

# MONTGOMERY COUNTY PARENT AND INFANT RESOURCE GUIDE

**A reference guide of services  
to help families and agencies in  
Montgomery County**

**Sponsored by the  
Montgomery County Alliance for Healthy Babies  
and Montgomery County Health Department**

**Montgomery County Personal Navigator Program  
Visiting Nurses Association Community Services  
Connecting people to health and social services  
For information call 1-800-591-8234 (Bi-lingual Assistance)**



The Children's Hospital of Philadelphia is conducting The National Children's Study in Montgomery County. This study is examining the effects of the environment on the health and development of our children. If you are pregnant and want to learn more about the study, please contact us at 1-877-627-2345 or [NSC@email.chop.edu](mailto:NSC@email.chop.edu). Compensation is provided for participants.

**Para Asistencia en Español Llame ACLAMO Norristown: 610-277-2570  
Pottstown: 610-970-2134 TDD: 610-631-1211**

To download a copy of this guide, visit our web site: [health.montcopa.org/PIRG](http://health.montcopa.org/PIRG)

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## Emergency Services

**General Emergency (Ambulance, Fire, Police) 911**  
**Poison Control Center 1-800-222-1222**  
**Montgomery County Emergency Services (24 Hours/Day**  
**Suicide Prevention/Psychiatric Emergency Counseling**  
**Mobile Crisis Intervention Service)**  
**Behavior Health Crisis Residential Program 610-279-6100**

## Abuse

### *Child*

Child Abuse 24 hour Hotline (Childline) **1-800-932-0313**  
Mission Kids – Child Advocacy Center 215-869-0492  
Montgomery County Child Advocacy Project 610-279-1219  
Montgomery County Office of Children and Youth 610-278-5800  
After 4:15 PM & Weekends call 610-275-1222

### *Domestic Violence*

Abington Memorial Hospital - Domestic Violence Support Group 215-481-2576  
Creative Health Project Safe for Children 610-326-9250  
Laurel House (Women's Shelter) 1-800-642-3150  
Montgomery Co. Aging/Adult Services-Elder Abuse 1-800-734-2020  
Open Line (not 24 hours) North Montgomery Co 215-679-4112  
PA Coalition Against Violence Harrisburg 1-800-799-7233  
Victim Services Center of Montgomery County  
Sexual Assault Victims 610-277-5200  
24 hour Crisis Hotline 1-888-521-0983  
Other Serious Crime 610-277-4781  
Women's Center of Montgomery County  
Domestic Violence 24 Hour Hotline 1-800-773-2424  
Bryn Mawr Hotline 610-525-1427  
Colmar 215-996-0721  
Elkins Park Hotline 215-635-7340  
Lansdale Hotline 215-853-8060  
Norristown Office Hotline 610-279-7474  
Pottstown Office Hotline 610-970-7364  
Women's Bridge Resource Center Jeffersonville 484-690-0210

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### ***THERE'S NO EXCUSE FOR DOMESTIC ABUSE***

**Domestic Violence is a pattern of behaviors in a relationship that are used to gain and/or maintain control and power over another. Half of all marital relationships in this country regardless of race, class or religion involve some form of domestic violence. A woman is beaten every 17 seconds.**

**Battering is the single largest cause of injury to women.**

**For Information Call: 1-800-773-2424**

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## Adoption and Foster Care

Adoptions from the Heart 610-642-7200  
Bethany Christian Services 215-376-6200  
Catholic Social Services 610-279-7372  
Carson Valley Children's Aid Society 610-279-2755  
Children's Choice 610-521-6270  
Concern 610-944-0445  
Montgomery County Office of Children and Youth 610-278-5800  
National Adoption Center 215-735-9988  
PA Statewide Adoption Network 1-800-585-SWAN  
PA State Foster Care Assn. 1-800-951-5151

### **MONTGOMERY COUNTY PERSONAL NAVIGATOR PROGRAM**

**Helping the community gain access to Medical and Social Services in Montgomery County. Appointments available – Bi-lingual  
Call 1-800-591-8234**

## Basic Needs

### *Fuel/Food/Clothing/Furniture*

A Baby's Breath  
Collegeville 610-489-0083  
Jeffersonville 610-630-9630  
Bryn Mawr 610-520-2227  
215-885-2234  
Abington Food Cupboard 610-489-6671  
Adventist Community Service Ctr (food, clothing) 610-489-6671  
Aldersgate Youth Service Bureau Willow Grove 215-657-4545  
Boyertown Area Multi-Service 610-367-6957  
CADCOM (food, fuel) 610-277-6363  
Catholic Social Services (food) 610-279-7372  
Cluster Outreach Center (food, furniture, clothing) 610-970-5995  
Colonial Neighborhood Council (food, fuel) 610-828-6595  
Community Housing Services-Lansdale 215-362-5250  
Cradles to Crayons (Agencies only) Conshohocken 215-836-0958  
Family Services of Montgomery County Eagleville 610-630-2111  
North Penn 215-368-0985  
Pottstown 610-326-1610  
Genesis Pregnancy Care Center Pottstown 610-970-8088  
Keystone Opportunity Center Souderton 215-723-5430  
Interfaith – Central Presbyterian Church Norristown 610-277-4242  
Inter-faith Housing Alliance- Ambler 215-646-0120  
Interfaith Hospitality Network of the Main Line 610-277-0977  
Maddie Dixon Community Cupboard Ambler 215-628-3002  
Manna on Main Street Lansdale 215-855-5454  
Meals on Wheels of Greater Pottstown Area 610-326-1610  
Missionaries of Charity-Norristown (clothing, food) 610-272-8248  
Montgomery County Aging & Adult Services-  
Norristown 610-278-3601  
North Penn 215-361-7931  
Pottstown 610-327-9203  
Willow Grove 215-784-5413  
Montgomery County Assistance Office  
(financial, medical, food stamps (SNAP) Norristown 610-270-3500  
Pottstown 1-877-395-8939  
LIHEAP-Low Income Energy Assistance 1-866-857-7095  
Norristown 610-272-1752  
New Hope Baptist Church 610-275-1392  
New Life Church (food) Glenside 215-576-0892  
Carson Valley Children's Aid Family Center 610-279-2755  
Norristown Ministries Hospitality Center 610-277-1321  
Open Door – Royersford 610-948-4818  
Open Line - Pennsburg (food, fuel, transportation) 215-679-4112  
Patrician Society (Food) 610-272-6316  
Phoenixville Area Community Services 610-933-1105  
Pottstown Family Center 610-326-1610  
Project Outreach Royersford 610-948-5111  
Salvation Army – (food, fuel) Pottstown 610-326-1621  
(food, fuel) Norristown 610-275-4183  
School Breakfast and Lunch Programs 1-800-331-0129  
St Peters Lutheran Church (food cupboard) Pottstown 610-232-5044  
Maternal, Child & Family Health Norristown 610-272-4042  
(WIC) Pottstown 610-323-8160  
Boyertown 610-367-6957  
Roslyn 215-887-8006  
Lansdale 215-368-9826  
Seventh Day Adventist Church Willow Grove 215-572-7152

## Benefits

### *Health Insurance Programs and CHIP Program*

Aetna 1-800-822-2447  
United Health Care Community Plan 1-877-398-5517  
Healthy First Steps 1-800-599-5985  
Kids Choice (CHIP) 1-800-414-9025  
Children's Health Line (CHOICE) 215-985-3301  
Coventry Care 1-866-903-0748  
Health Partners 1-800-553-0784  
Healthy Kids Helpline 1-800-986-5437  
Healthy Baby Helpline 1-800-986-2229  
Independence Blue Cross & High Mark Blue Shield 1-800-464-KIDS

Keystone Mercy Health Plan	1-800-521-6860
Managed Care/HMO Concerns	1-888-466-2787
Montgomery Co. Assistance Office (MA) Norristown	610-270-3500
Pottstown	1-877-395-8930
Pennsylvania Enrollment Consumer Support Center	1-800-440-3989
Pennsylvania Insurance Department	1-877-881-6388

**Financial Assistance**

American Red Cross (Emergency Assistance)	610-323-5920
CADCOM	610-277-6363
Cluster Outreach Center Pottstown	610-970-5995
Colonial Neighborhood Council (Emergency Assist.)	610-828-6595
Keystone Opportunity Center Souderton	215-723-5430
Interfaith Community Services-Manna on Main St.	215-855-5454
Interfaith Housing Alliance Ambler	215-628-2334
Internal Revenue Service	1-800-829-1040
Montgomery County Assistance Office Norristown	610-270-3500
Pottstown	1-877-395-8930
Montgomery County Domestic Relations (child support, paternity)	610-278-3646
Open Line Pennsburg	215-679-4112
Project Outreach	610-948-5111
Social Security - SSI cash assistance for people with disabilities (eligibility requirements) Norristown	1-800-772-1213
Welfare Helpline	1-800-692-7462
Women's Center of Montgomery County Pottstown	610-970-7363

**Legal**

Law Project of PA	215-587-9377
Arc of Montgomery, Berks & Bucks County – MARC	610-265-4700
Better Business Bureau	1-717-291-1151
Attorney General – Bureau Protection	1-800-441-2555
Client Assistance Program	1-888-745-2357
Community Housing Service Lansdale	215-362-5250
Consumer Credit Counseling	215-563-5665
Crime Victim Assistance	610-277-5200
Education Law Center Philadelphia	215-238-6970
Keystone Opportunity Center Souderton	215-723-5430
Montgomery Bar Association	
Lawyer Referral Service Ext. 201	610-279-9660
Montgomery County Domestic Relations	610-278-3646
Montgomery County Juvenile Probation	610-630-2252
Montgomery County Legal Aid Norristown	1-877-429-5994
Pottstown	610-326-8280
Montgomery Conflict Mediation Center	610-277-8909
Pennsylvania Health Law Project	1-800-274-3258
Pennsylvania Human Rights Commission	215-560-2496
Pennsylvania Legal Services	1-800-322-7572
Victim Services Center	1-888-521-0983
Women's Center of Montgomery County Hotline	1-800-692-7462
Bryn Mawr	610-525-1427
Lansdale	215-853-8060
Colmar	215-996-0721
Norristown	610-279-1548
Pottstown	610-970-7363
Elkins Park	215-635-7344

**Medical**

Access Plus (must be receiving Medicaid for service)	1-800-543-7633
Interfaith Community Services - Manna on Main St.	215-855-5454
Medicare	1-800-633-4227
Montgomery County Assistance Office (Medical Assistance including Nursing Home Care) Norristown	610-270-3500
Pottstown	1-877-395-8930
Montgomery County Health Department	
Communicable Disease Clinic Norristown	610-278-5145
(STD, TB, HIV testing and referral) Pottstown	610-970-5040
Immunizations, Influenza and Willow Grove	215-784-5415
Maternal/Child Home Visiting	
Childhood Lead Poisoning Program Pottstown	610-970-5040
Norristown State Hospital	610-313-1000
North Hills Health Center	215-572-0302
Prescription Support Program VNA Community Ser	1-877-747-7257
Social Security - Medical Assistance for people with disabilities (eligibility requirements)	1-800-772-1213
United Health Care, Inc. – Mom's Program Phila.	1-800-321-4462
Welfare Hotline	1-800-692-7462

**Breastfeeding**

Abington Memorial Hospital OB/GYN Center	215-481-6784
Breastfeeding Alliance, Inc.	215-674-8202
Breastfeeding Resources Center	215-886-2433
Bryn Mawr Hospital	484-337-3000
Child, Home and Community	215-348-9770
Diane DeSandro, BA, IBCLC Audubon	610-539-4476
Grand View Hospital - Lactation Consultant	215-453-4594
Holy Redeemer Hospital and Medical Center	215-947-3000
Juvenile Diabetes Research Foundation	1-800-223-1138
LaLeche League of Central Montgomery County	610-666-0359
Lankenau Hospital	484-580-1000
Main Line Health Lactation Center	610-645-2000
Montgomery Hospital	610-270-2271
Nursing Mothers Advisory Council - Hotline	215-572-8044
Serving Abington, Jenkintown, Cheltenham, Hatboro	
Horsham, Warminster, Chestnut Hill, Mt. Airy	
Nursing Mothers Alliance	610-251-9405
Pottstown Memorial Medical Center	610-327-7216
Visiting Nurses Association Community Services	610-272-3373
Women, Infants and Children (WIC) Lansdale	215-368-9826
Norristown	610-272-4042
Pottstown	610-323-8160
Roslyn	215-887-8006
Boyertown	610-367-6957

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**Breast milk is your baby's perfect food. It is safe, fresh milk, all the right nutrients, in the right amount. Breastfed babies are sick less often and don't have as many earaches and allergies. Babies also have less diarrhea and stomach trouble because breast milk is easy to digest. Breastfeeding is free food and easier because there is nothing to carry, measure or heat. Breastfeeding also burns 500 calories a day and helps shrink the uterus back to its normal size.**

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**Childcare**

Child Care Works	1-877-472-5437
Kencrest Rosemont	610-525-4771
Artman – Ambler	215-646-1166
Montgomery County Court Care	610-292-4956
Montgomery Co. Office of Child Day Care Services	610-278-3707
Subsidized Child Care and Resource and Referral Information	1- 800-281-1116
Maternity Care Coalition - Early Head Start	
Norristown	610-277-1505
Pottstown	610-323-1889
North Penn Valley Boys and Girls Club	215-855-7791
Montgomery Early Learning Center Pottstown	610-326-3819
Montgomery County Headstart Norristown	610-239-6662
Pottstown	610-326-1050
Freedom Valley YMCA Pottstown	610-323-7300
Spring Valley	610-948-9622
Preschool Intervention Program (PIP)	610-272-4110
Tri-County area YWCA Pottstown	610-323-1888

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**Four Steps to Selecting a Child Care Provider**

- 1. Interview the care givers**
- 2. Check references**
- 3. Make the decision for quality care**
- 4. Stay involved and visit your center**

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## Text4Baby

A free mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth.

## Children with Special Needs

A Total Approach	Glen Mills	484-840-1560
Access Services (Respite Care)		1-800-793-2150
Autism Services		1-866-497-6898
Autism Society of America	Greater Philadelphia	610-358-5256
Brain Injury Association of PA		1-866-635-7097
Center for Autistic Children		215-878-3400
Children with Attention Deficit Disorder		1-800-233-4050
Connect Information Service		1-800-692-7288
Delaware Valley CHADD	Yardley	215-736-1541
Easter Seals of Southeastern PA	Kulpsville	215-368-7000
Exceptional Needs Foundation	Upper Darby	610-853-2898
Family Support Advocate		610-428-2119
Indian Creek Foundation Family Services		267-203-1500
Ken-Crest Services		610-825-9360
Library Service for the Blind & Handicapped		1-800-222-1754
Little Wonders Child Growth and Development Ctr.		610-275-5437
Mentors for Self Determination		1-877-233-2000
Montgomery County Intermediate Unit		610-539-8550
Homeless Children's Initiative	Ext.247	610-539-8550
PA Families, Inc. (Statewide Family Network)		1-800-947-4941
PA Education for all Children	Philadelphia	215-204-3031
PA Tourette Syndrome Association	Gettysburg	1-800-990-3300
Parent Education Network		717-600-0100
Parent to Parent of Pennsylvania		1-888-727-2706
Parents Involved Network of Montgomery Co.		610-279-8511
Pennsylvania Client Assistance Program (CAP)		215-557-7112
Pennsylvania Mentor	Philadelphia	215-612-8200
Pennsylvania Parents & Caregivers Resource Network	Harrisburg	1-888-205-4915
Potential, Inc. (Autism)		215-579-0670
Pottstown Urban Transit, Inc.	Pottstown	610-326-5413
Quinn Developmental Services		215-654-7577
Ramsey Educational Development Institute (REDI)		610-279-0301
Special Kids Network		610-378-4352
Suburban Transit Network, Inc.	Blue Bell	215-542-7433
The ARC Alliance Children's Service		610-265-4700
Theraplay, Inc.	West Chester	610-436-3600
The Wanna Play Program	Upper Darby	610-853-2898
Vision for Equality, Inc.	Philadelphia	215-923-3349
Variety Club Camp & Developmental Center		610-584-4366

## CRIBS FOR KIDS PROGRAM

### INFANTS NEED A SAFE SPACE TO SLEEP

**“Cribs for Kids” is a free program for low-income Moms who can't afford a crib for their infants. The “Cribs for Kids” Program will provide a pack-n-play crib, information on “Safe Sleeping” and tips to protect your baby. An agency referral is required. This program is funded entirely by donations and grants to purchase cribs and sheets. Any questions, please call Barbara Hand at 610-278-5117**

### Early Intervention

MARC-ARC of Montgomery, Berks & Bucks County	610-265-4700
Connect Information Service	1-800-692-7288
Early Childhood Assessment Services (ECAS)	215-646-9948
Easter Seals	Kulpsville 215-368-7000

Head Start	Dresher	215-887-0916
	Pottstown	610-326-1050
Indian Creek Foundation Family Service	Harleysville	215-256-5900
Ken-Crest		610-825-9360
Life Path		215-257-8687
Montgomery County Intermediate Unit (Ages 3-5)		610-539-8550
Montgomery County Behavior Health and Developmental Disabilities - Early Intervention Services (Birth to 3)		610-277-7176
Parents Involved Network		610-279-8511
Preschool Intervention Program (PIP-Ages 3-5)		610-272-4110
REDI – Ramsey Educational Development Institute		610-279-0301
Special Kids Network		1-800-986-4550
United Cerebral Palsy of Philadelphia & Vicinity		215-242-4200

## Counseling

### Bereavement

Abington Memorial Hospital		
Safe Harbor for Children and Parents		215-481-5983
Grief Recovery Program –Widows & Widowers		215-481-5749
Aldersgate Youth Service Bureau		215-657-4545
Bryn Mawr Hospital- Women's Health Source		1-888-876-8764
The Compassionate Friend– Pottstown		610-327-4323
The Center for Loss and Bereavement		610-222-4110
Family Services of Montgomery County	Eagleville	610-630-2111
	North Penn	215-368-0985
	Pottstown	610-326-1610
Grief, Bereavement, Readjustment		610-327-4323
Carson Valley Children's Aide Society	Colmar	215-368-4357
Holy Redeemer Hospital & Medical Center		215-947-3000
Lankenau Hospital – Women's Health Source		484-580-1000
Lower Merion Counseling Services	Ardmore	610-520-1510
March of Dimes		610-945-6050
Montgomery Home Care/Hospice		610-272-1080
Peter's Place		610-889-7400
SIDS of Pennsylvania	Pittsburgh	1-800-721-7437
T.R.U.S.T. – Adult Bereavement		610-275-7943

### Drug and Alcohol

Action AIDS	Philadelphia	215-981-0088
AL-ANON		1-888-425-2666
Alcoholics Anonymous (AA)		1-877-9-DIALAA
	Philadelphia	215-923-7900
Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Bucks Co. Council on Alcohol & Drug Dependence		215-489-6120
Helpline		1-800-221-6333
		610-678-2332
Caron Foundation		610-678-2332
Carson Valley Children's Aid Society	Colmar	215-368-4357
Cluster Outreach Center	Pottstown	610-970-5995
COCAINE		1-800-COCAINE
Eagleville Hospital		610-539-6000
Family House-Residential for Women & Children		610-278-0700
Harwood House - Men and Women		610-853-3440
Key Recovery	Ambler	215-542-4825
Libertae Halfway House & Libertae		
Family House (Women & Children)		215-639-8681
Lincoln Center for Family and Youth		610-277-3715
Livengrin Foundation		215-540-8301
Lower Merion Counseling Service		610-520-1510
Malvern Institute		610-647-0330
Montgomery County Drug and Alcohol		610-278-3642
<u>D &amp; A Case Management</u>		
Creative Health	Pottstown	610-327-1503
Abington Case Management	Willow Grove	215-830-8966
Gaudenzia	Norristown	610-279-4262
Spring Ford Counseling Service	Royersford	610-948-0393
Montgomery County Methadone Clinic		610-272-3710
Nar-Anon		1-800-678-4989
Narcotics Anonymous	Philadelphia	215-440-8400
Open Line	Pennsburg	215-679-4112
Penn Foundation Recovery Center		215-257-9999
Proact – Advocacy and Education		1-800-221-6333
Rehab After Work		215-361-7120
Renewal Centers	Quakertown	215-536-9070

Southern Bucks Recovery Community Center Bristol 215-788-3788  
 Today, Inc. Newtown 1- 877-421-3038  
 Upper Moreland Youth & Drug Council, Inc. 215-657-4545  
 Valley Forge Medical Center 610-539-8500  
 Womanspace - Women Only 610-649-8136  
 Youth & Family Services of Upper Perkiomen Valley 215-234-9372

Norristown State Hospital 610-313-1000  
 Crisis Residential Program (CRP) of MCES 610-631-2480  
 Senior Behavioral Health 610-270-8300  
 Hedwig House, Inc. 610-279-4400  
 Hopeworkx of Montgomery County 610-270-3685  
 Indian Creek Foundation Family Services 267-203-1500  
 Innovative Counseling Associates, Inc. Pottstown 610-326-2728  
 Intervention Associates (older Adult Services) 610-254-9708  
 Life Counseling Services 610-644-6464  
 Lower Merion Counseling Services 610-520-1510  
 Main Line Health: Behavioral Health 1-888-CARE-898  
 Mental Health Association 215-751-1800  
 Milestone Community Healthcare, Inc. 215-884-5566  
 Montgomery County Mental Health - Central 610-277-4600  
 Montgomery County Behavior Health 610-278-3642  
 Montgomery County MR Case Management  
     Central Norristown 610-277-7171  
     Western Pottstown 610-326-7510  
     Eastern Willow Grove 215-784-5414  
 Montgomery County Project S.H.A.R.E. 610-272-7997  
 National Alliance on Mental Illness (NAMI) 215-361-7784  
 Northwestern Human Services Lansdale 215-631-8969  
 Penn Foundation Sellersville 215-257-6551  
 Penn Foundation Case Management 215-257-6551  
 Post Partum Depression 215-481-6116  
 Gaudenzia House 610-279-4262  
 Progressions of Pottstown 610-970-5000  
 Spring Ford Counseling Services, Inc. 610-948-0393  
 U.S. Department of Veterans Affairs- Montgomery 215-823-5245

**HIV-AIDS-STDs**

Action AIDS Philadelphia 215-981-0088  
 CDC STD and AIDS Information 1-800-232-4636  
 CHOICE Hotline (Sexually Transmitted Diseases) 215-985-3300  
 Family Services of Montgomery Cty Project Hope 610-630-2111  
 HIV 1-800-662-6080  
 Mercy Suburban Hospital 610-278-2000  
 Montgomery County Health Department Norristown 610-278-5145  
     Pottstown 610-970-5040  
     At Abington Memorial Hospital Willow Grove 215-784-5415  
 Montgomery Family Practice 610-277-0964  
 National AIDS Hotline 1-800-232-4636  
     Español 1-800-344-7432  
 National STD Hotline 1-919-361-8488  
 Norristown Regional Health Center 610-278-7787  
 North Hills Health Center 215-572-0302  
 Planned Parenthood of Southeastern PA Norristown 610-279-6095  
     Pottstown 610-326-8080  
     Collegeville 610-409-8891  
     St. Davids 610-687-9410

**Family-Individual**

A Baby's Breath Bryn Mawr 610-520-2227  
     Collegeville 610-489-0083  
     Jeffersonville 610-630-9630  
 Aclamo 610-277-2570  
 Aldersgate Youth Service Bureau 215-657-4545  
 Bethany Christian Services 215-376-6200  
 Catholic Social Services 610-279-7372  
 Central Montgomery Mental Health-Mental  
     Retardation (MH/MR) Center Norristown 610-277-4600  
 Carson Valley Children's Aid Society Norristown 610-279-2755  
     Helpline Colmar 215-368-4357  
 Community Housing Services, Inc. Lansdale 215-362-5250  
 Creative Health Services 610-326-9250  
 Family Services of Montgomery County- Norristown 610-630-2111  
     North Penn 215-368-0985  
     Pottstown 610-326-1610  
     Norristown 610-279-4262  
 Gaudenzia Norristown 610-279-4262  
 Genesis Pregnancy Care Center 610-970-8088  
 Laurel House Hotline 1-800-642-3150  
 Lincoln Center for Family and Youth 610-277-3715  
 Lower Merion Counseling Service 610-520-1510  
 Nehemiah's Way North Wales 215-699-8830  
 Open Line - North Montgomery County 215-679-4112  
 Penn Foundation Recovery Center Sellersville 215-257-6551  
 Pregnancy Resource Clinic of North Penn 215-855-2424  
 Progressions Behavior Center Pottstown 610-970-5000  
 Spring-Ford Counseling Services, Inc. 610-948-0393  
 Victim Services Center of Montgomery County 1-888-521-0983  
 Youth and Family Services of Upper Perk.Valley 215-234-9372

**Behavioral Health/Developmental Disabilities**

Abington Memorial Hospital - Creekwood Center 215-481-5450  
 Abington MH Case Management 215-830-8966  
 Access Services (Respite Care) 1-800-793-2150  
 Brooke Glen Behavioral Hospital 215-641-5300  
 Caring Touch Social Workers, LLC 215-264-3755  
 Central Montgomery BH/DD 610-277-4600  
 Compeer of Suburban Philadelphia Intake 610-631-1009  
 Creative Health 610-326-9250  
 Creative Health Mental Health Case Management 610-326-2767  
 Disability Rights Network of PA 1-800-692-7443  
 Family Services of Montgomery County 610-630-2111  
 Eagleville Hospital 610-539-6000  
 Emergency Services:  
     Montgomery County Emergency Services 610-279-6100

**Suicide Crisis and Prevention**

ACCESS Support, Inc. (Children's Crisis Support) 1-888-HELP-414  
 Assessment & Treatment Alternatives 215-405-2100  
 Brooke Glen Behavioral Hospital 215-641-5300  
 Creative Health 484-941-0500  
 Feeling Blue-Suicide Prevention Council Radnor 484-580-8049  
 Foundations Behavioral Health 1-800-445-4722  
 Fairmount Behavioral Health System 1-800-235-0200  
 Horsham Clinic 1-800-237-4447  
 National Suicide Prevention Lifeline 1-800-273-8255

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**To reduce the risk of Sudden Infant Death Syndrome (SIDS) and to prevent suffocation for Infants under 12 months of age**

- ✓ Place baby on his/her "Back to Sleep" in a crib with a firm, tight fitting mattress. Do not sleep with your baby or put the baby down to sleep in an adult bed or in a bed with other children.
- ✓ Don't smoke before, during or after the birth of your baby. Create a smoke-free zone. Make sure no one smokes around your baby. If someone must smoke, ask them to go outside.
- ✓ "Snug and Safe" always return your baby to their own crib
- ✓ Place your baby on his or her stomach for "Tummy Time" when he or she is awake and someone is watching.
- ✓ Do not put pillows, quilts, comforters, sheepskins, pillow-like bumper pads or stuffed toys in the crib.
- ✓ Keep your baby cool. Consider using a sleeper instead of a blanket. If you use a blanket, place baby with feet to the foot of the crib. Tuck a thin blanket around the crib mattress, covering the baby only as high as his/her chest.
- ✓ Use only a fitted bottom sheet made for that size mattress.
- ✓ No more than 2 and 3/8 inches between crib slats. All sides of the cribs should be stationary and not move downward.
- ✓ Used cribs are not recommended, many have been recalled, or have missing parts or instructions. All cribs with sides that slide down have been recalled as of July 1, 2011.
- ✓ Read instructions carefully when assembling crib.

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## Dental

Community Health and Dental	Pottstown	610-326-7405
Community Medical and Dental	Rahns	610-489-1313
Dental Clinic at Abington Hospital	Abington	215-481-2193
Grandview Hospital - Bucks County Dental Program – children only	Sellersville	800-347-6803
Greater North Penn Dental Initiative At North Penn VNA	Lansdale	1-877-466-7764
Harcum College	Bryn Mawr	610-526-6015
Health Link Medical Center	Southampton	215-364-4247
Kids Smiles	Philadelphia	215-492-9291
Manor College Dental Clinic	Jenkintown	215-887-7617
Montgomery Co. Community College	Blue Bell	215-641-6483
Norristown Regional Health Center	Norristown	610-278-7787
Phoenixville Health Care Access		610-935-3165
Pottstown School District		610-970-6730
If you have Health Insurance:		
Aetna		800-872-3862
Blue Cross/Blue Shield		215-567-3590
Coventry Care		1-866-903-0748
Health Partners		800-849-9600
Keystone/Mercy		800-521-6860
United Health Care Community Plan		1-877-398-5517

## Education, Employment and Training

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
AGAPE	Norristown	610-279-9597
ASSETS Montco		610-275-3520
CADCOM- First Step Program		610-277-6363
Center for Parenting Education		215-657-5720
Cradle of Hope	Jenkintown	215-572-5937
Developmental Enterprises Corporation (DEC)		610-277-3122
Gateway Employment Resources, Inc.	Limerick	610-489-9699
Goodwill Employment Services		215-653-7095
Hedwig House		610-279-4400
Keystone Opportunity Center	Souderton	215-723-5430
Literacy Council of Norristown		610-292-8515
Montgomery County Assistance Office		610-270-3500
Montgomery County Community College – Blue Bell	Blue Bell	215-641-6300
	Pottstown	610-718-1945
KEYS Program (TANF and FS)		215-643-6330
Montgomery County Department of Economic And Workforce Development (EARN)		610-278-5950
Montgomery County Opportunities Industrial Center (O.I.C.)		610-279-9700
New Choices/New Options	Blue Bell	215-619-7390
	Pottstown	610-718-1803
Norristown Family Center		610-279-2755
Office of Vocational Rehabilitation		484-250-4340
Open Line North Montgomery County	Pennsburg	215-679-4112
Potential, Inc.		215-579-0670
Pottstown Family Center		610-326-1610
Ramsey Educational Development Institute (REDI)		610-279-0301
PA Careerlink of Montgomery County		610-270-3427
The Partnership TMA		215-699-2733
Tri County Area YWCA (GED classes)	Pottstown	610-323-1888
Youth Empowerment Program		610-270-3429

### **The Norristown Family Center of Carson Valley Children's Aid and the Family Services Pottstown Family Center**

Their mission is to strengthen and empower parents of children, birth to kindergarten. All services are free, no income requirements and available to pregnant women. For information about services in Norristown: 610-279-2755 Pottstown: 610-326-1610

## Family Services

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
Big Brothers Big Sisters of Montgomery County		610-277-2200
Catholic Social Services		610-279-7372
Center for Parenting Education		215-657-5720
Carson Valley Children's Aid Society (Parents supporting Parents)		610-279-2755
Community Housing Services	Lansdale	215-362-5250
Counseling for Caregivers (of older adults)		215-371-1350
Family Services of Montgomery County	Norristown	610-630-2111
	Wynnwood	610-642-8890
	Lansdale	215-368-0985
	Pottstown	610-326-1610
Helpline Center		215-362-8422
Indian Creek Foundation Family Services		267-203-1500
Laurel House		1-800-642-3150
Lincoln Center		610-277-3715
Montgomery County Office of Children and Youth		610-278-5800
Montgomery Conflict Mediation Center		610-277-8909
National Alliance on Mental Illness (NAMI)		215-361-7784
Norristown Family Center - Parents as Teachers Home Visiting Program		610-279-2755
Norristown Ministries, Inc.- Hospitality Center		610-277-1321
Open Line North Montgomery County	Pennsburg	215-679-4112
Parenting Center of Abington		215-576-0586
Penn Foundation Recovery Center		215-257-6551
Pottstown Family Center (Parents as Teachers)		610-326-1610
Progressions of Pottstown		610-970-5000
Project Outreach		610-948-5111
Salvation Army	Norristown	610-275-4183
	Pottstown	610-326-1621
Wissahickon Community Parenting Center ext .2003		215-619-8100
Youth and Family Services of Upper Perk		215-234-9372

## Proper Child Safety Seat Use

### Pennsylvania Law requires:

- 1. Children under the age of 4 to be properly restrained in an approved child restraint device.**
- 2. Ages 4-8 must be in a booster seat.**
- 3. Ages 8 to 18 must be restrained anywhere in the vehicle.**

**Rear Facing** – Secure children in a rear-facing child safety seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat.

**Forward-Facing** – Over 2 years: When children outgrow the rear-facing child safety seat, turn forward facing with a harness as long as possible, up to the highest weight or height allowed by the manufacturer. All children under age 13 should ride in a back seat.

**Belt-Positioning Booster Seat** – After outgrowing the forward-facing safety seat, secure them in a belt-positioning booster until the vehicle lap and shoulder belt fits properly, 4 ft. 9 in. tall and approximately ages 8 and 12 years. Never place the shoulder strap behind child. All children under age 13 should ride in a back seat.

**Seat Belt** - Once children outgrow the booster seat, use a lap and shoulder seat belt to restrain them in the car. **Never place the shoulder strap behind the child.** All children under age 13 should ride in a back seat.

**4 OUT OF 5 CAR SEATS ARE INSTALLED INCORRECTLY; CALL TO GET YOURS CHECKED: Montgomery County Car Seat Hotline 610-278-5119 or American Academy of Pediatrics 1-800-CARBELT**

## Health Services

### *Child Health Care*

Bryn Mawr Family Practice		610-325-1390
Community Health & Dental Care	Pottstown	610-326-9460
Community Medical and Dental	Rahns	610-489-1313
Community Housing Services –Wellness Center		215-362-5250
Mercy Suburban Family Practice Center	Norristown	610-275-7240
Montgomery Family Practice	Norristown	610-277-0964
Norristown Regional Health Center		610-278-7787
North Hills Health Center		215-572-0302
North Penn VNA Children’s Clinic		215-855-8296
Ginny Combs Children’s Health Center of VNA		
	Abington	215-572-7880
	Norristown	610-277-8911
The Clinic (under and uninsured)	Phoenixville	610-935-1134
Visiting Nurse Association of Pottstown & Vicinity		610-327-5700

### *Childbirth Classes*

A Baby’s Breath	Bryn Mawr	610-520-2227
	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
Abington Memorial Hospital		215-481-6784
Bryn Mawr Hospital		484-337-3000
Bryn Mawr Birthing Center		610-525-6086
Child, Home and Community – call for locations		215-348-9770
Choice One	Warminister	1-800-497-8378
Grand View Hospital - Healthy Beginnings Plus		215-453-4077
Grand View Hospital Childbirth class		215-453-4044
Holy Redeemer Hospital		1-800-818-4747
Lankenau Hospital		484-580-1000
Montgomery Hospital		610-270-2020
Pottstown Memorial Hospital		
Maternity and Women’s Health Center		610-327-7147

### *Gynecological/Obstetrics*

Abington Memorial Hospital OB/GYN Center		215-481-6784
Post Partum Depression		215-481-6116
Bryn Mawr Family Practice	Broomall	610-325-1390
Bryn Mawr Hospital		484-337-3000
Family OB/GYN Center at Montgomery	Norristown	610-277-0964
Lankenau Hospital	Wynnewood	484-580-1000
Mercy Suburban (GYN only)		610-278-2171
Norristown Regional Health Center - GYN only		610-278-7787
North Hills Health Center		215-572-0302
North Penn Visiting Nurses	Lansdale	215-855-8296
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Collegeville	610-409-8891
	St. Davids	610-687-9410
Pottstown Memorial Hospital		
Maternity and Women’s Health Center		610-327-7147
The Clinic (GYN only - for under and uninsured)		610-935-1134
The Birth Center	Bryn Mawr	610-525-6086
Women’s Center of Montgomery Hospital		610-270-2666

### **NURSE FAMILY PARTNERSHIP**

The Montgomery County Nurse-Family Partnership is a **free** program helping low-income, **first-time** mothers succeed. Mothers develop confidence and skills for parenting and economic self-sufficiency working with a specially trained nurse home visitor. If you are pregnant with your first child, under 29 weeks gestation and would like a nurse to visit you regularly until your child turns two years old call **610-278-5117** for more information.

### *Home Visiting*

Abington Memorial Hospital Home Care		215-481-5800
Action AIDS, Inc.		215-981-0088
Easter Seals - Bright Beginnings		215-368-7000

Grand View Hospital Nurse Home Care	Sellersville	215-453-4265
Grand View Visiting Nurses	Pennsburg	215-679-6251
Holy Redeemer Home Health Care		215-671-9200
Montgomery County Health Dept	Norristown	610-278-5117
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Montgomery (Hospital) Home Care	Norristown	610-272-1080
North Penn Visiting Nurses		215-855-8296
Pottstown Memorial Medical Center Home Care		610-327-7216
Visiting Nurse Association of Pottstown		610-327-5700
In Home Services of VNACS-Adult Care	Abington	215-572-7880
	Norristown	610-272-3373
Visiting Nurse Association of Greater Philadelphia		1-800-862-1180

### *Immunizations- Childhood, Tuberculosis Testing (TB)*

GrandView Hospital Immunization Clinic	Pennsburg	215-679-6252
Community Health & Dental Care	Pottstown	610-326-9460
Montgomery County Health Department	Norristown	610-278-5145
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Montgomery Family Practice Center	Norristown	610-277-0964
Norristown Regional Health Center		610-278-7787
North Hills Health Center		215-572-0302
North Penn VNA Children’s Clinic		215-855-8296
Ginny Combs Children’s Health Center of VNA		
	Abington	215-572-7880
	Norristown	610-277-8911
The Clinic (under and uninsured)	Phoenixville	610-935-1134
VNA of Pottstown and Vicinity		610-327-5700

### **TAKE FOLIC ACID**

**Help Protect Your Baby from Birth Defects Folic Acid can help prevent birth defects of the brain and spinal cord. Vitamins and minerals are an important part of your diet. Take a multivitamin that has folic acid (at least 400 micrograms) and eat foods rich in folic acid such as citrus fruits, leafy green vegetables, whole grain breads and cereals. If you are thinking about getting pregnant or are of child bearing age, consult your doctor about Folic Acid. For information on Folic Acid call March of Dimes Resource Center at 1-888-663-4637**

### *Pregnancy Testing (also see Prenatal Clinics)*

A Baby's Breath	Bryn Mawr	610-520-2227
	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
Catholic Social Services		610-279-7372
Genesis Crisis Pregnancy Center		610-970-8088
Helpline Center		215-362-8422
Mercy Suburban Family Practice Center	Norristown	610-275-7240
Norristown Regional Health Center		610-278-7787
Pregnancy Resource Clinic of North Penn		215-855-2424
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Collegeville	610-409-8891
	St. Davids	610-687-9410
VNA Community Services, Inc.	Abington	215-572-7880
	Norristown	610-277-8911

### *Prenatal Clinics*

Abington Memorial Hospital OB/GYN Center		215-481-6784
Bryn Mawr Hospital		610-526-3400
Family OB/GYN Center at Montgomery		610-277-0964
Grand View Hospital – Healthy Beginnings Plus		215-453-4077
Lankenau Hospital		484-580-1000
Maternity & Women’s Health Center		
Pottstown Memorial Medical Center		610-327-7672

### *Sexually Transmitted Diseases*

Abington Memorial Hospital		215-481-6784
AIDS Fact Line		1-800-662-6080
AIDS Hotline		1-800-342-AIDS
Choice Hotline		215-985-3300

Montgomery County Health Department	Norristown	610-278-5145
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Montgomery Family Practice		610-277-0964
Norristown Regional Health Center		610-278-7787
Planned Parenthood	Norristown	610-279-6095
	Pottstown	610-326-8080
	Collegeville	610-409-8891
	St. Davids	610-687-9410

### **Teen Pregnancy**

Abington Memorial Hospital		215-481-6784
Big Brothers Big Sisters of Montgomery County		610-277-2200
Child, Home and Community		215-348-9770
Childbirth classes for pregnant adolescents, at risk young women, fathers-to-be and their families		1-888-215-9770
Family OB/GYN of Montgomery		610-277-0964
Lakeside Pregnancy and Parenting Program		215-654-9207
Montgomery County Teen Parent Task Force		215-679-3086
Morningstar Ministries (Pregnant Teen Housing)		215-723-8103
Norristown Family Center		610-279-2755
Pottstown Family Center		610-718-5372
Pottstown Memorial Hospital – Prenatal Clinic		610-327-7673
Pregnancy Resource Clinic of North Penn		215-855-2424

### **Hospitals**

Abington Memorial Hospital		215-481-2000
Bryn Mawr Hospital		484-337-3000
Abington Health/Lansdale Hospital		215-368-2100
Chestnut Hill Hospital		215-248-8200
Children’s Hospital of Philadelphia		215-590-1000
Eagleville Hospital		610-539-6000
Elkins Park Hospital		215-663-6000
Grand View Hospital	Sellersville	215-453-4000
Holy Redeemer Hospital	Huntingdon Valley	215-947-3000
Lankenau Hospital	Wynnewood	484-580-1000
Mercy Suburban Hospital	Norristown	610-278-2000
Montgomery County Emergency Services		
Behavior Health Crisis Intervention	Norristown	610-279-6100
Montgomery/Einstein Hospital	Norristown	610-270-2000
Norristown State Hospital		610-313-1000
Phoenixville Hospital		610-983-1000
Pottstown Memorial Hospital		610-327-7000
St. Christopher Children’s Hospital	Philadelphia	215-427-5000
Valley Forge Medical Center		610-539-8500

### **Housing Services**

**For information and referrals on all Funding, Emergency Assistance, Shelters, and Subsidized Housing, please contact Homeless Prevention Center 1-877-646-6306**

### **Information and Referral**

Aldersgate Youth Service Bureau		215-657-4545
A Baby’s Breath	Bryn Mawr	610-520-2227
	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
Action AIDS, Inc.		215-981-0088
Alcohol, Drug Abuse Helpline/Referrals		1-800-234-0420
Alcoholics Anonymous	Philadelphia	215-923-7900
American Cancer Society		610-327-5700
American Foundation for Suicide Prevention of Greater Philadelphia		215-746-7256
Boyetown Area Multi-Service		610-367-6957
Brain Injury Association of PA		1-866-635-7097
Carson Valley Children’s Aid -Family Center		610-279-2755
CDC National STD and AIDS Hotline		1-800-342-2437
Community Housing Services, Inc.	Lansdale	215-362-5250
Eastern Montgomery County Health & Human Service Consortium		215-886-6233
Feeling Blue (Suicide Prevention Council)		484-580-8049

Keystone Opportunity Center	Souderton	215-723-5430
Interagency Council of Norristown (ICN)		610-270-2902
Lawyer Referral Service		610-279-9660
Long Term Care Resource of the Main Line		610-449-2050
March of Dimes - Resource Center		1-888-663-4637
Minding Your Mind		610-642-3879
Montgomery County Commission on Women & Family		610-292-5000
Montgomery County Health Department ext. 6724		610-278-5117
Montgomery County Office of Children and Youth		610-278-5800
Montgomery County Suicide Prevention Taskforce		610-279-6100
Montgomery County Teen Parent Taskforce		610-279-4812
National Alliance on Mental Illness (NAMI)		267-251-6240
Open Line North Montgomery County	Pennsburg	215-679-4112
PA Families Inc. (Special Needs)		1-800-947-4941
Parents Involved Network of Montgomery Co.		610-279-8511
Parent to Parent of Pennsylvania		1-800-986-4550
Phoenixville Area Community Services		610-933-1105
Pottstown Family Center		610-326-1610
Rosenfeld Cancer Center Helpline		1-800-405-4357
SIDS of Pennsylvania		1-412-481-1410
Special Kids Network		1-800-986-4550
Women’s Center of Montgomery County	Jenkintown	215-885-5020
	Norristown	610-279-1548
	Pottstown	610-970-7363
Women’s Resource Center	Wayne	610-687-6415

### **Interpreters**

ACLAMO Family Center (Spanish)	Norristown	610-277-2570
	Pottstown	610-970-2134
Centro Cultural Latino Unidos	Pottstown	610-705-0566
Keystone Opportunity Center	Souderton	215-723-5430

### **MEDICAL RESERVE CORP**

The Medical Reserve Corps (MRC) is part of a nationwide initiative to mobilize and coordinate volunteers to help their communities in the event of a public health emergency. The MRC provides the opportunity for teams of local volunteers who have medical and emergency response skills, as well as non-medically trained volunteers with a desire to help in emergency situations, to contribute their time and expertise when they are needed. The MRC provides trainings to ensure that, in the event of a public health emergency, MRC volunteers will be prepared to deploy and assist their communities in the most effective way possible. For more information please contact the **Montgomery County Health Department at 610-278-5117.**

### **Support Groups**

A Baby’s Breath	Bryn Mawr	610-520-2227
	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
Abington Area Nursing Mothers Advisory Council		215-572-8044
Al-Anon Family Group Headquarters		1-888-425-2666
Alcoholics Anonymous		215-923-7900
Aldersgate Youth Service Bureau		215-657-4545
Because I Love You (BILY)		215-576-5216
Buxmont Mothers of Multiples		215-619-7438
Carson Valley Children’s Aide	Colmar	215-362-8422
Child, Home and Community		215-348-9770
Children with Attention Deficit Disorder (CHADD)		1-800-233-4050
Cluster Outreach Center		610-970-5995
Domestic Violence and Elder Abuse Support Group		215-481-2576
Easter Seals Sibling Support Group		215-368-7000
Family Support Advocate		610-428-2119
High Risk Pregnancy Bedrest Support Group		215-481-4051
Little Wonders Child Growth & Development Ctr.		610-275-5437
The ARC Alliance Children’s Services		610-265-4700
Delaware Valley CHADD	Yardley	215-736-1541
National Alliance on Mental Illness (NAMI)		267-251-6240
Norristown Family Center		610-279-2755
Norristown Ministries, Inc. - Hospitality Center		610-277-1321
Open Line North Montgomery County	Pennsburg	215-679-4112
PA Mentor		215-612-8200



Parent to Parent of PA	1-888-727-2706
Parents of Special Needs Kids	215-576-0586
Parents Involved Network of Montgomery County	610-279-8511
Pottstown Family Center Family Services	610-326-1610
Project Outreach	610-948-5111
SIDS of PENNSYLVANIA	1-800-721-7437
SOS (Survivors of Suicide Support Group)	215-545-2242
The Compassionate Friends	1-877-969-0010
The Tragedy Response Unit Support Team	610-275-7943
To Live Again (Widowed)	610-353-7740
Unite	215-728-3777
Valley Forge Mothers of Twins & Triplets	610-792-1768
Widow and Widower Support Group	610-896-7770
Women's Center of Montgomery County	1-800-773-2424
Women's Center of Montgomery County	610-279-1548
Young Lives	484-947-1429

To download a copy of the Resource Guide, please go to our Website at: [health.montcopa.org/PIRG](http://health.montcopa.org/PIRG)

## Important Numbers

POLICE

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FIRE

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AMBULANCE

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HOSPITAL

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POISON CONTROL: 1-800-222-1222

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DOCTOR

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DOCTOR

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DENTIST

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WORK NUMBER

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CELL NUMBER

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NEIGHBOR

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BABYSITTER

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OTHER

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### BACK TO SLEEP

**SIDS of Pennsylvania 1-800-721-7437**

One of the most important things you can do to help reduce the risk of SIDS (Sudden Infant Death Syndrome) is to put your baby on his or her back to sleep. SIDS is the sudden and unexplained death of an infant under one year of age. For more information about infant sleep positions, talk to your doctor.

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### Transportation

Bux-Mont Transportation Service	Willow Grove	215-659-0245
EMS Services - Good Will		610-326-5460
Montgomery County Office of Aging & Adult Services		610-278-3601
Norristown Radio Taxi		610-275-9700
Open Line (Medical Only)		215-679-4112
PennDOT Customer Call Center		1-800-932-4600
Pottstown Urban Transit, Inc. (PUT)		610-326-5413
Project Outreach		610-948-5111
SEPTA (Travel Information Center)		215-580-7800
Suburban Transit Network, Inc.		215-542-7433
The Partnership TMA (North Penn & Upper Perk)		215-699-2733
Transnet (MA client reimbursement only)		215-542-7433
Tri-County Taxi Company (Pottstown area)		610-495-0300
Volunteer Medical Service Corp.		215-855-3779
Yellow Cab	Norristown	610-277-1234

### Montgomery County Commission on Women and Families

Fosters leadership, provides awareness of existing resources and advocates equal access in order to enhance the lives of women and families. The Commission offers brochures with self-help information about child custody, child support, divorce, protection from abuse orders, equitable distribution, and health issues for teenage, middle-aged, mature women and pregnant women. For information or brochures call 610-292-5000. Please leave a message, they will get back to you.

### Unsafe Living Conditions

Montgomery County Health Department	Norristown	610-278-5117
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Borough of Norristown Code Enforcement		610-270-0441

Contact your local Borough or Township Code Enforcement regarding conditions.

This material was updated July 2011



# Shots for Tots



If you don't have a family physician or if you don't have insurance coverage for shots, visit one of the sites below for free or low-cost shots.  
Please call for times, services and costs.

➤ **Norristown Health Center**  
1430 DeKalb St. 2<sup>nd</sup> floor, Norristown  
**(610) 278-5145**

➤ **Willow Grove Eastern Courthouse Annex**  
102 York Rd., Suite 401, Willow Grove  
**(215) 784-5415**

➤ **Pottstown Health Center**  
364 King St., Pottstown  
**(610) 970-5040**

## Other Community Sites (Low Cost or Free Shots)

❖ **VNA Community Services, Inc.**  
**(215) 572-7880**  
1421 Highland Ave., Abington

❖ **VNA of Pottstown and Vicinity**  
**(610) 327-5700**  
1963 High St., Pottstown

❖ **VNA Community Services, Inc.**  
**(610) 277-8911**  
1109 DeKalb St., Norristown

❖ **Norristown Regional Health Center**  
**(610) 278-7787**  
1401 DeKalb St., Norristown

❖ **North Penn VNA**  
**(215) 855-8296**  
51 Medical Campus Dr., Lansdale

❖ **Grand View Hospital**  
**(215) 679-0640**  
Community Nurse-Home Care Dept.  
101 W. 7<sup>th</sup> St., Pennsburg

Vaccines prevent serious diseases by helping  
your baby's body build defenses.

## Recommended Immunization Schedule

**DTaP** (Diphtheria, Tetanus and Pertussis)

**Hib** (Haemophilus type B)

**Influenza** (Flu)

**Polio Vaccine**

**Hepatitis A Vaccine**

**Hepatitis B Vaccine**

**MMR** (Measles, Mumps and Rubella)

**Varicella** (Chickenpox)

**PCV** (Pneumococcal Conjugate Vaccine)

**Rotavirus**

Five doses: at 2, 4, 6, 12-18 months and 4-6 years

Three or four doses: at 2, 4, 6, and 12-15 months depending on type of vaccine used

One or two doses annually for all children 6 months through 18 years

Four doses: at 2, 4, 6-18 months, and 4-6 years

Two doses: at 1 year and 18-24 months

Three doses: at birth prior to discharge, 1-2, and 6-18 months or at 1-2, 4, and 6-18 months

Two doses: at 12-15 months and 4-6 years

Two doses: between 12-15 months & 4-6 years

Four doses: at 2, 4, 6 and 12-15 months

Three doses: at 2, 4 and 6 months

## Toll Free Helplines for Pennsylvania Families

### HELP IN PA - Health and Human Services Call Center

1-800-986-2229	Healthy Babies Helpline
1-800-986-5437	Healthy Kids Helpline
Text for Baby	Text BABY to 511411 or BEBE in Spanish
1-800-986-4550	<ul style="list-style-type: none"> <li>• Special Kids Network</li> <li>• PA Recreation and Leisure Line</li> <li>• Special Kids Network System</li> </ul>
1-800-440-5323	Lead Information Line
1-866-286-3636	Long-Term Living Helpline
1-866-412-4755	Brain Information Clearing House
1-800-692-7462	<ul style="list-style-type: none"> <li>• Dept. of Public Welfare</li> <li>• Medicare Prescription/Drug Plan</li> <li>• LiHeap – Stay Warm - and any other Public Welfare Questions</li> </ul>
1-800-951-5151	Pennsylvania State Resource Family Association
1-800-692-7288	Connect - Early Intervention – Birth to Three

Spanish speaking operators are available on all Health and Human Service helplines. Go to [www.HelpInPA.state.pa.us](http://www.HelpInPA.state.pa.us) to learn more about Pennsylvania services. COMPASS is the simple and fast way to apply online for social services offered by the Commonwealth. With the click of a button, you can learn about services, see if you qualify for programs, apply for those services and reapply when it's time for renewal. Visit [www.COMPASS.state.pa.us](http://www.COMPASS.state.pa.us). The 2-1-1 SE PA is part of a network of national 2-1-1 Call Centers through a partnership with PA 2-1-1 and NJ 2-1-1. The United Ways in the greater Philadelphia Region have partnered to bring this important community resource to your community.

## Montgomery County Helplines

610-278-3501	Aging and Adult Services
610-278-3707	Child Day Care Services
610-278-5800	Children and Youth Office
610-270-3500	County Assistance Office
610-278-5950	Economic and Workforce Development
610-278-5117	Health Department
1-877-646-6306	Homeless Assistance Program
215-542-7433	Medical Assistance Transportation Program - Transnet
610-278-3642	Behavior Health/Developmental Disabilities Mental Health, Developmental Disabilities, Early Intervention, Drug and Alcohol, Supports Coordination Organization



## Montgomery County Health Department

Director of Health/Medical Director  
Dr. Joseph M. DiMino  
Norristown Health Center  
1430 DeKalb Street  
Norristown, Pennsylvania 19404-0311  
(610) 278-5145

Pottstown Health Center  
364 King Street  
Pottstown, PA 19464  
(610) 970-5040

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

### **MATERNAL, CHILD and FAMILY HEALTH**

Vaccinations for Children – Flu and pneumonia vaccinations for older adults and others with chronic illnesses – Tuberculosis Testing and Treatment – Sexually Transmitted Disease Testing and Treatment – HIV/AIDS Testing and Counseling – Childhood Lead Testing – Cancer Education/Early Detection of Cervical, Skin, Colorectal, ovarian and prostate Cancer – Education and Prevention Programs such as Highway Safety, Injury Prevention, Nutrition, and Cardiovascular Disease Risk Reduction. Referrals are made for low cost mammograms, blood pressure and Cholesterol.

### **HOME VISITS BY PUBLIC HEALTH NURSES**

The Home Visiting Program is a FREE program and helps you and your family's health care needs. This program is for Montgomery County Residents who are pregnant women, new mothers, fathers and their children. A public health nurse and other professional staff from the Montgomery County Health Department will come to you to discuss how you and your baby are doing. To assist mother's health, we offer help with baby check ups, family planning, infant care tips, first aid tips, breastfeeding information and brother and sister issues. In the line of children's health, we offer tips such as bathing, diapering, teething and feeding. Nurses also do height and weight checks, learning skills, sleeping habits and locations where immunizations and lead testing is provided. Call: 610-278-5117

### **NURSE-FAMILY PARTNERSHIP PROGRAM**

The Nurse-Family Partnership is a program for low-income women having their first baby. A specialized nurse will visit you at home during your pregnancy, after the baby is born and until your child is two years old. This is a free, voluntary program helping first-time parents succeed. You can be a part of this program if this is your first pregnancy and you are between 12 and 29 weeks pregnant.

### **PRENATAL SERVICE PROGRAM**

You may qualify for free prenatal care. Qualification for this program is for pregnant women who live in Montgomery County, low income and have been rejected by Medical Assistance (limited space is available). For more information and to see if you qualify, (Se habla español) call:

**Family OB/GYN Center of Montgomery**, 15 West Wood Street, 2<sup>nd</sup> Floor, Norristown, PA 19401 610-270-2210