

THE GREATER HANOVER AREA

# Healthcare Guide



brought to you by:  
Greater Hanover Healthcare Committee

# Introduction

## Greater Hanover Area Healthcare Guide

A directory of healthcare services for the uninsured and underinsured citizens of the Greater Hanover Area.

## Greater Hanover Healthcare Committee

The Greater Hanover Healthcare Committee formed in early 2009 to address the availability of healthcare services for those who, for whatever reason, are uninsured, underinsured, or have recently lost their insurance. Our goals are to seek out and understand the services that are obtainable, find ways to fill gaps in the services available, and distribute this information to the public. Representatives from the following organizations compose the Greater Hanover Healthcare Committee:

American Red Cross – Greater Hanover Chapter  
Community Progress Council, Inc.  
Family First Health  
Hanover Area Council of Churches  
Hanover Area Lutheran Conference  
Hanover Area Family Center  
Hanover Hospital  
Lutheran Social Services of South Central Pennsylvania  
St. Mark Evangelical Lutheran Church  
VNA of Hanover/Spring Grove

As of spring, 2011, we are a subcommittee of the Hanover Area Council of Churches, and the most recent version of this guide can always be found on their website at [www.HanoverAreaCouncilOfChurches.org](http://www.HanoverAreaCouncilOfChurches.org).

If you need health care but cannot afford it, then this booklet is designed for you. Services *are* available in and around the Hanover community; you just have to know how to find them.

The booklet contains three basic parts: a list of resources listed alphabetically in the table of contents, but sorted by category in the back so that you can compare services and choose the one most appropriate for you; a map of Hanover for you if you are unfamiliar with the area; and a catalogue of free support groups.

Disclaimer: Inclusion in this booklet does not imply endorsement of services by any of the individually involved organizations. Similarly, exclusion does not imply disapproval. The resources provided here come to you directly from the organizations offering services.

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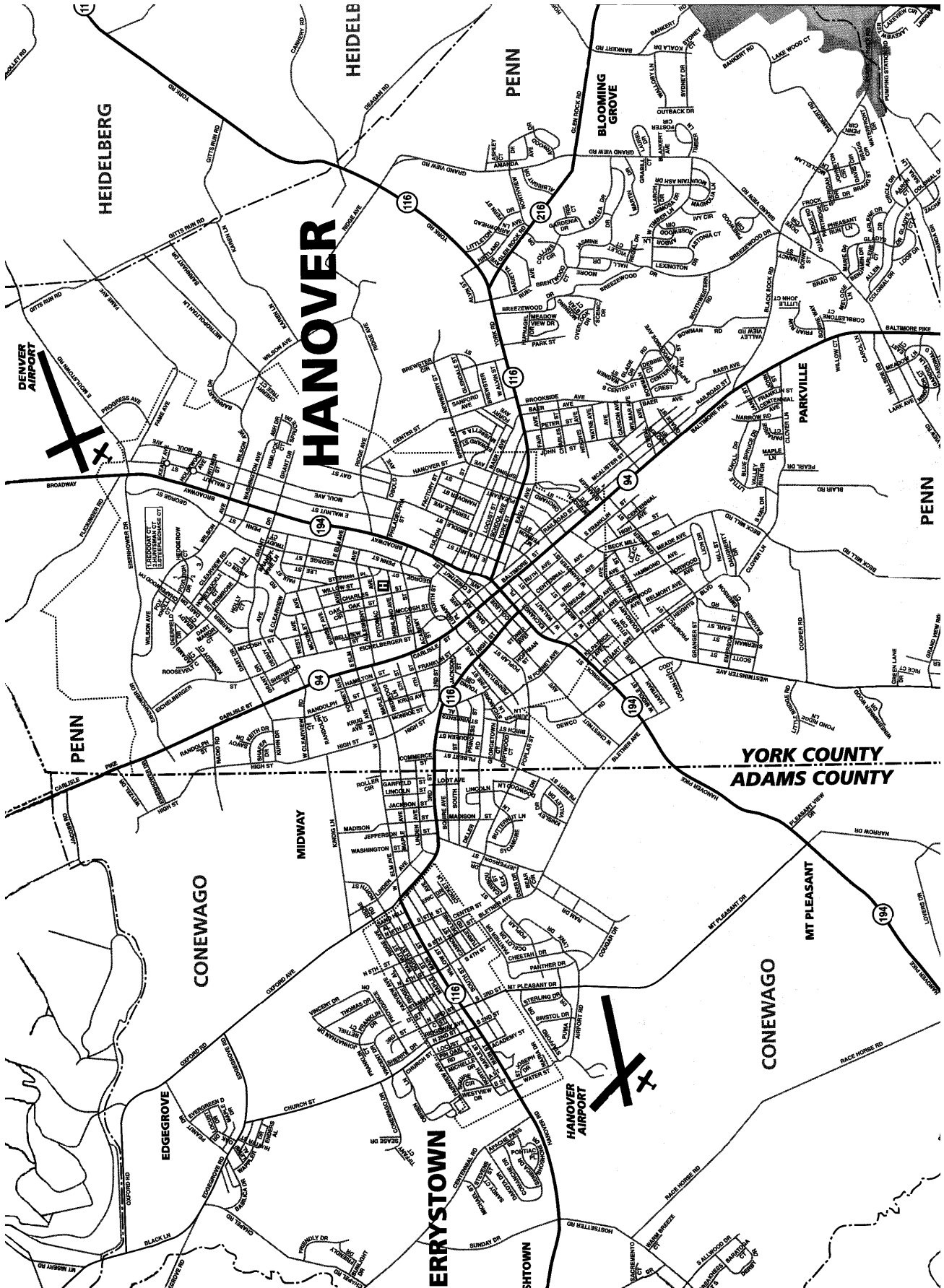
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# Map of Hanover



## Organizations

### **ACCESS-York, a program of the YWCA York**

**Contact:** Kristen Sechrist, Medical Advocacy Program Coordinator

**E-mail:** [ksechrist@ywcayork.org](mailto:ksechrist@ywcayork.org)

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

**Phone number:** (717) 846-5400  
1-800-262-8444

**Fax number:** (717) 848-8981

**Hours:** 24 hours/day, 7 days/week

*The mission of the ACCESS-York program is to eliminate domestic violence in York County. Specific Services include a 24-Hour Hotline, Shelters (York and Hanover), options and supportive counseling, support groups, children's program, medical/hospital advocacy, legal advocacy, referral information, volunteer program, community education and training, outreach, transitional housing and welfare advocacy.*

### **Adams County Housing Authority**

**Contact:** Jennifer Eckerson, HCV Manager

**E-mail:** [jeckerson@adamscha.org](mailto:jeckerson@adamscha.org)

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

**Phone number:** (717) 334-1518

**Fax number:** (717) 334-8326

**Address:** 40 East High Street  
Gettysburg, PA 17325

**Hours:** Monday- Thursday 8 a.m. – 4:30 p.m.; Friday 8 a.m. – 2 p.m.

*We are expanding housing choices for low income families. Adams County Housing Authority administers HUD's Housing Choice Voucher program for Adams County. Income eligible families can apply for assistance by submitting an application. Applications are available on our website or at the office.*

### **Adams County Office for Aging, Inc. (ACOFA)**

**Contact:** Steve Niebler, Director

**E-mail:** [inquiry@acofa.org](mailto:inquiry@acofa.org)

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

**Phone number:** (717) 334-9292

**Fax number:** (717) 334-4715

**Address:** 318 West Middle Street  
Gettysburg, PA 17325

**Hours:** Monday-Friday 8 a.m. – 4 p.m.; 24-hour availability for adult protective services referrals



ACOFA is the designated area agency on aging for Adams County. The agency provides over 20 services, all aimed at keeping people age 60 and above in their own homes and communities for as long as possible and is practical. Some examples include care management and casework, insurance counseling, seven senior centers, home-delivered meals, in-home support services, information and assistance with locating other available services, adult day care, adult protective services, assistance with placement, management of services and volunteer opportunities. Services may be provided at no charge or through a sliding fees scale to residents of Adams County.

## **Adams County Transit Authority (ACTA)—Freedom Transit and rabbittransit**

**E-mail:** [info@adamstransit.org](mailto:info@adamstransit.org)

**Website:** [www.ridethetrolley.org](http://www.ridethetrolley.org)  
[www.adamstransit.org](http://www.adamstransit.org)  
[www.rabbittransit.org](http://www.rabbittransit.org)

**Phone number:** 1-800-830-6473

**Fax number:** (717) 337-2568

**Address:** 257 North Fourth Street, rear  
Gettysburg, Pa 17325

**Hours:** Monday-Friday 8 a.m. – 5 p.m. (office)

*We at rabbittransit dedicate ourselves to providing safe and customer-friendly mobility services in a manner consistent with the stewardship of our communities' trust and resources. We recognize that mobility is a fundamental right and an essential need in order for our community to maintain a high quality of life. We offer a Public Fixed Route, Shared Ride, Paratransit, Car pool/Van pool and Mileage Reimbursement.*

## **Adams-Hanover Counseling Services**

**Contact:** Carol Connor

**E-mail:** [cconnor@ahcsinc.com](mailto:cconnor@ahcsinc.com)

**Website:** [www.ahcsinc.com](http://www.ahcsinc.com)

**Phone number:** (717) 632-4900

**Appointments:** (717) 646-2956

**Fax number:** (717) 632-1942

**Address:** 625 W. Elm Avenue  
Hanover, PA 17331

**Hours:** Monday-Thursday 8:30 a.m. – 9 p.m.; Friday 8:30 a.m. – 5 p.m.

*Adams-Hanover Counseling offers a number of services to the public including:*

**Central Access**, where Intake Counselors serve as the single point of entry for consumers coming into a community-based system of care.

**Crisis Intervention & Emergency Services**, a 24/7 emergency program dedicated to providing immediate mental health and substance abuse services to any individual experiencing a “crisis” situation.

**Outpatient Services** provides services such as individual and family therapy, psychological testing and psychiatric services.

**Partial Hospitalization Program**, called *Progressions*, a structured day treatment that provides intensive psychiatric services on an outpatient basis to adults with mental disorders.

**Forensic Program**, an opportunity for individual, family or couples counseling with a team of two therapists and one psychiatrist.

**Drug and Alcohol Program**, a service designed to help individuals recognize that drug and/or alcohol dependency is a disease that affects their own lives as well as those of families and social systems.

**Employee Assistance Program**, a system that enables local employers to provide access to cost-effective mental health and drug and alcohol services for their employees.

Specialized Services for Children including the **Student Assistance Program, Family-Based Mental Health Services, Wraparound Services, Transitions Program and The Amazing Kids Club.**

**Community Support Services**, a program designed to help people with persistent mental disorders find their place in the community.

**Consumer Work Program**, a consumer-run business that provides custodial and lawn services under the sponsorship of the agency.

**Peer Specialist Services**, a new category of professionals who are recovering from a mental illness and have been trained and certified to help others do the same.

## **Administration on Aging and Eldercare Locator**

**Contact:** Sandra Reynolds

**E-mail:** [eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)

**Website:** [www.eldercare.gov](http://www.eldercare.gov)

**Phone number:** 1-800-677-1116

**Address:** 1730 Rhode Island Avenue NW, Suite 1200  
Washington, DC 20024

**Hours:** Monday-Friday 9 a.m. – 6 p.m.

**Other Languages:** Language line available.

*The Eldercare Locator helps seniors locate Area Agencies on Aging so that those seniors may benefit from community offerings.*

## **adultBasic Health Insurance Coverage**

**Website:** [www.insurance.pa.gov](http://www.insurance.pa.gov) (click “Health Insurance”, then click the “adultBasic” logo)

**Phone number:** 1-800-GO-BASIC

*adultBasic was launched in 2002 to cover the basic healthcare needs of Pennsylvanians between ages 19 and 65 who have no health insurance and who meet certain eligibility requirements. Almost 100,000 Pennsylvanians have received health care coverage with adultBasic. You may be eligible to take advantage of the benefits that adultBasic has to offer. Find out if you qualify by going to the website listed above.*

*Please note that, due to high demand, there currently is a waitlist for the adultBasic program. For more information about the waitlist, please go to the website listed above.*

## **AIDS Community Alliance of South Central Pennsylvania**

**Contact:** Terry Kurtz, Director of Education and Prevention Services  
Michael Dolatoski, Director of Care and Supportive Services

**E-mail:** [info@aca-pa.com](mailto:info@aca-pa.com)

**Website:** [www.ACA-PA.com](http://www.ACA-PA.com)

**Phone number:** (717) 233-7190  
1-800-867-1550

**Fax number:** (717) 233-7196

**Address:** 100 N. Cameron St., Ste. 301-East  
Harrisburg, PA 17101

**Hours:** Monday through Friday (except major holidays) 8:30 a.m.-5:00 p.m. throughout our 14-county service area. Schedule of free, confidential HIV tests posted at ACA-PA.com.

**Other Languages:** Spanish

*AIDS Community Alliance of South Central Pennsylvania provides individuals impacted by HIV and AIDS with the education, skills and resources necessary to enhance and sustain their quality of life. ACA empowers individuals through professional, confidential services that are inclusive of all communities.*

**Specific services for those living with HIV/AIDS:** Care and supportive services for individuals living with HIV/AIDS and their families include case management, HIV treatment adherence counseling, health education, risk-reduction counseling, housing assistance (HOPWA), emergency financial assistance, support groups, transportation assistance, legal services, HIV-related employment and benefits counseling.

**Specific education services:** Education/prevention services are provided to the greater community and include risk-reduction counseling for HIV, as well as other sexually transmitted diseases, alcohol and intravenous drug use and include HIV testing.

## **(Hanover Intergroup of) Alcoholics Anonymous**

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

**Phone number:** (717) 633-2661 (24/7 pager – please leave name, number, and message)

## **Alzheimer’s Association, Greater Pennsylvania Chapter**

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

**Phone number:** (717) 651-5020  
1-800-272-3900

**Fax number:** (717) 651-5066

**Address:** 3544 North Progress Avenue, Suite 205  
Harrisburg, PA 17110

*The Alzheimer’s Association, Greater Pennsylvania Chapter, is the leading organization addressing issues related to Alzheimer’s in 59 of Pennsylvania’s 67 counties. Direct services are available to caregivers at any stage of the disease. Those services are Helpline, support groups, family services, community education programs and resource centers. Our website is another source of information that can be useful to those caring for someone with Alzheimer’s disease.*

## **American Cancer Society**

**Contact:** Connie Woodruff, Community Cancer Control Specialist

**E-mail:** [connie.woodruff@cancer.org](mailto:connie.woodruff@cancer.org)

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

**Phone number:** (717) 264-6266  
1-800-227-2345

**Fax number:** (717) 263-0765

**Address:** 384 Floral Avenue  
Chambersburg, PA 17201

*The Pennsylvania Division of the American Cancer Society offers free programs and services including limited financial assistance for cancer-related medications or supplies or mileage assistance to individuals facing cancer treatment who meet financial guidelines. Anyone diagnosed with cancer may access our services through our twenty-four-hour toll free telephone number. Trained counselors will explain our services, including financial services and if the person qualifies they will set up the financial assistance with local drugstores or in the form of a mileage card.*

## **American Heart Association/American Stroke Association**

**Contact:** Wade Markel  
Deborah Landis

**E-mail:** [Deborah.landis@heart.org](mailto:Deborah.landis@heart.org)

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

**Phone number:** 1-800-AHA-USA1 [1-800-242-8721]  
(717) 207-4266

**Fax number:** (717) 393-0731

**Address:** 610 Community Way  
Lancaster, PA 17603

**Hours:** Monday-Friday 8:30 a.m. – 5 p.m.

*The American Heart/Stroke Association's goal is to help people build healthier lives free of cardiovascular disease and stroke. Call or visit the website to find information on heart disease, stroke, treatments, procedures, research and CPR certification and classes. A Speakers Bureau is also available.*

## **American Red Cross, Greater Hanover Chapter**

**E-mail:** [information@hanoverredcross.org](mailto:information@hanoverredcross.org)

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

**Phone number:** (717) 637-3768

**Fax number:** (717) 637-3294

**Address:** 529 Carlisle Street  
Hanover, PA 17331

**Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m.

**Food Pantry Hours:** Tuesday/Thursday 9 a.m. – Noon; Wednesday 3 – 6 p.m.

**Blood Donor Center Hours:** Monday/Wednesday 1– 7 p.m.; 2<sup>nd</sup> Friday of each month 8 a.m. – 1 p.m.; Saturday 8 a.m. – 2 p.m.

**Other Languages:** Spanish

*The Greater Hanover Chapter of the American Red Cross is a humanitarian organization that provides relief to victims of disaster and helps people prevent, prepare for, and respond to emergencies.*

*Programs offered through the Greater Hanover Red Cross include:*

**Disaster Services:** *Provides immediate relief to individuals affected by disasters such as house and apartment fires, hazmat emergencies, and/or other local emergencies. Direct services include the arrangement of temporary housing, food, clothing, and replacement of necessary medicines, eyeglasses, and/or medical supplies. Specially trained and licensed mental health volunteers provide support to victims to assist with the emotional effects of a disaster. In the days and weeks following a disaster, the Greater Hanover Red Cross serves as an advocate for those affected by a disaster by helping them to replace documents, offering counseling services, and providing vouchers for basic household furnishings and one month's rent.*

**Community Food Pantry:** *Provides food and personal care items to income-eligible residents, disabled veterans, seniors, and families facing temporary financial setbacks or illness. The food bank distributes perishable and non-perishable grocery items, including meat, cereal, eggs, cheese, soup, and frozen and canned vegetables. Personal care items include toothpaste, toothbrushes, shaving cream, razors, mouthwash, soap, and deodorant.*

**Armed Forces Emergency Services:** *Program ensures that service members and their families receive around-the-clock access to prompt humanitarian services. The Greater Hanover Chapter responds to all of its calls with local volunteers who are able to provide that “personal touch” to families in crisis.*

**Health & Safety:** *Programs save lives through Preparedness and Health and Safety education and training. Class participants receive hands-on training that provides the skills and the confidence to act in an emergency. Available classes include CPR, AED, First Aid, Bloodborne Pathogens Training, Babysitter's Training, Learn to Swim lessons, and Lifeguarding. Please contact the chapter for dates and times of classes or visit the Chapter's website for an up-to-date schedule.*

**Blood Services:** *Provides a fixed blood donor center housed adjacent to the Chapter. The Greater Hanover Chapter works to ensure a safe and adequate supply of blood to those in need. To make an appointment, blood donors may call 1-800-REDCROSS [1-800-733-2767].*

## **American Red Cross, Hanover Area Family Center**

**Contact:** Alix Shrader, Hanover Area Family Center Director

**E-mail:** [shradera@hanoverredcross.org](mailto:shradera@hanoverredcross.org)

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

**Phone number:** (717) 637-5730

**Fax number:** (717) 637-3294

**Address:** Hanover Area Family Center  
529 Carlisle Street  
Hanover, PA 17331

**Family Center Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m.

**Agencies in attendance:** Wednesday-Friday 8:30 a.m. – 4:30 p.m.

**Other Languages:** Spanish

*The Hanover Area Family Center serves as an intervention program that connects families and individuals to existing health and human service agencies specific to their needs. The Center is involved in all aspects of client intervention, from a thorough intake to multiple follow-up meetings, enabling York and Adams County agencies to expand their overall operation and outreach. In addition, the Hanover Area Family Center offers numerous educational workshops and support groups to provide families and individuals with successful parenting tools, budgeting information, and cost-saving tips.*

**Services Provided:**

- *In-depth intake process to determine multiple layers of client need, which will eliminate client frustration and repetitiveness.*
- *Parenting education and self-development training and children and youth advocacy workshops.*
- *Information and referral to the appropriate human service agency specific to client needs.*
- *Homeowners Emergency Mortgage Assistance Program (HEMAP)*
- *Veteran Transport Service: A Partnership with the Disabled American Veterans Administration, to provide transportation for local veterans to area VA Medical Centers and Clinics including Lebanon, York, and Camp Hill.*

**Target Population:**

*Emphasis is placed on low-to-moderate income consumers; however, regardless of income or area of residence, the Hanover Area Family Center will not deny assistance to any individual or family. Clients of all age groups rely on the services provided through the Family Center including young mothers and decorated American Veterans. All Family Center services are provided free of charge.*

## **The Arc of York County**

**Contact:** Jim Poster, Director of Development

**E-mail:** [mail@thearcofyorkcounty.org](mailto:mail@thearcofyorkcounty.org)

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

**Phone number:** (717) 846-6589

**Fax number:** (717) 852-8842

**Address:** 497 Hill Street  
York, PA 17403

**Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m.

*The Arc of York County is committed to securing for all persons with intellectual and other disabilities, the opportunity to choose where and how they learn, live, work, and play. The Arc envisions a day when our community recognizes the value of people with intellectual disabilities, makes equal opportunities available to them, and supports them in whatever manner is necessary for their full participation in society. Specifically, The Arc of York County offers advocacy, job placement/training, financial management services, & recreation programs for people with intellectual disabilities.*

## **Arthritis Foundation, Central PA Chapter**

**Contact:** Rachel Albright

**E-mail:** [ralbright@arthritis.org](mailto:ralbright@arthritis.org)

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

**Phone number:** (717) 763-0900  
1-800-776-0746

**Fax number:** (717) 763-0903

**Address:** 3544 North Progress Avenue, Suite 201  
Harrisburg, PA 17110

**Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m.

**Other Languages:** Limited Spanish brochures are available.

*The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases. We offer information and referral services, free brochures to individuals that are disease-specific or offer topics related to living with arthritis, a listing of related programs by county (Arthritis Foundation Aquatics Program, Arthritis Foundation Exercise Program, Arthritis Foundation Tai Chi Program), and a listing of rheumatologists by county.*

## **PA CareerLink ® Adams County**

**Contact:** Alan Dudley

**E-mail:** [adudley@state.pa.us](mailto:adudley@state.pa.us)

**Website:** [www.pacareerlink.state.pa.us](http://www.pacareerlink.state.pa.us)

**Phone number:** (717) 334-1173

**TDD:** (717) 334-0521

**Fax number:** (717) 334-3869

**Address:** 150 V-Twin Drive  
Gettysburg, PA 17325

**Hours:** Monday-Friday 8 a.m. – 4:30 p.m. and by appointment

**Other Languages:** In person Spanish interpretation, and over-the-phone interpretation available in many languages

*Services include job referral, job placement, career guidance, web-based job search, state and federal civil service employment information, assessments, resume assistance, job seeker workshops, veteran assistance, educational/training/financial information, labor market information, and on-the-job training opportunities.*

## Center for Hearing Loss Help

**Contact:** Neil Bauman

**E-mail:** [neil@hearinglosshelp.com](mailto:neil@hearinglosshelp.com)

**Website:** [www.hearinglosshelp.com](http://www.hearinglosshelp.com)  
[www.adamsyorkhlaa.org](http://www.adamsyorkhlaa.org)

**Phone number:** (717) 993-8555

**Fax number:** (717) 933-6661

**Address:** 49 Piston Court  
Stewartstown, PA 17363

**Hours:** Monday-Friday 9 a.m. – 6 p.m.

*If you suffer from hearing loss or deafness and don't know where to find the help and information you need to successfully live as a hearing-impaired person, please visit the online Center for Hearing Loss Help. It is one of the Internet's best sources of information on hearing impairment issues and sudden hearing loss.*

*At the Center for Hearing Loss Help, you will find a wealth of information on the causes of hearing loss and deafness. You will also discover ways to alleviate common ear problems such as Meniere's disease, tinnitus (ringing in ears), inner ear imbalance, dizziness and hyperacusis. In addition, you will find help in choosing hearing aids and other assistive devices for hearing impaired people.*

*Please use the long list of articles at [hearinglosshelp.com](http://hearinglosshelp.com) for answers to many of the most common questions about hearing loss. If you are unable to find what you seek, call or e-mail the Center for Hearing Loss Help.*

## Children & Youth Services of Adams County

**Contact:** Kathy L. McConaghay, MSW, Children and Youth Administrator

**Phone number:** (717) 337-0110

**Fax number:** (717) 337-0616

**Address:** Adams County Courthouse  
117 Baltimore Street, Room 201B  
Gettysburg, PA 17325

**Hours:** Monday - Friday 8 a.m. – 4:30 p.m.

**Emergency Services** offered after regular business hours by calling (717) 334-8101, (717) 624-2101, (717) 677-8101, or **9-1-1**.

**Other languages:** Interpretation of any kind is available when notified.

*Adams County Children & Youth Services provides child protective and placement services, investigative services (child abuse and neglect), independent living programs for teens, and foster parent information.*



## **Children's Aid Society**

*Helping children and their families build stronger, healthier lives through compassionate and professional services.*

### ***Children's Aid Society at Frances Leiter Center***

**Contact:** Becky Carnes, Center Director

**E-mail:** [bcarnes@casd.org](mailto:bcarnes@casd.org)

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

**Phone number:** (717) 264-8552

**Fax number:** (717) 264-0680

**Address:** 539 Lincoln Way East  
Chambersburg, PA 17201

**Hours:** Monday-Thursday 8 a.m. – 8 p.m.; Friday 8 a.m. – Noon

*Services offered at Frances Leiter Center(FLC):*

***Child Centered Play Therapy*** – A method that helps children resolve feelings about issues that are important to them. As the child plays, the therapist assists them in processing how they feel, learning coping strategies and better understanding the events that shape their lives. Children are given the opportunity to play as they wish in a safe, comfortable environment with a variety of games, art supplies, toys, and dress-up clothes. Children's Aid Society accepts Access (Medical Assistance) reimbursement, and has a sliding scale available for self-pay clients.

***Individual Counseling*** – Child and adolescent counseling is offered for older children, adolescents and teens. Issues that may be addressed during counseling include the following: child's response to parents' separation or divorce; challenges associated with chronic medical disorders; ADHD, learning or developmental disabilities; feelings of depression, low self-esteem or anxiety; significant loss, such as death of a loved one; behavior problems at home or school; family conflict and parental relationships.

***Referral Services*** – Our listening and caring staff offer support and provide referrals to other community resources.

***Community Education*** – We provide community education on request to groups in schools, churches, civic organizations, and businesses. Agency speakers provide information on a variety of topics related to child/adolescent behavioral health, child development and parenting as well as services offered at FLC.

### ***Children's Aid Society at The Lehman Center***

**Contact:** Martha Martin, Center Director

**E-mail:** [martha@castlc.org](mailto:martha@castlc.org)

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

**Phone number:** (717) 845-5771  
1-800-635-6619

**Fax number:** (717) 852-7605

**Address:** 400 West Market Street  
York, PA 17401

**Hours:** Monday-Thursday 8 a.m. – 8 p.m.; Friday 9 a.m. – 3 p.m.

**Crisis Nursery:** 24/7

*Services offered at The Lehman Center (TLC):*

**Art Therapy** – Art Therapy is provided to children experiencing significant life events including conflict, divorce, school problems, mental illness and behavioral issues. Art Therapists assist children in expressing their feelings through art and image-making in an attempt to help the healing process. Children’s Aid Society accepts Access (Medical Assistance) reimbursement, and has a sliding scale available for self-pay clients.

**Crisis Nursery** – Our Crisis Nursery offers temporary respite care, overnight or day, for children from newborns through age six. Respite is available 24 hours a day, 365 days a year. Quality care and structured activities are provided daily for the children by our professionally trained staff. Parents are encouraged to visit with their child by phone or in person each day. Open 7 days a week/24 hours a day.

**Parent Support Groups**

Group sessions offer parents a comfortable location to talk about parenting, their children, and to share ideas and support with one another. The ongoing weekly meetings provide free child care and take place at various York County locations. Support groups adhere to a Family Support Alliance model of mutual support, openness, and confidentiality.

**Hotline & Referral Services**

24-hour service is available to parents and/or caregivers. The listening and caring staff offer immediate support and help callers work through the crisis while providing referrals to other community resources.

**Community Education**

Presentations provided on a variety of subjects including parenting and services offered by The Lehman Center. The focus is typically schools, churches, civic organization, and businesses and other environments in which public education and awareness can be enhanced.

**Family Support and Advocacy**

Family support and advocacy is offered through Case Management to families through office and/or home visits. Case managers help families identify and access the resources in the community they need to achieve stability in the home.

***Children’s Aid Society at The Nicarry Center***

**Contact:** Mary Margaret Gilbert, Executive Administrator

**E-mail:** [mmgilbert@cassd.org](mailto:mmgilbert@cassd.org)

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

**Phone number:** (717) 624-4461

**Fax number:** (717) 624-3011

**Address:** 343 Lincoln Way West  
New Oxford, PA 17350

**Hours:** Monday – Thursday 8:30 a.m. – 8 p.m.; Friday 9 a.m. – 3 p.m.

*Services offered at The Nicarry Center:*

**Child Centered Counseling with Art Therapy**

Child and adolescent counseling, including art therapy, is offered for children ages 2 to 18. Issues that may be addressed during counseling include the following: Child’s response to parents’ separation or divorce; physical, emotional or sexual abuse; challenges associated with chronic medical disorders; ADHD, learning or developmental disabilities; feelings of depression, low self-esteem or anxiety; significant loss, such as death of a loved one; behavior problems at home or school; family conflict and parental relationships. Children’s Aid Society accepts Access (Medical Assistance) reimbursement, and has a sliding scale available for self-pay clients.

**God's Closet Clothing Bank**

*By appointment – call (717) 624-4461. Items available at no cost to families that are in need within our community include: children's clothing, shoes and coats (newborn to age 12). Donations accepted year-round by calling the above number.*

**Community Education**

*We provided community education on request to groups in schools, churches, civic organization, and businesses. Staff provides information on a variety of topics related to child/adolescent behavioral health, child development and parenting.*

**PA Children's Health Insurance Program (CHIP)**

**Website:** [www.chipcoverspakids.com](http://www.chipcoverspakids.com)

**Phone number:** 1-800-986-5437

**TTD:** 1-877-232-7640

**Other Languages:** Calls can be accepted in any language.

**About CHIP:**

- *CHIP covers all uninsured kids up to age 19 who are not eligible for Medical Assistance, regardless of family income. No family makes too much money for CHIP because there is no income limit. Most families will get CHIP for free, others at low cost (based on their income and family size).*
- *CHIP covers doctor and hospital visits, prescriptions, dental and eye care and much more.*
- *Most families qualify for free CHIP coverage, and there are no premiums or copays. Families whose income falls above free CHIP guidelines will pay a monthly CHIP premium and have copays for some services. These costs vary, based on household income.*
- *If a family's income is lower than CHIP guidelines, they will still get free insurance through Medical Assistance. CHIP will transfer their application to the County Assistance Office so the family does not need to apply for both programs.*
- *To be eligible, a child must be a U.S. Citizen, U.S national or qualified alien and not eligible for Medical Assistance.*
- *CHIP is brought to you by private health insurance companies who make sure your kids get quality, comprehensive coverage. There are 2-6 CHIP insurance companies in each county, so families can choose the company they want to get their CHIP coverage from.*
- *In most cases, children may be able to continue visiting the same doctors they see now.*
- *CHIP is a complete health insurance package, so services like dental, eye care and prescriptions cannot be purchased separately.*

## Comfort Keepers

**Contact:**

**E-mail:** [chambersburg@comfortkeepers.com](mailto:chambersburg@comfortkeepers.com)

**Website:** [www.comfortkeepers.com](http://www.comfortkeepers.com)

**Phone number:** (717) 352-2133

**Fax number:** (717) 352-2247

**Address:** 3374 Lincoln Way East  
Fayetteville, PA 17222

*Comfort Keepers provides a full range of in-home services including: conversation and companionship, meal preparation, laundry, light housekeeping, grocery shopping and errands, transportation (medical appointments, barbershops, beauty salons, shopping, etc.), medication reminders, live-in services, respite care, and personal care and hygiene.*

## Community Progress Council

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

**Phone number:** York: (717) 846-4600

Hanover Community Center: (717) 632-9191

**Fax number:** Hanover Community Center: (717) 632-3043

**Address:** Main Site-York City  
226 East College Avenue  
York, PA 17403

Hanover Community Center  
219 York Street  
Hanover, PA 17331

**Hours:** Monday – Friday 8:30 a.m. – 5 p.m.

Spanish: (Hanover) Monday – Friday 8:30 a.m. – 12:30 p.m.

Spanish: (York) Monday – Friday 8:30 a.m. – 5 p.m.

**Other Languages:** Spanish

*We are a York County Community Action Agency with many programs including 5 Community Centers located throughout York County. Community Centers are located throughout York County and serve urban and rural residents who are low- to moderate-income. Emergency services are provided including food, clothing, heat and other basic needs.*

## **The Compassionate Friends**

**Contact:** Tom and Charmaine Malik (chapter leaders)  
Ann Walsh (chapter member)

**E-mail:** [gettysburgtcf@yahoo.com](mailto:gettysburgtcf@yahoo.com)

**Website:** [www.compassionatefriends.org](http://www.compassionatefriends.org) (national website)

**Phone number:** (717) 642-9897 (Malik)  
(717) 515-3000 (Walsh)

**Address:** Gettysburg TCF c/o Tom and Charmaine Malik  
9 Main Trail  
Fairfield, PA 17320

Gettysburg TCF c/o Ann Walsh  
165 Oak Drive  
Orrtanna, Pa 17353

**Hours:** The Gettysburg TCF Chapter meets on the fourth Monday of each month 7 – 9 p.m. The meeting is held at Trinity United Church of Christ, 60 East High Street, Gettysburg. The numbers listed above are for additional support and may be called at any time.

*The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. Each chapter, along with the supporting National Office, is committed to helping every bereaved parent, sibling, or grandparent who may walk through our doors or contact us. As we meet together, we learn from each other through our shared experiences.*

*Bereaved parents, siblings, and grandparents talk, listen, share, and provide emotional support for families that are dealing with the devastating death of a child. Everyone will be just like you, someone who is going through the natural grieving process. You will find people attending the meetings of all ages from young adult to 70 and 80 years-old. Children are being mourned who have died from all ages and all causes. The pain is the same—that of the loss of hopes and dreams that will never be realized.*

## **County Assistance Office (PA Department of Public Welfare)**

**Website:** [www.dpw.state.pa.us](http://www.dpw.state.pa.us)

**Phone number:** Adams: (717) 334-6241  
1-800-638-6816  
York: (717) 771-1100  
1-800-991-0929

**Fax number:** Adams: (717) 334-4104  
York: (717) 771-1261

**Address:** 225 South Franklin Street  
P.O. Box 4446  
Gettysburg, PA 17325

130 North Duke Street  
P.O. Box 15041  
York, PA 17405

**Hours:** Monday – Friday 8:30 a.m. – 5 p.m.

**Other Languages:** Spanish

*Residents of Pennsylvania can seek assistance and range of services for themselves and their families from professionally trained staff members at county assistance offices. You can also apply for and renew your benefits from your computer using COMPASS ([www.compass.state.pa.us](http://www.compass.state.pa.us)), the online resource for cash assistance, the Supplemental Nutrition Assistance Program (SNAP), help with child care, health care coverage, home heating assistance (LIHEAP), school meals, SelectPlan for Women, and long-term living services.*

## **Donated Dental Services (DDS)**

**Contact:** Jennifer Gillette

**E-mail:** [jgillette@nfdh.org](mailto:jgillette@nfdh.org)

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

**Phone number:** (717) 238-8721

**Address:** Donated Dental Services  
PO Box 5025  
Harrisburg, PA 17110

**Hours:** Call Monday-Friday to apply. Voicemail is available at all times. DDS care is provided in private practices and hours vary.

*DDS is a volunteer referral program that provides free dental care to people who are disabled or elderly. All participants must either receive disability or be over the age of 65. DDS does not provide care to patients who are just financially needy. If patients meet this criterion, there are also financial guidelines and dental need guidelines. These include income below 150% of the poverty level, having no significant savings or assets, and having no form of dental insurance (including any form of medical assistance). The program also only provides major dental care (no cleanings or ongoing treatment). The program is not an emergency program and waiting lists exist in almost all areas. To access care, an application should be completed and returned to the office in Harrisburg. The DDS program is free to those who qualify but it can only be used once in a lifetime (one treatment plan of work) and strict attendance and behavior policies are in place for all participants. Applications can be received by using the website or leaving a voicemail message with the applicants name and address.*

## **Family-Child Resources, Inc.**

**E-mail:** [resources@f-cr.com](mailto:resources@f-cr.com)

**Website:** [www.f-cr.com](http://www.f-cr.com)

**Phone number:** (717) 757-1227

**Fax number:** (717) 757-1353

**Address:** 3995 East Market Street  
York, PA 17902

**Hours:** Monday-Thursday 8:30 a.m. – 8:30 p.m.; Friday 8:30 a.m. – 4 p.m. Many programs are community based and/or home based; these hours vary per program and can include days, evenings and Saturdays. Contact the office or staff with questions regarding a specific program.

**Other Languages:** Early Intervention Services and In-Home Parenting of Infants offer Spanish in addition to English.

*Family-Child Resources strengthens and supports children, adults, families, and communities in order to improve their sense of well-being through prevention, education, intervention and counseling services. Many of our classes have no cost for participation. Please call or visit the website for more information on the following programs:*

**For Parents** – *Becoming a Love & Logic Parent, Parenting Solutions, Parenting Infants, Kids First, Cooperative Parenting & Divorce, Guiding Good Choices, In-home Parenting of Infants, HIPP (Hanover Infants and Parents Program)*

**For Children** – *Early Intervention Services, Kids' Group, Club/Camp Ophelia, Social Skills Anger Reduction Groups (SSARG), Too Good For Drugs*

**For Families** – *Strengthening Families (Middle School and High School), Aftercare Triage Program*

**Other Services** – *Counseling*

## **Family First Health**

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

**Phone number:** (717) 632-9052

**Fax number:** (717) 632-2388

**Address:** 1230 High Street  
Hanover, PA 17331

**Hours:** Monday-Wednesday 8 a.m. – 7 p.m.; Thursday/Friday 8 a.m. – 5 p.m.

**Other Languages:** Spanish interpretation is available onsite.

*Family First Health strives to attain and assure the highest level of individual and community health. We make a difference in the health and quality of life of the people and communities we serve by:*

- *Providing quality, compassionate primary medical and dental care and social services to those who need it most.*
- *Coordinating care and working with other providers to provide the full range of services our patients need.*
- *Promoting and supporting healthy lifestyles.*
- *Collaborating with others to improve access and break down the barriers of affordability, language and culture.*
- *Advocating for our patients and the medically underserved.*

*We offer a Reduced Fee program based on income and family size.*

## **F.I.R.S.T. (Free Information and Referral System Tele-line), United Way of York County**

**Contact:** Vicki Klinedinst

**E-mail:** [first@unitedway-york.org](mailto:first@unitedway-york.org)

**Website:** [www.unitedway-york.org](http://www.unitedway-york.org)

**Phone number:** (717) 755-1000  
1-800-673-2529

**Fax number:** (717) 843-4082

*Our goal is to provide information about and refer people to the resources that can best help them. F.I.R.S.T. operates 24 hours/day, seven days/week serving the people of York County. We provide information, referrals and follow-up designed to link people in need with the appropriate agency or*

*service best equipped to alleviate that need. We produce a directory of community services, clubs and support groups. Our website holds a database of local agencies, clubs and organizations, and support groups.*

### **ForSight Vision Center**

**Contact:** Jennifer Zack, Director of Program Services

**E-mail:** [Jennifer@forsight.org](mailto:Jennifer@forsight.org)

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

**Phone number:** (717) 848-1690 (ext. 105 for Jennifer Zack)

**Fax number:** (717) 845-3889

**Address:** 1380 Spahn Avenue  
York, PA 17403

**Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m.

*ForSight Vision serves its community by providing quality, specialized services and opportunities designed to prevent, prepare for, and manage the loss of vision. Services for vision loss (serving York & Adams Counties) include: Support services, Life Skills Education, Low Vision Rehabilitation, Low Vision exams and evaluations, Technology.*

### **Gabriel Project**

**Contact:** Darlene Funk

**Phone number:** (717) 632-2590

**Address:** Gabriel Project  
417 York Street  
Hanover, PA 17331

St. Joseph Parish  
5055 Grandview Road  
Hanover, PA 17331

**Hours:** 24/7, appointment availability for item distribution: Tuesday, Thursday-Saturday Noon – 5 p.m.

*The Gabriel Project assists families in raising their newborns. Working on a coupon system, the project distributes baby clothes, baby furniture, wipes, cereals, formula, shampoo, lotion, etc. to families with children under the age of 2 who are in dire need of help. Families receive coupons for such things as working, researching child care, going to school and keeping appointments with their doctors. The coupons may then be traded in for the items that a family needs. The Gabriel Project also offers care counseling for fathers and “Angel Friends” for mothers. New mothers are paired with an older woman to whom she can go to with questions or just to talk. Appointments must be made for a pick-up.*



## Hanover Area Council of Churches

E-mail: [adminhacc@comcast.net](mailto:adminhacc@comcast.net)  
[opsmanhacc@comcast.net](mailto:opsmanhacc@comcast.net)

Website: [www.hanoverareacouncilofchurches.org](http://www.hanoverareacouncilofchurches.org)

Phone number: (717) 633-6353

Fax number: (717) 633-1992

Address: 136 Carlisle Street  
P.O. Box 1561  
Hanover, PA 17331

*The Hanover Area Council of Churches is an alliance of local churches working together under the Biblical charge to be One Body and One Spirit. Together, our 30 congregations are able to serve the Hanover community through our many ministry programs, programs as diversified as the needs of the people we serve. We are almost 1000 volunteers strong; the Council has a place for all the gifts of the Spirit. In addition to the services listed below, we offer a clothing bank (certified clients may receive free clothes), and Faith at Work, a program in which volunteers handcraft items that serve special medical needs within the community.*

**Changing Lives Shelter** – *The Changing Lives Homeless Shelter is a year-round facility providing for the needs of singles and families in desperate situations, while seeking to provide a successful lifestyle change by addressing the root cause of the individual situations.*

**Meals on Wheels Program** – *Hot noonday meals are prepared by the PAL teams and delivered to homebound clients daily Monday through Friday on four different routes.*

**PAL (Provide-A-Lunch) Program** – *PAL provides a hot, nutritious home-cooked lunch seven days a week, served from 11:30 a.m. – 12:30 p.m. The meals are prepared by kitchen crews from the participating churches and served to a daily average of 150 people.*

## Hanover Hospital

Contact: Mary Flinner

E-mail: [flinnerm@hanoverhospital.org](mailto:flinnerm@hanoverhospital.org)

Website: [www.hanoverhospital.org](http://www.hanoverhospital.org)

Phone number: (717) 637-3711

Toll Free: 1-800-673-2426

Case Management (Mary Flinner): (717) 633-2123

Fax number (Mary Flinner): (717) 633-2216

Address: 300 Highland Avenue  
Hanover, PA 17331

Hospital Hours: 24/7, 365 days per year

Case Management Hours: Monday-Friday 7:30 a.m. – 4 p.m.

Other Languages: Spanish, telephonic language system, and deaf interpretation are available.

*Hanover Hospital offers:*

- *Free mammograms for those without insurance: (717) 637-1227 (Register through VNA)*
- *Patient Financial Advocates: (717) 646-6972 or (717) 646-6973*
- *Financial help with prescriptions*
- *Information and Referral*

- *Financial assistance for patients with cancer or respiratory illnesses*
- *Hanover DocFinder, a service to help find a local doctor that will suit your needs: (717) 633-2142*
- *The Courtesy Van is offered to patients who have no means of getting home from the hospital or to/from scheduled rehab appointments.*
- *Philips Lifeline Medical Alert Service: 1-800-242-1306, ext. 4705*

## **Harvest of Hope**

**Contact:** Shirley Emig

**Phone number:** (717) 846-8899  
(717) 764-6585

**Fax number:** (717) 792-9376

**Address:** 4485 Wolf's Church Road  
York, PA 17408

**Hours:** Tuesday/Thursday 5:30 – 7:30 p.m.; Wednesday 2 – 5 p.m. Please call to make an appointment.

*Harvest of Hope works to serve God by feeding and caring for the hungry in our community. We provide grocery items to low income families. Please call to make an appointment to receive food. We primarily serve Spring Grove, Seven Valleys, Thomasville, and western York, but we try our best to never turn away someone in need.*

## **Healthy York Network (HYN)**

**Contact:** Eve Gardner

**E-mail:** [egardner@wellspan.org](mailto:egardner@wellspan.org)

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

**Phone number:** (717) 812-2990

**Fax number:** (717) 848-2029

**Address:** 116 South George Street, Suite 101  
York, PA 17401

**Hours:** Monday-Friday 8 a.m. – 4 p.m.

**Other Languages:** Spanish

*Healthy York Network is a collaboration of private and public partners working to improve access to healthcare services for those in our region who are uninsured and underinsured. We offer access to healthcare for the uninsured and underinsured who are not eligible for state assistance. Applicants must meet income guidelines and provide proof of income documentation.*

## **Healthy York Network, Healthy Community Pharmacy**

**Contact:** Michelle Jordan

**E-mail:** [mjordan@wellspan.org](mailto:mjordan@wellspan.org)

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

**Phone number:** (717) 812-3020

**Fax number:** (717) 848-2658

**Address:** 116 South George Street, Suite 101  
York, PA 17401

**Hours:** Monday-Friday 9 a.m. – 5 p.m.

**Other Languages:** Spanish

*Healthy Community Pharmacy provides discounts on medications to members of Healthy York Network and to patients of Family First Health. We offer access to medications for the uninsured and underinsured. Applicants must meet income guidelines and provide proof of income documentation. We will accept insurance of those who are patients of Family First Health. Healthy York Network members with insurance must use another pharmacy.*

## **Hearing Loss Association of America—Adams/York Chapter**

**Contact:** Neil Bauman

**E-mail:** [neil@hearinglosshelp.com](mailto:neil@hearinglosshelp.com)

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

**Phone number:** (717) 993-8555

**Address:** 49 Piston Court  
Stewartstown, PA 17363

**Hours:** Call or visit the website for scheduled meetings.

*We hold monthly meetings from February-May and September-November that teach people how to successfully live with hearing loss. Some topics include coping strategies, drugs that can damage the ears, phantom sounds, assistive devices and hearing aids. Meetings are accessible to those who are hard of hearing and to those in wheelchairs. Please bring any questions you have about your hearing loss to the meeting.*

## **(Catholic Charities) Heart of Mary Pregnancy Support Services**

**Contact:** Erin Mickley

**E-mail:** [emickley@hbgdiocese.org](mailto:emickley@hbgdiocese.org)

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

**Phone number:** (717) 843-7986, ext. 229  
1-888-LIFE-AID [1-888-543-3243]

**Fax number:** (717) 699-0020

**Address:** 26 East College Avenue  
York, PA 17401

**Hours:** Monday-Friday 8:30 a.m. – 5 p.m. Evening appointments are also available.

*The Heart of Mary Pregnancy Support Services is a non-profit program established by the Commonwealth of Pennsylvania's Real Alternatives Program and housed in the Catholic Charities Intensive Family Services Office. We provide services to women and their partners who are pregnant, possibly pregnant, or biological parents of a child under the age of 12 months. Our program offers life-affirming alternatives to abortion for women, their partners, and their families who are encountering an unplanned pregnancy. We provide help and hope through parenting education, adoption information, free pregnancy testing, and referrals to community resources as well as maternity and infant assistance. All services are free to Pennsylvania residents and there are no income guidelines.*

## **Housing Alliance of York**

**E-mail:** [info@housingallianceofyork.com](mailto:info@housingallianceofyork.com)

**Website:** [www.housingallianceofyork.com](http://www.housingallianceofyork.com)

**Phone number:** 717-854-1541 (ext. 115 to make an appointment or inquire about services)  
1-800-864-4909

**Fax number:** (717) 845-7934  
(717) 854-3431

**Address:** 35 South Duke Street  
York, PA 17401

**Hours:** Monday/Wednesday 8 a.m. – 5 p.m.; Tuesday/Thursday 8 a.m. – 7 p.m.

**Other Languages:** Spanish

*The Housing Alliance of York is stabilizing and enhancing our Community through professional housing counseling services. Services offered are on two counseling tracks—Homeownership and Foreclosure Prevention—and can be provided at multiple locations throughout York County. Our counselors are nationally trained and nationally certified in various housing disciplines. Services provided are at no cost to the consumer.*

*We offer Credit & Debit Counseling, Pre-Purchase Counseling, Homebuyer Education, Family Savings Account, Reverse Mortgage, Default & Delinquency, and Homeowner's Emergency Mortgage Assistance Program (HEMAP).*

## ***Housing Alliance of York, Apartments at Hotel Richard McAlister***

**Contact:** Kim Kumontis-Hall

**E-mail:** [Kim@housingallianceofyork.com](mailto:Kim@housingallianceofyork.com)

**Phone number:** (717) 633-5000

**Fax number:** (717) 633-2801

**Address:** 11 York Street  
Hanover, PA 17331

*Apartments at the Hotel Richard McAlister are lost-cost, one bedroom apartments that include utilities, carpeting, a refrigerator and stove, onsite laundry, central air and heat and 24-hour emergency maintenance. Residents must be 55 years or older and meet income guidelines.*

## **Lutheran Social Services of South Central PA**

### ***Lutheran Home Care & Hospice, Inc., A Ministry of Lutheran Social Services***

**Contact:** Ginny Davis

**E-mail:** [vdavis@lutheranhomecare.org](mailto:vdavis@lutheranhomecare.org)

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

**Phone number:** 1-800-840-9081

**Fax number:** (717) 334-7872

**Address:** 2700 Luther Drive  
Chambersburg, PA 17202

260 West High Street

Gettysburg, PA 17325

1651-A Mt. Zion Road  
York, PA 17406

187 East Main Street  
Westminster, MD 21157

**Hours:** 24/7, 365 days a year

**Other Languages:** Spanish

*We answer Christ's call by providing health care and related services to those who are striving to achieve their highest possible quality of life, health and comfort. We provide Home Health Care for those who need medical care at home, Home Health Telemonitoring for those who want peace of mind knowing someone is monitoring their health status daily, In-Home Support for those who need non-medical help to remain independent at home, and Hospice Care for those living with a terminal illness, and their families.*

*For most people, skilled home health care and hospice are covered by their health insurance plan. Others draw on life insurance or other resources such as our benevolent care fund to pay for services. We provide care to all individuals regardless of age, income, race, or religion.*

### ***Lutheran Social Services of South Central PA, Lutheran Counseling Services***

**Contact:** George Bennett, Program Director

**E-mail:** [gbennett@lutheranscp.org](mailto:gbennett@lutheranscp.org)

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

**Phone number:** 866-988-2382

**Fax number:** (717) 633-5250

**Address:** St. Mark Lutheran Church

129 Charles Street

Hanover, PA 17331

**Hours:** Monday-Wednesday 8:30 a.m. – 8 p.m.; Thursday/Friday 8:30 a.m. – 5 p.m.

*We provide professional counseling services for individuals, couples and families dealing with stress management, couple or family problems, depression, anxiety, adjustment to life stressors, loss and grief, premarital counseling and effective parent training. Physicians, pastors, teachers and community organizations are available for consultation in addition to our counselors who are doctoral-or-master trained and supervised by a licensed clinician. Counselors receive ongoing professional training in providing behavioral health services.*

*Within a Christian context that honors diversity and autonomy, we work with you to explore what choices are available and the effects each choice may have. We will help you look at many aspects of your life: physical, emotional, mental, social and spiritual.*

### ***Lutheran Social Services of South Central PA, Touch-a-Life Program***

**Contact:** Cathy Lynn

**E-mail:** [clynn@lutheranscp.org](mailto:clynn@lutheranscp.org)

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

**Phone number:** (717) 646-2460

**Fax number:** (717) 646-2550  
**Address:** Lutheran Retirement Village at Utz Terrace  
2100 Utz Terrace  
Hanover, PA 17331  
**Hours:** Monday – Friday 8:30 a.m. – 4:30 p.m.

*Touch-a-Life can help people of any age who are in **temporary** need of assistance. All services are provided free of charge by trained volunteers. Services include: transportation to medical appointments transportation for groceries, household chores, outdoor chores, and minor repairs.*

### **Mountain View OBGYN Ltd.**

**Contact:** Sandy  
**E-mail:** [mtviewus@mtviewobgyn.com](mailto:mtviewus@mtviewobgyn.com)  
**Website:** [www.mtviewobgyn.com](http://www.mtviewobgyn.com)  
**Phone number:** (717) 637-7755  
**Fax number:** (717) 637-7142  
**Address:** 20 North Street  
Hanover, PA 17331  
**Hours:** Monday, Tuesday, Thursday, Friday 8:30 a.m. – 4:30 p.m.; Wednesday 9 a.m. – 5 p.m.

*We provide a high level of care to all patients including pap smears, OB (pregnancy) services, birth control and yearly exams. Insurance is required although referrals are not. Medicaid is accepted.*

### **National Coalition for the Homeless**

**E-mail:** [info@nationalhomeless.org](mailto:info@nationalhomeless.org)  
**Website:** [www.nationalhomeless.org](http://www.nationalhomeless.org)  
**Phone number:** (202) 462-4822  
**Fax number:** (202) 462-4823  
**Address:** 2201 P Street, NW  
Washington D.C. 20037  
**Hours:** Monday-Friday 9 a.m. – 5 p.m.

*Our goal is to prevent and end homelessness and to protect the rights of people who are homeless. We give advice on what to do if you are homeless, think you may become homeless, etc. for all age groups, and provide links to other agencies. We also post public information and action alerts.*

## **National Multiple Sclerosis Society –Central Pennsylvania Chapter**

**E-mail:** [PAC@nmss.org](mailto:PAC@nmss.org)

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

**Phone number:** 1-800-227-2108 (Option 1 – Resource Center; Option 2 – Fundraisers & Bikes)  
(717) 652-2108

**Fax number:** (717) 652-2590

**Address:** 2040 Linglestown Road, Suite 104  
Harrisburg, PA 17110

**Hours:** Monday – Friday 8 a.m. – 5 p.m.

*We are eager to educate and give information about MS to interested parties. We provide various programs, financial assistance and information on obtaining a Case Manager.*

## **National Runaway Switchboard**

**Contact:** Michelle Vos, NRS Volunteer Coordinator

**E-mail:** [info@nrscrisisline.org](mailto:info@nrscrisisline.org)

**Website:** [www.nrscrisisline.org](http://www.nrscrisisline.org)  
[www.1800runaway.org](http://www.1800runaway.org)

**Phone number:** 1-800-RUNAWAY [1-800-786-2929]

**Fax number:** (773) 289-1726

**Address:** 3080 N. Lincoln Avenue  
Chicago, IL 60657

**Hours:** Crisis line is anonymous, confidential and available 24 hour/day, 365 day/year.

*Our mission is to help keep America's runaways and at risk youth safe and off the streets. The hotline is for runaways to keep them safe and help them return home if they desire it. We also offer the Home Free program: a free bus ticket through Greyhound lines to runaways age 12-20 who wish to return home but have no money.*

## **Operation Community Care, Bethel Compassion Ministries Center**

**E-mail:** [churchoffice@bethelag.com](mailto:churchoffice@bethelag.com)

**Website:** [www.bethelag.com](http://www.bethelag.com) (Our Missions → Compassion Ministries)

**Phone number:** (717) 359-4075  
(717) 359-4675

**Fax number:** (717) 359-0903

**Address:** 1125 Frederick Pike  
Littlestown, PA 17340

**Hours:** Monday 5 p.m. - ? (registration closes at 7 p.m.), Wednesday 9 a.m. – Noon, 1<sup>st</sup> Friday of the month – Senior Citizens Day (those who drive), 3<sup>rd</sup> Friday of the month – Senior Citizens Day (those coming on buses)

*We work to serve others by distributing food, clothing, cleaning supplies and house wares. Christmas outreach and Holiday outreach are by invitation only. We do mission work in Littlestown and the surrounding areas as well as supporting and sending missionaries all over the world.*

## Planned Parenthood of Central Pennsylvania

**Contact:** Bev Haley, Center Manager

**E-mail:** [Beverly.haley@ppfa.org](mailto:Beverly.haley@ppfa.org)  
[darcy.maier@ppfa.org](mailto:darcy.maier@ppfa.org)

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

**Phone number:** (717) 845-9683 ext. 201 (Planned Parenthood of Central PA Administration Office)  
(717) 637-6544 (Hanover Health Center)

**Fax number:** (717) 843-2698 (Administration Office)  
(717) 637-7489 (Hanover Health Center)

**Address:** Planned Parenthood of Central PA Administration Office  
728 S. Beaver St.  
P.O. Box 1469  
York, PA 17405-1469

Hanover Health Center  
1 Center Square  
Hanover, PA 17331

**Hours:** Administration Office - Monday-Friday 8:30 a.m. – 5 p.m. For Hanover Health Center, call or visit the website as hours vary.

**Other Languages:** access to a Language Line

*We seek a world in which all children are wanted and cared for; all people have equal rights and dignity; sexuality is expressed with honesty, equality and responsibility; and the decision to have children is private and voluntary. We are an affiliate of Planned Parenthood Federation of America. Our affiliate serves Adams, Franklin, Fulton and York Counties. We operate five health centers. Our affiliate was founded in York city in 1935.*

*We offer the following services: abortion referral; birth control services; emergency contraception; general health care; HIV testing; HPV & Hepatitis vaccines; patient education; pregnancy testing, options, and services; STI testing & treatment; and Women's Health Services.*

*If you qualify, we offer reduced or free services for clients unable to afford services.*

## Pregnancy and Family Resources Center

**Contact:** Linda Skehan, B.S.N., Director

**E-mail:** [pfrc1@verizon.net](mailto:pfrc1@verizon.net)

**Website:** [www.yorkpregnancycenter.com](http://www.yorkpregnancycenter.com)

**Phone number:** (717) 854-6285  
1-888-LIFE-AID [1-888-543-3243]

**Address:** 46 West Princess Street  
York, PA 17401

**Hours:** Monday 10 a.m. – 1 p.m. and 6– 8 p.m.; Wednesday – Friday 10 a.m. – 1 p.m.

*Pregnancy help center provides counseling, material assistance, education and referrals to families in need. We offer free pregnancy test kits, baby supplies and a Parent Education Program. All services are free of charge. Walk-ins for pregnancy tests are welcome during hours of service, otherwise by appointment only.*



## **Salvation Army (Hanover)**

**Contact:** Julia Greth

**Phone number:** (717) 637-2105

**Address:** 114 Broadway  
Hanover, PA 17331

**Hours:** Monday/Wednesday 9:30 a.m. – 2 p.m.; Friday 9:30 a.m. - Noon

*Provides emergency services (related to food, clothing, utilities, etc.), education, and counseling.*

## **Social Security Administration Offices – Adams and York Counties**

**Contact:** Cynthia Cresta (York County)

**E-mail:** [cynthiacresta@ssa.gov](mailto:cynthiacresta@ssa.gov) (York County)

**Website:** [www.ssa.gov](http://www.ssa.gov)

**Phone number:** Adams: (717) 263-4138

TTY: (717) 263-0667

York: 1-888-329-5732

TTY: (717) 767-2573

**National Toll Free:** 1-800-772-1213

**Address:** 50 North Third Street  
Chambersburg, PA 17201

950 Borom Road

York, PA 17404

**Hours:** Monday – Friday 9 a.m. – 4 p.m.

## **South Central Community Action Programs**

**E-mail:** [info@sccap.org](mailto:info@sccap.org)

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

**Phone number:** (717) 334-7634

**Fax number:** (717) 334-6921

**Address:** 153 North Stratton Street  
Gettysburg, PA 17325

**Hours:** Monday – Friday 8 a.m. – 4:30 p.m.

*South Central Community Action Programs, Inc. is a coordinator of charitable human services for the benefit of the community and to help low-income people obtain self-sufficiency. Programs available for residents of Adams County include: Weatherization, Wee Care Learning Center, Women, Infants and Children (WIC), Employment Services Supported Work Program/Outreach, Adams County Shelter for the Homeless, Child Care Information Services, Housing Rehabilitation/PA ACCESS Program, Adams County Circles, MLK Career Aid Project, Family Development Services, Volunteer Income Tax Assistance (VITA), Operation Pride, Met-Ed Customer Assistance Program, Columbia Gas Customer Assistance Program, Dollar Energy, Project Helping Hand, Salvation Army, Adams County Food Pantry/Temporary Food Assistance Programs, SCCAP Apartment Rentals.*

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

**Contact:** Marie Ford, Program Director

**Phone number:** (717) 334-7634, ext. 142

**Hours:** Monday, Tuesday, Thursday, Friday 8 a.m. – 4:30 p.m.; Wednesday 9:30 a.m. – 6 p.m.

*Provides nutrition information, food and health care referrals to income eligible women, infants and children under 5 years of age. (185% Poverty Income Guidelines)*

### ***Adams County Shelter for the Homeless***

**Contact:** Sharon Bechtel, Program Coordinator

**Phone number:** (717) 334-7634, ext. 173

**Address:** 152 North Stratton Street  
Gettysburg, PA 17325

**Office Hours:** Monday – Friday 8 a.m. – 4 p.m.

**Facility Hours:** 24/7

*Provides temporary emergency lodging and extensive supportive services for individuals who are homeless.*

### ***Housing Rehabilitation/PA ACCESS Program***

**Contact:** John McPaul, Program Director

**Phone number:** (717) 334-7634, ext. 129

**Hours:** Monday – Friday 8 a.m. – 4 p.m.

*This project provides home improvements for homeowners in addition to a program that provides grab bars, ramps and improvements that allow the handicapped to remain in their homes.*

### ***Family Development Series***

**Contact:** Lisa Connolly, Program Coordinator

**Phone number:** (717) 334-7634, ext. 155

**Hours:** Varies Monday – Saturday

*Provides support services, case management and life skills programming to individuals dealing with unemployment, poverty, homelessness or in need of life skills.*

### ***Operation Pride***

**Contact:** Lisa Beaver, Program Coordinator

Micheline Sweeney, Community Services Worker

**Phone number:** Lisa: (717) 334-7634, ext. 131

Micheline: (717) 334-7634, ext. 163

**Hours:** Monday – Friday 8 a.m. – 4:30 p.m.

*Provides emergency services for those in need of medical, shelter or utility assistance and other emergency assistance through coordination of community resources.*

### ***Adams County Food Pantry/Temporary Food Assistance Program***

**Contact:** Lisa Beaver, Program Coordinator  
Micheline Sweeney, Community Services Worker  
**Phone number:** Lisa: (717) 334-7634, ext. 131  
Micheline: (717) 334-7634, ext. 163  
**Hours:** Monday/Wednesday 8 a.m. – 4:30 p.m.

*Provides food to those in emergency situations through food pantries located throughout Adams County. SCCAP operates the Gettysburg Food Pantry directly. Please call for a list of food pantry locations and operational hours.*

### ***SCCAP Apartment Rentals***

**Contact:** John McPaul, Program Director  
**Phone number:** (717) 334-7634, ext. 129  
**Hours:** Monday – Friday 8 a.m. – 4 p.m.

*Apartment and house rentals to low income families/individuals in Adams County (take Section 8 and private rent).*

### ***Survivors, Inc.***

**Contact:** Terri L. Hamrick, Executive Director  
**E-mail:** [terri@survivorsservices.org](mailto:terri@survivorsservices.org)  
**Website:** [www.adamscountysurvivors.com](http://www.adamscountysurvivors.com)  
**Phone number:** (717) 334-0589  
**Hotline:** (717) 334-9777  
**Hotline (800):** 1-800-787-8106 (7-1-1 enabled)  
**Fax number:** (717) 334-3576  
**Address:** P.O. Box 3572  
Gettysburg, PA 17325  
**Other Languages:** Spanish

*Survivors supports those who experience domestic violence or sexual assault and strives to create a world in which violence against women and children is unthinkable. Domestic Violence is one of the most serious crimes faced in society. People have the right to a home in which they do not fear assault. Survivors, Inc. provides non-judgmental support, assistance and shelter of victims of domestic violence, and works for social change to create a world in which violence against women and children is unthinkable. We are committed to reaching out to women and children of all ages, races, national origins, marital statuses and sexual orientations.*

*The following services are confidential and free of charge: a 24-hour hotline, safety planning, shelter services, transitional housing, supportive counseling, support groups for adults and for children, legal advocacy, accompaniment, quick response and community education.*

## **Tender Care Pregnancy Consultation Services, Inc.**

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

**Phone number:** (717) 633-1200  
(717) 334-8613

**Fax number:** (717) 633-9685

**Address:** 600 Carlisle Street, Suite B  
Hanover, PA 17331

1844 York Road  
Gettysburg, PA 17325

**Hours:** Call for hours.

**Other Languages:** Spanish by appointment.

*Tender Care Pregnancy Center's mission is to reach, educate, assist and love women facing an unexpected pregnancy. Services include: free pregnancy tests, limited obstetrical ultrasounds, peer counseling and pregnancy information, alternatives to abortion, maternity and infant clothing, health care and housing referrals, adoption/foster care referrals, post-abortion counseling, and emergency baby formula and diapers (supply varies).*

## **Victim Assistance Center (VAC)**

**Contact:** Kristen Sechrist, Medical Advocacy Program Coordinator

**E-mail:** [ksechrist@ywcaYork.org](mailto:ksechrist@ywcaYork.org)

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

**Phone number:** 1-800-422-3204 (Hotline)  
(717) 854-3131 (information)

**Fax number:** (717) 843-7511

**Hours:** 24/7

*Victim Assistance Center is a program of the YWCA York dedicated to the elimination of sexual violence and other violent crimes. We offer a 24-Hour Hotline, individual counseling and support groups for adults and children, shelter (if appropriate), medical/hospital advocacy, legal advocacy, abuse and sexual assault prevention education and community outreach.*

## **Visiting Angels**

**E-mail:** [Visitingangelshanv@comcast.net](mailto:Visitingangelshanv@comcast.net)  
[Visitingangelsyk@comcast.net](mailto:Visitingangelsyk@comcast.net)

**Website:** [www.visitingangels.com](http://www.visitingangels.com)

**Phone number:** (717) 630-0067 (Hanover)  
(717) 751-2488 (York)

**Fax number:** (717) 630-0078 (Hanover)  
(717) 751-2509 (York)

**Address:** 104 Carlisle Street, Suite 1  
Hanover, PA 17331

1840 E. Market Street  
York PA 17402

**Hours:** Monday-Friday 8:30 a.m. – 4:30 p.m. (office); available for calls 24/7

*Visiting Angels is a licensed, non-medical home care company that is dedicated to providing the highest quality client services with compassion and respect for each person. Our commitment to our clients: we recognize the unique physical, emotional and spiritual needs of each person. We strive to extend the highest level of courtesy and service to clients, caregivers, visitors and one another. Our services include: assistance with bathing, dressing and all hygiene needs, meal preparation, light housekeeping, laundry, errands and shopping, transportation to doctor appointments, hospital, or other appointments, respite for family caregivers, companionship, and medication reminders.*

*We are available from 3 hours to 24 hours per day with no minimum number of days per week including weekends and holidays, temporary or long term.*

### **Visiting Nurse Association (VNA)**

**E-mail:** [vna@vnahanover.org](mailto:vna@vnahanover.org)

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

**Phone number:** (717) 637-1227  
1-800-422-3197

**Fax number:** (717) 637-9772

**Address:** 440 North Madison Street  
Hanover, PA 17331

**Hours:** Office is open daily 8 a.m. – 4:30 p.m., but all services are available 24/7 every day of the year. There are always nurses on-call to address a patient's needs.

*The Visiting Nurse Association of Hanover & Spring Grove is a not-for-profit, community-based agency dedicated to bringing professional health care to the home and to teaching families and caregivers how to care for their loved ones in all stages of life.*

*For over 100 years, we have provided the highest quality care to residents in our community, regardless of their ability to pay for that care. We provide services in Hanover, Spring Grove and the surrounding townships of southwestern York County as well as all of Adams County.*

*We offer:*

- *Home Health Care—Skilled nursing, physical therapy, occupational therapy, speech therapy, telehealth, social work services, home health aides, wound management, IV therapy, and more.*
- *Home Care Plus—Private duty nursing, home support, respite care, and personal care including bathing assistance, meal preparation, shopping and errands, laundry, transportation to appointments, and light housekeeping. These services are available from 1 to 24 hours a day and are provided for an affordable hourly rate.*
- *Hospice Care—We offer a team approach to end-of-life care which includes nursing care, home health aides, social work services, spiritual counseling, and bereavement services for family/caregivers after a loved one has died. We also offer a monthly bereavement support group.*
- *Free Mammogram Program—The VNA has partnered with Hanover Hospital and the Pink Ribbon Challenge to provide free mammograms to low-to-moderate income women aged 40-64 who have no insurance or insurance that does not cover breast screening services. Please call for more information or to see if you qualify.*

## **York County Area Agency on Aging**

**E-mail:** [aging@york-county.org](mailto:aging@york-county.org)

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

**Phone number:** (717) 771-9610  
1-800-632-9073

**APPRISE Help Desk:** (717) 771-9008

**Rent-A-Kid:** (717) 771-9103

**Fax number:** (717) 771-9044

**Address:** 100 West Market Street, Suite 102  
York, PA 17401

**Hours:** Monday-Friday 8 a.m. – 4:30 p.m.

*The York County Area Agency on Aging promotes the independence of older adults through education, advocacy, and coordination of community-based services. Our primary commitment is to deliver quality services to older adults with the greatest social or economic needs. As resources allow, we may serve others with similar characteristics. The York County Area Agency on Aging will be a leader in bringing our communities together to keep people well, involved, and independent.*

*We offer the following programs: APPRISE, Adult Day Care, Assessment Services, Care Management, Domiciliary Care, Family Caregiver Support, Home Delivered Meals, In-Home Community Based Services, Information and Referral, Legal Assistance, Nursing Home Transitions, New Horizons publication, PA Department of Aging 60+ Waiver, Prime Time Health, Protective Services, Rent-A-Kid, Senior Community Centers, Senior Games, Speakers Bureau, Transportation Services and a Volunteer Program.*

## **York County Transportation Authority—Rabbittransit**

**E-mail:** [info@rabbittransit.org](mailto:info@rabbittransit.org)

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

**Phone number:** (717) 846-7433  
1-800-632-9063

**Fax number:** (717) 848-4853

**Address:** 1230 Roosevelt Avenue  
York, PA 17404

**Hours:** Monday-Friday 8 a.m. – 5 p.m. (office)

*We at rabbittransit dedicate ourselves to providing safe and customer-friendly mobility services in a manner consistent with the stewardship of our communities' trust and resources. We recognize that mobility is a fundamental right and an essential need in order for our community to maintain a high quality of life. We offer a Public Fixed Route, Shared Ride, Paratransit, Car pool/Van pool and Mileage Reimbursement.*

*See more, Do more, Park once. Leave the driving to us.*

## **YWCA of Hanover**

**Contact:** Tina Heffner

**E-mail:** [theffner@ywcahanover.org](mailto:theffner@ywcahanover.org)

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

**Phone number:** (717) 637-2125

**Fax number:** (717) 637-3516

**Address:** 23 West Chestnut Street  
Hanover, PA 17331

**Hours:** Monday-Thursday 6 a.m. – 9 p.m., Friday 6 a.m. – 5:30 p.m., Saturday/Sunday by appointment

**Other Languages:** Spanish

*The YWCA of Hanover is dedicated eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. We offer Childcare Services for children ages 6 weeks – 12 years, a Safe Home for victims of domestic abuse, the Hispanic American Center of Hanover, the 21<sup>st</sup> Century Community Learning Center “C.O.S.M.I.C. Project” and Fitness Programs such as Strong Women Stay Young & Zumba.*

## Support Groups and Programs

**Alcohol Support** (BB = Big Book, Beg = Beginner, C = Closed, D = Discussion, HA = Handicap, O = Open, Sp = Speaker, SS = Step Study, SD = Speaker Discussion, TR = Traditions) Visit [www.HanoverIntergroup.org](http://www.HanoverIntergroup.org) for more information.

### **Big Book Study**

St. Paul's Lutheran Church, 1241 Broadway, Hanover  
Sundays, 1 p.m. (C, BB, SS)

### **Early Bird Group**

Trinity United Church of Christ, 120 York Street, Hanover  
Fridays, 8 a.m. (O, SS)

### **The Eye Opener Group**

Hanover Church of the Brethren, 601 Wilson Avenue, Hanover  
Mondays, 7 pm. (Beg)  
Mondays, 8 p.m. (C, Sp)

### **The Fully Loaded with AA Group**

Hanover First Church of God, 600 Fairview Drive, Hanover  
Thursdays, 7 p.m. (O, Literature, HA, 3<sup>rd</sup> Thursday of the month-O, Sp)

### **Hanover Group**

Grace United Methodist Church, 55 Albright Drive, Hanover  
Sundays, 6:30 p.m. (O, Sp, HA)  
Tuesdays, Noon (O,D)  
Wednesdays, 8 p.m. (O, BB, HA, 1<sup>st</sup> Wednesday of the month-TR)  
Thursdays, Noon (O,D)  
Fridays, 8 p.m. (O, HA, Grapevine Discussion)  
Saturdays, 9 a.m. (O, D, HA)  
Saturdays, 10 p.m. (O, D)

### **Hanover Women's Group**

House of the Nazareth, 9 North 3<sup>rd</sup> Street, McSherrystown  
Wednesdays, 4 p.m.

### **Into Action Group**

God's Meal Barrel, 413 Baltimore Street, Hanover  
Thursdays, 7 p.m. (O, BB)

### **Listen to Learn**

St. Johns Lutheran Church, 130 Water Street, Abbottstown  
Fridays, 7 p.m. (O, D)



**Littlestown Beginners Group**

Littlestown Chapel, 1144 Bollinger Road, Littlestown  
Thursdays, 7 p.m. (O, Beg, Sp, SS)

**Middle Street Group**

Lohr's United Methodist Church, 200 Middle Street, Hanover  
Fridays 7 p.m. (C, BB, SS, Sp once a month)

**New Beginnings Group**

Trinity United Church of Christ, 120 York Street (Rear), Hanover  
Tuesdays, 6 p.m. (O, SS)

**Read This Book**

St. Paul's Lutheran Church, 201 S. Main Street, Spring Grove (Parking and Entrance in Rear)  
Wednesdays, 7 p.m. (O, BB, HA)

**Recovery Group**

Hanover Area Council of Churches, 136 Carlisle Street, Hanover  
Sundays, 8 a.m. (O, SS)

**Second Chance Happy Hour**

All Saints Episcopal Church, 890 McCosh Street, Hanover  
Mondays, 10 a.m. (C, D)  
Mondays, 7 p.m. (BB)  
Thursdays, 7 p.m. (O, SS, HA, last Thursday of the month-TR)  
Saturdays, 8 p.m. (O, Sp, 1<sup>st</sup> Saturday of the month-Grapevine Discussion)

**We Care Group**

House of the Nazareth, 9 North 3<sup>rd</sup> Street, McSherrystown  
Mondays, 4 p.m. (O, D)

**York Street Group**

Trinity United Church of Christ, 120 York Street (Rear), Hanover  
Tuesdays, 8 p.m. (SS)

**Adult Grief and Loss Support**

Six week program offered three times per year. For more information, call Barbara Schmittener at (717) 334-2012.

**Annual Memorial Service**

A service held every January for families and friends of cancer patients who died during the previous year. Call Deana Albright at the York Cancer Center at (717) 741-8100 for more information.

**Bereavement Class**

Counseling for children is available upon request. Call the York Cancer Center at (717) 741-8100 for more information.

**Blood Pressure Screening (Free!)**

For anyone. Held the first Wednesday of the month in the lobby of Hanover Hospital. For information, call (717) 633-8856.

### **Breast Cancer support Group**

Explores all issues regarding breast cancer from start of diagnosis to being a survivor. Apple Hill Medical Center, 25 Monument Road, York, Suite 193. Meets the third Wednesday of every month 7-9 p.m. Please call (717) 741-8100.

### **Breastfeeding Support**

Consultant on breastfeeding. Hanover Hospital. Please call (717) 633-2262 and speak to Sherry.

### **Cancer Prayer Support Group**

This support group is offered in two locations: Christ's American Baptist Church, Spring Grove, first Tuesday of every month, 7 p.m.; or Hillside Medical Center, Suite 209, Hanover, first Tuesday of every month at 10 a.m. Please Contact Lynn Eib at (717) 633-1744 before attending.

### **Celiac Disease Resource Group**

The Gluten-free Group of Gettysburg meets at the Gettysburg Hospital Community Room on the first Friday evening of May and November at 7 p.m. For more information, please contact Cheryl Hutchinson at (717) 642-6053 or Judy Leeti at (717) 337-1557.

### **Compassionate Friend Support Group (for bereaved parents who have lost a child)**

Meets the fourth Monday of the month at 7 p.m. at 60 East High Street, Gettysburg. For more information call Tom or Charmaine Malik at (717) 642-9897.

### **Coping With Chronic Cancer**

Support group for cancer patients who are dealing with their cancer as a chronic or recurring condition. Please join us the third Wednesday of each month, 7-8:30 p.m. Call Kathy Allen at the York County Cancer Center at (717) 741-8100 for more information. Apple Hill Medical Center, 25 Monument Road, York. Follow signs once inside, as the suite number is subject to change.

### **Depression Support Group**

This group offers mutual support and encouragement in an accepting, understanding and confidential environment. Reiki Share meditation is offered the 1<sup>st</sup> Tuesday of each month. Call (717) 646-6905 for information.

### **Diabetes Resource Group**

Meets the second Monday of February, April, June, October, and December from 6:30-8 p.m. in the Gettysburg Hospital Community Room. For more info, call Marcia Fiscel at (717) 337-4189.

### **Diabetes Table Talk**

Free programs for people with diabetes and other interested individuals, held at the Hanover Hospital Wellness & Education Center. Call (717) 633-2118 for future dates and topics.

### **Hanover Area Breast Cancer Support Group**

Dealing with all aspects of breast cancer. Life Changes Boutique, 400 York Street, Hanover. Meets at 6 p.m. on the third Monday of every month. Please contact Diana Klunk at (717) 633-1111 or [bc.support@live.com](mailto:bc.support@live.com).

### **Head and Neck Cancer**

Dealing with issues devoted to head and neck cancers. Please call for details to see if this is the right group for you. This group meets on the second Wednesday of each month at 5:30 p.m. at Apple Hill Medical Center, 25 Monument Road, York. Please contact Diane MCewain at (717) 741-8100.

### **Healthy Hearts**

Anyone with a heart problem may attend. Meets on the third Tuesday of the month at 6:30 p.m. Registration is preferred but not necessary. For more information, please call Cardiac Rehabilitation, Gettysburg Hospital at (717) 337-4164.

### **Hearts Can Heal**

An eight-session class for grieving children held as needed at Olivia's House, 830 South George Street, York. For more information, please call Olivia's House at (717) 699-1133.

### **HOPE Support Group (Help for Oncology Problems & Emotional Support)**

Support and educational group organized for southern York County. The focus of each support meeting will be on cancer education and the emotional needs of patients and families. The group meets the second Wednesday of every month. For more information, call the HOPE office at (717) 227-2824.

### **Kids Under Construction**

Support group for children who have loved ones with cancer. Call Barbara Titanish at (717) 227-2824 or the York Cancer Center at (717) 741-8100 for more information.

### **Laryngectomy Support Group (White Rose New Voice Club)**

Meets the third Monday of each month at 7 p.m. in Suite 94, Entrance D at Apple Hill Medical Center, 25 Monument Road, York. Please call the American Cancer Society for more information at 1-800-227-5445.

### **Leukemia & Lymphoma Support**

Family support group program for patients and families who would like to meet others coping with leukemia, lymphoma, multiple myeloma or Hodgkin's Disease. For more information about this group program, please contact The Leukemia & Lymphoma Society of America at (717) 652-6520 (Hershey).

### **Look Good, Feel Better**

Sessions with area cosmetologists for assistance with makeup and hair styling. For dates, call the American Cancer Society office at 1-800-227-2345.

### **Living with Parkinson's**

Meets the third Wednesday of the month at 1 p.m. at Wellspan Adams Health Center, Room 211. Participants can exchange information, discuss triumphs and concerns and problem solve common difficulties. Speakers will present topics related to Parkinson's disease. For more information, contact Carolyn Stephenson at (717) 338-3467 or [cstephenson8@gmail.com](mailto:cstephenson8@gmail.com).

**Lyme Disease Support Group:** Meets the first Sunday of the month from 1-4 p.m. in the Gettysburg Hospital Community Room. For more information call Lovette Mott at (717) 334-6339 or Vicki Karam Smith at (717) 334-6806.

**Lymphedema Support Group:** Meets the third Tuesday of the month from 6:30-7:30 p.m. at the Wellspan Adams Health Center, Room 211. For more information, call Lee Melchoir at (717) 339-2620.

**Man to Man Prostate Cancer Support Group**

Support and educational group for prostate cancer patients and their significant others.

Meets the third Wednesday of odd-numbered months, 6-8 p.m. at Hanover Hospital. Call (717) 633-2123. Or meets the fourth Wednesday of every month at the York Cancer Center. Call (717)741-8100.

**Mommy Talk**

New motherhood and the pressures of daily life often bring about many challenges. Mommy Talk is designed to connect new moms with useful information in an environment that allows for social interaction and sharing. For more information on meeting times and locations or to register for this free program, contact Wendy McDowell at (717) 851-4305 or email [wmcowell@wellspan.org](mailto:wmcowell@wellspan.org).

**New Beginnings Nicotine Support Group**

A dynamic, ongoing monthly gathering held at Hanover Hospital and dedicated to the exploration, encouragement and support of a tobacco-free life. Call (717) 633-8894 for information.

**Oral, Head and Neck Cancer Support Network**

Support and educational group for oral, head and neck cancer patients. Meets the second Wednesday of every month. Call the York Cancer Center at (717) 741-8100 or (717) 851-2601 for more information.

**Parents Forum**

We are looking for parents of children of all ages with behavioral, mental health or mental retardation challenges to attend the parent advisory forum for the Hanover/Adams area. If you are a parent or family member of a child with these special needs, please join us. Meets on the last Tuesday of the month, 9:30-11 a.m. at the Greater Hanover Red Cross, 529 Carlisle Street, Hanover. For more information, please contact the Hanover Red Cross at (717) 637-3768 or Paul Stevens at (717) 634-6525 or [pbstevens@york-county.org](mailto:pbstevens@york-county.org).

**Pink Partners**

Support group for breast cancer patients. Meets the first Thursday of each month at 6:30 p.m. at Elmwood Mansion, 325 South Belmont St, York. For more information, please contact Marie Black at (717) 745-0675.

**Reach to Recovery**

One-on one support matches a breast cancer survivor with a newly diagnosed breast cancer patient. For more information, call the American Cancer Society at 1-800-227-2345.

**Smoking Cessation Support Group**

Meets the third Tuesday of each month at 6 p.m. in the Gettysburg Hospital Community Room. For more information, contact Jennifer Hobbs at (717) 338-3259.

**Stroke Support Group**

Meets the first Tuesday of each month from noon-1 p.m. in the Gettysburg Hospital Community Room. For more information, contact Amy Meyer or Anna McIntire at (717) 337-4143. (No meetings are held in January or February.)

**Surviving Breast Cancer Support Group**

Meetings held at the York Cancer Center, York at 6:30 p.m. on the first Monday of each month. Please call (717) 741-8100 for information.

**Tobacco Education and Cessation**

Information and education about quitting smoking and maintaining a smoke-free lifestyle. Program is free. For information on all services, please contact Yvette at York Wellspan, (717) 851-5857 or Jennifer at Gettysburg Wellspan, (717) 338-3259.

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Please note that many of the organizations fall into multiple categories.

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