

Education and Parenting

→Education

Provides help in finding reading and writing, GED, and ESL (English as Second Language) programs. www.literacydirectory.org

→Head Start / Early Head Start Programs

Head Start provides high quality early learning and comprehensive family support services for low-income children (ages 0 through 5) and their families. www.paheadstart.org (Click: Get local Head Start information, then your county.)

→Migrant Education Program

Call 717-783-6466 - Provides educational and support services to migrant children. www.education.pa.gov (Click: K-12, More, Migrant Education)

→PA Promise for Children

You want what's best for your child, but may not know where to start. Find the Early Learning GPS at this website! www.papromiseforchildren.com

Family Safety

→Car Seats / Bike Helmets

Call 1-800-683-5100 - Provides information on child passenger safety laws, car seats, and bike helmets. www.pasafekids.org or www.nhtsa.gov

→Safe Sleep for Infants

Provides infant safe sleep guidelines, educational materials, and assist with portable cribs for families in need. www.cribsforkids.org

Health Resources

→HIV/AIDS

Call 1-800-662-6080 - Provides help in finding testing centers, treatment and support groups. www.health.pa.gov (Click: My Health, A – Z Health Topics, E – H, HIV/AIDS Services)

→Childhood Lead Poisoning

Call 1-800-440-LEAD - Provides information on lead poisoning and testing. www.health.pa.gov (Click: My Health, Infants and Children, Lead Poisoning)

→Childhood/Adult Immunizations

Call 1-877-724-3258 - Provides help in finding free or low cost shots to protect you and your child against diseases. www.health.pa.gov (Click: My Health, Immunizations)

→Drug and Alcohol Abuse Services

Call 1-717-783-8200 - Provides help in finding a treatment or counseling program in your community. www.ddap.pa.gov (Click: Get Help Now)

→National Hispanic Family Health Helpline

Call 1-866-783-2645 - Provides community health services and information. www.hispanichealth.org

→PA Smoking Cessation Program

Call 1-800-QUIT-NOW (784-8669) - Free Quitline Pregnancy Program offers 10 free coaching sessions to pregnant women with rewards for each session. Get free nicotine replacement therapy (patches, gum or lozenges), if available. You can get help to quit for good! <https://pa.quitlogix.org/>

→Sexually Transmitted Diseases

Call 1-877-724-3258 - Provides help in finding free and confidential testing and treatment centers. www.health.pa.gov (Click: My Health, A – Z Health Topics, Q – T, Sexually Transmitted Diseases)

→Special Kids Network System of Care

Call 1-800-986-4550 - Provides help in finding resources and services for children with special health care needs. www.health.pa.gov (Click: My Health, Infant and Children, Special Kids Network)

Insurance and Health Care

→Children's Health Insurance Program (CHIP)

Call 1-800-986-KIDS - Provides help in finding free or low cost medical insurance for children from birth to age 19. www.chipcoverspakids.com

→Healthy Baby Line

Call 1-800-986-BABY - Provides help in finding health care for pregnant women. www.dhs.pa.gov

Mental Health and Support

→Mental Health Association in PA

Call 717-346-0549 or 1-866-578-3659 Ext. 2 - Provides help finding behavioral/mental health services and supports. mhapa.org

→Mental Health Services

Call 1-800-692-7462 – Provides help in finding mental health services. www.dhs.pa.gov (Click: Citizens, Mental Health Services)

→Postpartum Support International

Call 1-800-944-4773 – Provides a “Get Help Warmline,” confidential information, and local referral services for those suffering from anxiety and depression during pregnancy and postpartum. www.postpartum.net

Nutrition and Food Assistance

→WIC Breastfeeding Peer Counselor Hotline

Call 1-855-427-5666 – Provides breastfeeding help and support by WIC Peer Counselors. Hours of operation: Monday through Friday 8 am to 8 pm and Saturday and Sunday 9 am to 1 pm.

→Emergency Food Pantries

Call 1-800-548-6479 - Provides help in finding food pantries and food assistance programs in your area. www.foodpantries.org

→School Breakfast, Lunch and Summer Food Programs

Call 1-800-331-0129 - Provides help in finding nutrition programs and free or low cost meals for school-aged children. www.fns.usda.gov/programs-and-services

Social Services

→Child Care / Day Care

Call 1-877-472-5437 - Provides help in finding childcare. www.dhs.pa.gov (Click: Citizens, Child Care and Early Learning)

→Child Support (Domestic Relations)

Call 1-800-932-0211 - Provides help in getting support payments for children whose parent is absent. www.childsupport.state.pa.us

→National Domestic Violence Hotline

Call 1-800-799-7233 - Provides resources for help, information on housing, medical care, and counseling 24 hours a day. www.thehotline.org

→Text4baby

Text BABY to 511411. Get FREE text messages on your cell phone to help you through your pregnancy and your baby's first year. www.text4baby.org

→Welfare Helpline

Call 1-800-692-7462 – PA Benefits Helpline provides information on Medical Assistance (MA), food stamps (SNAP), cash assistance (TANF), and energy assistance (LIHEAP). www.dhs.pa.gov (Click: Application For Benefits)



WWW.PAWIC.COM

1-800-WIC-WINS (1-800-942-9467)

PA WIC is funded by USDA. This institution is an equal opportunity provider.

Revised January 2016

Community Services and Information



Provided by:

Pennsylvania Women, Infants and Children (WIC) Nutrition Program