

Community Based Resources to Use During COVID-19 Pandemic

If you know of a resource that you feel should be included in this list, please send the information to one of the CIU 10 Social Workers:

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Centre County Resources

Click [here](#) to visit the Centre County PA Official Website for local information and important updates.

Food

*If you have any symptoms related to COVID-19 please send a proxy (i.e friend, neighbor, case manager, etc) to go to the pick-up site.

- **Centre Hall-Potter Township Food Pantry** - operating under normal hours - 3rd Tuesday of each month, 12:30-4:00pm. Must stay in the car for pickup. (814) 531-6151
Grace United Methodist Church - 127 S. Pennsylvania Ave. Centre Hall PA 16828
- **FaithCentre Food Bank** - Bellefonte - human and pet food available. Wednesdays 10:00am-2:00pm and Thursdays 1:00pm-4:00pm. Temporarily waiving territory restrictions. (814) 355-0880 or (814) 355-4400 (FC)
131 S. Allegheny St. Bellefonte PA 16823
- **Food Bank of State College** - Mondays 1:00pm-4:30pm; Wednesdays and Fridays 1:00pm-3:30pm. All clients will receive food, and will be screened prior. (814) 234-2310
1321 S. Atherton St. State College PA 16801
- **Penns Valley Family Service Center** - Tuesdays 8:00am-12:00pm BY APPOINTMENT ONLY and must stay in the car. (814) 349-5850
337 E. Aaron Sq. Aaronsburg PA 16820
- **Penns Valley Area School District**- Monday through Friday the PVASD is providing a breakfast and a lunch bag service that is available to any child 18 or younger as long as

one child in the home attends PVASD. It is *delivery only, no pick up*. The delivery occurs between approximately 9:00am and 12:00pm (time of day is dependent on location). Directions and the form for signing up are found on the [PVASD website](#).

- **State College Area School District** - Meals are provided each Wednesday for all children under the age of 18 while schools are closed. Click [here](#) for details.
- **Snow Shoe/Mountaintop Food Pantry** - 2nd Thursday of each month from 4:00pm-6:00pm. (814) 387-6230
Snow Shoe United Methodist Church - 501 S. Moshannon Ave. Snow Shoe PA 16874
- **YMCA Lunch Programs** -
<https://www.ymcaofcentrecounty.org/ymca/anti-hunger-program-updates/>
 - Centre Hall is providing food 12:00pm -1:00pm every weekday and providing backpacks of food for weekends.
 - Bellefonte Area grab and go meals are served at the following locations Monday through Friday 12:00pm - 1:00pm:
YMCA in Bellefonte
Logan Fire Company
Beaver Farms
Governor's Gates Apt buildings
Pleasant Gap Elementary School
Continental Courts (playground pavilion)
Marion-Walker Elementary School
 - Bald Eagle area grab and go meals are served at the following locations Monday through Friday 12:00pm - 1:00pm:
Citizen's Fire Company
Pine Glen Fire Company
Snow Shoe EMS
Wingate Elementary
- **YMCA Soup Drive-Through for Seniors and Veterans**
 - Bald Eagle Valley Community United Methodist Church every Monday from 12:00pm to 1:00pm
 - Trinity United Methodist Church every Monday from 12:00pm to 1:00pm
- **Sheetz** is proud to announce a new Kidz Meal Bagz program providing free food to help children and families in need as a result of the COVID-19 pandemic. Meal Bagz will be available all day and will include a turkey sandwich, chips and a drink. Families interested in taking advantage of the free Kidz Meal Bagz program can go to any Sheetz location and ask an employee at the register for a meal. Families will be offered one bag per child and meals will be available daily while supplies last.

Safety & Mental Health

- **If you or someone you know is in immediate danger, please call 911**

- **Center for Community Resources** (Walk-In, Phone, and Mobile services remain unchanged) Open 24/7
 - Call: 1-800-643-5432
 - Text: 63288
 - *2100 E. College Ave. State College PA 16801*
- **PA Mental Health Support Line (Warmline)** Available 24/7 from anywhere in PA.
 - Call: 1-855-284-2494
- **National Suicide Prevention Lifeline** Available 24/7
 - Call: 800-273-TALK (8255)
- **Crisis Text Line** Available 24/7
 - Text HOME to 741741
- **National Domestic Violence Hotline** Available 24/7
 - Call: 1-800-799-7233 *or* 1-800-799-7233 for TTY
 - Web: log onto <https://www.thehotline.org/> or text LOVEIS to 22522
- **National Helpline - Substance Abuse and Mental Health Services Administration** Available 24/7
 - Call: 1-800-662-HELP (4357)
- **Centre Safe, formerly Women’s Resource Center** (counseling, advocacy, shelter, and other support related to domestic violence or assault) Available 24/7
 - Call: 814-234-5050
 - Web: <https://ccwrc.org/>
- **Centre Helps** (24 hour hotline and basic needs case management) Available 24/7
 - Call: (814)-237-5855
 - Text: 237-5855 (Mon-Fri during daytime hours)
 - Web: <https://www.centrehelps.org/>
- **LGBTQ Resources:**

The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.

 - <https://www.thetrevorproject.org/>
 - TrevorLifeline: 1-866-488-7386 (a crisis intervention and suicide prevention phone service available 24/7/365)
 - TrevorText – Text “START” to 678678 (confidential text messaging with a Trevor counselor, available 24/7/365)

- TrevorChat- <https://www.thetrevorproject.org/get-help-now/> (confidential online instant messaging with a Trevor counselor, available 24/7/365)
- **Virtual Support Groups:**
 - You can find a list of all Pennsylvania National Alliance on Mental Illness (NAMI) affiliates that are offering virtual support groups here: <https://www.namikeystonepa.org/coronavirus/>
 - The Tides Program offers virtual grief peer support groups for kids and families <https://tidesprogram.org/>
- Comprehensive guide to [Centre County Mental Health Services](#)
- [Suicide Prevention Resources](#)
- [Stress and Coping \(Resource from the CDC\)](#)

Counseling Providers

*Many health insurance providers are responding to COVID-19 by waiving copays for telecounseling/telehealth services.

- **Beck Psychotherapy**- taking new patients with commercial insurance only. Telehealth is encouraged. Patients are seen in the office only if the patient is receiving interventions that are not able to be conducted via telehealth.
 - Web: <http://www.beckpsychotherapy.com/>
 - Call: State College Phone (814) 409-7612
 - Email: info@BeckPsychotherapy.com
 - *103 East Beaver Avenue, Suite 3 State College, PA 16801*
- **Guiding Light Health** - accepting new patients. Telehealth only.
 - Email portal: <http://guidinglighthealth.com/contact-us/>
 - Call: 814-753-4422
 - *1315 South Allen Street, Suite 104 State College, PA 16801-5923*
- **A Journey to You**- Bellefonte office- Telehealth encouraged. They are taking new patients.
 - Call: 814-325-0280
- **McGinnis Counseling and Consulting**- Teletherapy only and they are taking new patients.
 - Web: <http://statecollegeneurotherapy.com/>
 - Call: (814) 862-9969

- **Oasis Lifecare** - Teletherapy is available for existing patients only. Accepting new patients for Medication Management and Primary Care only. New patients must be seen at the office for initial visit then will be seen via telehealth for all following visits.
 - Web: <https://www.oasislifecarellc.com/>
 - Call: (814) 237-0001
- **Onward Behavioral Health** - Life Counseling is available for 13y/o persons and older via telehealth. They are accepting new patients with commercial insurance. No psychiatry available for outpatient.
 - Web: <http://www.obhcares.com/>
 - Call: 1-800-238-4357
- **Sound Mind** - They are taking new patients for psychiatry and Medication Management via telepsychiatry.
 - Web: <https://www.soundmindhealthcare.com/>
 - Call: 814-343-7373
- **Dr. Yvonne Reedy** - Taking new patients for therapy via teletherapy.
 - Call: 814-937-0668
- **Sunpointe** - Accepting new patients for outpatient counseling services only, not for medication management.
 - Web: <https://www.sunpointehealth.com/>
 - Call: (814) 867-0670
- **Rooted Relational Therapy** - office is open, teletherapy is encouraged.
 - Web: <https://www.rootedrelationaltherapy.com/>
 - Call: 570-884-4662
- **Community Services Group (CSG)** - Mill Hall office - accepting new patients for outpatient mental health services, depending on what insurance the person has. They are utilizing teletherapy or telephonic services for those who do not have access to the internet.
 - Web: <https://csgonline.org/>
 - Call: 1-877-907-7970
- **CHOICES** - Teletherapy. Accepting new clients with a waiting list. Accepts Medical Assistance.
 - Web: <https://www.individualandfamilychoices.com/>
 - Call: 814-237-0567
- The following providers are not currently accepting new patients. You may call their offices to check for service updates. If you need to find another provider, feel free to contact one of those listed above, or get in touch with a social worker to discuss your options.
 - **The Healing Room** - (814) 308- 8375
 - **HEARTS Program** - (814) 235-4932, (814) 231-1000

- **CenClear** - Mental Health and Drug & Alcohol treatment sessions will continue to be done via telephone while physical offices are closed. Therapists will continue to reach out to clients. Preschool classes and home visits are cancelled until further notice (this includes Head Start, Early Head Start, PreK Counts, Family Centers, and Early Intervention programs. Teachers will continue to reach out to families. The referral process for CenClear has not changed - faxes, emails, and phone messages continue to be checked by staff.
 - Call: 1-800-525-5437, 814-342-5678
 - Email: info@cenclear.org
 -

Children with Challenging Behaviors Resources for Early Childhood Programs & Families

- CONNECT referral line: 1-800-692-7288
- Pennsylvania Positive Behavior Support: <http://www.papbs.org>
- Center for Early Childhood Mental Health Consultation: <https://www.ecmhc.org>
- Pyramid Model: <http://challengingbehavior.cbcs.usf.edu>
- Center on the Social and Emotional Foundations for Early Learning: <http://csefel.vanderbilt.edu>
- PA Key, Reduction of Expulsions and Suspensions in Early Childhood Settings: <http://www.pakeys.org/pa-early-learning-initiatives/promoting-inclusion-reducing-Expulsion-and-suspension/>

Childcare

- **YMCA of Centre County** (*Available for children of essential employees*)
 - Bellefonte and Moshannon Valley Branches
 - If you are an essential employee and are interested in utilizing this type of service or would like more information about it, please contact Liz Toukonen at ltoukonen@ymcaocc.org. In your message, please specify the age(s) of the child(ren) in need of care and when you would need care to begin.

Housing & Utility Assistance

Due to COVID-19, the Federal Government has instituted the CARES Act, which includes a temporary moratorium on eviction filings. See the [HUD COVID-19 FAQs for Public Housing Agencies](#) or the [CARES Act](#) itself for direct information.

- **Centre House Homeless Shelter:** Shelter is closed but is working with **Out Of The Cold** to provide shelter to individuals and families.
- **Centre County Adult Services:** WRAP or housing and rental assistance is first-come, first-served. Please call: 814-355-6768 and press option 1 to leave a message with your name, contact information, and housing need details.
- **Salvation Army:** Continuing to assist Centre County residents with utility and rental assistance. Call 814-861-1785 and leave a message for Social Service Coordinator, Elin. The message should include name, contact information, and need details (e.g. which utility is needed). Check “The Salvation Army State College” Facebook page for up-to-date information..
- **Penns Valley Hope Fund:** applications are online and an individual and/or family can ask for funding for most things related to maintaining a home and family. Helping fund food for Grange and YMCA. <http://pennsvalleyhopefund.com/>
- **St. Vincent de Paul:** Thrift store is currently closed, but residents are welcome to contact the office if they are in need of help to pay household expenses. Call: 814-867-3131

Supports for Special Populations

- **[This page](#)** by the National Association of Social Workers (NASW) will connect you to information for and about:
 - Older Adults
 - People in Recovery
 - People with Disabilities
 - The Indian Health Service (IHS) <https://www.ihs.gov/>
 - Talking with children about Coronavirus

Employment & Unemployment

Employment

- Local Businesses Hiring - an ongoing updated list can be found at wearecentralpa.com

- Click on “COVID19” dropdown menu, then on “Businesses Hiring.”
- PA CareerLink Portal - www.PAcareerlink.pa.gov
 - Click the green banner labeled “PA COVID-19 Jobs – Hiring Immediately” to see active job openings.
 - Select “Apply Now” button to be redirected to employer’s website or email

Unemployment

- PA unemployment information and claims: www.uc.pa.gov

Transportation

- **Pennsylvania Department of Transportation:** Drivers License and Photo Centers are closed. Various transactions can be completed at www.dmv.pa.gov
**All licenses scheduled to expire between 3/16/20 and 4/30/20 are extended until 5/30/20*

Internet

Below is a list of providers offering limited, no-cost or low-cost internet services to qualifying families during the COVID-19 pandemic.

- **Altice Optimum**
 - New customers with K-12 or college students in household
 - No cost for first 60 days
 - 1-866-200-9522
- **Altice Suddenlink**
 - New customers with K-12 or college students in household
 - No cost for first 60 days
 - 1-888-633-0030
- **Charter Spectrum**
 - New customers with K-12 or college students in household - no installation fee
 - No cost for first 60 days
 - 1-844-488-8395
- **Comcast Xfinity**
 - New Xfinity customers who are eligible for public assistance programs
 - No cost for first 60 days (\$9.95/mo after)
 - <https://www.internetessentials.com/>
- **Cox**

- New customers who have K-12 or college students in household and who are eligible to public assistance programs
- No cost for first 30 days (\$9.95/mo after)
- Cox Connect2Compete | Affordable Home Internet
- **Verizon DSL**
 - Available most places in Penns Valley Area School District
 - Starting at \$50/month
 - <https://www.verizon.com/personal/home/highspeedinternet>
- **Earthlink**
 - Available most places in Penns Valley Area School District
 - Starting at \$14.95 discounts per location
 - 844-660-0958
- **Flashpoint WISP- fixed wireless**
 - Not available everywhere in Penns Valley Area School District
 - Starting at \$40/month
 - 814-777-9007
- **Viasat- Satellite**
 - Starting at \$50/month- no discounts
 - 855-340-5927
- **Hughesnet- Satellite**
 - Starting at \$40/month
 - Discounts available per location
 - 844-474-3236
- **Every internet provider that has signed the Keep Americans Connected Pledge has also opened up their Wi-Fi hotspots for free public use.**
 - For more information visit the website:
<https://www.highspeedinternet.com/resources/internet-guide-during-coronavirus-outbreak>
- **Sheetz in Centre Hall** has free WIFI for the public to use without going inside.

Clearfield County Resources

Food

- **Burnside-Mahaffey Food Pantry** - Bell Township Building 6596 Colonel Drake Hwy. Mahaffey, PA 15757 - Food Distribution 2nd Thursday of each month, 5:00pm - 7:00pm. Serves Purchase Line School District - Call: Sally or Jim Hurd 814-277-6228 or 814-592-5990
- **Clearfield Area Food Pantry** - Trinity United Methodist Church South Second and Walnut Streets Clearfield, PA 16830 - Mondays and Tuesday 10:00am - 3:00pm. - Serves Clearfield Area School District- Robin Clark- 814-765-1672, 814-765-1551, or 1-800-822-2610 Email: robinclarke2008@hotmail.com
- **Curwensville Area Food Pantry** - Serves Curwensville Area School District - Robin Clark - 814-765-1672, 814-765-1551, or 1-800-822-2610 Email: robinclarke2008@hotmail.com
- **Dubois Ministerium Food Pantry** - Mansell Stadium 404 Liberty Blvd. Dubois, PA 15801 - Food Distribution 1st, 2nd, and 4th Thursday of each month from 9:30am to 11:30am. - Serves Dubois Area School District 814-371-7326 or 814-371-2858 - or contact Pastor John Miller 814-371-2470
- **Dubois Salvation Army**-119 S. Jared St. Dubois, PA 15801 - EMERGENCY FOOD ONLY - Serves Dubois Area School District - 814-371-5320
- **Houtzdale Food Pantry** - 40 Terrace Drive Houtzdale, PA 16651 - Tuesdays & Wednesdays 9:00am - 1:00pm by appointment - Serves Moshannon Valley and Glendale School Districts - Gail Pennington - 814-378-5120 or 1-800-822-2610 - Email: gpennington@cpcaa.net
- **Karthus Area Food Pantry** - Karthus Township Building 367 Market St. Karthus, PA 16845 - Food Distribution 2nd Wednesday of each month, from 9:30am to 11:30am. Serves the Downriver area of Clearfield and West Branch School Districts - Susan Narehood 814-263-7265
- **Osceola Mills Food Pantry** - 601 Lingle St. Osceola Mills, PA 16666 - Food Distribution is Tuesday 10:00am - 12:00pm and Saturday by appointment from 9:00am to 11:00am. - Serves the Clearfield Co. portion of Philipsburg-Osceola School District - Jane Hollis - 814-339-6289 or 814-339-7403

- **West Branch/Allport Food Pantry** - Gethsemane United Methodist Church 369 Allport-Bigler Rd.-Allport, PA 16821 - Food Distribution 1st and 3rd Wednesday, from 9:00am to 11:00am. - Serves West Branch School District - Mary Ann Moriarity-814-553-7469
- **Westover Food Pantry** - Westover School Building Michael Street Westover, PA 16692 Food Distribution 3rd Thursday of each month from 11:00am to 1:00pm. - Serves Harmony School District and Clearfield Co. portion of Glendale School District - Jean Westover - 814-247-8806
- **Sheetz** is proud to announce a new Kidz Meal Bagz program providing free food to help children and families in need as a result of the COVID-19 pandemic. Meal Bagz will be available all day and will include a turkey sandwich, chips and a drink. Families interested in taking advantage of the free Kidz Meal Bagz program can go to any Sheetz location and ask an employee at the register for a meal. Families will be offered one bag per child and meals will be available daily while supplies last.

School Lunch Programs - Find food distribution information on the following district websites

- Clearfield Area School District <http://www.clearfield.org/>
- Curwensville Area School District <http://www.curwensville.org/>
- Glendale School District <http://www.gsd1.org/>
- Harmony Area School District <http://www.harmonyowls.com/>
- Moshannon Valley School District <https://www.movalley.org/>
- Philipsburg-Osceola Area School District <https://www.pomounties.org/>
- West Branch Area School District <https://www.westbranch.org/>

Safety & Mental Health

If you or someone you know is in immediate danger, please call 911

- **Clearfield Jefferson Mobile Crisis**- Available 24/7
Call: 800-341-5040
- **Center for Community Resources** (Walk-In, Phone, and Mobile services remain unchanged) Open 24/7
 - Call: 1-800-643-5432
 - Text: 63288
 - 2100 E. College Ave. State College PA 16801
- **PA Mental Health Support Line** Available 24//7 from anywhere in PA.
 - Call: 1-855-284-2494
- **National Suicide Prevention Lifeline** Available 24/7

- Call: 800-273-TALK (8255)
- **Crisis Text Line** Available 24/7
 - Text HOME to 741741
- **National Domestic Violence Hotline** Available 24/7
 - Call: 1-800-799-7233 *or* 1-800-799-7233 for TTY
 - Web: log onto <https://www.thehotline.org/> or text LOVEIS to 22522
- **National Helpline - Substance Abuse and Mental Health Services Administration** Available 24/7
 - Call: 1-800-662-HELP (4357)
- **Virtual Support Groups:** You can find a list of all Pennsylvania National Alliance on Mental Illness (NAMI) affiliates that are offering virtual support groups here: <https://www.namikeystonepa.org/coronavirus/>
- [Suicide Prevention Resources](#)
- [Stress and Coping \(Resource from the CDC\)](#)

Counseling Providers

*Many health insurance providers are responding to COVID-19 by waiving copays for telecounseling/telehealth services.

- **Community Connections of Clearfield and Jefferson Counties Provider List:** http://www.ccc-j.com/ckeditor_assets/attachments/69/adult%20and%20child%20%20provider%20list%201%2021%202020.pdf?1580399856
- **Community Guidance Center-** Accepting referrals and intakes at all offices as they continue to provide high-quality mental and behavioral health services to consumers during this difficult time. They have transitioned much of their service delivery to telehealth and Zoom conferencing. Offices in Clearfield and DuBois.
 - Call 1-888-686-1991
 - Web: <https://www.thecgc.com/>
- **Penn Highlands Bright Horizons -Center for Emotional Wellness**
 - Call: 814-768-2137
 - *Dr. Samuel J. Waterworth Medical Building - 1033 Turnpike Avenue, Suite 300-Clearfield, PA 16830*
- **Penn Highlands Behavioral Health - Dubois** Various locations and outpatient options <https://www.phhealthcare.org/service/behavioral-health-services>
- **Beck Psychotherapy-** taking new patients with commercial insurance only. Telehealth is encouraged. Patients are seen in the office only if the patient is receiving interventions that are not able to be conducted via telehealth.
 - Web: <http://www.beckpsychotherapy.com/>

- Call: State College Phone (814) 409-7612
- Email: info@BeckPsychotherapy.com
- *103 East Beaver Avenue, Suite 3 State College, PA 16801*
- **Guiding Light Health** - accepting new patients. Telehealth only.
 - Email portal: <http://guidinglighthealth.com/contact-us/>
 - Call: 814-753-4422
 - *1315 South Allen Street, Suite 104 State College, PA 16801-5923*
- **A Journey to You**- Bellefonte office - Telehealth encouraged. They are taking new patients.
 - Call: 814-325-0280
- **McGinnis Counseling and Consulting**- Teletherapy only and they are taking new patients.
 - Web: <http://statecollegeneurotherapy.com/>
 - Call: (814) 862-9969
- **Oasis Lifecare** - Teletherapy is available for existing patients only. Accepting new patients for Medication Management and Primary Care only. New patients must be seen at the office for initial visit then will be seen via telehealth for all following visits.
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 - Call: (814) 237-0001
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- **Dr. Yvonne Reedy** - Taking new patients for therapy via teletherapy.
 - Call: 814-937-0668
- **Sunpointe** - Accepting new patients for outpatient counseling services only, not for medication management.
 - Web: <https://www.sunpointehealth.com/>
 - Call: (814) 867-0670
- **Rooted Relational Therapy** - office is open, teletherapy is encouraged.
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 - Call: 570-884-4662
- **Community Services Group (CSG)** - Mill Hall office - accepting new patients for outpatient mental health services, depending on what insurance the person has. They are

utilizing teletherapy or telephonic services for those who do not have access to the internet.

- Web: <https://csgonline.org/>
- Call: 1-877-907-7970
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 - **HEARTS Program** - (814) 235-4932, (814) 231-1000
- **CenClear** - Mental Health and Drug & Alcohol treatment sessions will continue to be done via telephone while physical offices are closed. Therapists will continue to reach out to clients. Preschool classes and home visits are cancelled until further notice (this includes Head Start, Early Head Start, PreK Counts, Family Centers, and Early Intervention programs. Teachers will continue to reach out to families. The referral process for CenClear has not changed - faxes, emails, and phone messages continue to be checked by staff.
 - Call: 1-800-525-5437, 814-342-5678
 - Email: info@cenclear.org

Children with Challenging Behaviors Resources for Early Childhood Programs & Families

- CONNECT referral line: 1-800-692-7288
- Pennsylvania Positive Behavior Support: <http://www.papbs.org>
- Center for Early Childhood Mental Health Consultation: <https://www.ecmhc.org>
- Pyramid Model: <http://challengingbehavior.cbcs.usf.edu>
- Center on the Social and Emotional Foundations for Early Learning: <http://csefel.vanderbilt.edu>
- PA Key, Reduction of Expulsions and Suspensions in Early Childhood Settings: <http://www.pakeys.org/pa-early-learning-initiatives/promoting-inclusion-reducing-Expulsion-and-suspension/>

Childcare

- **Destiny's Daycare** -14399 Clearfield Shawville Hwy, Clearfield, PA 16830

- Call: (814) 768-5437
- **YMCA of Centre County** (*Available for children of essential employees*)
 - Bellefonte and Moshannon Valley Branches
 - If you are an essential employee and are interested in utilizing this type of service or would like more information about it, please contact Liz Toukonen at ltoukonen@ymcaocc.org. In your message, please specify the age(s) of the child(ren) in need of care and when you would need care to begin.

Housing & Utility Assistance

Due to COVID-19, the Federal Government has instituted the CARES Act, which includes a temporary moratorium on eviction filings. See the [HUD COVID-19 FAQs for Public Housing Agencies](#) or the [CARES Act](#) itself for direct information.

Supports for Special Populations

- **[This page](#) by the National Association of Social Workers (NASW) will connect you to information for and about:**
 - Older Adults
 - People in Recovery
 - People with Disabilities
 - The Indian Health Service (IHS) <https://www.ihs.gov/>
 - Talking with children about Coronavirus

Employment & Unemployment

Employment

- Local Businesses Hiring - an ongoing updated list can be found at wearecentralpa.com
 - Click on “COVID19” dropdown menu, then on “Businesses Hiring.”
- PA CareerLink Portal - www.PAcareerlink.pa.gov
 - Click the green “PA COVID-19 Jobs –Hiring Immediately” job portal banner to see active job openings.
 - Select “Apply Now” button to be redirected to employer’s website or email

Unemployment

- PA unemployment information and claims: www.uc.pa.gov

Transportation

- **Pennsylvania Department of Transportation:** Drivers License and Photo Centers are closed. Various transactions can be completed at www.dmv.pa.gov
**All licenses scheduled to expire between 3/16/20 and 4/30/20 are extended until 5/30/20*

- **Medical Assistance Transportation (MATP):** Patient transport is limited. Please contact your healthcare provider to determine if your appointment is considered essential. You will then need to contact your local MATP provider with this information. Masks are required on all trips.

Internet

Below is a list of providers offering limited, no-cost or low-cost internet services to qualifying families during the COVID-19 pandemic.

- **Altice Optimum**
 - New customers with K-12 or college students in household
 - No cost for first 60 days
 - 1-866-200-9522
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 - New customers with K-12 or college students in household - no installation fee
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 - 1-844-488-8395
- **Comcast Xfinity**
 - New Xfinity customers who are eligible for public assistance programs
 - No cost for first 60 days (\$9.95/mo after)
 - <https://www.internetessentials.com/>
- **Cox**
 - New customers who have K-12 or college students in household and who are eligible to public assistance programs
 - No cost for first 30 days (\$9.95/mo after)
 - Cox Connect2Compete | Affordable Home Internet
- **Verizon DSL**
 - Available most places in Penns Valley Area School District
 - Starting at \$50/month
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 - Starting at \$14.95 discounts per location
 - 844-660-0958

- **Flashpoint WISP- fixed wireless**
 - Not available everywhere in Penns Valley Area School District
 - Starting at \$40/month
 - 814-777-9007
- **Viasat- Satellite**
 - Starting at \$50/month- no discounts
 - 855-340-5927
- **Hughesnet- Satellite**
 - Starting at \$40/month
 - Discounts available per location
 - 844-474-3236
- **Every internet provider that has signed the Keep Americans Connected Pledge has also opened up their Wi-Fi hotspots for free public use.**
 - For more information visit the website:
<https://www.highspeedinternet.com/resources/internet-guide-during-coronavirus-outbreak>

Clinton County Resources

Click [here](#) to visit the Clinton County PA Official Website for local information and important updates.

Food

- **Howard Food Bank** 44 Vesper Street - Beech Creek.
Currently Closed Until May 18th, but still taking calls for emergency food needs.
After May 18th, the Food Bank will be open the 1st and 3rd Monday of each month
Call: 570-962-2407, Contact Person: Ron Davy
- **The New Love Center Jersey Shore Cafe** 1407 Allegheny Street - Jersey Shore
Monday-Friday 11:00AM-12:30PM hot meal distribution - takeout
Call: 570-244-8838
- **The New Love Center Jersey Shore Food Pantry** St. John's Evangelical Lutheran Church, 229 S. Broad Street, Jersey Shore, PA.
2nd and 4th Friday of the month 9:00am-12:00pm & 1:00pm-3:00pm
The distribution area includes Linden, Jersey Shore, Nippenose Valley, Waterville, Cammal, Slate Run, Avis, Woolrich, McElhattan and Lock Haven. -Must have ID
Call: 570-772-3275
- **Salvation Army of Lock Haven** 119 East Church Street Lock Haven, PA 17745
 - Food Box Distribution on Tuesdays and Fridays 9:00am-11:00am (clients choose which day they prefer to come) Delivery is available if needed.
Call: 570-748-2951
 - Senior Food Pantry Distribution every 2nd and 3rd Tuesday of the month.
Delivery is available if needed. Can call for assistance with grocery pickup.
Call: 570-748-2951
- **Renovo Council of Churches Good Neighbor Food Pantry** 370 Claire Ave. - Renovo
Food Distribution on the 3rd Thursday of every month.
Call: 570-923-2362 Contact person: Nora Jesberger
- **Sheetz Kidz Meal Bagz** - Sheetz is proud to announce a new Kidz Meal Bagz program providing free food to help children and families in need as a result of the COVID-19 pandemic. Meal Bagz will be available all day and will include a turkey sandwich, chips and a drink. Families interested in taking advantage of the free Kidz Meal Bagz program can go to any Sheetz location and ask an employee at the register for a meal. Families will be offered one bag per child and meals will be available daily while supplies last.

- **Keystone Central School District Meal Program** (View the [digital flyer](#))
FREE meals will be distributed every Monday and Thursday.
Children will receive 7 breakfast meals and 7 lunch meals per week.
Lunch and breakfast for multiple days will be served to families and caregivers by a drive through / walk-up pick up from 11:00 a.m. - 12:30 p.m. at the following locations:
 - Central Mountain Middle School - front entrance by cafeteria
 - Liberty Curtin Elementary - front entrance
 - Renovo Elementary - front entrance
 - Robb Elementary - front entrance
 - Sugar Valley Fire Company - main parking lot
 - Woodward Elementary - student drop off, side door

Safety & Mental Health

If you or someone you know is in immediate danger, please call 911

- **Clinton County Mobile Crisis-** Available 24/7
Call: 1-570-748-2262
- **Lock Haven Crisis Contact - Facebook Group**
This group is to keep up with local information during Covid-19. Information on opening/closing of business, where assistance can be found, resources etc.
- **Clinton County Women's Center (Hilton Safe House)**
Call:-1-570-326-7895
- **Center for Community Resources** (Walk-In, Phone, and Mobile services remain unchanged) Open 24/7
 - Call: 1-800-643-5432
 - Text: 63288
 - 2100 E. College Ave. State College PA 16801
- **PA Mental Health Support Line** Available 24//7 from anywhere in PA.
 - Call: 1-855-284-2494
- **National Suicide Prevention Lifeline** Available 24/7
 - Call: 800-273-TALK (8255)
- **Crisis Text Line** Available 24/7
 - Text HOME to 741741
- **National Domestic Violence Hotline** Available 24/7
 - Call: 1-800-799-7233 *or* 1-800-799-7233 for TTY
 - Web: log onto <https://www.thehotline.org/> or text LOVEIS to 22522
- **National Helpline - Substance Abuse and Mental Health Services Administration**
Available 24/7

- Call: 1-800-662-HELP (4357)
- **Virtual Support Groups:** You can find a list of all Pennsylvania National Alliance on Mental Illness (NAMI) affiliates that are offering virtual support groups here:
<https://www.namikeystonepa.org/coronavirus/>
- [Suicide Prevention Resources](#)
- [Stress and Coping \(Resource from the CDC\)](#)

Counseling Providers

*Many health insurance providers are responding to COVID-19 by waiving copays for telecounseling/telehealth services.

- **Lucy Heggenstaller** - *2367 East Winter Rd Loganton, PA 17747*. Accepting new patients at this time. Lucy is providing telecounseling and in-person sessions with protective gear precautions. Commercial insurance only.
 - Call: 570-763-4607
- **Before and After Counseling** - *West Central Ave Avis, PA 17721*. Providing counseling services for ages 14 year old and older. This agency is accepting new patients with Commercial insurance providers. Telecounseling only during the COVID-19 pandemic.
 - Call: 570-873-0343 302
- **Community Services Group (CSG)** - *7930 Nittany Valley Drive Mill Hall, PA 17751*. Accepting new patients for both Medical Assistance and Commercial insurance. Telecounseling is preferred; however, in-person is at the discretion of the therapist.
 - Web: <https://csgonline.org/>
 - Call: 877-907-7970
- **Client Centered Therapeutic Alternatives** - *142 East Church Street Lock Haven, PA 17745*. Accepting new patients for Medical Assistance and Commercial insurance. They are seeing patients through telecounseling and in-person using protective gear precautions.
 - Call: 570-858-1909.
- **Crossroads Counseling** - *8 North Grove Street #4 Lock Haven, PA 17745*. They are taking new patients for Medical Assistance and Commercial insurance. Telecounseling only.
 - Web: <http://www.crossroadscounselinginc.com/>
 - Call: 570-893-1886.
- **Keystone Counseling and Evaluation Services** - *120 South Highland Street Lock Haven, PA 17745*. Telecounseling services only at this time. They are taking new patients for both Medical Assistance and Commercial insurance. If you have medical assistance,

Keystone Counseling is only able to take residents of Clinton and Lycoming counties at this time. For commercial insurance all county residents are welcome.

- Web: <http://www.keystonecounsel.com/>
- Call: 570-748-7173.

Children with Challenging Behaviors Resources for Early Childhood Programs & Families

- CONNECT referral line: 1-800-692-7288
- Pennsylvania Positive Behavior Support: <http://www.papbs.org>
- Center for Early Childhood Mental Health Consultation: <https://www.ecmhc.org>
- Pyramid Model: <http://challengingbehavior.cbcs.usf.edu>
- Center on the Social and Emotional Foundations for Early Learning: <http://csefel.vanderbilt.edu>
- PA Key, Reduction of Expulsions and Suspensions in Early Childhood Settings: <http://www.pakeys.org/pa-early-learning-initiatives/promoting-inclusion-reducing-Expulsion-and-suspension/>

Childcare

- **Your Guardian Angel Preschool and Childcare** - *(Available for childrens of essential workers only)*
 - 225 East Church Street-Lock Haven
 - Call: 1-570-748-8249

Housing & Utility Assistance

Due to COVID-19, the Federal Government has instituted the CARES Act, which includes a temporary moratorium on eviction filings. See the [HUD COVID-19 FAQs for Public Housing Agencies](#) or the [CARES Act](#) itself for direct information.

- **PA 211 powered by United Way** - Dial 211 for concerns about homelessness or loss of housing
- **Salvation Army of Renovo** 137 Third St. Renovo PA
Emergency rent or utility assistance for households facing crisis situations
Call: 570-923-1011
- **Catholic Charities** Lock Haven Office - Gas and electric assistance
Call: 814-353-0502 Monday - Friday 8:30am - 4:30pm for eligibility guidelines
Contact person - Sharon Felson

- **STEP, Inc.** - electric, gas, and rental assistance
Call 570-326-0587 for electric and gas (Mon. - Fri. 9:00am - 5:00pm)
Call 570-858-5800 for rental assistance (Mon. - Fri. 9:00am - 5:00pm)
- **Salvation Army of Lock Haven** - 119 E Church St, Lock Haven
Call: 570-748-2951 Contact person - Tabitha Hayes
- **Clinton County Ministerium** - financial assistance to stabilize housing crisis
Call: 570-748-2951 Contact person - Tabitha Hayes

Supports for Special Populations

- **This page** by the National Association of Social Workers (NASW) will connect you to information for and about:
 - Older Adults
 - People in Recovery
 - People with Disabilities
 - The Indian Health Service (IHS) <https://www.ihs.gov/>
 - Talking with children about Coronavirus

Employment & Unemployment

Employment

- Local Businesses Hiring - an ongoing updated list can be found at wearecentralpa.com
 - Click on “COVID19” dropdown menu, then on “Businesses Hiring.”
- PA CareerLink Portal - www.PAcareerlink.pa.gov
 - Click the green “PA COVID-19 Jobs –Hiring Immediately” job portal banner to see active job openings.
 - Select “Apply Now” button to be redirected to employer’s website or email

Unemployment

- PA unemployment information and claims: www.uc.pa.gov

Transportation

- **Pennsylvania Department of Transportation:** Drivers License and Photo Centers are closed. Various transactions can be completed at www.dmv.pa.gov
**All licenses scheduled to expire between 3/16/20 and 4/30/20 are extended until 5/30/20*

- **Medical Assistance Transportation (MATP):** Patient transport is limited. Please contact your healthcare provider to determine if your appointment is considered essential. You will then need to contact your local MATP provider with this information. Masks are required on all trips.

Internet

Below is a list of providers offering limited, no-cost or low-cost internet services to qualifying families during the COVID-19 pandemic.

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Veteran Resources

- **Clinton County VA Office - MilitaryShare Food Distribution Program** (for Veterans, Surviving Spouses, and Active Military Personnel and their families)
 - Call: 570-893-4339
 - Web: <https://www.clintoncountyinfo.com/event/militaryshare-food-distribution-program>