades de salud, y hablará sobre el bienestar de la madre, padre, y bebé. La enfermera puede ayudar a padres y niños con una variedad de necesidades, por ejemplo, cuidado infantil, consejos de la crianza de los hijos, consejos de amamantamiento, consejos de la seguridad de la casa, el dejar de fumar, planificación familiar, inmunizaciones, educación y más.

Scan referrals to: **MontcoHomeVisiting@montgomerycountypa.gov** Call **1-888-404-0620**

## PROMOCIÓN DE LA SALUD E EDUCACIÓN PARA LA SALUD

“Montgomery County Office of Public Health” ofrece una variedad de programas que son GRATIS para lugares de trabajo, escuelas, centros de ancianos, y residentes del condado de Montgomery. Personas pueden albergar un exhibidor en una feria de la salud en su comunidad para distribuir publicaciones y contestar preguntas. Los temas de los programas incluyen:

*Seguridad de los niños pasajeros (revisiones de asientos de automóviles) • Montco Trail Challenge  
1-2-3 Un yo saludable • Nutrición • Un jardín saludable*

### Toll-Free Helplines for Pennsylvania Families

<b>1-800-932-0313</b>	<b>Child Abuse 24-hour Helpline (Childline) Para abuso infantil (24 horas)</b>
1-800-4-A-CHILD (1-800-422-4453)	Para intervención durante una crisis (24 horas) – ofrece apoyo, información, referencias para prevención
1-855-4-A-PARENT (1-855-427-2736)	Para padres; para proveer apoyo emocional (24 horas)
866-243-BABY(2229)	Para ayuda con bebés que lloran (24 horas)
1-866-626-6847 or text 855-999-3525	“MotherToBaby Hotline” – para hablar con un experto sobre la seguridad de ciertas medicaciones y otras exposiciones durante el embarazo y el amamantamiento
1-800-692-7288	Intervención Temprana – “PA Statewide CONNECT Line” (desde nacimiento hasta los 5 años) – para recursos e información si tiene preocupaciones sobre el desarrollo de su niño
1-800-753-8827	“PA LINK” al centro de recursos de envejecimiento y discapacidad
1-855-634-HOPE (4673)	Para crisis – el línea del equipo del condado de Montgomery (24 horas)
1-800-642-3150	Laurel House” – un refugio para las mujeres – para ayuda con violencia doméstica
1-800-WIC-WINS	Para información sobre cómo obtener comida complementaria, amamantamiento, y educación nutricional
1-800-424-LEAD (5323)	Para información sobre saturnismo – información por padres, propietarios, contratistas, y proveedores de servicios médicos
1-866-412-4755	Para información sobre una herida en la cabeza
1-800-QUIT-NOW (1-800-784-8669)	Para información sobre el dejar de fumo (24 horas)
1-800-662-HELP (4357) TTY: 1-800-487-4889	Para personas que necesitan asistencia con localizando un proveedor de tratamiento o financiamiento para enfermedades mentales y/o problemas de drogas (se habla español)
Dial 2-1-1 or 866-964-7925 or Text 898-211	“ <b>Your Way Home Call Center</b> ” – para personas sin hogar o si tiene un riesgo inminente de quedarse sin hogar
1-800-232-4636 TTY: 888-232-6348	La línea nacional de CDC para ETSs (se habla español)