



Shippensburg Community Resource Guide

Social services and related programs located in Shippensburg, Pennsylvania.

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Produced by the Shippensburg Community Resource Coalition
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Disclaimer:

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

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 and other social services and youth programs in 2009. 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 within the Shippensburg Area School District boundaries. For additional resources in Cumberland and Franklin Counties please refer to the county websites below.

Call 211 – Providing Pennsylvania residents of Adams, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lancaster, Mifflin, Perry and York counties confidential listening, Health and Human Services information and referral assistance. Available 24 hours a day, 7 days a week.

Cumberland County Resource Guide – visit <http://ccpa.net/index.aspx?NID=229> for the “Beginners Guide to Human Services,” which lists resources serving Cumberland County.

Franklin County Resource Guide – visit http://franklincountypa.gov/ckeditorfiles/files/Info_referral/Where%20to%20turn%20guide%20July%202016.pdf for the “Where to Turn for Help” Guide, which lists resources serving Franklin County.

Community Connectors –The Community Connectors Program is made up of SCRC volunteers who are available during Shippensburg Produce and Outreach (SPO) distributions from 4:00pm-6:00pm every Tuesday at Katie's Place (130 S. Penn Street, Shippensburg, PA 17257). You do not have to be a SPO participant to meet with a Community Connector. They are available to help get you connected to local resources like health care services, food assistance services, housing options, and more. For more information, call (717) 477-9100.

To update or add information in the guide, please contact the SCRC at info@shipresources.org.

Clothing Assistance

Circle of Love

Local community outreach program where neighbors donate and those in need benefit. No judgement. No cost. Offering clothing, toys, shoes, baby equipment, and personal care items. By Appointment.

Call for more information – 717-372-1112

<https://www.facebook.com/circleoflovegiveaway>

Christ United Methodist Church

47 E. King Street, Shippensburg, PA 17257

Clothing Bank on Saturday Mornings from 9am-10:30am.

Call for more information – (717) 532-6850

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

Katie's Place Thrift Shop & Rummage Sale

130 S. Penn Street, Shippensburg, PA 17257

The Thrift Shop is open monthly from 8am-12pm (located around the back of Katie's Place).

Clothing for the entire family, houseware, accessories, cookware, seasonal decorations, winter coats, and more are available at a low cost.

Call for dates and more information – (717) 477-9100 or (717) 532-4614

Trinity United Methodist Church

118 W. Main Street, Walnut Bottom, PA 17266

Open 2nd and 4th Wednesdays from 9am-12pm & every Saturday from 9am-12pm

Additional hours during special events.

Call for more information – (717) 532-7606

<http://www.trinitywb.org/index.html/>

Disability Services

Branch Creek Neighbors

16 W. King Street, Shippensburg, PA 17257

Branch Creek Neighbors is an Adult Training Facility that is a service of United Cerebral Palsy of Central PA. The program is open to Individuals with Intellectual, Physical and or Developmental Disabilities in Shippensburg and surrounding communities. Branch Creek Neighbors is open Monday through Friday and provides transportation services to a variety of community activities as well as to and from the program itself based on eligibility.

717-530-9300

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

Inclusive Basketball Program

The Inclusive Basketball Program provides socialization, playing and training opportunities for people of all different abilities from the surrounding community and Shippensburg University. All skill levels are welcome. The games take place on Saturdays from 11:00-12:00 at Henderson Gym at Shippensburg University. For more information, contact Dr. Marita Flagler at mnflagler@ship.edu [http://www.ship.edu/Social Work/BSW/Inclusive Basketball/](http://www.ship.edu/Social_Work/BSW/Inclusive_Basketball/)

People Involved Equally

People Involved Equally (PIE) is a Shippensburg University student-led organization through which the students serve as instructors for individuals in the community with disabilities. Community individuals have the opportunity to experience a college lifestyle with events focused on learning new skills and interacting with their peers. The organization, which meets weekly on Monday evenings, offers various activities including yoga, sign language, salsa dancing and family dinner nights. For more information or if individuals are interested in being involved, contact Dr. Cheryl Zaccagnini at 477-1347 or at chzacc@ship.edu or Nick Iula at Nick.Iula@compass-usa.com.

Domestic Violence/Sexual Assault Services

Domestic Violence Services of Cumberland and Perry Counties

Provides 24 Hour Hotline, 24 Hour Emergency Shelter, Individual and group counseling, Accompaniment to medical and court related appointments, Advocacy, Community education/prevention programs, Information and referrals.
For help contact the 24-hour crisis hotline: 1-800-852-2102
(717) 258-4806, business line
www.dvscp.org/

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

Counseling and therapy services available at Katie's Place (130 South Penn St., Shippensburg, PA 17257) or the Women's Center at Shippensburg University (132 Horton Hall) by appointment. Call (717) 243-3818 for more information.
24-hour crisis hotline: (717) 258-4324 or 1-888-727-2877
<http://ywcacarlisle.org/index.php/>

Women In Need (WIN)

Provides free 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, Sexual Assault Response Team (SART) Services, and a 24-hour Emergency Shelter and Hotline Services. WIN can meet with individuals in different location if needed by appointment.
(717)264-3056 weekdays from 8:30am-4:30pm
(717)264-4444 or toll free at 1-800-621-6660 for the 24-hour Hotline
<http://www.winservices.org/home.aspx>

Drug and Alcohol Services

Roxbury Treatment Center

601 Roxbury Road, Shippensburg, PA 17257

Provides inpatient detoxification, rehabilitation, and co-occurring mental health disorder treatment. Also provides outpatient substance abuse intensive outpatient services (IOP), assessments, and group with locations in Carlisle and Chambersburg. Accepts most private insurance plans, medical assistance, county funding, and Tricare. Staff is available 24 hours a day for inpatient substance abuse referrals. Outpatient staff is available during normal business hours.

Call 800-648-4673 for inpatient treatment

Call 717-264-2400 for outpatient treatment

<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, play games, listen to music, sip coffee or milkshakes, 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 5:00 PM – 12:00 AM

Call for more information (717)477-2396

<http://www.theharborofshippensburg.com>

Alcoholics Anonymous (AA) Meetings in Shippensburg

The Harbor

55 W. King Street, Shippensburg, PA 17257

Open Meeting (Al-Anon welcome)

Sundays at 6:00pm, Wednesdays at 10:00am, Thursdays at 6:30pm

And YPAA (young people's AA) Tuesdays at 6:30pm.

Promises

16 South Prince Street, Shippensburg PA 17257

Saturdays at 10:00AM

Unity Group

St. Andrews Episcopal Church

27 N. Prince Street, Shippensburg, PA 17257

Closed Discussion Meeting (Wheelchair Accessible)

Mondays at 8:00pm

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

Co-Dependents Anonymous (CoDA) Meetings in Shippensburg

The Harbor
55 W. King Street, Shippensburg, PA 17257
Mondays at 6:30pm

Narcotics Anonymous (NA) Meetings in Shippensburg

The Harbor
55 W. King Street, Shippensburg, PA 17257
Tuesdays and Thursdays 8pm

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

Overeaters Anonymous (OA) Meetings in Shippensburg

Overeaters Anonymous
The Harbor
55 W. King Street, Shippensburg, PA 17257
Tuesdays at 5pm
Thursdays at 9am

Education

Blessing of the Backpacks Event
Provides free pencils, rulers, erasers, backpacks, etc. Takes place at the end of August
Located at: Memorial Lutheran Church
34 E. 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 1st-12th. 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 a month during the school year, with Summer Programs available for an additional charge.

Program Schedule:

2:30pm-6:00pm Monday – Friday at Shippensburg Memorial Lutheran Church (34 E. Orange Street, Shippensburg, PA 17257).

For more information, contact the office at (717) 261-5761 or email office@bgccs.org

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

Hope Reformed Presbyterian Church – GED Program

123 Walnut Bottom Road, Shippensburg, PA 17257

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

Call for more information and for the class schedules: (717) 532-8998

<http://hopechurchpca.com>

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

SERVING CHILDREN AGES 0-5 and pregnant mothers.

Administrative office located at Cora I. Grove Spiritual Center (2 classrooms), Shippensburg University

Pre-K Counts Program held at Nancy Grayson Elementary, James Burd Elementary, Newville Elementary, Hamilton Elementary, Mt. Holly Elementary, and W.G. Rice Elementary.

Locations for Shippensburg University Head Start include Shippensburg University (Cora Grove Spiritual Center), Carlisle (Letort Elementary), and Newville (Zion Evangelical Lutheran Church). The Shippensburg University Head Start Program also includes an Early Head Start Program, which provides weekly 90-minute home visits and a bi-monthly “socialization” at two locations: Mongul United Brethren Church (Shippensburg, 2 classrooms) and St. Paul Evangelical Lutheran Church (Carlisle, 2 classrooms).

Shippensburg Early Head Start serves infants, toddlers and pregnant mothers in their Home Base Option. Weekly home visits and bi-weekly family socializations

The Shippensburg University Head Start/Pre-K Counts Program operates 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 more 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 maximum potential

Head Start provides additional resources to parents and partners with families to help their preschool child(ren) achieve success in learning and life. Offering center-base (through the

Head Start Program) and home-based (through the Early Head Start Program) options for child education. Serves children ages 3-5 (Head Start) and 0-3 (Early Head Start) 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, Carlisle Area School District, or Big Spring School District and South Middleton 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, Shippensburg, PA 17257

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.shippsburglibrary.org/

Employment/Income/Training

NHS Supported Employment Program – Mobile Program

253 Penrose Place, Carlisle, PA 17013

The Supported Employment program is a mobile, county Mental Health-funded service that assists individuals who live in Cumberland and Perry County with mental health diagnoses to find, obtain, and keep competitive employment. It differs from other vocational services for those with disabilities in that it *does not* require extensive evaluations for work readiness, provide on-site job coaching, or placement. Employment Specialists assists individuals in obtaining community jobs anyone can apply for that pay at least minimum wage, including both part and full time positions. Typically, support is provided outside of the work place and for as long as the individual requests assistance.

Call for more information: (717) 243-2278 ext. 11 or 13

Office of Vocational Rehabilitation (OVR) – Mobile Program

555 Walnut Street, 8th Floor, Harrisburg, PA 17101

OVR provides vocational rehabilitation services to help persons with disabilities prepare for, obtain, or maintain employment. Services include diagnostic services, vocational evaluations and counseling, job training, placement assistance, and more.

Call for more information: (717) 787-7500

Shippensburg University Volunteer Income Tax Assistance (VITA) Program

Shippensburg University, Ceddia Union Building, Room 240, 1871 Old Main Drive,
Shippensburg, PA 17257

Free tax return preparation for individuals that meet income eligibility guidelines. Check the schedule on their website or call for more information.

717-477-1436

http://www.ship.edu/Business/VITA_Links/

Tri County Community Action

130 S. Penn Street, Shippensburg, PA 17257

Tri County Community Action (TCCA) works with works with Cumberland county residents to provide a comprehensive approach to individual, family, and neighborhood success. Some of the programs we offer include, budgeting, home ownership, parenting and case management. Our Family Self-Sufficiency case management can last up to 5 years and is an advocacy program that guides and supports individuals and families working toward self-sufficiency.

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 1-800-269-0173

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 1-877-289-9177

LIHEAP (heating assistance): 717-262-6579

www.compass.state.pa.us

Food Assistance

Christ United Methodist Church – Free Meals

47 E. King Street, Shippensburg, PA 17257

Breakfast on Saturday mornings from 9am-10:30am

2nd, 4th, and 5th and Thursday and every 5th Monday 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 – Free Meals

121 E. Orange Street, Shippensburg, PA 17257

Free Dinner served on the 3rd Monday of the month beginning at 5:30pm.

Call for more information – (717) 532-6221

King's Kettle Food Pantry

30 N. Fayette Street, Shippensburg, PA 17257

Food distribution is the first 3 Tuesdays of the month, from 5pm – 6:30pm.

(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.

Charge is \$4.50 charge per meal, unless qualified for free meals.

Contact Ann Marie Brandis at (717) 261-6615 to determine eligibility.

Memorial Lutheran Church – Free Meals

34 E. Orange Street, Shippensburg, PA 17257

Provides free lunch at Noon on the 1st Sunday of the month (October – June)

(717) 532-4614

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

Messiah United Methodist Church – Free Meals

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 2nd and 4th Tuesdays of the month, beginning at 5:30pm.

(717) 532-4904

Oasis of Love – Free Meals

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 E. Orange Street, Shippensburg, PA 17257

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 – Free Meals

20 N. Prince Street, Shippensburg, PA 17257

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

(717) 532-8404

www.princestreetchurch.com

Shippensburg Church of the Brethren – Free Meals

253 East Garfield Street, Shippensburg, PA 17257

Free dinner every Wednesday beginning at 5:30pm followed by worship opportunities

(717) 532-6526

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

Shippensburg First Church of God – Free Meals

121 E. King Street, Shippensburg, PA 17257

“Kitchen of Grace” Located in the Annex Building 5 N. Prince St.

Serving a free meal, every Friday from 4:00-5:30 p.m. to anyone in the community that would like to attend (dine in only).

Call for more information (717) 532-8421

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

Shippensburg Produce and Outreach (SPO)

130 S. Penn Street, Shippensburg, PA 17257

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 Tuesday of each month.

(717)477-9100

Email: info@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 Cumberland Perry Tapestry of Health.

The Cumberland County W.I.C Program has offices in Carlisle and Camp Hill.

Carlisle: 401 E. Louthier Street Suite 401 Carlisle, PA 17013

Camp Hill: 3461 Market Street Suite 302 Camp Hill, PA 17011

Please call our office at 717-243-0523 to make an appointment.

<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://www.pawic.com/>

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 at the Greencastle Antrim Middle School
- Once-a-month support groups at the Chambersburg YMCA from 6-7:30 p.m.
 - First Wednesday of each month – GriefKnits grief support group for any bereaved adult that would like to learn how to knit
 - Second Wednesday of each month – Young Widowed grief support group
 - Third Wednesday of each month – Bereaved Parents Support Group.
- Grief and Loss Lending Library for community use

For more information, visit the DMTF website at www.drewmichaeltaylor.org or contact Marcie Taylor at 532-8922 or drewmichaeltaylor@pa.net to register.

Health Care

Grace United Church of Christ – Well Baby Clinic

121 E. Orange Street, Shippensburg, PA 17257

Well Baby Clinic (State Vaccination Clinic) 1st Tuesday of Each Month, 9am-12pm.

Immunizations & Physicals, must make an appointment.

To schedule an appointment contact (717) 243-5151

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

P.M.I., Pregnancy Resource Center

20 E. Burd Street, Shippensburg, PA 17257

Offers free services for the following: Pregnancy tests, S.T.D. testing and treatment (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>

Shippensburg Community Nurse

126 East 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 Urgent Care

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

Urgent Care: Open 9am-9pm daily, including holidays. No appointment necessary.

Accepts private insurance, Medical Assistance, and self-pay

(717) 532-4148

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

Housing & Homeless Information

There are currently no emergency homelessness facilities located in Shippensburg. If you are in need of immediate assistance with finding shelter, please contact one of these agencies in a neighboring town for information and availability:

Carlisle C.A.R.E.S.

50 W. Penn Street, Carlisle, PA 17013

Carlisle CARES provides emergency overnight shelter for men, women, and families. They offer a day center for daily basic needs such as showers, laundry, and eating. Carlisle CARES also offers supportive case management services to help people with tasks such as finding housing, applying for public assistance, and applying for jobs.

(717) 249-1009

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

Chambersburg Cold Weather Drop-In Shelter

195 Loudon Street, Chambersburg, PA 17201

This shelter is a Christian-based program developed to provide a warm, safe, and clean environment for those who are homeless and have no options for shelter during the cold inclement months of the year. The shelter is open from December 1 through April 1 from 7pm-7am daily. They serve adults only (18+). Call for more information.

(717) 262-2143

<http://chambersburgcoldweatherdropinshelter.org/>

Safe Harbour

102 W. High Street, Carlisle, PA 17013

Services include an emergency shelter for families and single females who are in desperate need of a secure place to live and an environment to begin getting their lives under control. The bridge housing program helps individuals and families in need of longer-term assistance continue to acquire the skills necessary for independent living and a productive life style. Single individuals that need additional "life support", but are ready for independent living, may be offered the opportunity to reside in one of our single-room-occupancy (SRO) permanent housing facilities.

(717) 249-2200

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

SCCAP (South Central Community Action Program)

121-123 S Main Street, Chambersburg, PA 17201

Offers emergency and long term shelter for homeless individuals and families. Also provides other supportive services such as case management.

(717) 267-3669

<http://www.sccap.org/home.html>

*If you are seeking shelter due to domestic violence, see Domestic Violence section of the Resource Guide. If you are a Veteran seeking shelter, see Veteran Services section of the Resource Guide.

Income-Based Housing – Call for information about availability and waiting lists:

Chateau Terrace Apartments

304 N. Fayette Street, Shippensburg, PA 17257
(717) 532-7991

Cottages of Shippensburg

300 Dwelling Court, Shippensburg, PA 17257

This community offers spacious, two bedrooms, one bath homes. Must be 18 years or older.

Accepts Section 8 vouchers.

1-877-917-0017

<http://cottagesofshippensburg.com/>

Deerfield Commons

100 Deerfield Commons, Shippensburg, PA 17257

Does not accept Section 8 vouchers.

(717) 530-5111

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

Episcopal Square

101 N. Prince Street, Shippensburg, PA 17257

Provides one bedroom & efficiency housing to low income elderly & disabled persons. Accepts Section 8 vouchers.

(717) 530-1277

New Visions (Mental Health Residential Facility)

138 E. King Street, Shippensburg, PA 17257

Income based housing for individuals in mental health treatment.

(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 bedrooms. Accepts Section 8 vouchers. Application is on their website.

(717) 530-1341

<http://www.rentcafe.com/apartments/pa/shippensburg/raystown-crossing/index.aspx>

Roxbury Ridge Apartments

100 Meadow Drive, Shippensburg, PA 17257

Rent is income based, some rental assistance is available for qualified applicants. HUD units for elderly and handicapped/ disabled persons available. Accepts Section 8 vouchers (Franklin County only). (717) 5329425

<http://www.rentcafe.com/apartments/pa/shippensburg/roxbury-ridge-apartments/index.aspx>

Shippen House Apartments

19 Hollar Avenue, 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.rentcafe.com/apartments/pa/shippensburg/village-of-timber-hill/index.aspx>

Mental Health/Behavioral Health/Counseling

Cumberland Franklin Counseling Services

9076 Possum Hollow Road, Shippensburg, PA 17257
Individual, Family, and Couples Counseling for Adolescents and Adults.
Day and Evening appointments available. Most insurance accepted.

(717) 532-2196

Growing Edges Community Counseling Clinic

Shippensburg University

1st Floor, Shippen Hall 110C, Shippensburg, PA 17257

This program provides free counseling services to individuals, couples, and families in the community who may not have access to services. Counselors are advanced level Graduate Students in the Department of Counseling and College Student Personnel at Shippensburg University. The clinic is open during academic semesters only and is unable to offer services for clients with severe mental health issues, current substance addiction, crisis situations, or cases involving current abuse/neglect. Call for more information or to schedule an appointment.

(717) 477-1248 or email growingedges@ship.edu

http://www.ship.edu/Growing_Edges/

Momentum Services

50 Parkwood Drive Chambersburg, PA 17201

School based mental health outpatient services available in every building in Shippensburg school district each school site is licensed as a satellite from their Chambersburg office.

717.262.2183

<http://www.mymomentumservices.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, Psychiatric Rehabilitation, and Drop-In Center Services.

For more information – (717) 477-2153

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

New Visions Shippensburg Empowerment Dock

142 East King Street, Shippensburg, PA 17257

Social rehabilitation and Psychiatric rehabilitation program for individuals with mental illness who live in Cumberland County. Must have or be eligible for county MH funding.

Administrative office (717)477-2153

Shippensburg Empowerment Dock (717) 300-3821

Fax (717) 300-3824

Roxbury Treatment Center

601 Roxbury Road, Shippensburg, PA 17257

Provides inpatient psychiatric stabilization for adolescents ages 13-17 and adults 18+. Will detox patients if needed with primary psychiatric condition. Accepts most private insurances, Medicare, and medical assistance. Staff is available 24 hours a day for referrals to inpatient psychiatric programming.

Call 800-648-4673 for more information or referral

<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 only. Day & evening appointments available.

For more information - (717) 532-7338

www.valleycounselingandconsulting.com

Prescription Assistance

Henry's Pharmacy

54 East King Street, Shippensburg, PA 17257

Free prescription delivery of prescription medications and over the counter supplied to Shippensburg Borough residents and a fee is charged for residents outside of the borough

717-532-5812

www.henryspharmacy.com

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

\$4 Prescriptions

See if your medication qualifies by checking the lists at

www.target.com, www.walmart.com, www.samclub.com, www.wegmans.com

Transportation

CAT System from Wal-Mart

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 6:50 a.m.
- Leave Walmart 6:30 a.m.; Arrive Harrisburg 7:40 a.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 3:36 p.m.; Arrive Walmart 4:40 p.m.
- Leave Harrisburg 4:06 p.m.; Arrive Walmart 5:19 p.m.
- Leave Harrisburg 4:36 p.m.; Arrive Walmart 5:50 p.m.

The CAT System also has a route that travels from Shippensburg to the Mechanicsburg Naval Base and back.

To view the bus route schedules: <http://www.cattransit.com/routes-and-schedules/>

Rabbitransit Shared Ride Transportation

“Shared Ride” bus service that provides consolidated trips between customers’ origins and destinations that are not well served by fixed route bus service in the Cumberland and Franklin County area. Individual programs exist to ensure that individuals get to work, medical facilities, school and other life-sustaining activities. Shared Ride operates during limited hours and specific travel areas. There is a required application and reservation process.

For an application or more information on the available transportation services in the Cumberland and Franklin County area, please call 800-632-9063 or visit the website at www.rabbitransit.org.

Raider Regional Transit

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

- 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.
- \$1.25 for each one-way trip.
- Children age five and under may ride free with a fare-paying adult.

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

County Transportation is available for medical appointments for those on medical assistance – see relevant county website below for more information:

Cumberland County Transportation and Franklin County Transportaion (rabbittransit)

Transportation services are provided Monday through Saturday. Call ahead to schedule a ride.

Office hours are Monday through Friday, 7:00am – 7:00pm & Saturdays, 7:45am – 3:00pm.

800-632-9063

<http://rabbittransit.org/>

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

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

A program for low income customers of Penelec only.

888-282-6816

PPL Electric: On-Track Program

1515 Derry Street, Harrisburg, PA 17104

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

1-800-342-5775

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.

717-334-9211 OR 888-232-6732

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

<http://sccap.org>

Public Utility Commission (conservation tips and resources)

1-800-692-7380

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.

https://www.firstenergycorp.com/content/customer/save_energy/save_energy_pennsylvania/met-ed/for-your-home/warm-energy-savinghomeimprovementsforlowincomecustomers.html

Veteran Services

Supportive Services for Veterans and Families (SSVF)

Serving Franklin County Residents: 34 W. King Street, Suite #3, Shippensburg, PA 17257

Serving Cumberland County Residents: YWCA of Greater Harrisburg, 1101 Market Street, Harrisburg, PA 17103

SSVF provides comprehensive supportive services to very low income Veterans and their families who are currently experiencing homelessness or are at risk of losing their homes. Veterans are able to access a seamless, integrated and sustainable network of resources that include case management, housing, counseling, employment support, credit repair, financial planning services, and the potential for temporary financial assistance.

717-818-9859 or 717-599-8835

www.vmcenter.org