

## FOOD

- **2-1-1**
  - Call for a referral to a food pantry  
[www.unitedwaypittsburgh.org](http://www.unitedwaypittsburgh.org)
- **Produce to People: 412-460-3663 x727**
  - Saturday morning distribution of food and produce. Site changes each week.
  - Bring boxes for the food
  - Sponsored by the Gtr Pittsburgh Community Food Bank  
[www.pittsburghfoodbank.org](http://www.pittsburghfoodbank.org)
- **Greater Pittsburgh Community Food Bank: 412-460-3663**
  - Distributes food the fourth Thursday of the month, 5:30pm-7:30pm
  - Location: 1 North Linden, Duquesne, PA 15110
  - Okay to walk-in
  - Bring boxes for the food
- **Food Stamps (now called SNAP): 412-565-2146**
  - Screening for food stamps
  - Just Harvest, 412-431-8963
  - [www.justharvest.org](http://www.justharvest.org)
  - Hunger Services Network, 866-395-3663

## FORECLOSURE AVOIDANCE COUNSELING

Call as soon as you worry that you may have a problem.

- **ACTION-Housing: 412-281-2102** [www.actionhousing.org](http://www.actionhousing.org)
- **Neighbor Works: 412-281-9773 x100**  
[www.nwwpa.org](http://www.nwwpa.org)
- **PA Emergency Mortgage Assistance Program: 800-342-2397**  
<http://www.hemap.org/hemap/html/index.aspx>
- **Urban League of Pittsburgh: 412-227-4246**  
[www.ulpgh.org](http://www.ulpgh.org)

## HELP FOR RENTERS

Help to prevent eviction can be difficult to find.

- **Urban League of Pittsburgh: 412-227-4802**  
610 Wood Street  
Pittsburgh, PA 15222
  - Walk in to schedule an appointment.
- **Community Human Services: 412-621-4706**
  - Assistance for homeless or near-homeless families
- **Allegheny County Assistance Office: 412-565-2146**
  - If you receive welfare and are having housing problems like foreclosure or eviction, be sure to ask your caseworker about emergency shelter assistance.

## HEALTH CARE

[www.unitedwaypittsburgh.org/FindHelp.aspx?id=196#uninsured](http://www.unitedwaypittsburgh.org/FindHelp.aspx?id=196#uninsured) for the Directory of Health Care for the Uninsured and Underinsured.

- **CHIP: 800-986-KIDS**
  - Free or low-cost health insurance to uninsured kids and teens up to age 19 who are not eligible for Medical Assistance.
  - No family makes too much money for CHIP because there is no income limit.
  - [www.chipcoverspakids.com](http://www.chipcoverspakids.com)
- **Catholic Charities Free Health Clinic: 412-456-6911**
  - Provides medical and dental care for Pittsburgh's uninsured.
  - Call for appointment
  - [www.ccpgh.org](http://www.ccpgh.org)
- **Community Clinics: 412-255-1155**
  - There are a number of neighborhood clinics throughout the Pittsburgh area. Call United Way HelpLine for a location near you.

## PRESCRIPTION DRUG ASSISTANCE

Check with your local pharmacy about special generic drug programs. If you do not have prescription assistance or lack coverage for a specific prescription, these programs may be able to help.

- Family Wise Prescription Discount Cards: 412-255-1155  
[www.familywise.org](http://www.familywise.org)
- NeedyMeds.org
- Partnership for Prescription Assistance: 888-477-2669  
[www.pparx.org](http://www.pparx.org)

## CHILD CARE

- **YWCA Child Care Partnerships: 800-392-3131**
  - Administers the subsidy program for child care.
  - Eligibility guidelines apply. Parents must be working or going to school and working.
  - [www.ywcapgh.org](http://www.ywcapgh.org)

## SAVINGS PROGRAMS FOR FAMILIES

Family Savings Accounts can match your savings and allow you to save for a house, a car or other family needs. Learn more by calling these agencies:

- |                                      |              |
|--------------------------------------|--------------|
| • ACTION-Housing                     | 800-792-2801 |
| • Allegheny County Housing Authority | 412-355-8940 |
| • North Hills Community Outreach     | 412-487-6316 |
| • YWCA of Greater Pittsburgh         | 412-255-6742 |

## JOB HELP

### ■ PA CareerLink

Allegheny County/Pittsburgh CareerLink  
Regional Enterprise Center  
425 Sixth Street, 22<sup>nd</sup> Floor  
Pittsburgh, PA 15222  
412-552-7100  
[www.careerlinkpittsburgh.com](http://www.careerlinkpittsburgh.com)

### ■ PA CareerLink East

Allegheny County East  
2040 Ardmore Boulevard  
Pittsburgh, PA 15221  
412-436-2225

### ■ PA CareerLink Allegheny West

Route 60 & Park Manor Drive  
Robinson Plaza Two, Suite 410  
Pittsburgh, PA 15205  
412-809-3500

### ■ Jewish Family and Children's Services, Career Development Center

412-422-5627

## RETRAINING

### ■ Community College of Allegheny County 412-788-7351

- Career Transition Program for Dislocated Workers
- Dislocated workers may take classes at CCAC toward the successful completion of one of the approved certificate programs for free tuition and fees **only** (no more than 36 credits within a 24-month period)
- Call for details.
- <http://www.ccac.edu/default.aspx?id=151465>

## UTILITY COMPANY CUSTOMER ASSISTANCE PROGRAMS

Talk to your utility company about your situation. Ask about Universal Services.

Columbia Gas	800-537-7431
Dominion Peoples	800-400-9276
Duquesne Light	888-393-7600
Equitable Gas	877-577-8735
Pennsylvania American Water	888-282-6816

## TRANSPORTATION

### ■ Community Auto: 724-443-8400

- Sells used cars at a low cost to individuals in need of affordable, safe and reliable transportation in order to obtain and maintain employment.
- Income guidelines apply.
- <http://www.nhco.org/auto.htm>

### ■ Travelers Aid: 412-281-0751

- Helps employees needing assistance in getting to work and job seekers in need of transportation to training programs, interviews or employment services.
- Call for information.
- [www.travelersaidpgh.org](http://www.travelersaidpgh.org)

### ■ Ways to Work Program of Family

#### Services of Western PA: 866-965-5929

- Car loans for working parents who cannot get a bank loan.
- Loans are paid back over two years.

## HELP IN THE NEIGHBORHOODS

### County-wide Services:

Area Agency on Aging	412-350-4234
Catholic Charities	412-456-6976
The Salvation Army	412-394-3580

### Neighborhood Services:

Brashear Association (South Side)	412-431-2236
East End Cooperative Ministry	412-361-5549
Family Resources	412-361-4800
Focus on Renewal (Sto-Rox)	412-771-6460
Hill House Association	412-392-4400
Human Services Center (Turtle Creek)	412-829-7112
Methodist Union of Social Agencies (Munhall)	412-461-1800
North Hills Community Ministries	412-487-6316
Rainbow Kitchen (Munhall)	412-464-1892
Rankin Christian Center	412-271-8313
South Hills Interfaith Ministries	412-854-9120

### ■ Other Helpful Web Sites:

- Pennsylvania Services for Struggling Families:  
[www.heretohelp.pa.gov](http://www.heretohelp.pa.gov)
- AFL-CIO and Working America:  
[www.unemploymentlifeline.org](http://www.unemploymentlifeline.org)

There are many other programs available to help you as you plan ways to find employment and support your family. Call:

# 2-1-1

We are here to help.

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