



Resources & Social Services **serving the Upper Merion Area**

Addiction Assistance Helpline
(800) 559 9503

Addiction Recovery Center
Jennersville Regional Hospital
1015 West Baltimore Pike
West Grove, PA
(610) 869 1500
(610) 869 1000
www.jennersville.com

AL-ANON and ALTEEN
(800) 356 9996
(888) 425 2666

Alcoholics Anonymous (AA)
(877)- 9- DIALAA

Alcoholics Anonymous of Southeastern PA
(215) 923 7900
Fax (215) 923 7133
www.sepennaa.org
Meetings take place during the day or evening seven days a week.
Call for a group meeting near you.

Alcohol, Drug Abuse Helpline/ Referrals
Treatment Center
(800) 234 0420
Helpline
1(800) 279-6686

Aldersgate Youth Service Bureau
(215) 657 4545
www.aldersgateservices.org/

American Cancer Society
www.cancer.org

American Heart Association
(610) 940 9540
www.americanheart.org

American Lung Association
(610) 941 9595
www.lungusa.org

A Baby's Breath
2118 West Main Street
Jeffersonville, PA 19403
(610) 630- 9630
Fax (610) 630- 9630
www.ababysbreath.org

Provides support and services in the following areas: education and career counseling, parenting classes, and support groups. This organization will also help acquire other resources and referrals and provides supportive counseling.

Big Brothers Big Sisters of Southeastern Pennsylvania (SEPA)
www.bbbssepa.org

Offers one-to-one mentoring to youth in Philadelphia and its surrounding counties, including Montgomery County. The mentor will spend a minimum of 3-5 hours per week with a school- aged child.

Brooke Glen Behavioral Hospital
(215) 641 5300
www.brookeglenbehavioral.com

Center for Loss and Bereavement
(610) 222 4110
www.bereavementcenter.org

Central Montgomery Mental Health/ Mental Retardation Center
110 Powell Street
Norristown, PA 19401
(610) 277 4600
Outpatient and Intake (610) 279 9270
central@centralmhmr.org
www.Centralmhmr.org

Offers case management, outpatient therapy, group therapy, parent therapy, family education, school based counseling, alcohol and drug treatment. Day and evening hours available.

Children With Attention Deficit/ Hyperactivity Disorder
www.chadd.org
(800) 233 4050

The Children's Project- TeenLink
960 West Rittenhouse Rd
Audubon, PA 19403
teamchildren@aol.com
www.teamchildren.com

(610) 666- 1795
(610) 666- 1798 Fax
Helps economically challenged families receive a computer for a small donation and two hours of volunteer time.

Coalition for a Tobacco Free Montgomery County/ Mont. Co. Busted
(267) 773-4373
www.tobaccofreemontco.org

Eagleville Hospital
100 Eagleville Rd
P.O. Box 45
Eagleville, PA 19408-0045
(610) 539 6000
Fax (610) 539- 0292
www.eaglevillehospital.org

This hospital is a regional resource for training and research for addiction and related conditions. Eagleville is the only hospital licensed for the treatment and prevention of alcohol and drug abuse.

Family House
901 Dekalb Street
Norristown, PA 19401
(610) 278 0700
Residential treatment facility for drug/ alcohol addicted women and their children. AA and MA meetings offered to residents and the public. Call for times.

Federal Substance Abuse and Mental Health Services Administration
Treatment Center
(800) 662- HELP
www.health.org
24 hour hotline that provides referrals to drug & alcohol treatment programs and support groups. Also provides literature on drug and alcohol issues.

Feeling Blue Suicide Prevention Council
In crisis? Call... 1(800) 273-TALK (8255)
(610) 715-0076
P.O. Box 7193 Radnor, PA 19087
feelingblueSPC@aol.com
www.feelingblue.org

A community organization dedicated to preventing suicide, reducing the stigma associated with suicide, and supporting those people affected by depression or the loss of a loved one to suicide. We do this through education and support.

Find a Treatment Center For Narcotics
1(800) 559-9503

Foundation Recovery Network
1(888) 980-4321

Mothers Against Drunk Driving (MADD)
(800) 948 6233
www.maddpa.org

Montgomery County Suicide Prevention Task Force
(610) 279 6100 contact Tony Salvatore

Naranon
(888) 765 4885

Narcotics Anonymous Hotline
(215) 440 8400

National Suicide Prevention Lifeline
(800) 273 TALK
(800) 273 8255

National Youth Crisis Hotline
(800) 442-HOPE
(800) 442-4673

Norristown Neighborhood Center
1314 DeKalb Street
Norristown, PA 19401
610.279.2755 phone
610.272.5447 fax

Northwestern Human Services
620 E. Germantown Pike
Lafayette Hill, PA 19444
610-260-4600
www.nhsonline.org
NHS is committed to providing innovative solutions to support the unique needs of the individuals we serve by striving to create a caring and responsive environment that promotes the highest standards of integrity and quality.

Pennsylvania Commission on Crime and Delinquency
(800) 692 7292
www.pccd.state.pa.us

Parents Involved Network of Montgomery County
700 East Main Street
2 North
Norristown, PA 19401
(610) 279- 8511
Fax (610) 279 1746
www.pinofpa.org

Penn Foundation, Inc.
(215) 257 6551
www.pennfoundation.org
Provides inpatient and outpatient drug and alcohol rehabilitation.

Pennsylvania Against Underage Drinking Coalition
(717) 705-0859
Fax (717) 783-9002

Pennsylvania CareerLink of Montgomery County
1855 New Hope Street
Norristown, PA 19401- 3146
(610) 270- 3429
(610) 270 3428
PA CareerLink offer job search assistance, skills assessment, GED courses, information on training and education along with a variety of workshops offered on a regular basis.

Pennsylvania Liquor Control Board
(717) 783-7637
www.lcb.state.pa.us

Pennsylvania Teens against Big Tobacco
<http://www.pabusted.com/>

Project Hope
Family Services
3125 Ridge Pike
Eagleville, PA 19403
(610) 630- 2111
Fax (610) 630- 4003
Provides HIV case management, information, referral, needs assessment, advocacy, housing, street outreach, and prevention education. HIV testing available with pre and post test counseling. Call for an appointment.

Ramsey Educational Development Institute (REDI)
17 West Airy Street
Norristown, PA 19401
(610) 279 0301
Fax (610) 279 1477
www.amooregroup.org
Offers a comprehensive job skills training program to people who have been laid off, terminated from their jobs, seeking employment or are re- entering the workforce.

Salvation Army
533 Swede Street
Norristown, PA 19401
(610) 275 4183- school programs/ food cupboard
(610) 275 9225- shelters
Offers spiritual character building program for children and adults and worship services for area residents as well as a 9- week summer day camp.

Silver Springs- Martin Luther School
512 West Township Line Rd
Plymouth Meeting, PA 19462
www.silver-springs.org

(610) 825- 4440

Fax (610) 8250 7261

Serves children and families through residential treatment, treatment through foster care, special education, mobile therapy, and family resource services. Specializes in families with histories of child abuse.

Suicide Anonymous

(901) 383-1924

Meetings are Mondays at 7:30pm at the Humans Services Center Conference Room C.

Info@suicideanonymous.org

Suicide Prevention

(610) 279 6100

The Lincoln Center Corporate Headquarters

201 Union Avenue
Bridgeport, PA 19405

(610) 277 3715

Fax (610) 277- 5270

info@lincolncenter.com

A full service counseling center offering individual, marital, family and group counseling programs for all ages. Offers drug and alcohol abuse prevention and intervention in school setting. Drug and Alcohol counseling. Support for addicted mothers of young children and pregnant women; and DUI counseling.

The Tragedy Response Unit Support Team (T.R.U.S.T)

(610) 275 7943

Valley Forge Medical Center

1033 West Germantown Pike
Norristown, PA 19403

(610)539- 8500

www.vfmc.net

An acute and sub- acute care institution dedicated to the treatment of alcoholism, drug addiction, and associated physical and emotional disorders, including HIV/ AIDS.

Vision Quest National, Ltd
352 Marshalton- Thorndale Rd
Downington, PA 19335

(610) 486 2280

Provides residential services to delinquent children and youth, both male and female between the ages of 10-18. The length of stay ranges from 7 days to a year.

Wanna Quit?

(800) 200 2229

www.wannaquit.org/

Pro-Social Activities **In the Upper Merion Area**

American Heart Association of Southeastern Pennsylvania

625 West Ridge Pike, A- 100

Conshohocken, PA 19428-1190

(610) 940- 9540

Fax (610) 940- 9541

www.heart.org

Bryn Mawr Hospital/ Main Line Health

130 South Bryn Mawr Ave

Bryn Mawr, PA 19010

www.mainlinehealth.org

(484) 337-3000

Admissions: (484) 337-4507

Fax: (610) 526 8729

Boys and Girls Club of America

(800) 854 CLUB

www.bgca.org

City Year Greater Philadelphia

2221 Chestnut St, 2nd Floor

Philadelphia, PA 19103

(267) 386 7035

www.cityyear.org

Do Something

www.dosomething.org

Fellowship of Christian Athletes
P.O. Box 583
Conshohocken, PA 19428
1(800) 289-0909
www.fca.org

Freedom Valley YMCA
2460 Blvd of the Generals
West Norriton, PA 19403
Phone: (610)-539-9190
Fax: (610)-539-8650
www.fvymca.org

Girl Scouts of Eastern Pennsylvania
330 Manor Rd
Miquon, PA 19444-1741
(215) 564-4657
www.gsep.org

Habitat for Humanity of Montgomery County
848 Cherry Street
Norristown, PA 19401
www.habitatmontco.org
(610) 278 7710

Mercy Suburban Hospital
2701 DeKalb Pike
Norristown, PA 19401
www.mercyhealth.org
(610) 278 2000

National Organization for Youth Safety (NOYS)
www.noys.org
Coalition of youth- serving and youth organizations that focus on youth safety and health.

North Penn Valley Boys & Girls Club, Inc.
Lansdale PA, 19446
(215)855 7791
A unit of the North Penn Valley Boys & Girls Club.
www.npvclub.org

Tiger Wood's Action Plan
<http://web.tigerwoodsfoundation.org/>
Tiger Wood's organization that empowers youth to take charge of their future and become the leaders of today by funding youth's dreams.

Teen Voices
www.teenvoices.com
Empowering young girls through an original magazine written by, for, and about teenage and young adult women.

Ultimate Frisbee
www.ultimatefrisbee.com

Upper Merion Lacrosse
720 Hobbs Road
Wayne, PA 19087
Contact: John Harris
(610)999 9518
uml.uppermerionsports.com

Upper Merion Township Library
175 West Valley Forge Road
King of Prussia, PA 19406
610-265-4805
www.umtownship.org/library

Upper Main Line Branch YMCA
1416 Berwyn- Paoli Rd
Berwyn, PA 19312
(610)647 9622
www.umly.org

Upper Merion Parks and Recreational Centers
175 West Valley Forge Rd
King of Prussia, PA 19406
(610) 265 1071
Fax-(610) 265 6415
www.uppermerionparkandrec.org

Valley Forge Mothers of Twins and Triplets
P.O. Box 80833
Valley Forge, PA 19484- 0833
www.vftwins.org
(610) 792- 1768

Meetings on the 2nd Wednesday of the month at 7pm at the King of Prussia Fire Company, 170 Allendale Rd, King of Prussia. Offers a support group for the mothers of multiples and activities for the children.

Youth Radio
1-(510) 251 1101
www.youthradio.org

Promotes young people's intellectual, creative, & professional growth through training & access to media and to produce the highest quality original media for local & national outlets. Classes are open to students ages 14-17.

Montgomery County Offices

Child Care Information Services (610)278 3707
Fax (610) 278-5161

Dept of Economic and Workforce Development (610) 278 5950

Dept of Housing and Community Development (610) 278 3540
Fax (610) 278-3636

Domestic Relations (610) 278 3544

Health Dept (610) 278 5117

Methadone Clinic (610) 272 3710

Mental Health/ Mental Retardation/Behavioral Health (610) 278 3642

Youth Center (610) 631 1893

Montgomery County Office of Children and Youth Services
1430 Dekalb St
P.O. Box 311
Norristown, PA 19401-0311
www.montcopa.org
(610) 278- 5800

Keystone Opportunity Center Official Service
(215) 723-5430
Furniture and Clothing Exchange
(215) 723-8750

Montgomery County Emergency Service, Inc. (M.C.E.S.)
50 Beech Drive
Norristown, PA 19403- 5421
(610) 279- 6100
Fax (610) 279 0978
www.mces.org

M.C.E.S provides services twenty four hours a day, seven days a week and services include, crisis hotline; walk- in services; emergency psychiatric evaluations; mental health, behavioral and drug and alcohol inpatient services; crisis residential program; ambulance services; criminal justice and forensic services; community outreach; and intensive case management services.

Montgomery County Office of Aging and Adult Services
Human Service Center
1430 Dekalb St, P.O. Box 311
Norristown, PA 19404- 0311
www.montcopa.org/mcaas
(610) 278 3601
Fax (610) 278 3769

Montgomery County Association for Excellence (MAX)
3152 Advance Lane
Colmar, PA 18915
(215) 822 6417
Fax (215) 822 6397
www.maxassociation.org

MAX is an alliance of mental health retardation, drug and alcohol provider agencies collaborating to enhance their effectiveness, pool their resources, and improve communications.

Montgomery County Housing Coalition
Indian Valley Housing Corporation
(215) 643-3150
Fax: (610) 275-4018

Contact- Karen Kispert, President

The coalition addresses the critical lack of housing for low to moderate income residents in Montgomery County. They also lead the Montgomery County Homeless Continuum of Care that provides services to homeless individuals and families.

Montgomery County Commission on Women and Families
Montgomery County Court House
18 West Airy St.
P.O. Box 311

Norristown PA 19404- 0311

(800) 773 2424- Hotline

(800) 642 3150- Laurel House

(215) 643-3150- Local Hotline

(610) 277-1860 Admissions building

Offers legal advocacy, legal options, court accompaniment and counseling to victims and their families. Other services include a 24 hour hotline, telephone counseling, peer counseling, and support groups. This agency addresses the following areas: education, employment, housing, health, legislation, discrimination, elder care, child care, children and youth, transportation, domestic violence, family relationships, sexual harassment, and support enforcement and sexual assault.

Montgomery County Department of Economic and Workforce Development
Human Service Center, 5th floor

1430 Dekalb St, P.O. Box 311

Norristown, PA 19404- 0311

(610) 278- 5950

Fax (610) 278 1100

www.montcoworks.org

Administers job training and placement programs for people looking for employment through the Career Link or transitioning off welfare. The Department also administers the functions of the Workforce Investment Board and its Youth Council that provide opportunities for economically and educationally challenged youth, ages 14- 21.

Serves children ages three to five years old with enrichment education.

Montgomery County Infant Health Advisory Council

Montgomery County Health Department

Human Service Center

1430 DeKalb Street

Norristown, PA 19404- 0311

(610) 278 5117 ext 6724

Fax (610) 278- 5167

Contact: Barbara Hand

A volunteer collaborative of health care and social service providers in Montgomery county that have come together to assist the Montgomery County Health Department in it efforts to improve infant health.

Montgomery County Head Start

151 West Marshall Street, Building 1

Norristown, PA 19401

www.montcoheadstart.org

(610) 239- 6662

Fax (610) 239- 6663

Montgomery County Intermediate Unit #23

1605 West Main Street

Norristown, PA 19401

(610) 539- 8550

Fax (610) 539- 7411

www.mciu.org

Assists parents and families with counseling and issues surrounding their Montgomery County school district.

Montgomery County Literacy Network

Madison Bank Building, Suite 311

1767 Sentry Parkway West

Blue Bell, PA 19422

www.mcln.org

(877) 225 4484

MCLN connects individuals who need literacy assistance with Montgomery County organizations, helping people read, earn a GED, or receive ESL training or improve math and literacy skills.

Montgomery County Mediation Center

26 West Main Street

Norristown, PA 19401

(610) 277 8909

Fax: (610) 277- 5126

www.mediation-services.org

Provides mediation services, training and restorative justice program, and generally helps people improve the quality of their communication in the midst of conflict. Services are available for family conflicts, neighborhood conflicts, business disputes and organizational disputes.

Montgomery County Outpatient

20 West Main St

Norristown, PA 19401

(610) 279 4262

Fax (610) 278 1658

Contact: Intake worker

Offers DUI assessments.

Montgomery County Workforce Investment Board
Human Service Center, 5th floor
1430 Dekalb St
Norristown, PA 19401
Contact Gerald Birkelbach, Executive Director
(610) 278 5950
Fax- (610) 278 1100
<http://www.montgomeryworks.com/wib.asp>

WIB is composed of county residents from industry, education, and social service agencies who were appointed by the County Commissioners to plan and to provide oversight of the County's workforce development resources and programs. A referral- based welfare to work initiative.

Local Municipalities

Bridgeport: (610) 272 1811
Bridgeport POLICE: (610) 272 5660

West Conshohocken: (610) 828 9747
West Conshohocken POLICE: (610) 828 4032

Upper Merion: (610) 265 2600
Upper Merion POLICE: (610) 265 3232

School Information

Upper Merion Area School District
Administration Building
435 Crossfield Road
King of Prussia, PA 19406
Phone: (610) 205-6400
Fax: (610) 205-6433
Upper Merion Area High School
435 Crossfield Road
King of Prussia, PA 19406
Phone: (610) 205-3800
Fax: (610) 205-3993

Upper Merion Area Middle School
450 Keebler Rd
King of Prussia, PA 19406
Phone (610) 205-8800

Fax (610) 205-8999

Bridgeport Elementary School
900 Bush Street
Bridgeport, PA 19405
Phone (610) 205-3600
Fax (610) 205-5640

Caley Elementary School
725 Caley Road
King of Prussia, PA 19406
Phone (610) 205-3650
Fax (610) 205-3699

Candlebrook Elementary School
310 Prince Frederick Street
King of Prussia, PA 19406
Phone (610) 205-3700
Fax (610) 205-3749

Roberts Elementary School
889 Croton Road
Wayne, PA 19087
Phone (610) 205-3750
Fax (610) 205-3799

Mother of Divine Providence
Grades: PreK - 8
405 Allendale Road
King of Prussia, PA 19406
Phone: (610) 265-2323

**The CAST initiative is a local community effort
designed to decrease and prevent substance abuse
and violence among youth in the Upper Merion Area.**

Join us in making a difference!

www.umacast.org

Today is the day we make choices about tomorrow!