

# **Shippensburg Community Resource Guide**

*Social services and related programs located in Shippensburg, Pennsylvania.*

Updated: February 2014

*This resource guide was produced by the Shippensburg Community Resource Coalition*

# Table of Contents

|  |               |
|--|---------------|
| Purpose of the Guide.....                          | page 3        |
| Clothing Assistance.....                           | page 4        |
| Domestic Violence and Sexual Assault Services..... | page 4        |
| Drug and Alcohol Services.....                     | pages 5 - 6   |
| Education.....                                     | pages 6 - 8   |
| Employment/Training/Income.....                    | page 8        |
| Financial Assistance .....                         | page 8 - 9    |
| Food Assistance .....                              | pages 9 - 11  |
| Grief/Loss .....                                   | pages 11      |
| Health Care.....                                   | pages 12      |
| Housing.....                                       | pages 12 - 14 |
| Mental Health/Behavioral Health/Counseling.....    | pages 14 - 15 |
| Pregnancy Services.....                            | page 15       |
| Prescription Assistance.....                       | page 15       |
| Transportation.....                                | page 16       |
| Utilities Available/Assistance.....                | page 17       |

## Disclaimer

The SCRC is not responsible for errors or omissions. Organizations and programs included in this directory are in no way endorsed by the SCRC or an indication of skills or competence. The SCRC attempted to include all agencies and programs that were known and wished to be included.

## Purpose of the Guide

This resource guide was produced by the Shippensburg Community Resource Coalition (SCRC). The SCRC was developed from a group of community stakeholders who explored the need for a homeless shelter in 2009. This original committee has now grown to a group of over 75 people. The Shippensburg Community Resource Coalition is a collaborative effort to provide quality social services and youth programs that are accessible and safe and that recognize the dignity and worth of each person. Our goal is to help community members reach their full potential. This guide was created and developed to make it easier to identify social services that are available in Shippensburg.

The Shippensburg Community Resource Coalition was developed in part because the town of Shippensburg is located in both Cumberland County and Franklin County which can lead to confusion about how and where to access social services. Currently there are no homeless or domestic violence shelters in Shippensburg. These services and many others are available in the neighboring towns of Carlisle and Chambersburg. Both counties have their own guides to social services so this guide focuses on the services that are available in the town of Shippensburg. For additional resources in Cumberland and Franklin Counties please refer to the county websites for their resource guides.

**Cumberland County Resource Guide** – go to <http://ccpa.net/index.aspx?NID=229> for the “Beginners Guide to Human Services” and download the document by clicking on the link.

**Franklin County Resources** – Go to [www.franklincountypa.gov](http://www.franklincountypa.gov) and use the “county quick clicks” drop down menu to select “Guide to Basic Needs Assistance” or “Where to Turn for Help Booklet”

**2-1-1 – Contact Help Line** - Providing Central Pennsylvania residents of Adams, Cumberland, Dauphin, Franklin & Perry Counties with Free, Confidential Listening, Health and Human Services Information & Referral 24 hours a day, 7 days a week.

To update or add information, please contact the SCRC at (717) 477-9100 or e-mail [shippensburgcrc@gmail.com](mailto:shippensburgcrc@gmail.com).

## **Clothing Assistance**

### *Christ United Methodist Church*

47 East King Street, Shippensburg PA 17257  
Clothing Bank on Saturday Mornings from 9am-11am  
Call for more information – (717) 532-6850  
<http://www.christumcshipp.org/>

### *Church of the Brethren- Ridge Church*

1095 Ridge Road, Shippensburg, PA 17257  
Hours, Wed-Friday: 9am-2pm  
Call for more information - (717) 423-5228

### *Trinity Methodist Church*

116 W. Main Street Walnut Bottom Rd, Shippensburg PA 17257  
Open 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays & Saturdays 9am-12pm  
Call for more information – (717) 532-7606  
<http://www.trinitywb.org/index.html/>

## **Domestic Violence/Sexual Assault Services**

### *Sexual Assault/Rape Crisis Services of Cumberland County, YWCA Carlisle*

Counseling services available at Katie's Place (130 South Penn St., Shippensburg, PA 17257) by appointment.

24-hour crisis hotline: (717) 258-4324 or 1-888-727-2877

### *Women In Need (WIN)*

Provides services to individuals who have been affected by domestic or sexual violence. WIN offers the following services to Franklin and Fulton County residents: Advocacy, Counseling, Support Groups, Preventative Education. Legal Advocacy, Medical Advocacy, SART Services, and 24 hour Emergency Shelter and Hotline Services. WIN is working with Katie's Place (130 South Penn St., Shippensburg, PA 17257) in Shippensburg to have another location to provide support group and counseling services for Shippensburg area clients if needed. Women in Need can be reached at (717)263-3056 for regular administrative lines or at (717)264-4444 for the 24 hour Hotline.

## **Drug and Alcohol Services**

### *Roxbury Treatment Center*

601 Roxbury Road Shippensburg, PA 17257

Provides detoxification and inpatient substance abuse treatment intervention as well as outpatient substance abuse services. Accepts most private insurance plans and medical assistance. Some plans require a pre-authorization of payment for services, so it is best to contact the facility first for some direction about how to access their program with insurance as the payment method. Roxbury staff can also be contacted directly for information about how to access these services and are available 24 hours a day.

Call 800-648-4673 for more information

<http://www.roxburyhospital.com/>

### *The Harbor*

55 W King Street Shippensburg, PA 17257

The Harbor is a safe place for community that allows people to hang out without the influences or temptations of alcohol. The Harbor is a place where people can shoot pool, throw darts, sip coffee, and enjoy another's company. The Harbor has been created for the community by the community. Currently social hours are Friday and Saturday evenings from 4:00 PM - midnight.

Call for more information (717)477-2396

<http://www.theharborofshippensburg.com/>

## ***Alcoholics Anonymous (AA) Meetings in Shippensburg***

Sundays at 7pm

The Harbor - 55 W King Street

Open Meeting (Al-Anon welcome)

Mondays at 8:00pm

Unity Group

St. Andrews Episcopal Church - 27 N. Prince Street

Closed Discussion Meeting (Wheelchair Accessible)

1<sup>st</sup> and 3<sup>rd</sup> Mondays are 12 Step & Traditions Meetings

Wednesdays at 10am

The Harbor - 55 W King Street

Open Meeting (Al-Anon welcome)

Thursdays at 6:30pm  
The Harbor - 55 W King Street  
Open Meeting (Al-Anon welcome)

Fridays at 8:00pm  
Unity Group  
1<sup>st</sup> Church of God Annex  
N. Prince and East King Streets  
Open Meeting

### ***Co-Dependents Anonymous (CoDA) Meetings in Shippensburg***

Mondays at 6:30pm  
The Harbor  
55 W King Street

### ***Narcotics Anonymous (NA) Meetings in Shippensburg***

Mondays, Wednesdays, Saturdays, and Sundays 8:00pm  
Fridays 12:00pm  
The Truth Will Set You Free Group  
25 S. Penn Street, Shippensburg, PA 17257  
(Meeting is across the street from Messiah United Methodist Church)  
Open Discussion Meeting; Non-smoking

Tuesdays and Thursdays 8pm  
The Harbor  
55 W King Street

## **Education**

### ***Blessing of the Backpacks Event***

Provides free pencils, rulers, erasers, backpacks, etc.

Takes place at the end of August

### ***Memorial Lutheran Church***

34 East Orange St, Shippensburg PA 17257

Call (717) 532-4614 between 8am-1pm for more information.

<http://www.memluth.org/>

### *Boys & Girls Club of Chambersburg & Shippensburg*

Providing an after school program for children in grades 1<sup>st</sup>-12<sup>th</sup>, we assist with homework, provide a snack, and offer educational programs and activities. It's a safe, fun, and positive place for kids! Membership is only \$10 for 9 months during the school year, with Summer Programs available for an additional charge.

#### Program Schedule:

2:30pm- 5:30pm Monday - Thursday at Shippensburg Middle School 6<sup>th</sup>-12<sup>th</sup> graders

3:15pm – 6:00pm Monday - Friday at Nancy Grayson Elementary School 1<sup>st</sup>-5<sup>th</sup> graders

For more information contact: Cressa Coldsmith at (717) 261-5761 or [coldsmithc@bgccs.org](mailto:coldsmithc@bgccs.org)

<http://www.bgccs.org/>

### *Hope Reformed Presbyterian Church*

123 Walnut Bottom Road, Shippensburg PA 17257

Free GED classes Wednesday evenings at 6pm. Program runs for 12 weeks with dinner served at 6pm and class from 6:30 – 8:30pm.

(717) 532-8998

<http://hopechurchpca.com>

### *Shippensburg Head Start/Pre-K Counts Program (Preschool)*

Cora I. Grove Spiritual Center, Shippensburg University

The Shippensburg Head Start/Pre-K Counts Program operates to two funded preschool programs. Both programs offer quality preschool experiences to help your child learn the skills they need to be ready and excited for their next school placement.

- Highly qualified teachers, with experience working with young children
- Small class sizes so teachers have lots of time for your child
- A curriculum and learning activities that help your child thrive
- Review of your child's development with teachers to help your child reach his/her promise

**Head Start** provides additional resources to parents and partners with families to help their preschool child achieve success in learning and life. Offering center base and home based options for child education. Serves children ages 3-5 years old.

No Fee; Enrolling children whose family meet federal Income guidelines under 130%

**Pre-K Counts** children must be kindergarten bound and live in the Shippensburg Area School District or Big Spring School District.

No Fee; Enrolling children whose family meet federal Income guidelines under 300%.

(717) 477-1626 8:00am -4:00pm

<http://www.ship.edu/headstart>

### *Shippensburg Public Library*

73 W. King Street

Events for children and teens held throughout the year.

Free internet access available with library card or photo ID

Mon: 9am-9pm

Tue: 12pm-9pm

Wed: 9am-9pm

Thu: 9am-9pm

Fri: 9am-5pm

Sat: 10am-5pm

Sun: Closed

(717) 532-4508

[www.shippensburglibrary.org/](http://www.shippensburglibrary.org/)

## **Employment/Income/Training**

### *Tri County Community Action (TCCA)*

130 S. Penn St., Shippensburg PA 17257

Providing family-based case management services to Shippensburg residents and those residing in the surrounding Cumberland County area. Providing resume and employment guidance, renter education classes, budgeting classes and first-time home buyer workshops.

Contact Melanie M Shaffer, Shippensburg Case Manager at (717) 532-8611

<http://www.cactricounty.org/>

## **Financial Assistance**

### *Christ Among Neighbors (CAN)*

130 S. Penn Street, Shippensburg, PA 17257

Serves Shippensburg Area School District and the Village of Walnut Bottom

Primary assistance provided for utility and rent needs, with all other financial needs considered. Interviews are held every Saturday from 9AM-10AM.

Call for more information – (717) 532-7577

### *Cumberland County Assistance Office*

33 Westminster Drive, Carlisle, PA 17013-0599

(SNAP, Cash Assistance, Medical Assistance, LIHEAP, etc.)

(717) 240-2700 or 800-269-0173

[www.compass.state.pa.us](http://www.compass.state.pa.us)



*Franklin County Assistance Office (Welfare Office)*  
620 Norland Avenue, Chambersburg, PA 17201  
(SNAP, Cash Assistance, Medical Assistance, LIHEAP, etc.)  
(717) 264-6121 or 800-921-8839  
[www.compass.state.pa.us](http://www.compass.state.pa.us)

## **Food Assistance**

*Christ United Methodist Church*  
47 East King Street, Shippensburg PA 17257  
Breakfast on Saturday mornings from 9am-11am  
2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month provides a free meal; Doors open at 5pm and begin serving dinner at 5:30pm. They also have a water ministry from May-August, with free water available on the steps of the church.  
(717) 532-6850  
<http://www.christumcshipp.org/>

*Grace United Church of Christ*  
121 E. Orange Street, Shippensburg PA 17257  
Free Dinner served on the 3<sup>rd</sup> Monday of the month beginning at 5:30.  
Call for more information – (717) 532-6221

*King's Kettle Food Pantry*  
30 North Fayette St., Shippensburg, PA 17257  
First 3 Tuesdays of the month, 5pm - 7 PM  
(717) 530-9200

*Meals on Wheels*  
Providing a prepared Noon meal delivered Monday – Friday each week.  
Service available to homebound residents in the Shippensburg Area.  
\$5 charge per meal.  
Contact Joellen at (717) 532-3592 for more information.

*Memorial Lutheran Church*  
34 East Orange St, Shippensburg PA 17257  
Provides free lunch at Noon on the 1<sup>st</sup> Sunday of the month (October – June)  
(717) 532-4614  
<http://www.memluth.org/>

*Messiah United Methodist Church*

30 S. Penn Street, Shippensburg, PA 17257 - (Enter through door off of the rear parking lot)  
Provides a free family style community dinner on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month,  
beginning at 5:30pm.

(717) 532-4904

<http://www.gbmg-umc.org/messiah-ship/>

*Oasis of Love*

303 South Washington Street, Shippensburg PA 17257

Mondays & Thursdays 11am-12pm provides baked goods and bread to those in need.

Free Emergency Food Boxes given out on Saturdays (please call ahead)

(717) 532-5112

<http://www.oasisoflove.net/>

*Premier Events – Catering to You program*

429 East Orange Street

Catering to You is a daily individual meal service provided by Premier Events Monday through Thursday. Meals are homemade and prepared fresh each day. Limited local delivery is available or meals can be picked up at Premier Events at lunch-time. \$7.50 charge per meal.

Orders should be placed by 9am. Daily menu can be viewed on the website:

<http://www.premiereventsllc.com/id5.html>

(717) 532-2279

*Prince Street Church of the United Brethren in Christ*

20 N. Prince Street, Shippensburg, PA 17257

Free community dinner the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month in the Fellowship Hall  
beginning at 5:30pm

(717) 532-8408

[www.princestreetchurch.com](http://www.princestreetchurch.com)

*Shippensburg Church of the Brethren*

253 East Garfield Street, Shippensburg, PA 17257

Free evening meal every Wednesday beginning at 5:30pm

(717) 532-6526

<http://www.shipcob.org/>

*Shippensburg First Church of God*

5 North Prince Street, Shippensburg PA 17257

“Kitchen of Grace” Located in the Annex Building.

Serving a free meal to anyone in the community that would like to attend. Meal can be dine in  
or take-out every Friday from 4pm-6pm.

Call for more information (717) 532-8421

<http://www.shipfcog.org/>

### *Shippensburg Produce and Outreach (SPO)*

130 S. Penn Street, Shippensburg.

SPO distributes every Tuesday from 4-6pm providing healthy, perishable food items to residents in the Shippensburg Area School District that meet income guidelines.

Commodity Supplemental Food Program (CSFP) distributes to eligible seniors on the 3rd, 4th, & 5th Tuesday of each month.

(717)477-9100 or email: [director@shipout.org](mailto:director@shipout.org)

### *Women, Infants and Children Program (W.I.C.)*

Serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 by providing nutritious foods, information on healthy eating including breastfeeding promotion and support, and referrals to health care.

<http://www.pawic.com/>

To join the Women, Infants and Children (W.I.C.) Program in Cumberland County you must contact The Family Health Council of Central PA. The Cumberland County W.I.C Program is in Shippensburg only for follow-up appointments once a month at the Grace United Church of Christ. 121 East Orange Street, Shippensburg PA 17257.

First Tuesday, 8am-3:30pm

(717) 243-0523

<http://www.fhccp.org/>

To join the Women, Infants and Children (W.I.C.) Program in Franklin County you must contact South Central Community Action Programs.

(717) 263-0802

<http://sccap.org/services/children.asp>

## **Grief/Loss**

### *Drew Michael Taylor Foundation*

Providing grief education and support programs. Programs include:

- Drew's Hope, a free seven-session grief support program for children, teens, and families grieving the death of a loved one offered each spring and fall at Shippensburg University (and Greencastle too beginning in Fall 2014)
- Bereaved Parents Support Group the first Thursday of each month from 7:30 - 9 p.m. at the Timothy House annex of Messiah UM Church, 30 S. Penn St., Shippensburg
- Bereaved Spouse Support Groups as needed in the community

For more information, visit the DMTF website at [www.drewmichaeltaylor.org](http://www.drewmichaeltaylor.org) or contact Marcie Taylor at 532-8922 or [drewmichaeltaylor@pa.net](mailto:drewmichaeltaylor@pa.net).

## Health Care

### *Everyone's Vision Can Change With Age*

Shippensburg Lions Club Vision Program

Serves Shippensburg School District Residents.

This program covers free eye exams with a doctor at Alleghany Optical or Wal-Mart Optical.

There is no age restriction. For more information, contact Lisa Kemp (717)860-7650

### *Grace United Church of Christ*

121 East Orange Street, Shippensburg PA 17257

Well Baby Clinic (State Vaccination Clinic) 1<sup>st</sup> Tuesday of Each Month, 9am-12pm

Immunizations & Physicals, Must make an appointment.

(717) 532-6221, <http://church-of-christ.org/>

### *Shippensburg Community Nurse*

126 King Street, Shippensburg PA 17257

Free in-home nursing assessment, medication management, and procedures not covered by insurance.

Any person 18 and older living in the greater Shippensburg area qualifies; patients must have a primary care provider.

Call for more information - (717) 530-7900 fax: (717) 530-0007

<http://www.shippensburgcivicclub.com/nurse.html>

### *Shippensburg Family and Walk-In Care*

Shippensburg Medical Campus 46 Walnut Bottom Road, Shippensburg, PA 17257

Family Care Hours: Monday & Wednesday 7 a.m. - 7 p.m., Tuesday, Thursday, & Friday  
7 a.m. - 5 p.m.

Walk-in Care Center Hours: Monday - Friday 9 a.m. - 7 p.m., Saturday, Sunday &  
Holidays 9 a.m. - 5 p.m.

Private insurance, Medical Assistance, self-pay

Call for more information (717) 532-4148

<http://www.summithealth.org/services/walk-care/shippensburg-family-walk-care>

## Housing

Call for information about availability and waiting lists

### *Chateau Terrace Apartments*

304 N. Fayette Street, Shippensburg PA 17257

(717) 532-7991

<http://www.rentpmi.com/ChateauTerrace/index.aspx>

*Cottages of Shippensburg*

300 Dwelling Court, Shippensburg PA 17257

This community offers spacious, two bedroom, one bath homes for seniors age 55 years and over.

1-877-917-0017

<http://cottagesofshippensburg.com/>

*Deerfield Commons*

100 Deerfield Commons, Shippensburg PA 17257

(717) 530-5111

<http://www.deerfield-commons.com/>

*Episcopal Square*

101 N. Prince St., Shippensburg PA 17257

Provides one bedroom & efficiency housing to low income elderly & disabled persons

(717) 530-1277

*Harvest Square*

300 Dwelling Court, Shippensburg PA 17257

Must be income guidelines.

(717) 532-3444

<http://harvestsquare.net/>

*New Visions (Mental Health Residential Facility)*

138 E. King Street, Shippensburg, PA 17257

(717) 477-2153

<http://www.new-visions.org/services/index.html>

*Raystown Crossing Apartments*

1000 Raystown Circle, Shippensburg PA 17257

Must meet income guidelines for 2, 3, or 4 bedroom.

(717) 530-1341

<http://www.opening-newdoors.com/raystowncrossing/raystowncrossing.html>

*Roxbury Ridge Apartments*

100 Meadow Drive, Shippensburg PA 17257

(717) 532-9425

<http://www.rentpmi.com/roxbury/index.aspx>

*Shippen House Apartments*

19 Hollar Ave., Shippensburg PA, 17257

1 & 2 bedroom apartments for ages 62 and over

(717) 532-7885

<http://shippenhouseapartments.com/>

*Village of Timber Hill*

100 Timber Lane, Shippensburg PA 17257

1 bedroom apartments, 2 & 3 bedroom townhouses.

(717) 532-7991

<http://www.rentpmi.com/TimberHill/index.aspx>

## **Mental Health/Behavioral Health/Counseling**

*Cumberland/Franklin Counseling Services*

9076 Possum Hollow Road, Shippensburg, PA 17257

Individual, Family, and Couples Counseling for Children, Adolescents, and Adults.

Day and Evening appointments available. Most insurance accepted.

(717) 532-2196

*Growing Edges Community Counseling*

Shippensburg University

1st Floor, Shippen Hall, Shippensburg, PA 17257

Provides free outpatient services to children, adults, couples, and families, offered by Shippensburg University Graduate Students. Scheduled by appointment only.

(717) 477-1248 or email [growingedges@ship.edu](mailto:growingedges@ship.edu)

[http://www.ship.edu/Growing\\_Edges/](http://www.ship.edu/Growing_Edges/)

*Naugle Counseling Services*

119 Lurgan Avenue, Suite B, Shippensburg, PA 17257

Individual and group therapy sessions. All individual sessions are 50 minutes, all group sessions are 90 minutes. Payment is expected at the time of service (Cash, checks, money orders, credit/debit cards accepted). Rates offered on a sliding scale for those without insurance. Office hours by appointment.

For more information - (717) 729-3895 or email [lory@nauglecounseling.com](mailto:lory@nauglecounseling.com)

<http://www.nauglecounseling.com/>

### *New Visions*

Provides residential and social rehabilitation services for adults with chronic mental illness in Cumberland, Franklin, Fulton and Perry Counties. Services include: Specialized Community Residence, Community Residential Rehabilitation Services, Supportive Living, Fairweather Lodge, Social Rehabilitation and Drop-In Center Services.

For more information – (717) 477-2153

<http://www.new-visions.org/services/index.html>

### *Roxbury Treatment Center*

601 Roxbury Road, Shippensburg PA 17257

Roxbury's inpatient psychiatric program provides acute psychiatric stabilization, along with the capability and expertise to treat those who have co-occurring substance abuse needs. The co-occurring disorder programming includes psychiatric stabilization, detoxification from any substance, 12-step programming, and referrals for additional treatment as needed. Addressing both substance abuse and mental health issues at the same time has proven to be therapeutically beneficial for patients.

800-648-4673

<http://www.roxburyhospital.com/>

### *Valley Counseling and Consulting*

114 Pugh Drive, Shippensburg, PA 17257

Individual, family and relationship counseling. All ages, 12 and under with adult participation. Day & evening appointments available.

For more information - (717) 532-7338

## **Pregnancy Services**

### *P.M.I., Pregnancy Resource Center*

20 E. Burd St., Shippensburg PA 17257

Offers free services for the following: Pregnancy tests, S.T.D. testing (Chlamydia & Gonorrhea), and ongoing support services. Can also provide referrals for a first trimester ultrasound, call for more information.

717-532-4446

<http://pmipregnancycenter.org>

## **Prescription Assistance**

*Target, WalMart, Sam's Club & Wegman's*

\$4 Prescriptions

See if your medication qualifies by checking the lists at

[www.target.com](http://www.target.com), [www.walmart.com](http://www.walmart.com), [www.samclub.com](http://www.samclub.com), [www.wegmans.com](http://www.wegmans.com)

# Transportation

## *CAT System from Wal-Mart*

<http://www.cattransit.com/routes-schedules/>

Capital Area Transit operates a bus service that leaves the Shippensburg Wal-Mart for the Harrisburg Transportation Center (Amtrak Train Station) Monday - Friday, except on State and Federal holidays. The one-way adult fare is approximately \$2.95 (Exact change is required).

- Leave Walmart 5:40 a.m.; Arrive Harrisburg 6:45 a.m.
- Leave Walmart 6:40 a.m.; Arrive Harrisburg 7:45 a.m.
- Leave Walmart 4:40 p.m.; Arrive Harrisburg 5:40 p.m.
- Leave Walmart 5:00 p.m.; Arrive Harrisburg 6:00 p.m.

Harrisburg to Shippensburg: Leave the Market Square Transfer Center in Harrisburg for the Shippensburg Wal-Mart Monday thru Friday, except State and Federal holidays. The same fares as above apply.

- Leave Harrisburg 3:35 p.m.; Arrive Walmart 4:49 p.m.
- Leave Harrisburg 4:05 p.m.; Arrive Walmart 5:19 p.m.
- Leave Harrisburg 4:40 p.m.; Arrive Walmart 5:50 p.m.

## *Raider Regional Transit*

A local bus system serving the Shippensburg University and the Shippensburg community. For additional information – (717) 530-8891

<http://www.ship.edu/rrt/>

- Free to Shippensburg University students and employees with student ID.
- Free to senior citizens with Commonwealth ID card. To obtain an ID contact the Raider Regional Transit office at 530-8891 or Rep. Rob Kauffman's office at 532-1707
- \$1.25 for each one-way trip.
- Children age five and under may ride free with a fare-paying adult.

*County Transportation for medical appointments for those on medical assistance – see relevant county website for more information.*

Cumberland County Transportation: <http://www.ccpa.net/index.aspx?nid=127>

Franklin County Transportation:

<http://www.franklincountypa.gov/Pages/Transportation.aspx>



## Utilities Available/Assistance

### *Low-Income Home Energy Assistance Program*

(LIHEAP) (Winter months only)

Based on income, assists with source of heat only

866-857-7095,

[www.compass.state.pa.us](http://www.compass.state.pa.us)

### *Pennsylvania Customer Assistance Program (P.C.A.P.)*

A program for low income customers of Penelec only.

800-207-9276

### *PPL Electric: On-Track Program*

1515 Derry Street, Harrisburg PA

A program assisting families at 150% poverty guidelines to lower their monthly bill payments and debt forgiveness.

232-9757

### *Project Helping Hands*

This program serves customers of Adam's Electric within the Shippensburg Area School District. Customers with past due or shut off notices can receive up to \$200 once a year, if they meet program requirements. Call the South Central Community Action Programs Emergency Services Department for more information.

(717) 263-5060 ext. 252

<http://www.adamsec.com/>

<http://sccap.org/services/emergency.asp>

### *Public Utility Commission (conservation tips and resources)*

1-800-692-7380

[www.puc.state.pa.us](http://www.puc.state.pa.us)

### *Warm Energy Conservation Program*

For Met-Ed/Penelec customers to help save energy and money by reducing their energy consumption. This is done by installing energy-saving home improvements in the home and by educating family members on ways to lower their electric usage.