



## **A Survival Guide**

# **Negotiating the Networks to Meet your Needs**



**[www.helpline-nepa.info](http://www.helpline-nepa.info)  
570-829-1341 or 1-888-829-1341  
Dial 2-1-1 in some areas**



**Contents phone numbers and links in this guide were accurate as of the date of compilation. If you find a bad phone number or link, please contact Help Line so we may provide you with the updated information.**

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**Call Help Line**  
**(570) 829-1341 or (888) 829-1341**  
**Dial 2-1-1 (available in some areas)**  
**Available 24/7**

Help Line is an information and referral service and first response point for crisis calls in Luzerne and Wyoming Counties. It operates twenty-four hours a day, 365 days a year manned by specially trained caseworkers as a program component of the Family Service Association of Wyoming Valley.

Help Line was established in 1972 after Hurricane Agnes to provide a central resource for vital information for the victims of this devastating disaster. In 1975 Help Line entered into agreements with a number of area agencies to provide twenty-four hour crisis services. Soon after, other agencies signed onto the service and Help Line became the crisis center for most Wyoming Valley social service agencies.

Help Line currently acts as the after hours crisis service for eighteen different organizations serving Bradford, Luzerne, Sullivan and Wyoming Counties. It is the central access point for problems and issues regarding:

Mental Health	Child Abuse/Neglect Reports
Transportation	Drug and Alcohol
Runaway	Energy Assistance
Homeless Services	Victim services

In addition to handling crisis situations Help Line is also an information and referral service. Help Line maintains an active data listing of over 3,000 local agencies and programs, as well as countless regional, state and national resources. If you need to know where the nearest AA group is being held or the telephone number for the turkey hotline to make sure Thanksgiving dinner is a success, Help Line is there to assist you.

Our unique telephone reassurance system for the homebound and elderly is administered by Help Line. The system contacts individuals each day at specified times. When the telephone is answered a message will let you know that this is your reassurance call. The system can also be utilized for medication reminders. If there is no answer the system will call back, if after the second call there is still no answer an alert will be issued and Help Line staff will contact a designated emergency contact. Staff members monitor all calls of the telephone reassurance system. This is a free service of Help Line for residents of Help Line's coverage area of Luzerne, Wyoming, Bradford, Sullivan and Tioga Counties.

Since Help line's first call in 1972, 2.4 million telephone calls have been handled by Help Line caseworkers. Most likely you know someone that has contacted Help Line over the years.

**Help is usually available, but you need to ask for it. The excerpts from an article by Donna Freedman below illustrated that point.**

## **Swallow your pride -- and seek aid**

*Almost all of us would rather give financial help than need it. Still, life can knock you down hard enough that you need help getting back up. Here's how to find it.*

By Donna Freedman  
MSN Money

The time to swallow your pride is not the day the electricity gets cut off.

Most Americans have never cashed an unemployment check, used a food bank, visited a public health clinic or even clipped coupons with zeal. We like to think that we can take care of ourselves, that we're the kind of people who offer help rather than take it.

That's a swell attitude to have -- until you're looking at a hungry child or an eviction notice. Don't let this happen. Public and private agencies will help you eat, pay the rent, keep the utilities on and get your kids immunized.

Pride shouldn't get in the way of survival. State and federal programs operate with the taxes you've been paying all these years, and private programs exist specifically to help those in temporary need.

Here's what you can expect as you test the public safety net. And remember: When times are better, you can give back.

### **You are far from alone**

In this economy, more and more folks who once made a good living are joining the ranks of the unemployed or the working poor.

"We're (hearing) a lot of 'I never thought I'd be here,'" said Moses Carey Jr., the chairman of the Employment Security Commission of North Carolina.

Get over the idea that unemployment benefits are some kind of welfare. Unemployment insurance is just that: insurance against joblessness.

And now for a hard truth: Your old job might be gone forever, and your skill set might be obsolete. "What we tell them is they need to reinvent themselves so they can compete," he said.

Having gone back to school after three decades away, I can definitely say that yes, this is intimidating. But so is life without employable skills.

### **Gimme Shelter**

How long could you keep a roof over your head if you lost your job? Would a month's worth of unemployment checks cover a month's worth of housing? Or suppose your rent goes up just as

your hours get cut at work -- what then? Think about this now.

Right now. Federally subsidized housing is available, but waiting lists are long, and in some cities the waiting lists are closed to new applicants. Sign up if you like, but don't count on getting a place anytime soon.

Private organizations might be able to help. Requests for rent and utility assistance are up 40% at North Helpline, an emergency-services agency in Seattle. "We're hearing from people who have never needed this kind of service before," Executive Director Amy Besunder said.

Having trouble with utilities? Call customer service, explain the situation and ask to set up a repayment plan. Some social service agencies offer utility assistance; ask, ask, ask. You can also apply for the federal Low-Income Home Energy Assistance Program (LiHeap). An increasing number of those seeking help are working-class families, spokesman Mark Wolfe said.

### **Food on the table**

Do not underestimate the power of coupon clipping. Rent, mortgage and car payments are hard to tweak, but your grocery bill "has a lot of wiggle room," said Stephanie Nelson of [CouponMom.com](http://CouponMom.com).

A number of sites and blogs match coupons to weekly sales and promotions. This can make a serious dent in grocery bills. Nelson, says she spends as little as \$3 for a spaghetti dinner for her family of five. Coupons are available free on a ton of Internet sites.

Are you worried about being embarrassed by the sighs and eye rolls from cashiers or other shoppers who might have to wait an additional second or two for a coupon to be scanned?

To find food banks in your area, call. Find out the details -- when they're open, what kind of documentation to bring, before the cupboard is bare.

If you're underemployed or unemployed, consider applying for the Supplemental Nutrition Assistance Program (the new name for the federal food stamp program) or the Women, Infants and Children nutrition program.

**Again, don't wait until you're in crisis to check out these programs.** It will take days or weeks to get approved.

Incidentally, getting food assistance is less embarrassing these days because paper coupons have been replaced by "electronic benefit transfer" cards. As far as the people in line behind you know, you're using a debit card.

### **Guarding your health**

Whether you've lost your job or simply can't hack the insurance premiums any longer, start lining up health care before you actually need it. You can't work or look for work when you're sick.

Those who had insurance before being laid off can continue coverage under COBRA. Private health insurance might be cheaper, however. Public health and community health centers can be literal lifesavers to those without coverage. Dr. Lauren Cianciaruso of the Loudoun County (VA) Community Health Center has been seeing unemployed or uninsured patients whose chronic diseases were not being treated.

Community health centers operate on a sliding-scale basis. So do county and state public health departments. A relative of mine who's on disability has gotten excellent, compassionate care at a public health clinic.

“You don't want to wait until you're so sick that you'll have to go to the emergency room. That's 10 times as expensive,” said Dr. Charissa Fotinos of the Seattle area's public health department.

Besides, anyone who has paid taxes helped pay for these clinics. Once you're working, you'll be paying again. To find a community health center or public health clinic in your region, call.

### **Lose the attitude**

A common denominator of all these aid programs: questions. You will probably have to answer a lot of questions, and some will feel intrusive, such as marital status or personal assets. This can make newcomers develop a bit of “attitude,” according to the Rev. June Cooper of the City Mission Society of Boston.

Remember that everyone else has to answer the same questions. Remember, too, that this is where you are now. You won't be here forever.

The workings of the economy are beyond your control. Choosing to survive is an act of self-determination. Few people want to ask for help. But sometimes it just makes sense.

# CRISIS INFORMATION

## **Ambulance – Fire – Police**

For emergency services call 9-1-1 in Bradford, Luzerne, Sullivan, Tioga & Wyoming Counties.

## **Alcohol/Drug Abuse**

### **Luzerne & Wyoming Counties**

Services can be accessed at [Luzerne/Wyoming Counties Drug/Alcohol Program](#) at 570-826-3035. Other services are available through:

Lower Luzerne County -

[Serento Gardens](#): Alcoholism and Drug Services at 570-455-9902,

Upper Luzerne County -

[Wyoming Valley Alcohol & Drug Services](#) at 570-820-8888.

Wyoming County

[A Better Today](#) at 570-996-9600

### **Bradford/Sullivan Counties**

Services can be accessed at [Bradford/Sullivan Drug & Alcohol](#) at 1-800-588-1828 or (570) 265-1760.

[A Better Today](#) at 570-265-6700

### **Tioga County**

Services can be accessed at Tioga [County Human Services](#) at 570-724-5766.

## **Child Abuse/Neglect**

To report child abuse or neglect you have two options:

1. ChildLine the statewide hotline to report abuse at 1-800-932-0313.
2. Report directly to your county Children & Youth agency.

[Bradford County C&Y](#) call 570-265-1760,

\*[Luzerne County C&Y](#) call 570-826-8710 or 570-454-9740,

[Sullivan County C&Y](#) call 570-946-4250

[Tioga County C&Y](#) call 570-724-5766

\*[Wyoming County C&Y](#) call 570-836-3131.

\* Help Line provides after hour telephone coverage.

## **Crime & Assault/Victim Services**

For services in Carbon, Luzerne and Wyoming Counties contact the

\*[Victims Resource Center](#) (VRC).

Carbon County and Lower Luzerne County area call 570-454-7200

Upper Luzerne County can call 570-823-0765

Wyoming County residents may contact the VRC at 570-836-5544.

Toll Free – 1- 866-206-9050

For services in Bradford and Sullivan Counties contact the

\*Abuse and Rape Crisis Center at 570-265-5333

For services in Tioga County contact;

[Haven of Tioga County](#) at 1-800-550-0447

\* Help Line provides after hour telephone coverage.

## CRISIS INFORMATION (continued)

### Disaster Services

#### *In Bradford/Sullivan Counties*

[Bradford County EMA](#) – 570-265-5022

[Sullivan County EMA](#) – 570-946-5010

[Bradford/Sullivan Red Cross](#) – 570-265-

#### *In Luzerne County*

[Luzerne County Emergency Management Agency](#) – 1-800-821-3715

Lower Luzerne County - [Red Cross – Hazleton Chapter](#) 570-455-9517

Upper Luzerne County – \*Red Cross – [Wyoming Valley Chapter](#) 570-823-7161

#### *In Tioga County*

[Tioga County EMA](#) -570-724-

[North Central Pennsylvania Red Cross](#) -570-724-1487

#### *In Wyoming County*

[Wyoming County Emergency Management Agency](#) – 570-836-2828

[Red Cross – Wyoming County Chapter](#) 570-836-2626

\* Help Line provides after hour telephone coverage.

### Elder Abuse/Issues

The [Luzerne/Wyoming Counties Area Agency on Aging](#) is the agency to contact to report abuse and for questions regarding the elderly. Contact them at 1-800-252-1512 or 570-822-1158.

In [Bradford-Sullivan-Susquehanna-Tioga](#) Counties is the agency to contact to report abuse and for questions regarding the elderly. Contact them at 1-800-982-4346 or 570-265-6121 or 570-723-0935 or 570-946-4316.

### Emergency Shelter

[Ruth's Place](#) is a homeless shelter for women in Luzerne County they can be contacted at 570-822-6817.

Mother Theresa's Haven provides services for men in Luzerne County you may contact them at: Drop in Center 570-825-9948 Shelter 570-262-1409 or 570-262-9861.

Saint Anthony's Haven in Scranton provides services for both men & women they can be contacted at 570-969-0753.

People seeking services for families should contact the \*[Commission on Economic Opportunity](#) (CEO) which can be reached at the following numbers:

Lower Luzerne County – 570-455-4994 or

Upper Luzerne County – 570-826-0510

Wyoming County – 570-836-4090

Toll Free- 1-800-822-0359

\* **Help Line provides after hour telephone coverage.**



## CRISIS INFORMATION (continued)

### Mental Health Intervention

#### Adult Services

Lower Luzerne County – \*[Northeast Counseling Services](#)

Hazleton Area –570-455-6385

Nanticoke Area – 570-735-7590

Upper Luzerne – [Community Counseling Services](#) – 570-552- 6000

Wyoming County – [Community Counseling Services](#) – 570-836- 3118

Bradford/Sullivan County – [Concern](#) – 570-268-3073

#### Children Services

\*[Children’s Service Center](#) covers both counties and can be reached at:

Luzerne County 570-825-6425

Wyoming County 570-836-2722

\* **Help Line provides after hour telephone coverage.**

### Partner Abuse

[Domestic Violence Service Center](#) covers both counties and can be reached at:

1-800-424-5600 or 570-823-7312

### Poison Control Center

Regional Center covers both counties call 1-800-222-1222.

### Safe Schools

[Luzerne County Safe Schools Tip Line](#) 1-866-700-KIDS (5437).

### Youth Runaway Services

\*[Bridge Youth Services](#) covers both counties and can be reached at:

Lower Luzerne County – 570-455-6742

Upper Luzerne & Wyoming County –570-824-5766

\* **Help Line provides after hour telephone coverage.**

## Economic Help

### Unemployment

In Pennsylvania all claims for unemployment are conducted by telephone. The state maintains a call center to process these claims. They can be contacted at 1-888-313-7284. No walks in claims are taken.

### Pennsylvania Assistance Programs

[COMPASS](#) is a great place to start in seeking help on-line. [COMPASS](#) is an online application for Pennsylvanians to apply for many health and human service programs. If you want to find out if you qualify for Pennsylvania health and human services, apply for new benefits, finish your application or check your status, you're in the right place. By using [COMPASS](#) you can apply at any time during the day or night from home, a library or any location with Internet access.

## Economic Help (continued)

Your local **County Assistance Office** is part of the Department of Public Welfare. Residents of Pennsylvania can seek assistance and a range of services for themselves and their families from professionally trained staff members at county assistance offices. Some of the benefits you may be entitled to are 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.

- Here is contact information for some of the local assistance offices:  
Bradford County, 1-800-542-3938 or 570-265-9186
- Lackawanna County, 1-877-431-1887 or 570-963-4525
- Luzerne County, Hazleton area, 570-459-3800  
Wilkes-Barre area, 570-826-2100
- Monroe County, 1-877-905-1495 or 570-424-3030
- Pike County, 1-866-267-9181 or 570-296-6111
- Sullivan County, 1-877-265-1681 or 570-946-7174
- Susquehanna County, 1-888-753-6328 or 570-278-3891
- Tioga County, 1-800-525-6842 or 570-724-4051
- Wayne County, 1-877-879-5267 or 570-253-7100
- Wyoming County, 1-877-699-3312 or 570-836-5171

For the address of your local office click this link for the [county assistance](#) office near you.

## Child Care

[Child Care Information Services \(CCIS\)](#) agencies are the hub of child care information in your local area. CCIS agencies provide you and your family with information on quality child care and personalized child care referrals to child care providers based on your specific needs or preferences. CCIS agencies also administer the Child Care Works subsidized child care program. For all of your child care questions and needs, contact the CCIS agency for your local area.

Here is contact information for some of the local:

- Bradford County, 1-800-369-3599 or 570-265-4420
- Lackawanna County, 570-963-6644
- Luzerne County, 1-800-922-6264 or 570-822-6500
- Monroe County, 1-800-284-5829 or 570-420-3590
- Pike County, 570-296-3447
- Sullivan County, 1-800-369-3599 or 570-265-4420
- Susquehanna County, 1-800-559-6020 or 570-341-0811, Ext. 19
- Tioga County, 1-800-242-5766 or 570-724-5766
- Wayne County, 1-800-559-6020 or 570-341-0811
- Wyoming County, 1-800-724-3966 or 836-1826

For the address of your local office click this link for the [CCIS offices](#) near you.

## Economic Help (continued)

### Consumer Information

[AnnualCreditReport.com](http://AnnualCreditReport.com) provides consumers with the secure means to request and obtain a **free credit** report once every 12 months from each of the three nationwide consumer credit reporting companies in accordance with the Fair and Accurate Credit Transactions Act (FACT Act). AnnualCreditReport.com is a centralized service for consumers to request free annual credit reports. It was created by the three nationwide consumer credit reporting companies - **Equifax, Experian** and **TransUnion**. You can request your free credit report by phone by calling, 1-877-322-8228.

[Consumer Credit Counseling Services](#) offers a variety of services including; **FREE** Budget Counseling, Debt Management and Repayment, Credit Report Review, Housing Counseling, Educational Programs, Employer Assistance Program, Bankruptcy Credit Counseling and Bankruptcy Debtor Education. Contact them at 1-800-922-9537.

### Employment

[PA CareerLink](#) will provide information about conducting a job search, unemployment compensation, disability services, labor market information, the Trade Act program, training and education, Veterans benefits, grants and financial aid.

Here is contact information for some of the local assistance offices:

- Bradford County, 570-265-2171
- Lackawanna County, 570-963-4671
- Luzerne County, Hazleton area, 570-459-3854  
Wilkes-Barre area, 570-826-1101
- Monroe County, 570-620-2853
- Sullivan County, 570-265-2171
- Susquehanna County, 570-853-1103
- Tioga County, 570-724-1939
- Wayne County, 570-253-1163
- Wyoming County, 570-836-5029

For the address of your local office click this link for the [CareerLink](#) office near you.

The [Pennsylvania Office of Vocational Rehabilitation \(OVR\)](#), provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment. OVR provides services to eligible individuals with disabilities, both directly and through a network of approved vendors. Services are provided on an individualized basis. The Wilkes-Barre Regional Office of OVR covers all Northeastern PA counties except Tioga and Monroe Counties; they can be contacted at 1-800-634-2060 or 570-826-2011. Monroe County residents should contact the Allentown Regional Office of OVR at 1-800-922-9536 or 610-821-6441. Tioga County residents should contact the Williamsport Regional Office of OVR at 1-800-442-6359 or 570-327-3600.

## Economic Help (continued)

### Housing

If you are starting to fall behind in your mortgage payments your first step should be to contact your lender. They are usually willing to try and work out a new payment arrangement to keep from having to start the foreclosure process. It never hurts to ask.

[Commission on Economic Opportunity \(CEO\)](#) has many programs to help people in need. In addition to helping with the coordination of area food banks, CEO also helps in the following areas:

- **Housing**

CEO in conjunction with its subsidiary the Housing Development Corporation of Northeast Pa offers housing counseling services, rent and security deposit assistance, mortgage foreclosure mitigation counseling assistance, reverse mortgage counseling, landlord/tenant negotiation, emergency housing, loan and grant program applications and budget counseling. All financial assistance is contingent upon availability of funding and program eligibility criteria.

- **Homeowner's Emergency Mortgage Assistance**

Program participants receive loans to help bring delinquent payments current and may be eligible for continuing payment assistance for as long as 24 months. Under the program, mortgage payments are made directly to lenders on the homeowner's behalf.

Contact Information for CEO:

Hazleton Office: 570-455-4994

Tunkhannock Office: 570-836-4090

Wilkes Barre Office: 570-826-0510 or 1-800-822-0359

### Insurance Programs

[Children's Health Insurance Program \(CHIP\)](#) provides health insurance to all uninsured children and teens who are not eligible for or enrolled in Medical Assistance. There are a lot of reasons kids might not have health insurance - whatever the reason, CHIP may be able to help. Parents may think their kids can't get CHIP because they make too much money. Not true! No family makes too much money for CHIP because there is no income limit. You can apply on line via [COMPASS](#) or by telephone at 1-800-986-5437.

[Medical Assistance](#) also referred to sometimes as Medicaid, provides payment for health care services on behalf of eligible low-income individuals with limited income and high medical expenses. It can be applied for using COMPASS or at your local county assistance office, see above.

### Legal

[North Penn Legal Services](#) provide civil legal representation to low-income people and ensure equal access to justice for all. North Penn Legal ensures that a family moving from welfare to work gets all available benefits and programs, preventing an eviction through early legal intervention; securing a protection from abuse order; gaining access to needed health care at a critical time. Contact them at 1-877-953-4250.

## Economic Help (continued)

### Utility Assistance

Many utility companies have special programs for people that are falling behind in their payments. It is best to contact your utility before you start piling up late payments. The Pennsylvania Public Utility Commission (PUC) offers a [list of these programs](#).

The [Commission on Economic Opportunity \(CEO\)](#) working in conjunction with the Federal Emergency Management Agency, PA Department of Community & Economic Development, United Way, Pennsylvania Department of Public Welfare, PPL Electric Utilities, UGI Utilities, UGI Penn Natural Gas and with the help of many caring community organizations is able to provide utility customers with access to assistance to help with bill payment.

CEO's [Weatherization Program](#) is designed to conserve energy, reduce utility bills and educate consumers about energy conservation.

Contact Information for CEO:

Hazleton Office: 570-455-4994

Tunkhannock Office: 570-836-4090

Wilkes Barre Office: 570-826-0510 or 1-800-822-0359

The [PUC's Residential Termination Unit](#) helps to ensure that consumers subject to termination have the opportunity for PUC review. They can be contacted at: 1-800-692-7380.

[Pennsylvania Low-Income Home Energy Assistance Program \(LIHEAP\)](#) helps low income people pay their heating bills through home heating energy assistance grants and crisis grants. You need not have an unpaid bill to receive home heating energy assistance. You can receive this money without being in the Cash Assistance program. No lien is placed on your property if you receive this help.

Crisis grants are available starting January, 2013, this is additional money may be available if you have an emergency situation and are in jeopardy of losing your heat.

Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel or of having utility service terminated

Assistance with home heating crisis situations is available 24 hours a day; in most counties, you should contact [your local county assistance office](#), except in Luzerne and Wyoming Counties when you should contact the [Commission on Economic Opportunity](#).

Contact Information for CEO:

Hazleton Office: 570-455-4994

Tunkhannock Office: 570-836-4090

Wilkes Barre Office: 570-826-0510 or 1-800-822-0359

# MEDICAL & DENTAL CARE

## Free Medical Clinic's

Free medical clinic for persons who have no insurance or who are underinsured.

- Monday** - [Mountaintop Free Medical Clinic](#), St. Paul's Lutheran Church, phone 570-474-6616, starts at 6:30p.m.  
[The Hope Center](#), Back Mtn. Harvest Assembly, Trucksville, phone 570-696-1128, 6 to 8pm
- Tuesday** - Wilkes-Barre Free Clinic, St. Stephen's Episcopal Church, phone 570-793-4361, starts at 4:30 p.m., must call for an appointment.
- Wednesday** - [Care & Concern Free Health Clinic of Pittston](#), Old Seton Catholic HS Building, phone 570-654-9923, 5 to 8pm  
Wilkes-Barre Free Clinic, St. Stephen's Episcopal Church, phone 570-793-4361, starts at 5:30 p.m., must call for an appointment.
- Friday** - Back Mountain Clinic, St. Therese Church, Shavertown phone 570-696-1144, starts at 6:30 p.m.

**Every other Wednesday:** McAuley Clinic, 3rd floor Geisinger South Hospital, 570-808-8917, starts at 4:30 p.m., appointments only.

**Mon. thru Fri.**- Volunteers in Medicine, Wilkes-Barre, this clinic is for the working un-insured residents who have an income up to 200% of the federal poverty level. Must call 570-970-2864 for an appointment.

## Dental Clinic's

A free dental clinic is held in conjunction with the Wilkes-Barre Free Clinic, held at St. Stephen's Episcopal Church in Wilkes-Barre on Tuesday starting at 1:00pm. You must phone 570-793-4361 for an appointment

The [Rural Health Corporation](#) has two clinics' that offer services on a sliding fee schedule.

Monroe Noxen Health Center 570-298-2161

Freeland Health Center 570-636-1010

Please call the health centers for more information and an appointment.

Luzerne County Community College's [Dental Hygiene Clinic](#) offers preventative services by students at a low cost. Patients should expect to spend one to three hours per appointment. The clinic is open through the year, including summer. For current hours of operation or to make an appointment, call toll free, 800-995-5222 and extension 4948.

## CLOTHING

The following programs provide access to clothing rooms to help people in need.

[Catholic Social Services \(Hazleton\)](#), 214 W Walnut St, 570-455-1521. The primary purpose of the material assistance program is to assist participants in obtaining basic human needs.

United Charities at 107 Madison St. in Hazleton, 570-455-1529 has programs to meet the material needs of individuals.

The Mountain Top Attic, is a program of St. Judes and St. Paul's Churches to help individuals in the Mountain Top area. Contact either church at 570-474-6616 or 570-474-6315.

The [Noxen Clothes Closet](#), contact the closet at 570-298-2503 or 570-298-2211. Volunteers at the Noxen Library realize that while some people have more outfits than they could possibly ever wear, others have trouble acquiring good, quality clothing at a reasonable price.

Christian Service Center, 570-779-5323 in Plymouth provides food and clothing to residents of Larksville, Plymouth, Plymouth Township & West Nanticoke areas.

Interfaith Friends, in Tunkhannock should be contacted at 570-836-2428 for help with material needs in Wyoming County.

[St. Vincent DePaul Kitchen](#) in Wilkes-Barre, besides providing hot meals, also maintains a food pantry and clothing room for people in need. Clothing room is open Mon., Wed. & Fri. from 9am to 11am. Contact the kitchen at 570-829-7796.

The Clothing Closet in Wilkes-Barre can be reached at 570-970-9278 or by contacting the Reach Program at St. Stephens at 570-829-5611.

## FOOD

[St. Vincent De Paul Kitchen](#), located at 39 East Jackson Street, Wilkes-Barre, Provides a nutritious meal daily to anyone who comes into the kitchen daily from 11am-1pm. On Tuesday, Wednesday and Thursday evenings from 5pm to 6pm meals are also provided. The Kitchen's food bank is available Mondays from 5 to 6pm, Tuesday & Thursdays from 9:30-11 am, application must be filled out and identification presented. Proof of residency required.

[Commission on Economic Opportunity \(CEO\)](#) helps with the coordination of many of the food banks in Luzerne County, try contacting the food bank that covers your area before contacting CEO at 570-826-0510 in the Wyoming Valley Area, 570-455-4994 in the Hazleton Area and 570-836-4090 in Wyoming County.

**Below is a list of available food banks in the Luzerne and Wyoming Counties areas.**

**Ashley Food Pantry**

@ St Leo's/ Holy Rosary

R. 33 Manhattan St

Ashley, PA 18706

570-825-5293

SERVICE AREA: 18706 (Ashley) Zip Code

**HOURS OF OPERATION**

Tuesday: 10:00am-12noon 1st and 3rd weeks of month

Thursday: 6:00am-8:00pm 1st and 3rd weeks of month

Compiled by Help Line a program of  
Family Service Association of Wyoming Valley

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## FOOD (continued)

Alternates site location between the above mentioned sites, so please call ahead to verify location.

SERVICE AREA: Dupont

**Dushore** TreHab Emergency Food HOURS OF OPERATION

224 S German St by appointment

Dushore, PA

570-928-9667

SERVICE AREA: Bradford, Sullivan & Tioga Counties

**Forksville** United Methodist Church HOURS OF OPERATION

40602 Rt. 154 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

Forksville, PA 9:00 am to 10:30 am

570-924-3182

SERVICE AREA: Sullivan County

**Hazleton** - Catholic Social Services HOURS OF OPERATION

214 West Walnut St Mon-Tue-Thur-Fri 10am-12pm & 1-3pm

Hazleton, PA 18201 Wed 2-4pm

455-1521

SERVICE AREA: Hazleton, West Hazleton, Conyngham, Freeland, Sugarloaf, Drums, White Haven, Luzerne County; no borders

**Hazleton** – CEO HOURS OF OPERATION

Broad St. Business Exchange Monday: 1:00 pm -4:00pm

100 West Broad Street, Suite 11 Thursday: 1:00pm- 4:00pm

Hazleton, PA Friday: 9:00am - 12:00pm

455-4994

SERVICE AREA: Hazleton PA

**Hazleton** - Salvation Army HOURS OF OPERATION

356 West Broad Street Sunday: By appointment only

Hazleton, PA 18201 Mon-Fri 9:00 – 1:00 pm, evenings by appointment only

454-1631 Saturday: By appointment only

SERVICE AREA: Greater Hazleton Area

**Laflin & Yatesville** HOURS OF OPERATION

St. Maria Goretti Friday: 11am-12pm, once a month

42 Redwood Dr depending on availability of Hall.

Laflin, PA 18702-7265 Saturday: 9am-10pm

603-7071

SERVICE AREA: Yatesville, Laflin Bourough

Lawrenceville Straight from the Heart HOURS OF OPERATION

18 Academy St 3<sup>rd</sup> Thursday 2:00 pm to 6:00 pm

Lawrenceville, PA

SERVICE AREA: Lawrenceville, Nelson, Elkland, & Tioga

## FOOD (continued)

**Mountaintop** Food Pantry  
St Pauls Lutheran Church  
316 S. Mountain Blvd.  
Mountain Top, PA 18707  
570 474-6616  
SERVICE AREA: Mountaintop and Drums Area

HOURS OF OPERATION  
Friday: 9:15 am - 12:00 noon

**Nanticoke** Food Pantry  
Pope John Paul School  
Hanover Street  
Nanticoke, PA  
735-6092

HOURS OF OPERATION  
Wednesday: 9:00am - 11:00am  
(first 4 Wednesday's of the month)

SERVICE AREA: Nanticoke, Sheatown, Wannamie, Glen Lyon, Newport, Hanover Section, Alden

**Nescopeck** Area Community Cupboard  
Wesley United Methodist Church  
401 Broad Street  
Nescopeck, PA 18635  
752-6936 or 752-3301

HOURS OF OPERATION  
Tuesday: 2nd Tuesday; 11:30 am- 2:30 pm

SERVICE AREA: Berwick, Nescopeck, Wapwallopen, Mifflinville, Beach Haven, Summer Hill, and Heltersville

**Noxen** CDC Food Pantry  
Pastors Food Pantry  
Noxen United Methodist Church  
Tunkhannock Rd & Route 29  
Noxen, PA  
570-298-2503 (Church)

HOURS OF OPERATION  
When emergency arise  
Wednesday: 9-12noon

SERVICE AREA: Noxen, Kunkle, Sweet Valley, Harveys Lake, Dallas, Tunkhannock, Hunlock Creek

**Greater Pittston**  
Care & Concern Food Pantry  
37 Williams Street  
Pittston, PA 18640  
654-9923

HOURS OF OPERATION  
By Appointment

SERVICE AREA: Greater Pittston Area

**Oakland Food Bank**  
2 East River St  
Oakland, PA 18847  
570-853-4342

HOURS OF OPERATION  
Mon., Wed., Fri., Sat.; 9:30am -2:30pm  
Closed noon to 1pm for lunch.

SERVICE AREA: Oakland area, Hallstead (eastern side of Susquehanna County).

**Plains**  
St. Peter and Paul's Food Pantry  
13 Hudson Rd.  
Plains, PA 18705

HOURS OF OPERATION  
Mon – Fri: calls only 9:30-12noon

## **FOOD (continued)**

Plains (continued)

825-6663

SERVICE AREA: Plains Township area and nearby points such as Parsons-Inkerman and Laflin. Distribution is on the 3rd Friday of each month for those registered. Emergencies by special arrangements.

### **Plymouth**

#### **HOURS OF OPERATION**

Christian Service Center

Thursday: 9-11am, only last Thurs of month

66 Willow St

Plymouth, PA

779-5323

SERVICE AREA: Plymouth, Plymouth Twp, Larksville, West Nanticoke

### **Sayre Salvation Army**

#### **HOURS OF OPERATION**

316 S Elmer St

Sayre, PA

570-265-2153

SERVICE AREA: Athens, Sayre, and Waverly School Districts

### **Shickshinny Area Food Pantry**

#### **HOURS OF OPERATION**

6 East Buttler St

Thursday: Every Thursday, 12noon - 2pm,  
except closed in November

Shickshinny, PA 18655

542-7598 or 542-7971

SERVICE AREA: Lower Luzerne County: Hunlock to Columbia county line

### **Silver Lake Food Pantry**

#### **HOURS OF OPERATION**

Silver Lake Fire Station #2

on call

Laurel Lake Road

Brackney, PA 18812

570-663-2212

SERVICE AREA: Choconut School District, Middle Town, Choconut, Liberty, Forest Lake, Silver Lake & Friendsville.

### **South Montrose Food Bank**

#### **HOURS OF OPERATION**

1 Mill St

Mon – Thur; 9am – 3:30pm

South Montrose, PA 18843

Closed noon to 1pm for lunch.

570-5269 (Office) 570-278-9218 (Food Bank)

### **Sullivan County Food Pantry**

#### **HOURS OF OPERATION**

116 Carpenter St

by appointment

Dushore, PA

570-924-4465

SERVICE AREA: Sullivan County

## FOOD (continued)

### **Susquehanna County Interfaith**

17 Public Square  
Montrose, PA 18801  
570-278-1776

### HOURS OF OPERATION:

Mon. – Sat.; 9:30am – 4:00pm

### **Towanda Area Christian Outreach**

13 State St.  
Towanda, PA  
570-265-4422

### HOURS OF OPERATION

Mon-Wed-Fri. 10am to noon

SERVICE AREA: Towanda, Northeast Bradford, Wyalusing School Districts

### **Towanda –Grace Connection**

908 Main St.  
Towanda, PA  
570-268-0431

### HOURS OF OPERATION

by appointment

SERVICE AREA: Towanda, Northeast Bradford, Wyalusing and Sullivan County School Districts

### **Tunkhannock - Interfaith Friends**

57 Tioga St  
Tunkhannock, PA 18657  
836-2428

### HOURS OF OPERATION

M-F: 10am-6pm  
(10am-5pm January – spring)  
Saturday: 10am-5pm

SERVICE AREA: Wyoming County

### **West Hazleton**

Operation Blessing  
Faith Assembly of God  
2890 Route 93 & Fox Manor Rd  
West Hazleton, PA 18202  
459-2410

### HOURS OF OPERATION

Tue-Fri: 9:00 am- 4:30pm

SERVICE AREA: Hazleton Area

### **West Hazleton - United Charities**

107 Madison Ave  
West Hazleton, PA  
455-1529

### HOURS OF OPERATION

Mon – Fri: 8am – 4pm

SERVICE AREA: Greater Hazleton Area, Hazleton Area School District coverage area, referrals to food pantries, if available in locations that have a food pantry located in a church etc.

### **West Pittston - The Salvation Army**

214 Luzerne Ave  
West Pittston, PA 18643  
655-5947

### HOURS OF OPERATION

Tue & Thur 10am – 2pm

### **Al Beech / West Side Food Pantry**

Church of Christ Uniting  
190 S. Sprague Avenue  
Kingston, PA 18704

### HOURS OF OPERATION

Mon & Thur call between, 1 pm - 2:30 pm  
Tue & Fri 9am-11am; Distribution 10:00 am- 11:00 am

## FOOD (continued)

Al Beech/West Side Food Pantry (continued)

288-0934 Pantry office

288-8434 Church of Christ Uniting office

SERVICE AREA: Courtdale, Edwardsville, Exter, Forty Fort, Kingston, Larksville, Pringle, Swoyerville, Luzerne, West Wyoming, Wyoming

**Westfield**, Compassion Center

584 Route 49

Westfield, PA

814-367-5723

SERVICE AREA: Northern Tioga School District

HOURS OF OPERATION

2<sup>nd</sup> Tuesday 9:00 am to noon

2<sup>nd</sup> Wednesday 3:00 pm to 6:00 pm

**White Haven Food Pantry**

White Haven Center

827 Oley Valley Rd

White Haven, PA 18661

443-8480

SERVICE AREA: White Haven area

HOURS OF OPERATION

Friday: 10-12 noon, first 4 Fridays of the month

**Wilkes-Barre**

Bethel AME Church Food Pantry

516 South Franklin St

Wilkes Barre, PA

570-825-6127

SERVICE AREA: All of Wilkes Barre Area

HOURS OF OPERATION

M-W-F: 12:30-4:30pm or until food is depleted

**Wilkes-Barre – CEO**

Good Shepherd Lutheran Church

190 South Main Street

Wilkes-Barre, PA 18703

826-0510

SERVICE AREA: Luzerne County

HOURS OF OPERATION

M & W: 1:00 PM to 4:00 PM

**Wilkes-Barre**

Jewish Family Services

71 W Northampton St

Wilkes Barre, PA

823-5137

SERVICE AREA: Greater Wilkes Barre, Wyoming Valley areas

HOURS OF OPERATION

M-F: 8:00am-5:00pm

**Wilkes-Barre**

Mt Zion Baptist Church

105 Hill St

Wilkes Barre, PA 18702

824-0146

SERVICE AREA: Mountain Top to Dallas, Wilkes Barre 18702

HOURS OF OPERATION

Saturday: 11:30am-1:30pm

## FOOD (continued)

**Wilkes-Barre** HOURS OF OPERATION  
Reach of St. Stephen's Church Inc. M – F: 9:00am – 3pm  
35 S. Franklin St  
Wilkes-Barre, PA 18702  
829-5611  
SERVICE AREA: Luzerne County

**Wilkes-Barre** HOURS OF OPERATION  
St. Nicholas Food Pantry Wednesday: 10am-1pm  
St. Nicholas Church  
226 South Washington St  
Wilkes-Barre, PA 18701  
823-7736  
SERVICE AREA: Wilkes Barre

**Wilkes-Barre** HOURS OF OPERATION  
St Vincent de Paul Food Pantry Tuesday: 9-11 am; 5-6pm  
39 East Jackson Street Thursday: 9-11 am  
Wilkes-Barre, PA  
829-7796  
SERVICE AREA: Luzerne County

**Wilkes Barre - The Salvation Army** HOURS OF OPERATION  
17 S. Pennsylvania Ave Tue-Fri: 9:00am-Noon  
Wilkes- Barre, PA  
824-8741  
SERVICE AREA: The Wilkes- Barre Corps serves people living within the following zip codes:  
18602, 18612, 18617, 18621, 18627, 18634, 18637, 18651, 18656, 18701, 18702, 18703, 18704,  
18705, 18706, 18707, 18708, 18709, 18710, 18711, 18761, 18762, 18764, 18766, 18768, 18769,  
18773

**Wilkes-Barre** HOURS OF OPERATION  
Volunteers of America (VOA) M – F: 8:00am-4:30pm  
25 North River Street  
Wilkes Barre, PA  
825-5621  
SERVICE AREA: Wilkes Barre, Nanticoke, Plymouth, Kingston, Pittston, Edwardsville, Wyoming,  
Dallas

**Lower Wyoming County Food Pantry** HOURS OF OPERATION  
United Methodist Church Sunday: emergency # 586-1433  
Maple Drive Thursday: 9:00am-11:30am;  
Lake Winola 1st and 3rd Thursday of each month  
Overfield Township, PA 18625 Saturday: 9:00am-10:30am 3rd Saturday of each month  
586-1433  
SERVICE AREA: Lower Middle Wyoming County

## **FOOD (continued)**

**Wyoming County Food Pantry**      HOURS OF OPERATION  
Wyoming County Human Service      M-F: 8am – 4pm  
819 State Route 29 South, Suite #1  
Tunkhannock, PA 18657  
836-4090  
SERVICE AREA: Wyoming Co.

**www.helpline-nepa.info**  
**570-829-1341 or 1-888-829-1341**  
**Dial 2-1-1 in some areas**

**This guide was compiled by Help Line a program of Family Service Association of Wyoming Valley. Its purpose is providing information to empower individuals to better themselves and/or their families.**