

MONTGOMERY COUNTY PARENT AND INFANT RESOURCE GUIDE

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

**Sponsored by the
Infant Health Advisory Council and the
Montgomery County Health Department**

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



**Montgomery County Personal Navigator Program
Visiting Nurse Association Community Services
Connecting people to health and social services
For information call 1-800-591-8234**

**For additional information regarding these services visit our NEW Web site: health.montcopa.org/PIRG
For Information, questions or if you wish to be included in the next printing of this directory call
Barbara Hand at 610-278-5117 Ext. 6724 Fax: 610-278-5167**

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Emergency Services

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

Abuse

Child

Montgomery County Office of Children and Youth 610-278-5800
After 4:15 PM & Weekends call 610-275-1222
Child Abuse 24 hour Hotline (Childline) **1-800-932-0313**

Domestic Violence

Abington Memorial Hospital - Domestic Violence Support Group 215-481-4339
Community Housing Services 215-362-5250
Laurel House (Women's Shelter) 1-800-642-3150
Montgomery Co. Aging/Adult Services-Elder Abuse 1-800-734-2020
National Domestic Violence Hotline 1-800-799-7233
Nehemiah's Way 215-699-8830
Open Line (not 24 hours) 215-679-4112
Pottstown Police Liaison Program
Project Safe (Batterer Treatment for men) 610-970-6590
Victim Services Center of Montgomery County
Sexual Assault Victims 610-277-5200
24 hour Crisis Hotline 1-888-521-0983
Other Serious Crime 610-277-4781
Women's Center of Montgomery County -Domestic Violence 24 Hour Hotline 1-800-773-2424
Bryn Mawr Hotline 610-525-1427
Colmar 215-996-0721
Elkins Park Hotline 215-635-7344
Lansdale Hotline 215-853-8060
Norristown Office Hotline 610-279-1548
Pottstown Office Hotline 610-970-7363
Project Safe for Children 610-326-9250

THERE'S NO EXCUSE FOR DOMESTIC ABUSE

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

Battering is the single largest cause of injury to women, surpassing rapes, muggings and even automobile accidents.

For Information call: 1-800-773-2424

Adoption

Adoptions from the Heart 610-642-7200
Bethany Christian Services 215-628-0202
Catholic Social Services 610-279-7372
Children's Aid Society 610-279-2755
Children's Choice 610-521-6270
Montgomery County Office of Children and Youth 610-278-5800
National Adoption Center 215-735-9988
PA Statewide Adoption Network 1-800-585-SWAN

PERSONAL NAVIGATOR PROGRAM

Helping the community gain access to Medical and Social Services in Montgomery County. Appointments available at or near your home. Bi-lingual available Call 1-800-591-8234

Basic Needs

Fuel/Food/Clothing/Furniture

A Baby's Breath
Collegeville 610-489-0083
Jeffersonville 610-630-9630
St. David's 610-293-2223
215-885-2234
Abington Food Cupboard 610-489-6671
Adventist Community Service Ctr (food, clothing) 610-489-6671
Aldersgate Youth Service Bureau Willow Grove 215-657-4545
Boyertown Area Multi-Service 610-367-6957
CADCOM (Food, Fuel) 610-277-6363
Catholic Social Services (Food) 610-279-7372
Cluster Outreach Center (food, furniture, clothing) 610-970-5995
Colonial Neighborhood Council (food, fuel) 610-828-6595
Community Housing Services-Lansdale 215-362-5250
Cradles to Crayons Horsham 215-836-0958
Family Services of Montgomery County -Project Hope 610-630-2111
Family Services of Montgomery County - Pottstown 215-326-1610
Genesis Pregnancy Care Center - Pottstown 610-970-8088
Indian Valley Opportunity Committee (IVOC) 215-723-5430
Interfaith - Central Presbyterian Church - Norristown 610-277-4242
Interfaith Community Service-Manna on Main Street 215-858-5454
Inter-faith Housing Alliance - Ambler 215-628-4009
Interfaith Hospitality Network of the Main Line 610-277-0977
Liheap (Low income energy assistance program) 1-866-857-7095
Maddie Dixon Community Cupboard (Ambler) 215-628-3002
Meals on Wheels of Greater Pottstown Area 610-326-1610
Missionaries of Charity-Norristown (clothing, food) 610-278-9089
Montgomery County Aging & Adult Services-
Norristown 610-278-3601
Willow Grove 215-784-5413
North Penn 215-361-7931
Pottstown 610-327-9203
Montgomery County Assistance Office
(fuel assistance, food stamps) Norristown 610-270-3500
Pottstown 610-327-4280
Glenside 215-576-0892
New Life Church (food) 610-277-1505
Norristown Area MOMobile 610-279-2755
Norristown Family Center 610-277-1321
Norristown Ministries Hospitality Center 610-277-1321
North Penn Regional Family Center- Lansdale x234 215-362-8422
Open Door - Royersford 610-948-4818
Open Line - Pennsburg (Food, Fuel, Transportation) 215-679-4112
Overbrook/Main Line MOMobile 610-526-8630
Patrician Society (Food) 610-272-6316
Phoenixville Area Community Services 610-933-1105
Pottstown Family Center 610-326-1610
Project Outreach Royersford 610-948-5111
Salvation Army - (Food, Fuel) Pottstown 610-326-1621
(Food, Fuel) Norristown 610-275-4183
School Breakfast and Lunch Programs 1-800-331-0129
Maternal, Child & Family Health (WIC) Norristown 610-272-4042
Pottstown 610-323-8160
Boyertown 610-367-6957
Roslyn 215-887-8006
Lansdale 215-368-9826

Benefits

Health Insurance Programs and CHIP Program

Aetna U.S. Healthcare 1-800-822-2447
AmeriChoice - Healthy First Steps 215-832-4782
Kids Choice (CHIP) 1-800-345-3627
Children's Health Line (CHOICE) 215-985-3301
Health Partners 1-800-553-0784
Healthy Kids Helpline 1-800-986-5437
Healthy Baby Helpline 1-800-986-2229
Independence Blue Cross & High Mark Blue Shield 1-800-464-KIDS
Keystone Mercy Health Plan 1-800-521-6860
Managed Care/HMO Concerns 1-888-466-2787
Montgomery Co. Assistance Office (MA) Norristown 610-270-3500
Pottstown 610-327-4280
Pennsylvania Southeast Health Choices Hotline 1-800-440-3989
Insurance Consumer Information Service 1-800-942-4242

Financial Assistance

American Red Cross (Emergency Assistance)		610-323-5920
CADCOM		610-277-6363
Cluster Outreach Center	Pottstown	610-970-5995
Colonial Neighborhood Council (Emergency Assist.)		610-828-6595
Indian Valley Opportunity Center		215-723-5430
Interfaith Community Services-Manna on Main St.		215-855-5454
Interfaith Housing Alliance (Ambler)		215-628-4009
Internal Revenue Service		1-800-829-1040
Montgomery County Assistance Office - Norristown		610-270-3500
	Pottstown	610-327-4280
Montgomery County Domestic Relations (Child Support, Paternity)		610-278-3646
Open Line – Pennsburg		215-679-4112
Project Outreach		610-948-5111
Social Security - SSI cash assistance for disabled		
People (eligibility requirements)	Norristown	1-800-772-1213
Welfare Helpline		1-800-692-7462
Women’s Center of Montgomery County - Pottstown		610-970-7363

Legal

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

Medical

E.P.S.D.T. - Free Health Care		1-800-543-7633
Interfaith Community Services - Manna on Main St.		215-855-5454
Medicare		1-800-633-4227
Montgomery County Assistance Office - Medical		
Assistance including Nursing Home Care	Norristown	610-270-3500
	Pottstown	610-327-4280
Montgomery County Health Department		
Communicable Disease Clinic (HIV, STD, TB) and AIDS Services, Immunizations (Adult and child)		
Influenza , Maternal and Child Health Home		
Visiting and Home Safety	Norristown	610-278-5145
	Pottstown	610-970-5040
	Willow Grove	215-784-5415
Childhood Lead Poisoning Program		610-970-5040
Norristown State Hospital		610-270-3685
North Hills Health Center		215-572-0302
Prescription Support Program VNA Community Ser.		1-877-747-7257
Social Security - Medical Assistance for disabled		
People, (eligibility requirements)		1-800-772-1213
United Health Care, Inc. – Moms Program (Phila.)		1-800-321-4462
Welfare Hotline		1-800-692-7462

Breastfeeding

Abington Memorial Hospital OB/GYN Center		215-481-6784
Breastfeeding Alliance, Inc.		215-674-8202
Breastfeeding Resources Center		215-886-2433
Bryn Mawr Hospital		610-648-1515
Central Montgomery Medical Center Birth Center		215-361-4659
Child, Home and Community		215-348-9770
Diane DeSandro, BA, IBCLC	Audubon	610-539-4476
Grand View Hospital - Lactation Consultant		215-453-4594
Holy Redeemer Hospital and Medical Center		215-947-3000
Juvenile Diabetes Research Foundation		1-800-223-1138
LaLeche League of Central Montgomery County		610-666-0359
Lankenau Hospital		610-645-2000
Main Line Health Lactation Center		610-645-2000
Mercy Suburban Hospital		610-278-2171
Mercy Suburban OB/GYN Center – Norristown		610-278-2171
Montgomery Hospital		610-270-2019
Nursing Mothers Advisory Council - Hotline		215-572-8044
Serving Abington, Jenkintown, Cheltenham, Hatboro		
Horsham, Warminster, Chestnut Hill, Mt.Airy		
Nursing Mothers Alliance		610-251-9405
Pottstown Memorial Medical Center		610-327-7216
Visiting Nurses Association Community Services		610-272-3373
Women, Infants and Children (WIC)	Lansdale	215-368-9826
	Norristown	610-272-4042
	Pottstown	610-323-8160
	Roslyn	215-887-8006
	Boyertown	610-367-6957

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

Childcare

Child Care Works		1-877-472-5437
Kencrest	Rosemont	610-525-4771
	Artman –Ambler	215-646-1166
Montgomery County Court Care		610-292-4956
Montgomery Co. Office of Child Day Care Services		610-278-3707
For information on Subsidized Child Care and Resource and Referral Information call		1- 800-281-1116
Norristown Area Early Head Start- Norristown		610-277-1505
North Penn Valley Boys and Girls Club		215-855-7791
Montgomery Early Learning Center	Pottstown	610-326-3819
Montgomery County Headstart	Norristown	610-239-6662
	Pottstown	610-326-1050
Pottstown Family YMCA Childcare		610-323-7300
Preschool Intervention Program (PIP)		610-272-4110
YWCA of Pottstown		610-323-1888
Salvation Army		610-275-4183
Spring Valley YMCA Childcare		610-948-9622

Four Steps to Selecting a Child Care Provider

1. Interview the Care Givers
2. Check References
3. Make the decision for Quality Care
4. Stay Involved and Visit your center

Children with Special Needs

A Total Approach	Glen Mills	484-840-1560
Access Services (Respite Care)		1-800-793-2150
Autism Services		1-866-497-6898
Autism Society of America	Greater Philadelphia	610-358-5256
Brain Injury Association of PA		1-866-635-7097
Center for Autistic Children		215-878-3400
Children with Attention Deficit Disorder		1-800-233-4050
Connect Information Service		1-800-692-7288
Easter Seals of Southeastern PA	Kulpsville	215-368-7000
Early Intervention	North Wales	215-699-4876
Exceptional Needs Foundation	Upper Darby	610-853-2898
Indian Creek Foundation Family Services		215-256-5900
Ken-Crest Services		1-888-798-3883
Library Service for the Blind & Handicapped		1-800-222-1754
Little Wonders Child Growth and Development Ctr.		610-275-5437
MARC – ARC of Montgomery County		610-265-4700
Montgomery County CHADD (ADHD)		610-409-9623
Montgomery County Intermediate Unit		610-539-8550
Homeless Children's Initiative	Ext.247	610-539-8550
PA Families, Inc. (Statewide Family Network)		1-800-947-4941
PA Education for all Children	Philadelphia	215-204-3031
PA Tourette Syndrome Association	Gettysburg	1-800-990-3300
PA Mentor		215-612-8041
Parent Education Network		717-600-0100
Parent to Parent of Pennsylvania		1-800-986-4550
Parents Involved Network of Montgomery Co.		610-279-8511
Pennsylvania Client Assistance Program (CAP)		215-557-7112
Pennsylvania Mentor	Philadelphia	215-612-8200
Pennsylvania Parents and Caregivers Resource Network	Harrisburg	1-888-205-4915
Potential, Inc. Autism		215-579-0670
Pottstown Urban Transit, Inc.	Pottstown	610-326-5413
Quinn Developmental Services		215-654-7577
Ramsey Educational Development Institute - REDI		610-992-0555
Special Kids Network		1-800-986-4550
Suburban Transit Network, Inc.	Blue Bell	215-542-7433
Theraplay, Inc.	West Chester	610-436-3600
The Wanna Play Program	Upper Darby	610-853-2898
Vision for Equality, Inc.	Philadelphia	215-923-3349
Variety Club Camp & Developmental Center		610-584-4366

Early Intervention

MARC -ARC of Montgomery County		610-265-4700
Connect Information Service		1-800-692-7288
Early Childhood Assessment Services (ECAS)		215-646-9948
Easter Seals Society	Kulpsville	215-368-7000
Easter Seals Early Intervention	North Wales	215-699-4876
Head Start	Norristown	610-239-6662
	Pottstown	610-326-1050
Indian Creek Foundation Family Services-Harleysville		215-256-5900
KenCrest		1-888-798-3883
Life Path		215-257-8687
Montgomery County Intermediate Unit (Ages 3-5)		610-539-8550
Montgomery County Mental Health/Mental Retardation - Early Intervention Services		
(Birth to age 3)	Intake	610-277-7176
Parents Involved Network		610-279-8511
Preschool Intervention Program (PIP-Ages 3-5)		610-272-4110
REDI – Ramsey Educational Development Institute		610-279-0301
Special Kids Network		1-800-986-4550
United Cerebral Palsy of Phila. & Vicinity		215-242-4200

Counseling

Bereavement

Abington Memorial Hospital		
Safe Harbor for Children and parents		215-481-5983
Grief Recovery Program –Widows & Widowers		215-481-5749
Aldersgate Youth Service Bureau		215-657-4545
Bryn Mawr Hospital - Women's Health Source		1-888-876-8764
The Center for Loss and Bereavement		610-222-4110

Family Service of Montgomery County	Norristown	610-630-2111
	Wynnewood	610-642-8890
	Lansdale	215-368-0985
	Pottstown	610-326-1610
Grief, Bereavement, Readjustment		610-327-4323
Helpline Center – Children's Aid Society		215-368-4357
Holy Redeemer Hospital & Medical Center		215-947-3000
Lankenau Hospital – Women's Health Source		610-645-2000
Lower Merion Counseling Services	Ardmore	610-520-1510
March of Dimes		610-945-6050
Montgomery Home Care/Hospice		610-272-1080
Peter's Place		610-889-7400
RTS of Grand View Hospital		215-453-4389
SIDS of Pennsylvania	Pittsburgh	1-800-721-7437
T.R.U.S.T. – Adult Breavement		610-275-7943

Drug and Alcohol

Action AIDS	Phila	215-981-0088
AL-ANON		1-888-425-2666
Alcoholics Anonymous (AA)		1-877-9-DIALAA
	Phila	215-923-7900
Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Bucks Co. Council on Alcohol & Drug Dependence		215-489-6120
	Helpline	1-800-221-6333
Caron Foundation		610-678-2332
Children's Aid Society-Helpline	Norristown	610-279-2755
	Lansdale	215-368-4357
Cluster Outreach Center		610-970-5995
COCAINE		1-800-COCAINE
Eagleville Hospital		610-539-6000
Family House-Residential for Women & Children		610-278-0700
Harwood House - Men and Women		610-853-3440
Key Recovery	Ambler	215-542-4825
Libertae & Libertae Family House –Women & Child.		215-639-8681
Lincoln Center for Family and Youth		610-277-3715
Livergrin Foundation		215-540-8301
Lower Merion Counseling Service		610-520-1510
Malvern Institute		610-647-0330
Montgomery County Drug and Alcohol		610-278-3642
<u>D & A Case Management</u>		
Creative Health	Pottstown	610-327-1503
Abington Case Management	Willow Grove	215-830-8966
Programs in Counseling	Norristown	610-279-4262
SpringFord Counseling Service	Royersford	610-948-0393
Creative Health Services	Pottstown	610-327-1503
Montgomery County Methadone Clinic		610-272-3710
Naranon		1-800-678-4989
Narcotics Anonymous		215-440-8400
Open Line	Pennsburg	215-679-4112
Penn Foundation Recovery Center		215-257-9999
Proact – Advocacy and Education		1-800-221-6333
Rehab After Work		215-361-7120
Renewal Centers	Quakertown	215-536-9070
Southern Bucks Recovery Community Center Bristol		215-788-3788
Today, Inc.	Newtown	215-968-8742
Upper Moreland Youth & Drug Council, Inc.		215-657-4545
Valley Forge Medical Center		610-539-8500
Womanspace - Women Only		610-649-8136
Youth & Family Services of Upper Perkiomen Valley		215-234-9372

HIV-AIDS-STDs

Action AIDS	Phila	215-981-0088
CDC STD and AIDS Information		1-800-232-4636
CHOICE Hotline (Sexually Transmitted Diseases)		215-985-3300
Family Services of Montgomery County	Pottstown	610-326-1610
Project Hope	Eagleville	610-630-2111
HIV		1-800-662-6080
Mercy Suburban Hospital		610-278-2000
Montgomery County Health Dept.	Norristown	610-278-5145
	Pottstown	610-970-5040
At Abington Memorial Hospital	Willow Grove	215-784-5415
Montgomery Family Practice		610-277-0964
National AIDS Hotline		1-800-232-4636
	Español	1-800-344-7432

National STD Hotline		1-919-361-8488
Norristown Regional Health Center		610-278-7787
North Hills Health Center		215-572-0302
Planned Parenthood of Southeastern PA-Norristown		610-279-6095
	Pottstown	610-326-8080
	Collegeville	610-409-8891
	Ambler	215-542-8370
	St. Davids	610-687-9410

Penn Foundation Case Management		215-257-6551
Post Partum Depression		215-481-6116
Programs in Counseling		610-279-4262
Progressions of Pottstown		610-970-5000
Spring Ford Counseling Services, Inc.		610-948-0393

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

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

Dental

Community Dental Services	Pottstown	610-970-6730
Community Health and Dental Care	Pottstown	610-326-9460
Community Medical and Dental	Rahns	610-489-1313
Dental Clinic at Abington Hospital	Abington	215-481-2193
Grandview Hospital - Bucks County		
Dental Program - children only	Sellersville	800-347-6803
Greater North Penn Dental Initiative		
At North Penn VNA	Lansdale	1-877-466-7764
Harcum College	Bryn Mawr	610-526-6015
Health Link Medical Center	Southampton	215-364-4247
Kids Smiles	Philadelphia	215-492-9291
Manor College Dental Clinic	Jenkintown	215-887-7617
Montgomery Co. Community College	Blue Bell	215-641-6483
Norristown Regional Health Center	Norristown	610-278-7787

If you have Health Insurance:

Aetna/US Healthcare		800-872-3862
Americhoice		800-321-4462
Blue Cross/Blue Shield		215-567-3590
Health Partners		800-849-9600
Keystone/Mercy		800-521-6860

Family-Individual

A Baby's Breath	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	St. Davids	610-293-2223
Aldersgate Youth Service Bureau		215-657-4545
Catholic Social Services		610-279-7372
Central Montgomery Mental Health-Mental Retardation (MH/MR) Center	Norristown	610-277-4600
Children's Aid Society	Norristown	610-279-2755
Helpline Office	Lansdale	215-368-4357
Community Housing Services, Inc.	Lansdale	215-362-5250
Creative Health Services		610-326-9250
Family Services of Montgomery County-	Norristown	610-272-1520
	Wynnwood	610-642-8890
	Lansdale	215-368-0985
	Pottstown	610-326-1610
Genesis Pregnancy Care Center		610-970-8088
Laurel House	Hotline	1-800-642-3150
Lincoln Center for Family and Youth		610-277-3715
Lower Merion Counseling Service		610-520-1510
Nehemiah's Way	North Wales	215-699-8830
Open Line - Northwestern Montgomery County		215-679-4112
Penn Foundation Recovery Center	Sellersville	215-257-6551
Pregnancy Resource Clinic of North Penn		215-855-2424
Programs in Counseling		610-279-4262
Progressions of Pottstown		610-970-5000
Spring-Ford Counseling Services, Inc.		610-948-0393
Victim Services Center of Montgomery County, Inc.		1-888-521-0983
Youth and Family Services of Upper Perk.Valley		215-234-9372

Mental Health/Mental Retardation

Abington Memorial Hospital - Creekwood Center		215-481-5450
Abington MH Case Management		215-830-8966
Access Services (Respite Care)		1-800-793-2150
Central Montgomery MH Case Management		610-277-9420
Central Montgomery Mental Health/Mental Retardation		610-277-4600
Compeer of Suburban Philadelphia Intake		610-631-1009
Consumer Satisfaction Team of Montgomery County		610-270-9270
Creative Health		610-326-9250
Creative Health Mental Health Case Management		610-326-2767
Family Services of Montgomery County		610-630-2111
Eagleville Hospital		610-539-6406
Emergency Services:		
Montgomery County Emergency Services		610-279-6100
Norristown State Hospital		610-313-1000
Ranch House		610-631-2480
Senior Behavioral Health		610-270-8300
Hedwig House, Inc.		610-279-4400
Indian Creek Foundation Family Services		215-799-0920
Innovative Counseling Associates, Inc.	Pottstown	610-326-2728
Life Counseling Services		610-644-6464
Lower Merion Counseling Services		610-520-1510
National Alliance for the Mentally Ill- NAMI		215-886-0350
Mental Health Association		215-751-1800
Mental Health Association in Pennsylvania		1-800-692-7443
Milestone Community Healthcare, Inc.		215-884-5566
Montgomery County Mental Health - Central		610-277-4600
Montgomery County Mental Retardation		610-278-3642
Montgomery County MR Case Management		
	Central	Norristown 610-277-7171
	Western	Pottstown 610-326-7510
	Eastern	Willow Grove 215-784-5414
Montgomery County Project S.H.A.R.E.		610-272-7997
National Alliance for the Mentally Ill		215-886-0350
Northwestern Human Services	Lansdale	215-631-8969
Penn Foundation	Sellersville	215-257-6551

Education, Employment and Training

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
AGAPE	Norristown	610-279-9597
ASSETS Montco		610-275-3520
CADCOM- First Step Program		610-277-6363
Career Development Center		610-278-2609
Cradle of Hope	Jenkintown	215-572-5937
Developmental Enterprises Corporation (DEC)		610-277-3122
Gateway Employment Resources, Inc.	Limerick	610-489-9699
Goodwill Employment Services		215-653-7095
Hedwig House		610-279-4400
Indian Valley Opportunity Center		215-723-5430
Kencrest Employment	Pottstown	610-327-4833
Literacy Council of Norristown		610-292-8515
Montgomery County Assistance Office		610-270-3500
Montgomery County Community College - Pottstown		610-718-1945

Montgomery County Department of Economic
And Workforce Development 610-278-5950
Montgomery County Opportunities Industrial
Center (O.I.C.) 610-279-9700
New Choices/New Options Blue Bell 215-619-7390
New Choices/New Options Pottstown 610-718-1803
Norristown Family Center 610-279-2755
North Penn Regional Family Center x234 215-362-8422
Office of Vocational Rehabilitation 484-250-4340
Open Line 215-679-4112
Potential, Inc. 215-579-0670
Pottstown Family Center 610-326-1610
Ramsey Educational Development Institute (REDI) 610-279-0301
Retail Skills Center King of Prussia 610-337-7449
PA Careerlink of Montgomery Co. 610-270-3427
The Partnership TMA 215-699-2733
YWCA (GED classes) Pottstown 610-323-1888

Proper Child Safety Car Seat Use
Pennsylvania Law requires:

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

	Infants	Toddler and Preschool	Young Children
Age and Weight	Birth to at least 1 year and 20 lbs.	Over 20 lbs to about 40 lbs. and over 1 year	Over 40 lbs up to about 4'9" tall Usually age 8
Type of Seat	Infant or rear-facing convertible	Convertible/ Forward facing	Belt positioning Booster seat
Seat Position	Rear-facing only	Forward facing	Forward facing
Always Make Sure	Infants under one year & 20 lbs. Must be rear facing seats Harness straps at or below shoulder level	Harness straps should be at or above shoulders Must be at least 1 year old and over 20 lbs in forward facing seats	Belt positioning booster seats must be used with both lap and shoulder belt (Certain seat criteria apply)
WARNING!	Do not place infants in the front seat of cars with air bags	All children age 13 and under ride in the back seat	Make sure seat belt fits low & snug on hips & across shoulder to avoid injuries

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The Norristown Family Center
of Carson Valley Children's Aid

Their mission is to strengthen and empower parents of children, birth to Kindergarten. Services are free, no income requirements and available to pregnant women. For information about services call: 610-279-2755. Other Family Centers in Montco

North Penn Regional Family Center at 215-362-8422 x234 and **Pottstown Family Center** at 610-326-1610

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Family Services

ACLAMO Norristown 610-277-2570
Pottstown 610-970-2134
Big Brothers Big Sisters of Montgomery County 610-277-2200
Catholic Social Services 610-279-7372
Children's Aid Society (Parents supporting Parents) 610-279-2755
Community Housing Services Lansdale 215-362-5250
Family Services of Montgomery County-Norristown 610-630-2111
Wynnwood 610-642-8890
Lansdale 215-368-0985
Pottstown 610-326-1610
Helpline Center 215-362-8422
Indian Creek Foundation Family Services 267-203-1500
Laurel House 1-800-642-3150
Lincoln Center 610-277-3715
Montgomery County Office of Children and Youth 610-278-5800
Montgomery County Mediation Center 610-277-8909
National Alliance for the Mentally Ill (NAMI) 267-251-6240
Norristown Area MOMobile 610-277-1505
Norristown Family Center - Parents as Teachers Home Visiting Program 610-279-2755
Norristown Ministries, Inc. Hospitality Center 610-277-1321
North Penn Regional Family Center-Parents as Home Visiting Program ext.234 215-362-8422
Open Line 215-679-4112
Overbrook/Main Line MOMobile 610-526-8630
Parenting Center of Abington 215-576-0586
Parenting Center of Hatboro & Horsham ext. 20 215-654-9414
Parenting Center of Upper Dublin ext. 50 215-654-9414
Penn Foundation Recovery Center 215-257-6551
Pottstown Family Center (Parents as Teachers) 610-326-1610
Progressions of Pottstown 610-970-5000
Project Outreach 610-948-5111
Salvation Army 610-326-1621
Wissahickon Community Parenting Center ext.2003 215-619-8100
Youth and Family Services of Upper Perk 215-234-9372

4 OUT OF 5 CAR SEATS ARE USED INCORRECTLY.

CALL: Montgomery County Car seat Hotline 610-278-5119
American Academy of Pediatrics 1-800-CARBELT

Health Services

Child Health Care

Bryn Mawr Family Practice 610-325-1390
Community Health & Dental Care Pottstown 610-326-9460
Community Housing Services -Wellness Center 215-362-5250
Mercy Suburban Family Practice Center Norristown 610-275-7240
Montgomery Family Practice Norristown 610-277-0964
Norristown Regional Health Center 610-278-7787
North Hills Health Center 215-572-0302
North Penn VNA Children's Clinic 215-855-8296
Visiting Nurse Association Community Services, Inc. 215-572-7880
Norristown 610-277-8911
Visiting Nurse Association of Pottstown & Vicinity 610-327-5700

Childbirth Classes

A Baby's Breath Norristown 610-275-7090
Abington Memorial Hospital 215-481-6784
Bryn Mawr Hospital 610-648-1679
Bryn Mawr Birthing Center 610-525-6086
Central Montgomery Medical Birth Center 215-361-4659
Child, Home and Community - call for locations 215-348-9770
Choice One Warminster 1-800-497-8378
GrandView Hospital - Healthy Beginnings Plus 215-453-4077
GrandView Hospital Childbirth class 215-453-4044
Holy Redeemer Hospital 1-800-818-4747
Lankenau Hospital 610-648-1515
Mercy Suburban OB/GYN Center 610-278-2171
Montgomery Hospital 610-270-2020
Pottstown Memorial Hospital
Maternity and Women's Health Center 610-327-7147

Gynecological/Obstetrics

Abington Memorial Hospital OB/GYN Center 215-481-6784
Post Partum Depression 215-481-6116
Bryn Mawr Family Practice Broomall 610-325-1390
Bryn Mawr Hospital 610-648-1515

Teen Pregnancy

Abington Memorial Hospital	215-481-6784
Big Brothers Big Sisters of Montgomery County	610-277-2200
Child, Home and Community Childbirth Classes for Pregnant Adolescents, at risk young women, Fathers-to-be and their families	215-348-9770 1-888-215-9770
Family OB/GYN of Montgomery	610-277-0964
Lakeside Pregnancy and Parenting Program	215-654-9207
Montgomery County Teen Parent Task Force	215-679-3086
Morningstar Ministries -Pregnant Teen Housing	215-723-8103
Norristown Family Center	610-279-2755
Overbrook/Main Line MOMobile	610-526-8630
Pottstown Family Center	610-326-1610
Pottstown Memorial Hospital – Prenatal Clinic	610-327-7673
Pregnancy Resource Clinic of North Penn	215-855-2424

Hospitals

Abington Memorial Hospital	215-481-2000
Bryn Mawr Hospital	610-526-3000
Central Montgomery Medical Center	Lansdale 215-368-2100
Chestnut Hill Hospital	215-753-2000
Children's Hospital of Philadelphia	215-590-1000
Eagleville Hospital	610-539-6000
Elkins Park Hospital	215-663-6000
Grand View Hospital	Sellersville 215-453-4000
Holy Redeemer Hospital	Huntingdon Valley 215-947-3000
Lankenau Hospital	Wynnewood 610-645-2000
Mercy Suburban Hospital	Norristown 610-278-2000
Montgomery County Emergency Services	
Behavior Health Crisis Intervention	Norristown 610-279-6100
Montgomery Hospital	Norristown 610-270-2000
Norristown State Hospital	610-313-1000
Phoenixville Hospital	610-983-1000
Pottstown Memorial Hospital	610-327-7000
St. Christopher Children's Hospital	Philadelphia 215-427-5000
Valley Forge Medical Center	610-539-8500

Housing Services

Funding and Emergency Assistance

American Red Cross - Emergency	610-323-5920
CADCOM – Bridge Housing	Norristown 610-277-6363
Community Housing Services, Inc.	Lansdale 215-362-5250
Fellowship Farm (agency referral)	610-326-3008
Indian Valley Housing Corporation	215-723-8750
Interfaith Community Services	215-855-5454
Inter-Faith Housing Alliance	215-628-2334
Montgomery County Aging and Adult Services	
Norristown	610-278-3601
North Penn	215-361-7931
Pottstown	610-327-9203
Willow Grove	215-784-5413
Montgomery County Housing and Community Development	610-278-3540
Open Line	215-679-4112
Salvation Army	Pottstown 610-326-1621

Shelters

American Red Cross – Natural Disaster Shelter	1-800-422-7677
Indian Valley Inter-Faith Hospitality Network	215-721-1299
Interfaith Hospitality Network of the Main Line	610-277-0977
Inter-faith Housing Alliance	Ambler 215-628-4009
Abington, Lower Merion	215-885-2234
Laurel House (Female victim of Domestic Abuse)	215-643-3150
Missionary Sisters of Charity	Norristown 610-278-9089
Norristown Ministries, Inc.-Hospitality Center	
(Day Shelter)	610-277-1321
Nehemiah's Way	215-699-8830
One Night at a Time (no children)	
Pottstown & Norristown	610-272-7255
Salvation Army	Norristown 610-275-9225
Pottstown	610-326-1621
The Shelter	Phoenixville 610-933-3097

Subsidized Housing

CADCOM	Norristown	610-277-6363
Community Housing Service	Lansdale	215-362-5250
Montgomery County Housing Authority		610-275-5720

Housing Options

Action Aids, Inc.	Philadelphia	215-981-0088
Bridge of Hope	Lansdale	215-361-1815
CADCOM	Norristown	610-277-6363
	Pottstown	610-323-4129
Cradle of Hope	Jenkintown	215-572-5937
Colonial Neighborhood Council		610-828-6595
Community Housing Service	Lansdale	215-362-5250
Fair Housing Council of Montgomery County		215-576-7711
Genesis Housing Corporation		610-275-4357
Habitat for Humanity		610-278-7710
Hedwig House, Inc.	Norristown	610-279-4400
Indian Valley Housing Corporation		215-723-8750
Laurel House (abused women)		1-800-642-3150
Montgomery Co. Aging and Adult Services	Lansdale	215-361-7931
	Norristown	610-278-3601
	Pottstown	610-327-9203
	Willow Grove	215-784-5413
Montgomery County Housing Authority		610-275-5720
Nehemiah's Way	North Wales	215-699-8830
Willow Grove Community Development Corp.		215-443-7320

CRIBS FOR KIDS PROGRAM

INFANTS NEED A SAFE SPACE TO SLEEP

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

Information and Referral

Aldersgate Youth Service Bureau	215-657-4545
A Baby's Breath	Norristown 610-275-7090
	Jeffersonville 610-630-9630
ACLAMO	Norristown 610-277-2570
	Pottstown 610-970-2134
Action Aids, Inc.	215-981-0088
Alcohol, Drug Abuse Helpline/Referrals	1-800-234-0420
Alcoholics Anonymous	Philadelphia 215-923-7900
Aldersgate Youth Service Bureau	215-657-4545
American Cancer Society	610-327-5700
Boyertown Area Multi-Service	610-367-6957
Brain Injury Association of PA	1-866-635-7097
CDC National STD and AIDS Hotlines	1-800-342-2437
Community Housing Services, Inc.	Lansdale 215-362-5250
Eastern Montgomery County Health & Human Service Consortium	215-886-6233
Indian Valley Opportunity Center	215-723-5430
Interagency Council of Norristown (ICN)	610-270-2902
Lawyer Referral Service	610-279-9660
Long Term Care Consortium of the Main Line	610-449-2050
Overbrook/Main Line MOMobile	610-526-8630
March of Dimes - Resource Center	1-888-663-4637
Montgomery County Commission on Women & Family	610-292-5000
Montgomery County Health Department ext. 6724	610-278-5117
Montgomery County Office of Children and Youth	610-278-5800
Montgomery County Teen Parent Taskforce	215-679-3086
National Alliance for the Mentally Ill (NAMI)	267-251-6240
Norristown Area MOMobile	610-277-1505
Norristown Family Center	610-279-2755
North Penn Regional Family Center	x 234 215-362-8422
Open Line	215-679-4112
PA Families Inc. (Special Needs)	1-800-947-4941
Parents Involved Network of Montgomery Co.	610-279-8511

(Continued – Information and Referral)

Parent to Parent of Pennsylvania		1-800-986-4550
Phoenixville Area Community Services		610-933-1105
Pottstown Family Center		610-326-1610
Rosenfeld Cancer Center Helpline		1-800-405-4357
SIDS of Pennsylvania		1-412-481-1410
Special Kids Network		1-800-986-4550
Women's Center of Montgomery County-	Elkins Park	215-635-7344
	Norristown	610-279-1548
	Pottstown	610-970-7363
Women's Resource Center	Wayne	610-687-6415

Interpreters

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

Support Groups

A Baby's Breath	Norristown	610-275-7090
	Jeffersonville	610-630-9630
Abington Area Nursing Mothers Advisory Council		215-572-8044
Al-Anon Family Group Headquarters		1-888-425-2666
Alcoholics Anonymous		215-923-7900
Aldersgate Youth Service Bureau		215-657-4545
Amnion Crisis Pregnancy Center	Bryn Mawr	610-525-1557
Because I Love You (BILY)		215-576-5216
Buxmont Mothers of Multiples		215-619-7438
Child, Home and Community		215-348-9770
Children with Attention Deficit Disorder (CHA.DD)		1-800-233-4050
Cluster Outreach Center		610-970-5995
Domestic Violence Support Group		215-481-2576
Easter Seals		215-368-7000
Helpline Center		215-362-8422
High Risk Pregnancy Bedrest Support Group		215-481-4051
Little Wonders Child Growth & Development Ctr.		610-275-5437
Interfaith Community Service		215-855-5454
Montgomery County Association for Retarded Citizens		610-265-4700
Montgomery County PA CHADD (Children and Adults with ADHD)		610-409-9623
National Alliance for the Mentally Ill (NAMI)		267-251-6240
Norristown Family Center		610-279-2755
Norristown Ministries, Inc. - Hospitality Center		610-277-1321
North Penn Regional Family Center	Lansdale	215-362-8422
Open Line		215-679-4112
PA Mentor		215-612-8200
Parent Support Group for Difficult Eaters-Easter Seals		215-368-7000
Parent to Parent		1-888-727-2706
Parents Involved Network of Montgomery County		610-279-8511
Pottstown Family Center		610-326-1610
Project Outreach		610-948-5111
RTS of GrandView Hospital		215-453-4389
SIDS of PENNSYLVANIA		1-800-721-7437
Survivors of Suicide		215-545-2242
To Live Again (Widowed)		610-353-7740
Unite		215-728-3777
Valley Forge Mothers of Twins & Triplets		610-792-1768
Women's Center of Montgomery County		1-800-773-2424
Women's Center of Montgomery County		610-279-1548
YWCA – Pottstown Parents Support Group		610-323-1888

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BACK TO SLEEP SIDS of Pennsylvania 1-800-721-7437

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

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Transportation

Abington Township Link Bus		267-536-1000
Bux-Mont Transportation Service	Willow Grove	215-659-0245
CADCOM		610-277-6363
Cheltenham Township Transit Service	Ext. 230	215-887-1000
Goodwill Ambulance		610-326-5460
Montgomery County Office of Aging & Adult Services		610-278-3601
Norristown Radio Taxi		610-275-9700
Norristown Transportation Company		610-277-1234
North Penn Medical Transport, Inc.		215-368-6768
Open Line		215-679-4112
PennDOT Customer Call Center		1-800-932-4600
Pottstown Urban Transit, Inc. (PUT)		610-326-5413
Project Outreach		610-948-5111
SEPTA (Travel Information Center)		215-580-7800
Suburban Transit Network, Inc.		215-542-7433
The Partnership TMA (North Penn Area)		215-699-2733
Transnet (MA client reimbursement only.)		215-542-7433
Tri-County Taxi Company (Pottstown area)		610-495-0300
Volunteer Medical Service Corps.		215-855-3779
Yellow Cab	Norristown	610-277-1234
Youth & Family Services of Upper Perkiomen Valley		215-234-9372

Montgomery County Commission on Women and Families

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

Unsafe Living Conditions

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

Contact your local Borough or Township Code Enforcement regarding conditions.

**For complete, current and updated information, please go to our NEW Website at:
health.montcopa.org/PIRG**

This material was updated July 2008.



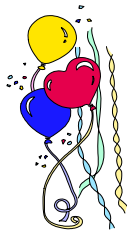
Shots for Tots



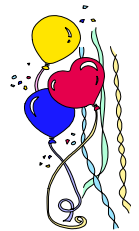
If you don't have a family physician or if you don't have insurance coverage for shots, visit one of the sites below for free or low-cost shots.

Montgomery County Health Department Sites (Free Shots)

- **Norristown Health Center**
1430 DeKalb St. 2nd floor, Norristown
(610) 278-5145
Every Thursday, 3–7PM
Daily Walk-ins, 8:30–4PM
- **Willow Grove Eastern Courthouse Annex**
102 York Rd., Suite 401, Willow Grove
(215) 784-5415
Daily Walk-ins, 8:30–4PM
- **Pottstown Health Center**
364 King St., Pottstown
(610) 970-5040
Every Wednesday, 2-6PM
Daily Walk-ins, 8:30–4PM
- **Hatfield Village Apartments**
Community Center
2058 Maple Ave., Hatfield
1st Tuesday of each month, 3-6PM



Other Community Sites (Low-cost or Free Shots)



- ❖ **VNA Community Services, Inc. (215) 572-7880**
1421 Highland Ave., Abington
M-9-3, Tue 9-3, Th 1-7
Uninsured – sliding fee, reduced rates
Medical Assistance – Appointment needed
- ❖ **VNA of Pottstown and Vicinity (610) 327-5700**
1963 High St., Pottstown
Hours Vary – Call for times
Appointment needed
- ❖ **VNA Community Services, Inc. (610) 277-8911**
1109 DeKalb St., Norristown
TH 9-3
Uninsured – sliding fee, reduced rates
Medical Assistance Appointment needed
- ❖ **Norristown Regional Health Center (610)278-7787**
133 West Main St., Norristown
M-F 8:30 – 5:00
Sliding Fee & Insurance, Appointment needed
- ❖ **North Penn VNA (215) 855-8296**
51 Medical Campus Dr., Lansdale
M,Tu, W 9.00-4:30, Th 11-7PM, F 9-2:30
Well, sick and physicals \$25.00 – Immunizations \$15
Appointment needed
- ❖ **Grand View Hospital (215) 679-0640**
Community Nurse-Home Care Dept.
101 W. 7th St., Pennsburg
1st & 3rd Tuesday, 1-7 PM
Free, Appointment needed



MONTGOMERY COUNTY COMMISSIONERS: James R. Matthews, Chairman, Joseph M. Hoeffel, Bruce L. Castor, Jr.

Toll Free Helplines for Pennsylvania Families

HELP IN PA

Health and Human Services Call Center

1-800-986-2229 Healthy Babies Helpline	<ul style="list-style-type: none"> • Lov'em with a Check Up Program • Referrals to Dental Care • Breast Feeding Information and Support • Newborn Screening and Newborn Hearing Screening Program
1-800-986-5437 Healthy Kids Helpline	<ul style="list-style-type: none"> • Children's Health Insurance Program (CHIP) • Medicaid • Child Care Subsidy • Children with Special Needs
1-800-462-2742	<ul style="list-style-type: none"> • AdultBasic Insurance Program
1-800-986-4550	<ul style="list-style-type: none"> • Special Kids Network • PA Recreation and Leisure Line • PA FORE Families • Parent to Parent of PA
1-800-440-5323	<ul style="list-style-type: none"> • Lead Information Line
1-866-286-3636	<ul style="list-style-type: none"> • Long-Term Living Services Line
1-866-412-4755	<ul style="list-style-type: none"> • Traumatic Brain Injury
1-800-692-7462	<ul style="list-style-type: none"> • TANF – Temporary Assistance for Needy Families • Medical Assistance Transportation Program (MATP)
1-800-951-5151	<ul style="list-style-type: none"> • Pennsylvania State Resource Family Association
1-800-692-7288	<ul style="list-style-type: none"> • Early Intervention – Birth to Three

Spanish speaking operators are available on all Health and Human Service helplines. Go to www.HelpInPA.state.pa.us to learn more about Pennsylvania services. COMPASS is the simple and fast way to apply online for social services offered by the Commonwealth. With the click of a button, you can learn about services, see if you qualify for programs, apply for those services and reapply when it's time for renewal. Visit www.COMPASS.state.pa.us

Montgomery County Helplines

610-278-3501	<ul style="list-style-type: none"> • Aging and Adult Services
610-278-3642	<ul style="list-style-type: none"> • Behavior Health
610-278-3707	<ul style="list-style-type: none"> • Child Day Care Services
610-278-5800	<ul style="list-style-type: none"> • Children and Youth Office
610-278-3565	<ul style="list-style-type: none"> • Consumer Affairs
610-270-3500	<ul style="list-style-type: none"> • County Assistance Office
610-278-3642	<ul style="list-style-type: none"> • Drug and Alcohol
610-278-5950	<ul style="list-style-type: none"> • Economic and Workforce Development
610-278-5117	<ul style="list-style-type: none"> • Health Department
610-278-3601	<ul style="list-style-type: none"> • Homeless Assistance Program
215-542-7433	<ul style="list-style-type: none"> • Medical Assistance Transportation Program
610-278-3642	<ul style="list-style-type: none"> • Mental Health/Mental Retardation Center
866-550-4355	<ul style="list-style-type: none"> • Stay Warm in PA



County of Montgomery COMMISSIONERS

James R. Matthews, Chairman
Joseph M. Hoeffel Bruce L. Caster, Jr.

Director of Health/Medical Director
Dr. Joseph M. DiMino

Norristown Health Center
1430 DeKalb Street
Norristown, Pennsylvania 19404-0311
(610) 278-5145

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

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

MATERNAL AND CHILD HEALTH

Vaccinations for Children – Flue and pneumonia vaccinations for older adults and others with chronic illnesses – Tuberculosis Testing and Treatment – Sexually Transmitted Disease Testing and Treatment – HIV/AIDS Testing and Counseling – Childhood Lead Testing – Breast, Cervical and Skin Cancer Prevention and Early Detection – Education and Prevention Programs such as Highway Safety, Injury Prevention, Nutrition, Tobacco Control and Cardiovascular Disease Risk Reduction

FAMILY HEALTH AND REFERRALS

Information is provided for WIC and Food Needs – Health Insurance – Blood Pressure and Cholesterol Screenings – Home Safety Tips – Stop Smoking Program – Low Cost Mammograms – Family Violence – Drug and Alcohol Issues – Car Seat Safety – Doctor Check-Ups

HOME VISITS BY PUBLIC HEALTH NURSES

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

NURSE-FAMILY PARTNERSHIP PROGRAM

The Nurse-Family Partnership is a program for low-income women having their first baby. A specialized nurse will visit you at home during your pregnancy, after the baby is born and until your child is two years old. This is a free, voluntary program helping first-time parents succeed. You can be a part of this program if this is your first pregnancy and you are between 12 and 28 weeks pregnant.

PRENATAL SERVICE PROGRAM

You may qualify for free prenatal care. Qualification for this program is for pregnant women who live in Montgomery County, low income and have been rejected by Medical Assistance.

For more information and to see if you qualify, (Se habla español) call:

Family OB/GYN Center of Montgomery, 15 West Wood Street, 2nd Floor, Norristown, PA 19401 610-270-2210
Mercy Suburban OB/GYN Center, 2701 DeKalb Street, Norristown, PA 19401 610-278-2171