

# Family Resource Ring

PROJECT  
LAUNCH



Parenting and Family



Pregnancy and Ages 0-3



Resources for Everyone



Kids Ages 3 and Up



Behavioral Health



Physical Health Care

## **ALLEGHENY LINK** 1-866-730-2368



The Allegheny Link can help pregnant women or caregivers with children under the age of six connect to all of Allegheny County's free home visiting programs. These programs include Healthy Start, Nurse Family Partnership, Early Head Start and more.

The Allegheny link also assists Allegheny County residents:

- with any disability - find needed services to maintain their independence and quality of life
- over the age of 60 - remain safely in their community
- who are experiencing or at risk of homelessness - find stable housing
- who are experiencing intimate partner violence

## **ALLEGHENY FAMILY NETWORK CHATLINE**



- 1-888-273-2361
- The AFN CHATline is a confidential support line that family members can call for support, resources, and general information on raising children with emotional and mental health needs.



## **FAMILY SUPPORT CENTERS**

- [www.alleghenycountyfamilysupport.org/](http://www.alleghenycountyfamilysupport.org/)
  - Family Support Centers help families build protective factors by providing FREE services in these core service areas:
    - Health and Well-being
    - Positive Parenting and Child Development (including School Readiness)
    - Keeping Children Safe at Home / Family Preservation
    - Economic Self-Sufficiency
    - Easy Access to a Seamless and Comprehensive Network of Services
- If a family needs a service not offered by their Center, staff will refer them to a local agency that can help.

## JEREMIAH'S PLACE



- 412-924-0726
- Jeremiah's Place is a 24/7 crisis nursery serving families in need of temporary child care and relief. The service is for children birth to age 6 and there is no cost to the family.

## FIRST PATHWAYS GAME



- [www.firstpathwaysgame.com](http://www.firstpathwaysgame.com)
- A free website to access over 150 games and activities to play with your child (birth to 8 years old) to strengthen brain pathways for language, social-emotional, problem solving, and math skills.

## **EARLY LEARNING RESOURCE CENTER**



- (412) 261-2273

Find your ELRC at [www.raiseyourstar.org](http://www.raiseyourstar.org)

The Early Learning Resource Center can help families find the best child care for their children. They offer links to services like:

Child Care Works, Pennsylvania's child care subsidy program.

Keystone STARS, Pennsylvania's quality improvement program for child care providers.

PA Pre-K Counts and Head Start.

Early Intervention Services.



## HEALTHY PARENTING PROGRAM



- (412) 447-1493
- A Child's Place offers this program that partners with parents to provide positive strategies and skills, using the evidence-based Triple P curriculum. The program is offered FREE of charge to any parent or caregiver with a child or children ages birth through age 12, in both group and individual formats. Group sessions take place in McKees Rocks and Uniontown, PA.

## **BECOME A FAMILY-BASED CHILD CARE PROVIDER**



- To learn more about becoming a licensed Family Child Care Home

Provider contact:

**Office of Child Development and Early Learning (OCDEL)**

**Bureau of Certification**

**1-800-222-2149**

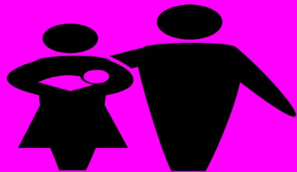
## **ALLEGHENY PARTNERS FOR OUT-OF-SCHOOL TIME (APOST)**

- 412-456-6876
- 1250 Penn Avenue, PO Box 735, Pittsburgh, PA 15230.
- <https://www.afterschoolpgh.org>.
- Building a quality out of school time system that will support the successful development of young people as they move through their school years.
- APOST can help you find after school programs for your child with their Program Finder.

## **FATHERHOOD ENGAGEMENT**



- 412-247-7950
- A program designed to provide a positive outlet for fathers. Our Fatherhood Engagement Specialists are trained to help dads meet their goals and help them grow through their fatherhood journey. Services include: 24/7 Dad Group Sessions, Home Visiting, Coaching Calls, Referrals to other service.



## **ALLEGHENY COUNTY BREASTFEEDING HELPLINE**



- 412-687-2243
- Our team of lactation counselors can help you get started, answer questions and problem solve. Call the helpline M-F 8:30AM-4:30PM to speak with a counselor.

## WOMEN, INFANTS AND CHILDREN



- Phone: 412-350-5801
- WIC is a federally funded program that provides nutrition services and healthy supplemental food for pregnant women, postpartum and breastfeeding women, infants, and children under age 5.

## **ALLIANCE FOR INFANT AND TODDLERS**



- 412-885-6000
- Alliance for Infant and Toddlers assists families with children 0-3 years with developmental concerns.



## **EARLY HEAD START/HEAD START**



- 412-383-3367
- Use this number to find a class-room based Early Head Start or Head Start classroom near you. These programs support early child development for low income families.

## PA HEALTHY BABY LINE



- 1-800-986-BABY
- PA's Healthy baby Line provides information on finding a doctor, getting health care coverage, immunizations, tests for babies and more.

## **GENESIS CENTER**



- 412-766-5212
- Genesis Center provides parenting classes, support for expectant parents, maternity, infant and toddler clothing and other baby supplies. Pregnant women who are in need of shelter can also turn to Genesis House for support.

## TRY LIFE CENTER



- 724-339-9399
- Try Life Center is located north of Pittsburgh and is a great resource for those experiencing an unexpected pregnancy and other expectant parents. They provide baby items such as car seats, cribs, diapers, baby clothes, as well as confidential counseling and educational classes about pregnancy, parenting and child development for moms and dads.

## MOBILE MOMS



- 412-281-5474
- Mobile Moms assists pregnant women in need of bus transportation to medical appointments related to their pregnancy. In addition, assistance can be issued for WIC trips, Birthing Classes, Smoking Cessation Classes and Genetic Testing. Mobile Moms can also help with tickets for an adult escort and any children that have to accompany the consumer to appointments.

## ZOE'S NEW BEGINNINGS



- Zoe's New Beginnings creates complimentary baskets to parents of preemies to make transition from hospital to home a smooth one. Baskets include clothing, diapers, hand sanitizer and information handouts on how to keep you preemie healthy.
- To request a basket, send an e-mail to [director@zoesnewbeginnings.com](mailto:director@zoesnewbeginnings.com) with the following information:  
Your name, the recipient's name, the address where the basket should be sent, an e-mail address and phone number, and indicate boy or girl

## **ALLEGHENY HEALTH NETWORK WOMEN'S BEHAVIORAL HEALTH**



- To schedule an appointment, call West Penn Hospital 412-578-4030
- Address the emotional and behavioral health of women throughout and after a pregnancy to help women cope effectively and thrive.
- Clinicians provide comprehensive evaluation and treatment of perinatal mood and anxiety disorders.

## **PITTSBURGH MERCY WOMAN'S BH SERVICES**



- Person-centered, integrated physical and behavioral health and human services to women before, during, and after pregnancy.
- Works with mothers, their supports, and others to address symptoms of post partum depression, safely monitor and/or introduce medications and achieve recovery goals
- call 1-877-637-2924: North Side- PGH Mercy. North Shore - PGH Mercy
- Some services also available via the Pittsburgh Mercy Mobile Medical Unit.



## ST. CLAIR HOSPITAL



- Offers support to women suffering from postpartum depression via specialized team of psychiatrists, licensed counselors, and mental health and obstetric nurses.
- Mt. Lebanon 1000 Bower Hill Road Pittsburgh, PA 15243  
412-942-4000 or 412-942-5882

## **UPMC MAGEE BEHAVIORAL HEALTH SERVICES FOR WOMEN**



Meet the unique needs of women in pregnancy, post partum, and mid-late life

- Pre-conception evaluation and counseling
- Comprehensive psychiatric assessment
- Psychiatric consultation regarding use of medication in pregnancy and post partum period
- Pharmacologic management during pregnancy and the postpartum
- Individual psychotherapy - Couples therapy - Stress and coping classes
- Oakland - Magee-Womens Hospital of UPMC
- 412-624-2000, option 2 (calls answered 24 hours a day). Email [PsychCarePlus@upmc.edu](mailto:PsychCarePlus@upmc.edu)



## **ALLEGHENY INTERMEDIATE UNIT (AIU)**

- 412-394-5700
- [aiu3.net](http://aiu3.net)
- The Allegheny Intermediate Unit provides early intervention and specialized services to Allegheny County's suburban school districts as well as non-public, charter and vocational-technical schools.



STAY SAFE

# PITTSBURGH PUBLIC SCHOOLS



- (412) 529-HELP
- Pittsburgh Public Schools has its own intermediate unit to provide specialized services for children with education needs within the school district.

## PRE-K COUNTS



- Apply at [www.compass.state.pa.us](http://www.compass.state.pa.us)
- Pre-K Counts provides no cost pre-kindergarten education for eligible children ages 3 to 5.
- Children living in families earning up to 300 percent of poverty, or a family of four earning \$75,000 annually, are eligible to apply.

## KINDERGARTEN REGISTRATION



- Email: [hi5@tryingtogether.org](mailto:hi5@tryingtogether.org) to receive information about Kindergarten Registration in Allegheny County including your child's school district, dates to register and birth date requirements.
- Students who are ready for kindergarten and attend the first day of school are more likely to read on grade-level by third grade, regularly attend school, make friends, and are less likely to drop out of high school!

## **KIDSBURGH.ORG**



An online resource to make Pittsburgh a better place to raise kids

- Features and news stories about a wide range of issues like creative learning, health, advocacy and more!
- Guides for fun things to do in Pittsburgh
- Calendar of kid-friendly events
- Directory of child serving organizations



## TOY LENDING LIBRARY



- 5401 Centre Avenue, Pittsburgh, PA 15232
- [www.pgh toys.org](http://www.pgh toys.org)
- An indoor play space and toy lending library for kids birth to 6 years old to promote child development and play.
- Free for members, or \$5 per child/\$10 per family for visits
- Free Admission with Pennsylvania Access/EBT Card



## **UNITED WAY 211**



- 211 is available all day, every day through:  
Phone: Dial 211  
Text: Text your zip code to 898211  
Chat: Visit our website [pa211sw.org](http://pa211sw.org)
- 211 can refer you to resources to assist with meeting basic needs (food, housing, utilities, etc.) and other supports for you and your family.
- When contacting 211, please always provide the following:  
Your zip code and the reason you are reaching out for assistance.

# COMPASS



- [www.compass.state.pa.us](http://www.compass.state.pa.us)
- COMPASS is an online tool for Pennsylvanians to apply for many health and human service programs and manage benefit information.

## **ACTION HOUSING**



- (412) 281-2102
- [www.actionhousing.org](http://www.actionhousing.org)
- ACTION Housing strives to improve the vitality and vibrancy of communities by offering essential supportive services and programs for our residents. They can help you  
Find affordable housing  
Buy a home for the first time  
Address lead hazards within your home for FREE  
Understand mortgages

## **BIG BURGH**



- [www.bigburgh.com](http://www.bigburgh.com)
- Things are tough? Find good, free stuff here.  
Find venues to access shelter, food, a place to shower or eat, medical help and other services.
- In English and Espanol.

## SMOKING CESSATION



- 412-247-7950
- Smoking cessation support is available to pregnant women. Lead by a Certified Tobacco Treatment Specialist, individual and group counseling is available. Additional classes may be available for men and women throughout the year.

## **ALLEGHENY DEPARTMENT OF HUMAN SERVICES (DHS), DIRECTOR'S ACTION LINE (DAL)**



- 1-800-862-6783
- If you have a concern, complaint, comment or question about any service provided by DHS or a DHS-contracted provider or a DHS staff person or staff of a DHS-contracted provider, the DAL is here to help.
- If you are interested in becoming a foster parent to a child in Allegheny County, DAL staff can help you get started.



## **CARNEGIE LIBRARY OF PITTSBURGH**



- 412-622-3114
- In addition to books, Carnegie Library of Pittsburgh offers literacy activities and other services that support children and caregivers and connects people to community resources and events.

## **PENNSYLVANIA STATEWIDE CUSTOMER SERVICES CENTER (HELPLINE)**



- 1-877-395-8930
- At this number, an individual will be able to speak with a caseworker that will be able to answer any questions they have pertaining to their medical, cash and/or food assistance. They will be able to check the status of an application or edit and application.

# **CHILDHELP NATIONAL CHILD ABUSE HOTLINE**



- 1-800-4-A-CHILD
- 24-hour crisis hotline to offer support, information and referrals on coping with a crying baby and preventing child abuse

## **ALLEGHENY COUNTY ASSISTANCE OFFICE HEADQUARTERS**



- 412-565-2146
- County Assistance Office provides a range of services, supplemental nutrition programs, child care, health care coverage, home heating assistance, school meals, family planning services, and long-term living services.

## **DOLLAR ENERGY FUND**



- 412-431-2800
- Dollar Energy Fund provides utility assistance and other services that lead to self-sufficiency for families in limited-in-come communities.

## **FOOD ASSISTANCE**



- Just Harvest 412-431-8963  
Food stamps (SNAP) application assistance and emergency food assistance hotline
- Greater Pittsburgh Community Food Bank: 412-460-FOOD  
The Food Bank's goal is to increase access to nutritious food and foster long-term stability for neighbors who struggle. Will also help with SNAP benefits application.

## **IMMIGRANT SERVICES & CONNECTIONS (ISAC)**



- 412-742-4200
- [isacpittsburgh.org](http://isacpittsburgh.org)
- ISAC is here to help you build your life in Pittsburgh. We will help by connecting you to important resources, services and communities in Allegheny County. We will communicate with you in your language. We will listen to your questions and help you to find answers.

## **SAFELINK WIRELESS CELL PHONE**



- 800-977-3768
- SafeLink provides free cell phone and service up to 250 minutes per month.



# **TOBACCO FREE ALLEGHENY**



- 412-322-8321
- Tobacco Free Allegheny provides information and resources for quitting smoking.

## INTIMATE PARTNER VIOLENCE



- If you are not safe in your relationship or in your home, there is help! The following agencies can provide support, resources and emergency shelter for those affected by domestic violence.
  - Alle-Kiski Hope Center 1-888-299-4673
  - Center for Victims 1-866-644-2883
  - Women's Center & Shelter 1-412-687-8005

## GET DISCOUNTS WITH YOUR ACCESS/EBT CARD!



- Pittsburgh ACCESS Card Discounts

An ACCESS card is very similar to a debit card, and given to families who participate in Food Stamp, Cash or Medical Assistance

Having an ACCESS card comes with the advantage of being able to “access” museums and play spaces at minimal cost!

**Children’s Museum:** \$2 per person. **Carnegie Science Center:** \$4 per person.

**Carnegie Museum:** \$2 per person. **The Andy Warhol Museum:** \$1 per person.

## **OLDER ADULTS AND AGING**



- Area Agency on Aging (AAA) SeniorLine 1-800-344-4319  
From senior community centers, to in-home services, to finding alternatives to nursing home care, all of these services can be discussed by calling the AAA SeniorLine
- The Allegheny Link 866-730-2368  
The Link assists Allegheny County residents over the age of 60 remain safely in their community



## NAMI KEYSTONE PA



- 412-366-3788
- Raises awareness and provides advocacy and support for families and individuals with mental illnesses

# ALLEGHENY COUNTY COALITION FOR RECOVERY



- [www.coalitionforrecovery.org/](http://www.coalitionforrecovery.org/)
- ACCR promotes behavioral health recovery principles and practices in behavioral health services in Allegheny County.

## RE:SOLVE



- 1-888-796-8226
- Re: Solve is a 24/7 Mental Health Crisis Help Line.



## PA OFFICE OF MENTAL HEALTH



- 717-783-8335
- PA Office of Mental Health offers behavioral health services for children, mental health and substance abuse service system for families.

## ABOARD'S AUTISM CONNECTION OF PA



- 800-827-9385
- ABOARD provides information for families with children diagnosed with Autism, Asperger's syndrome, Fragile X, Pervasive Development Disorder, Rett syndrome, Tourette's syndrome.

# COMMUNITY CARE BEHAVIORAL HEALTH ORGANIZATION



- 800-553-7499
- Community Care Behavioral Health Organization manages behavioral health services for Medical Assistance recipients in Allegheny County.
- Member provider representatives are available 24-7 to assist with referrals to drug and alcohol or mental health providers.



## **PUBLIC HEALTH INSURANCE (MEDICAL ASSISTANCE)**

- 412-565-2146
- MA or Medicaid is available for most residents of Pennsylvania who have no income or low-income.

## CONSUMER HEALTH COALITION



- 412-456-1877
- Consumer Health Coalition provides health care advocacy work, free enrollment health insurance assistance, and education trainings.

## **CHILDREN'S HOSPITAL OF PITTSBURGH OF UPMC**



- 412-692-5325
- Children's Hospital offers services through various departments such as Autism Center, Child Development Unit, Neonatal and Pediatric Intensive Care UNits and programs including Behavioral Support, Counseling, Fetal Diagnosis and Treatment, Nutrition Support and Feeding, Occupational and Physical Therapies, Respiratory Therapy.

## FIND A DOCTOR



- 412-DOCTOR
- Find physicians, dentists, specialists and others services throughout Allegheny Health Network.



# ALLEGHENY COUNTY HEALTH DEPARTMENT



- 412-687-2243
- Your public health department strives to support healthy behaviors, improve environmental health and build a culture of health in all 130 municipalities in our county.

Lead Testing for Kids (FREE or low-cost).

Immunization Clinic.

Pediatric Dentistry and Lead Testing.

STD and HIV-AIDS Clinic.

Tuberculosis Clinic.

## CHILDREN'S HEALTH INSURANCE PROGRAM



- 800-986-KIDS
- CHIP provides health insurance to children of low or no income families.

## **ALLEGHENY COUNTY MEDICAL ASSISTANCE TRANSPORTATION PROGRAM**



- 888-547-6287
- MATP provides medical assistance, free non-emergency medical transportation and non-emergency medical services.

## HEALTH CARE FOR THE HOMELESS



- 412-244-4775
- HCH provides health and health related services to adults through on-site clinics at shelters, drop-in centers, transitional/bridge housing programs, and soup kitchens. Services include primary care, needs assessments, pharmacy services, gynecology, pediatrics, behavioral health including substance abuse, podiatry, dental, vision, and referrals with vouchers to specialty services.

## PA CONSUMER SERVICE CENTER



- 1-866-550-4355
- At this number, a caseworker will assist an individual in filling out a Health Care application over the phone. This only pertains to health care.

# MY NOTES

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The resources listed in the Family Resource Ring are available to families residing in Allegheny County, PA.

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