



Shippensburg Community Resource Guide

Social services and related programs located in Shippensburg, Pennsylvania.

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Produced by the Shippensburg Community Resource Coalition

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Disclaimer:

Organizations and programs included in this directory are in no way endorsed by the SCRC or an indication of skills or competence. The SCRC is not responsible for errors or omissions made by participating programs. The SCRC attempted to include all agencies and programs that were known and wished to be included and are located within Shippensburg Area School District boundaries. If you have changes to your listing, please contact us at scrc@shipresources.org.

Purpose of the Guide

The Shippensburg Community Resource Coalition was developed in part because the town of Shippensburg is located in both Cumberland County and Franklin County which can lead to confusion about how and where to access social services. Social services are available in the neighboring towns of Carlisle and Chambersburg. Both counties have their own guides to social services so this guide focuses on the services that are available within the Shippensburg Area School District boundaries. **For County offices and additional resources in Cumberland and Franklin Counties please refer to the county websites below.**

Call 211 – Providing Pennsylvania residents of Adams, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lancaster, Mifflin, Perry, and York counties confidential listening, Health and Human Services information, referral assistance, and homelessness coordinated entry intakes. Available 24 hours a day, 7 days a week. Dial “211” on your phone or visiting <https://pa211.communityos.org/cms/>.

PA LINK to Aging and Disability Resources is a collaborative effort to provide information about supports and services for individuals over the age of 60 and for persons of all ages with disabilities. PA Link to Community Care website: <http://carelink.pa.gov/>

- Franklin County's PA Link Guide:
http://franklincountypa.gov/ckeditorfiles/files/Info_referral/Single%20page%20Franklin%20LINK%20resource%20guide%2011-16-15%20web%20version.pdf
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<https://www.ccpa.net/DocumentCenter/View/8042/Resource-Handbook?bidId=>

Cumberland County Resource Guide – Visit the link below for the “Beginners Guide to Human Services,” <https://www.ccpa.net/DocumentCenter/View/25149/AF-Beginners-Guide-to-Human-Services--updated-82018>

Franklin County Resource Guide – Visit the link below for the “Where to Turn for Help” Guide, which lists resources serving Franklin County.

http://franklincountypa.gov/ckeditorfiles/files/Info_referral/Where%20to%20turn%20guide%20January%202017.pdf

Spanish version:

[http://franklincountypa.gov/ckeditorfiles/files/Info_referral/Where%20to%20turn%20guide%20January%208%202017%20Spanish%20-%20Final%20Format%20\(2\).pdf](http://franklincountypa.gov/ckeditorfiles/files/Info_referral/Where%20to%20turn%20guide%20January%208%202017%20Spanish%20-%20Final%20Format%20(2).pdf)

To update or add information in the guide, please contact the SCRC at (717) 477-9100 or e-mail scrc@shipresources.org.

Shippensburg Community Resource Coalition

Mission Statement

The Shippensburg Community Resource Coalition (SCRC) is a collaborative effort to provide quality social services and youth programs that are accessible and safe and that recognize the dignity and worth of each person. Our goal is to help community members reach their full potential.

We work to fulfill our mission in the following ways:

- Working with existing programs in surrounding communities to encourage them to provide services in Shippensburg.
- Regularly assessing community needs and resources.
- Creating new services as necessary.
- Partnering with other community programs to strengthen our collective efforts.

Our Purpose and Objectives

- To increase access to social services and counseling services
 - SCRC Resource Guide is published annually with updated information for Shippensburg residents about area human services.
 - Shippensburg Human Services Council meets monthly with the goal of bringing together community organizations, county agencies, and anyone interested in human services in the Shippensburg area.
 - Our Mental Health Committee is working with agencies to help bring more mental health services to Shippensburg.
- To increase access to youth programming
 - The Summer Lunch Program provides 7 weeks of summer programming including lunch for Shippensburg youth, ages 5-17.
 - Youth Summer Scholarships distributes scholarship funds from the Partnership for Better Health for Shippensburg Area School District and Big Springs School District students to attend camp during the summer. Eligibility is determined by financial need.
- To partner with existing stakeholders such as the school district and Shippensburg University to meet educational and community needs.
 - Healthy Decision Making for Middle School Students is a group for Shippensburg Area Middle School students having difficulty in the school setting. The group meets weekly during the school day.
 - Hound Packs provides food insecure students in the Shippensburg Area School District with a backpack of 7 meals over the weekend during the school year.
 - Teen Leadership Club is based out of Shippensburg Middle School and develops adolescents into empowered leaders. Beyond learning leadership skills, the club also participates in community service activities.

Clothing Assistance

Circle of Love

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

Hours: Hours on Facebook page

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

Christ United Methodist Church

Phone: (717) 532-6850

Address: 47 E. King Street, Shippensburg, PA 17257

Email: christumcshipp@comcast.net

Website: http://www.christumcshipp.org/Clothing_Bank

Services: A place where individuals may come to “buy” lightly used clothing at a very modest price. This store is open for everyone to shop and buy as they have need. Free breakfast is served.

Hours: Saturday Mornings from 9:30am-10:30am.

Katie’s Place Thrift Shop & Rummage Sale

Phone: (717) 477-9100

Address: 130 S. Penn Street, Shippensburg, PA 17257 (located around the back of Katie’s Place)

Email: info@katiesplaceatship.org

Website: <http://katiesplaceatship.org/>

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

Hours: Mondays 4-7 pm

Tuesdays 8 am-12 pm

Open once a month (typically the second week) on Thurs, Fri, Sat from 8am-12pm

Call for dates for each month

Trinity United Methodist Church

Phone: (717) 532-7606

Address: 118 W. Main Street, Walnut Bottom, PA 17266

Email: trinitywb@embarqmail.com

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

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

Hours: 2nd and 4th Wednesdays from 9 AM until noon

Every Saturday from 9 AM until noon. Additional hours for special occasions

Differently Abled/Disability Services

Branch Creek Neighbors

Phone: (717) 530-9300

Address: 16 W. King Street, Shippensburg, PA 17257

Email: Heather.McCoy@ucpcentralpa.org

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

Services: An Adult Training Facility that is a service of United Cerebral Palsy of Central PA.

- Open to Individuals with Intellectual, Physical, and/or Developmental Disabilities in Shippensburg and surrounding communities
- Provides transportation services to a variety of community activities as well as to and from the program itself based on eligibility.

Hours: Monday through Friday

Inclusive Basketball Program

Phone: (717) 477-1266, Dr. Marita Flagler

Address: Henderson Gym at Shippensburg University

Email: Dr. Marita Flagler mnflagler@ship.edu

Website: http://www.ship.edu/Social_Work/BSW/Inclusive_Basketball/
http://www.ship.edu/Disability_Studies/Events/

Services: The Inclusive Basketball Program provides socialization, playing and training opportunities for people of all different abilities from the surrounding community and Shippensburg University.

- All skill levels are welcome

Hours: During Fall and Spring semesters on Saturdays from 11am-12:00pm at Henderson Gym at Shippensburg University

People Involved Equally (PIE)

Phone: Dr. Sam Benbow at (717) 477-1781

Address: Shippensburg University, Heiges Field House. Room 230

Email: Dr. Sam Benbow: srbenb@ship.edu

President, Emily Hogan, at eh4176@ship.edu

Website: http://www.ship.edu/Disability_Studies/Events/

Services: People Involved Equally (PIE) is a Shippensburg University student-led organization through which the students serve as instructors for individuals in the community with disabilities.

- Community individuals have the opportunity to experience a college lifestyle with events focused on learning new skills and interacting with their peers.
- Various activities including yoga, sign language, salsa dancing and family dinner nights.

Hours: Mondays from 6:00-7:30 pm

Special Olympics Swimming

Phone: 717-683-7440, Jen Flinchbaugh

Address: Shippensburg University, Heiges Field House Swimming Pool

Email: jen.flinchbaugh@yahoo.com

Website: http://www.sopam.org/training_competitions.html

Services: Trains people with disabilities in swimming

Hours: Thursdays from 6:00-7:00 pm

Start Date: September 6, 2018 End Date: May 2, 2019

No Training November 22, December 13, 2018 thru January 17, 2019, February 21 & March 14, 2019

Domestic Violence/Sexual Assault Services

There are no domestic violence shelters in Shippensburg so the closest locations are listed below.

AMEND Batterers' Intervention Program

Phone: (717) 480-0489

Email: AMEND@dvscp.org

Website: <http://www.dvscp.org/services/>

Services: This 26 session intervention group is offered to men who are violent and abusive in their personal relationships. AMEND is self-sustaining, as men pay fees on a sliding-scale fee.

Domestic Violence Services of Cumberland and Perry Counties

Phone: (800) 852-2102, 24-hour crisis hotline

(717) 258-4806, business line

Website: www.dvscp.org/

Services: 24 Hour Hotline, 24 Hour Emergency Shelter, Individual and group counseling, Accompaniment to medical and court related appointments, Advocacy, Community education/prevention programs, Information and referrals.

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

Phone: (717) 243-3818

24-hour crisis hotline: (717) 258-4324 or (888) 727-2877

Website: <http://ywcacarlisle.org/index.php/>

Services: Counseling and therapy services available at Katie's Place (130 South Penn St., Shippensburg, PA 17257) or the Women's Center at Shippensburg University (132 Horton Hall) *by appointment*.

Women In Need (WIN)

- Phone: (717)264-3056 weekdays from 8:30am-4:30pm
(717)264-4444 or toll free at (800) 621-6660 for the 24-hour Hotline
- Website: <http://winservices.org/>
- Services: Provides free services to individuals who have been affected by domestic or sexual violence. WIN offers the following services to Franklin and Fulton County residents:
- Community education/prevention programs, Advocacy, Counseling, Support Groups, Preventative Education, Legal Advocacy & Medical Advocacy, Sexual Assault Response Team (SART) Services, 24-hour Emergency Shelter and Hotline Services.
 - WIN can meet with individuals in different location if needed by appointment

Drug and Alcohol Services

Roxbury Treatment Center

- Phone: (800) 648-4673
- Website: <http://www.roxburyhospital.com/>
- Address: 601 Roxbury Road, Shippensburg, PA 17257
- Services: Provides inpatient detoxification, rehabilitation, and co-occurring mental health disorder treatment.
- Accepts most private insurances, Medicare, and medical assistance. Staff is available 24 hours a day for referrals to inpatient psychiatric programming.

Roxbury Treatment Center – Outpatient Substance Use Disorder Treatment

- Chambersburg: (717)-264-2400
The Professional Arts Building 25 Penn Craft Avenue, Suite 312
Chambersburg, PA 17201
- Carlisle: (717) 249-5010
Minerva Mills Building #4 401 East Louther Street, Suite 213
Carlisle, PA 17013
- Services: Outpatient substance abuse intensive outpatient services (IOP), assessments, and groups

The Harbor – Sober Bar

- Phone: (717) 477-2396
- Address: 55 W. King Street, Shippensburg, PA 17257
- Website: <http://www.theharborofshippensburg.com>
- Services: The Harbor is a safe place for community that allows people to hang out without the influences or temptations of alcohol.

- Shoot pool, play air hockey, play games, listen to music, sip coffee, drink artisanal sodas, & enjoy milkshakes

Hours: Friday and Saturday, 5:00 PM – 12:00 AM

Alcoholics Anonymous (AA) Meetings in Shippensburg

For a full list of meetings in Franklin/Fulton County: http://www.d35pa-aa.org/?page_id=129

AA Hotline (District 35): 800-296-9289

Sunday Meetings

Shippensburg, Shippensburg Unity Group

Address: Timothy House, 25 S. Penn St. Shippensburg, PA 17257

Meeting: Closed Discussion & Wheelchair Accessible

Time: 6:00PM

Monday Meetings

Shippensburg, Unity Group

Address: St. Andrews Episcopal Church, 206 E. Burd St. Shippensburg, PA 17257

Meeting: Closed Discussion, Handicap Accessible, 1st Mon is Closed Meeting, Step Study, 3rd Mon is Closed, Tradition Study.

Time: 8:00pm

Tuesday Meetings

Shippensburg, No Barriers Young People's Group

Address: The Harbor, 55 W. King St. Shippensburg, PA 17257

Meeting: 1st week Step Study, 3rd week traditions & Open Discussion other wks.

Time: 6:30pm

Wednesday Meetings

Shippensburg, Shippensburg Unity

Address: Shippensburg Presbyterian 12 S. Prince St. Shippensburg, PA 17257

Meeting: Closed Discussion

Time: 10:00am

Shippensburg, Big Book Meeting

Address: The Harbor, 55 W. King Street, Shippensburg, PA 17257

Meeting: Open Discussion Meeting

Time: 8:00pm

Thursday Meetings

Shippensburg, Shippensburg Unity Group

Address: Timothy House, 25 S. Penn St. Shippensburg, PA 17257

Meeting: Closed Discussion, Handicap Accessible

Time: 6:30PM

Fridays

Shippensburg, Chapter 9

Address: Timothy House, 25 S. Penn St. Shippensburg, PA 17257

Meeting: Closed Discussion, Big Book, Study, Handicap Accessible, AlAnon

Time: 8:00pm

Saturdays

Shippensburg, Promises

Address: Promises, 16 South Prince St. Shippensburg, PA 17257

Meeting: Open Discussion

Time: 10:00am

Co-Dependents Anonymous (CoDA) Meetings in Shippensburg

The Harbor

Address: 55 W. King Street, Shippensburg, PA 17257

Meeting: Open Meeting

Time: Mondays at 6:30pm

Narcotics Anonymous (NA) Meetings in Shippensburg

Narcotics Anonymous of the Capital Area Helpline: 717-233-FREE or 717-233-3733

Capital Area Service of NA Website: www.casna.info

List of Meetings in the Area as of March 2018: file:///T:/CANA_current.pdf

The Harbor

Address: 55 W. King Street, Shippensburg, PA 17257

Meeting: Open Meeting

Time: Tuesday & Thursdays 8:00pm

Saturday at 10:00pm

The Truth Will Set You Free Group

Address: 25 S. Penn Street, Shippensburg, PA 17257
(Meeting is across the street from Messiah United Methodist Church)
Time: Sunday & Monday 8-9 pm, Open, Discussion, Handicap Accessible
Wednesday 8-9 pm, Open, Discussion, 1st week-Step, Handicap Accessible
Friday 12-1 pm Open, Discussion, Handicap Accessible

Overeaters Anonymous (OA) Meetings in Shippensburg

The Harbor

Address: 55 W. King Street, Shippensburg, PA 17257
Meeting: Open Meeting
Time: Tuesdays at 5:00pm
Thursdays at 10:00am

Young Peoples AA (YPAA) Meetings in Shippensburg

The Harbor

Address: 55 W. King Street, Shippensburg, PA 17257
Meeting: Open Meeting
Time: Tuesdays at 6:30 pm

Education

Blessing of the Backpacks Event

Phone: (717) 532-4614 between 8am-1pm
Address: Memorial Lutheran Church, 34 E. Orange St, Shippensburg, PA 17257
Website: <http://www.memluth.org/>
Services: Provides free back-to-school supplies for Shippensburg Area School District students: pencils, rulers, erasers, backpacks, etc.
When: Always the 2nd Saturday of August; *Located at Memorial Lutheran Church*

Boys & Girls Club of Chambersburg & Shippensburg

Phone: (717) 261-5761
Address: **Nancy Grayson Elementary**, 301 Lurgan Ave, Shippensburg, PA 17257

- Nancy Grayson & Middle/High School Students
- Site Director: Jean Gird - jean@bgccs.org

Intermediate School, 601 Hollar Ave, Shippensburg, PA 17257

- Intermediate and James Byrd Students
- Site Director: Lisa Saliga - lisa@bgccs.org

Email: Intermediate School Location: lisa@bgccs.org
Nancy Grayson Elementary: jean@bgccs.org

Website: <https://www.bgccs.org/shippensburg-after-school-program>
Services: Providing an after school program for children in grades 1st-12th. We assist with homework, provide a snack, and offer educational programs and activities!
Schedule: *Before School Care* at both locations - 6:00 AM - 8:40 AM
After School Care at both locations - end of school - 6:00 PM
Care for Days School is closed - Nancy Grayson only - 6:00 AM - 6:00 PM

- See calendar for days care is available

Cost: *Regular Boys & Girls Club "After Care"* – \$20-\$55/month based on income
Before School Care - \$150/month (breaks down to around \$7/day)
Full Day Care (when school is closed) - \$30/day

Hope Reformed Presbyterian Church – GED Program

Phone: (717) 532-8998
Address: 123 Walnut Bottom Road, Shippensburg, PA 17257
Website: <http://hopechurchpca.com>
Services: Free GED classes Wednesday evenings at 6pm.

- Program runs two semesters per year for 12 weeks each with free dinner served at 6:00pm and class from 6:30 – 8:30pm.

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

Phone: (717) 477-1626 8:00am -4:00pm
Website: <http://www.ship.edu/headstart>
Services: SERVING CHILDREN AGES 0-5 and pregnant mothers.

- Administrative office located at Cora I. Grove Spiritual Center (2 classrooms), Shippensburg University
- Pre-K Counts Program held at Nancy Grayson Elementary, James Burd Elementary, Newville Elementary, Hamilton Elementary, Mt. Holly Elementary, and W.G. Rice Elementary.
- Locations for Shippensburg University Head Start include Shippensburg University (Cora Grove Spiritual Center), Carlisle (Letort Elementary), and Newville (Zion Evangelical Lutheran Church).
- The Shippensburg University Head Start Program also includes an Early Head Start Program, which provides weekly 90-minute home visits and a bi-monthly “socialization” at two locations: Mongul United Brethren Church (Shippensburg, 2 classrooms) and St. Paul Evangelical Lutheran Church (Carlisle, 2 classrooms).

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

The Shippensburg University Head Start/Pre-K Counts Program operates two funded preschool programs. Both programs offer quality preschool experiences to help your child learn the skills they need to be ready and excited for their next school placement.

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

- Offering center-base (through the Head Start Program) and
- Home-based (through the Early Head Start Program) options for child education.
- Serves children ages 3-5 (Head Start) and 0-3 (Early Head Start) years old.
- No Fee; Enrolling children whose family meet Federal Income Guidelines under 130%

Pre-K Counts children must be kindergarten bound and live in the Shippensburg Area School District, Carlisle Area School District, or Big Spring School District and South Middleton School District.

- No Fee; Enrolling children whose family meet Federal Income Guidelines under 300%.

Shippensburg Public Library

Phone: (717) 532-4508

Address: 73 W. King Street, Shippensburg, PA 17257

Website: www.shippensburglibrary.org/
<https://www.facebook.com/ShippensburgPublicLibrary>

Services: Events for children and teens held throughout the year. Free internet access available with library card or photo ID.

Hours: Mon: 9 am-8 pm
Tue: 9 am-8 pm
Wed: 9 am-8 pm
Thu: 9 am-8 pm
Fri: 9 am-5 pm
Sat: 9 am-5 pm
Sun: Closed

STAR (Service To Adult Readers)

Phone: (717) 240-7771

Website: <https://www.cumberlandcountylibraries.org/STAR>

Services: STAR provides homebound adults with free, personalized selection and delivery of books, large print books, books-on-CD, music CDs and DVDs. Adult residents of Cumberland County (and the portions of Franklin County which are located in the Shippensburg Area School District) who are unable to visit their public library regularly due to age, chronic illness or disability are eligible for this service. There is no charge to either the homebound participant or to the volunteer to participate

in this service. Participants must complete an application. Call the number above to receive the application.

Hours: Visits to participants typically occur once every 4-6 weeks by the same volunteer where a friendship can develop.

Financial Assistance

Tri County Community Action

Phone: (717) 532-8611

Address: 130 S. Penn Street, Shippensburg, PA 17257

Website: <http://www.cactricounty.org/>

Services: Tri County Community Action (TCCA) provides information and referral to all Shippensburg residents. On-going case management is available to Cumberland county residents to provide a comprehensive approach to individual, family, and neighborhood success.

Programs include:

- Budgeting, home ownership, parenting, referral to local services, advocacy, and case management.
- Family Self-Sufficiency case management can last up to 5 years and is an advocacy program that guides and supports individuals and families working toward self-sufficiency.

Christ Among Neighbors (CAN)

Phone: (717) 532-7577

Address: 130 S. Penn Street, Shippensburg, PA 17257

Services: Serves Shippensburg Area School District and the Village of Walnut Bottom.

- Primary assistance provided for utility and rent needs, with all other financial needs considered.

Hours: Intake Interviews, Saturday from 9AM-10 AM

People Assisting People (P.A.P.) Foundation

Phone: (717) 860-4947

Address: PO Box 540, Shippensburg PA 17257

Website: www.thepapfoundation.com

www.facebook.com/PapFoundation

Email: papfoundation@gmail.com

Services: The P.A.P. Foundation is a non-profit 501©3 organization that provides financial assistance to families in our community living with a long-term life altering disease or disorder such as cancer, diabetes, heart disease, and childhood disorders.

Food Assistance

Hound Packs Program (SCRC Program)

Phone: (717) 658-2092

Email: Sp-scrs@shipresources.org

Website: <https://www.shipresources.org/hound-packs-program>

Services: For students in the Shippensburg Area School District that are food insecure. Students are given a backpack with 7 meals in it to take home on Fridays.

Referrals: Please complete the Enrollment Form found on the website or call 717-658-2092. When school meets in-person, students must be referred to the program by their school counselor.

King's Kettle Food Pantry

Phone: (717) 530-9200

Address: 30 N. Fayette Street, Shippensburg, PA 17257

Website: <https://www.facebook.com/KingsKettle/>

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

Meals on Wheels

Phone: Cumberland County: (717) 261-6615, Ann Marie Brandis

Franklin County: (717) 263-2153, Franklin County Office of Aging, ask to sign up for Home Delivered Meals

Website: Cumberland County: <https://www.ccpa.net/250/Meals-Food-Nutrition>

Website: Franklin County: <http://www.chburgmow.org/>

Services: Providing a prepared Noon meal delivered Monday-Friday each week.

- Service available to homebound residents in the Shippensburg Area.
- Charge is \$4.50 per meal, unless qualified for free meals

Oasis of Love

Phone: (717) 532-5112

Address: 303 South Washington Street, Shippensburg PA 17257

Website: <http://www.oasisoflove.net/>

Services: • **Mondays & Thursdays 11am-12pm** provides baked goods and bread to those in need.

- Free Emergency Food Boxes given out on Saturdays (please call ahead)

Shippensburg Produce and Outreach (SPO)

Phone: (717)477-9100

Address: 130 S. Penn Street, Shippensburg, PA 17257

Email: info@shipout.org

Website: <http://www.shipout.org/>

Services: SPO provides fresh, healthy, perishable food items to residents in the Shippensburg Area School District that meet income guidelines.

- Commodity Supplemental Food Program (CSFP) distributes to eligible seniors on the 3rd & 4th Tuesday of each month.

New in 2018

The Booty Bundles Emergency Diaper Bank provides diapers to financially insecure families.

Hours: Tuesdays, 4-6 pm

Shippensburg Summer Lunch Program

Email: scrc@shipresources.org

Website: <https://www.shipresources.org/summer-lunch-program>

FB: <https://www.facebook.com/Summerlunchprograminshippensburg/>

Services: A summer program for Shippensburg Area School District. It provides children ages 5-17 with activities and lunches during the summer for 7 weeks. Lunch is served at 11:30 AM. Fridays are field trips to various places in the greater community.

Hours: Monday – Friday, 9 AM to 12 PM

7 Weeks in the Summer – please check FB page and SCRC Website for exact dates

Free Meals are offered throughout the week at various churches in Shippensburg. A monthly calendar can be obtained at one of the local food pantries.

Christ United Methodist Church – Free Meals

Phone: (717) 532-6850

Address: 47 E. King Street, Shippensburg, PA 17257

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

Services:

- Free breakfast on **Saturday mornings** from 9:15 am-10:15 am
- Free dinner meal offered every **2nd and 4th Thursdays** of each month. Doors open at 5pm and begin serving dinner at 5:30pm.
- Water ministry from May-August, with free water available on the steps of the church.

Grace United Church of Christ – Free Meals

Phone: (717) 532-6221

Address: 121 E. Orange Street, Shippensburg, PA 17257

Website: <http://www.shipucc.net/>

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

Memorial Lutheran Church – Free Meals

Phone: (717) 532-4614

Address: 34 E. Orange Street, Shippensburg, PA 17257

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

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

Messiah United Methodist Church – Free Meals

Phone: (717) 532-4904

Address: 30 S. Penn Street, Shippensburg, PA 17257- (Enter through door off of the rear parking lot)

Website: <http://www.messiahshippensburg.com/>

Services: Provides a free family style community dinner on the **2nd and 4th Tuesdays** of the month, beginning at 5:30-6:30 pm.

Prince Street Church of the United Brethren in Christ – Free Meals

Phone: (717) 532-8404

Address: 20 N. Prince Street, Shippensburg, PA 17257

Website: www.princestreetchurch.com

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

Shippensburg Church of the Brethren – Free Meals

Phone: (717) 532-6526

Address: 253 East Garfield Street, Shippensburg, PA 17257

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

Services: Free dinner and devotions every **Wednesday** beginning at 5:30pm followed by worship opportunities

Shippensburg First Church of God – Free Meals

Phone: 717.532.8421

Address: 121 E. King Street, Shippensburg, PA 17257 “Kitchen of Grace” Located in the Annex Building at 5 N. Prince St.

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

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

St. Andrew’s Episcopal Church – Free Meals

Phone: 717.532.8421

Address: 206 E. Burd St. Shippensburg, PA 17257

Website: <http://www.standrewsshippensburg.org/events/community-meal-4/>

Services: Serving a free meal, **1st and 2nd Mondays** of the month from 5-7 p.m. to anyone in the community that would like to attend (dine in only).

Grief/Loss

Drew Michael Taylor Foundation

Phone: 717-532-8922, Marcie Taylor

Address: 7 S. Earl St., Shippensburg, PA

Email: drewmichaeltaylor@pa.net

Website: www.drewmichaeltaylor.org

Services: Providing grief education and support programs. Programs include:

- Drew's Hope, a free seven-session grief support program for children, teens, and families grieving the death of a loved one offered each spring and fall at Shippensburg University Grace B. Luhr's Elementary School and at the Greencastle Antrim Middle School
- Grief and Loss Lending Library for community use
- Support Groups in Shippensburg
 - GriefKnits Support Group -2nd Thursday of each month – 7:00-8:30 p.m. Come learn to knit or bring your current project with you. All supplies provided by Drew Taylor Foundation.
 - Bereaved Parents Support Group – 4th Thursday- 7:00 – 8:30 p.m. for parents/guardians who are grieving the death of a child of any age -infant through adult.
 - “The Perfect Blend” – Wednesday Mornings from 9:30-11:30 am. Coffee, crafting and community group (open to griever and non-griever who wish to show their support for those who are grieving). Coffee/tea provided.
 - “The Perfect Blend Too” – Coffee, crafting and community group (open to griever and non-griever who wish to show their support for those who are grieving). Call or email for dates and times.
 - Substance Abuse Death Support Group- 3rd Thursday of each month from 7:00pm-8:30 pm. This group is for any adults who are grieving the death of a loved one due to substance abuse.
 - Healing & Hope Grief Support Group – a grief support group for adults grieving the death of a loved one. Call or email for dates and times.

Health

P.M.I., Pregnancy Resource Center

Phone: 717-532-4446

Address: 20 E. Burd Street, Shippensburg, PA 17257

Website: <http://pmipregnancycenter.org>

Services: Offers free services for the following: Pregnancy tests, S.T.D. testing and treatment (Chlamydia & Gonorrhea), and ongoing support services.

- Can also provide referrals for a first trimester ultrasound

Shippensburg Community Nurse

Phone: (717) 530-7900 Fax: (717) 530-0007

Address: 126 East King Street, Shippensburg, PA 17257

Website: <http://www.shippensburgcivicclub.com/nurse.html>

Services: Free in-home nursing assessment, medication management, and procedures not covered by insurance.

- Any person 18 and older living in the greater Shippensburg area qualifies; patients must have a primary care provider.

Shippensburg Lions Club Vision Program

Phone: (717) 860-7650

Website: <https://e-clubhouse.org/sites/shippensburgpa/projects.php>

Services: Serves Shippensburg School District residents. This program covers free eye exams with a doctor at Alleghany Optical or Wal-Mart Optical. There is no age restriction.

Shippensburg Urgent Care, Shippensburg Medical Campus

Phone: (717) 477-2764

Address: 46 Walnut Bottom Road, Shippensburg, PA 17257

Website: <https://www.onthegocare.com/locations/shippensburg-urgent-care>

Services: Urgent Care: Open 9am-9pm daily, including holidays.

- No appointment necessary.
- Accepts private insurance, Medical Assistance, and self-pay

Well Baby Clinic, Grace United Church of Christ

Phone: (717) 243-5151, appointments
(717) 532-6221, for more information

Address: 121 E. Orange Street, Shippensburg, PA 17257

Website: <http://www.shipucc.net/>

Services: Well Baby Clinic (State Vaccination Clinic) 1st Tuesday of Each Month, 9am-12pm.
Immunizations & Physicals, must make an appointment

Hours: 1st Tuesday of Each Month, 9am-12pm, Well Baby Clinic

Housing & Homeless Information

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

There are currently no emergency homelessness facilities located in Shippensburg.

- If you are experiencing homelessness, call 2-1-1 or 855-567-5341 toll-free for information, screening and referral. You can also text your zip code to 898-211.
- If you would prefer to receive Coordinated Entry services face-to-face in person, please visit a Connect To Home Access Site in your community:
 - Franklin County: Franklin County Human Services Access Center, 425 Franklin Farm Lane, Chambersburg, PA 17202. Hours of Operation: T - W 9:00 AM - 4:00 PM. TH 1:00 - 4:00 PM
 - Cumberland County: Community CARES, 50 West Penn Street, Carlisle, PA 17013. Hours of Operation: T - SA 12:00 - 5:00 PM

If you need assistance with paying for your rent or mortgage

- Call 2-1-1 or 855-567-5341 toll-free or text your zip code to 898-211
- Ask to speak to a Housing Specialist, and they will ask you a series of questions to identify which services you are eligible for and direct you to the agency that can help you. This is the quickest way to receive help.
- *If you are behind on your rent*, please have a “Notice of Default” or “Notice to Quit” from your landlord prior to calling 2-1-1.

Community CARES (formerly Carlisle C.A.R.E.S.)

Phone: (717) 249-1009

Address: 50 W. Penn Street, Carlisle, PA 17013

Email: bkempf@carlislecares.org

Website: <https://www.morethanshelter.org/>

Services: Community CARES provides emergency overnight shelter for men, women, and families.

- Day center for daily basic needs such as showers, laundry, and eating.
- Community CARES also offers supportive case management services to help people with tasks such as finding housing, applying for public assistance, and applying for jobs.
- Cyberspace: 219 N Pitt At. Carlisle, PA 17013. Phone: 717-249-7267

Chambersburg Cold Weather Drop-In Shelter

Phone: 717-262-2143, Craig Newcomer

Address: 195 Loudon Street, Chambersburg, PA 17201

Website: <http://chambersburgcoldweatherdropinshelter.org/>

Services: This shelter is a Christian-based program developed to provide a warm, safe, and clean environment for those who are homeless and have no options for shelter during the cold inclement months of the year.

- The shelter is open from December 1 through April 1 from 7pm-7am daily.
- They serve adults only (18+).

Safe Harbour

Phone: (717) 249-2200

Fax: (717) 249-9392

Address: 102 W. High Street, Carlisle, PA 17013

Website: <http://www.safeharbour.org/>
<https://www.facebook.com/SafeHarbourInc/>

Services: Services include an emergency shelter for families and single females who are in desperate need of a secure place to live and an environment to begin getting their lives under control.

- The bridge housing program helps individuals and families in need of longer-term assistance continue to acquire the skills necessary for independent living and a productive life style.
- Single individuals that need additional "life support", but are ready for independent living, may be offered the opportunity to reside in one of our single-room-occupancy (SRO) permanent housing facilities.

SCCAP (South Central Community Action Program – Franklin County Residents)

Phone: (717) 267-3669

Address: 121-123 S Main Street, Chambersburg, PA 17201

Website: <https://www.sccap.org/home/>

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

Income-Based Housing – <http://pahousingsearch.com/> Call for information about availability and waiting lists:

Chateau Terrace Apartments

Phone: (717) 532-7991

Address: 304 N. Fayette Street, Shippensburg, PA 17257

Website: <http://chateauterrace.rentpmi.com/>

Cottages of Shippensburg

Phone: (717) 530-1573

Address: 300 Dwelling Court, Shippensburg, PA 17257

Website: <http://cottagesofshippensburg.com/>

Services: This community offers spacious, two bedrooms, one bath homes. Must be 18 years or older. Accepts Housing Choice Vouchers.
Office Hours: Monday-Friday 8:00 am- 5:00 pm

Episcopal Square

Phone: (717) 530-1277
Address: 101 N. Prince Street, Shippensburg, PA 17257
Website: <https://www.facebook.com/pages/Episcopal-Square-Apartments/292849194158009>
Services: Provides one bedroom & efficiency housing to low income elderly & disabled persons. Accepts Housing Choice Vouchers.

Raystown Crossing Apartments

Phone: (717) 530-1341
Address: 1000 Raystown Circle, Shippensburg, PA 17257
Website: <https://properties.wodagroup.com/apartments/pa/shippensburg/raystown-crossing/index.aspx>
Services: Must meet income guidelines for 2, 3, or 4 bedrooms. Accepts Housing Choice Vouchers. Application is on their website.

Roxbury Ridge Apartments

Phone: (717) 532-9425
Address: 100 Meadow Drive, Shippensburg, PA 17257
Website: <http://roxburyridge.rentpmi.com/>
Services: Rent is income based, some rental assistance is available for qualified applicants. HUD units for elderly and handicapped/ disabled persons available. Accepts Housing Choice Vouchers (Franklin County only).
Hours: Monday – Friday 9am – 6 pm

Shippen House Apartments

Phone: (717) 532-7885
Address: 19 Hollar Avenue, Shippensburg, PA 17257
Website: <http://shippenhouseapartments.com/>
Services: 1 & 2 bedroom apartments for ages 62 and over.

Village of Timber Hill

Phone: (717) 532-7991
Address: 100 Timber Lane, Shippensburg, PA 17257
Website: <http://villageoftimberhill.rentpmi.com/>
Services: 1 bedroom apartments, 2 & 3 bedroom townhouses.

Mental Health/Behavioral Health/Counseling

Cumberland Franklin Counseling Services

Phone: (717) 532-2196

Address: 9076 Possum Hollow Road, Shippensburg, PA 17257

Services: Individual, Family, and Couples Counseling for Adolescents and Adults. Day and Evening appointments available. Most insurance accepted.

Franklin Family Services

Phone: (717) 267-1515

Fax: (717) 267-2316

Address: 240 West King Street Shippensburg, PA 17257

Email: info@ffspa.com

Website: <http://ffspa.com/>

Services: Comprehensive outpatient mental health services, which include diagnosis, treatment, and education for adults, adolescents, and children. Psychiatric services and outpatient therapy at the Shippensburg location. *Accepts Medicaid

Hours: Hours: Appointments vary by day. Please call to schedule.

Growing Edges Community Counseling Clinic

Phone: (717) 477-1248

Address: Shippensburg University: 1st Floor, Shippen Hall 110C, Shippensburg, PA 17257

Email: growingedges@ship.edu

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

Services: Free counseling services to individuals, couples, and families in the community who may not have access to services.

- Counselors are advanced level Graduate Students in the Department of Counseling and College Student Personnel at Shippensburg University.
- The clinic is open during academic semesters only
- Unable to offer services for clients with severe mental health issues, current substance addiction, crisis situations, or cases involving current abuse/neglect.

New Visions

Phone: (717) 477-2153

Address: 138 East King Street, Shippensburg, PA 17257

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

Services: Provides residential and social rehabilitation services for adults with chronic mental illness in Cumberland, Franklin, Fulton and Perry Counties.

- Services include: Specialized Community Residence, Community Residential Rehabilitation Services, Supportive Living, Fairweather Lodge, Social Rehabilitation, Psychiatric Rehabilitation, and Drop-In Center Services.

New Visions Shippensburg Empowerment Dock

Phone: (717) 300-3821
 (717) 477-2153 (Administrative Offices)
 Fax: (717) 300-3824
 Address: 138 East King Street, Shippensburg, PA 17257
 Website: <http://www.new-visions.org>
 Services: Social rehabilitation and Psychiatric rehabilitation program for individuals with mental illness who live in Cumberland County. Must have or be eligible for county Mental Health funding.

Roxbury Treatment Center

Phone: (800) 648-4673
 Address: 601 Roxbury Road, Shippensburg, PA 17257
 Website: <http://www.roxburyhospital.com/>
 Services: Provides inpatient psychiatric stabilization for adolescents ages 13-17 and adults 18+.

- Accepts most private insurances, Medicare, and Medical Assistance.
- Staff is available 24 hours a day for referrals to inpatient psychiatric programming.

Valley Counseling and Consulting

Phone: (717) 532-7338
 Address: 114 Pugh Drive, Shippensburg, PA 17257
 Email: valleycounseling.mary@gmail.com
 Website: www.valleycounselingandconsulting.com
 Services: Individual, family and relationship counseling. All ages, 12 and under with adult participation only. Day & evening appointments available.

Prescription Assistance

Henry's Pharmacy

Phone: (717) 532-5812
 Address: 54 East King Street, Shippensburg, PA 17257
 Website: <https://www.robertthentrypharmacy.com/>
 Services: Free prescription delivery of prescription medications and over the counter supplied to Shippensburg Borough residents and a fee is charged for residents outside of the borough.

Target, Wal-Mart, Sam's Club, CVS Pharmacy & Wegman's

\$4 Prescriptions

- See if your medication qualifies by checking the lists at www.target.com , www.walmart.com , www.samsclub.com , www.wegmans.com , www.cvs.com

Senior Services

Branch Creek Place Senior Center

Phone: (717) 300-3563

Address: 115 N. Fayette Street, Shippensburg, PA 17257

Website: <https://www.facebook.com/branchcreek.place.58>

Services: Senior citizen center for those age 60 and older to go for meals, activities, health screenings and educational opportunities. Please sign up for their hot lunch the day before. RabbiTransit can assist with transportation to and from the Center.

Hours: Monday-Friday 9am-3pm

Transportation

CAT System from Wal-Mart

Capital Area Transit (CAT) operates a bus service that leaves the Shippensburg Wal-Mart for the Harrisburg Transportation Center (Amtrak Train Station) Monday - Friday, except on State and Federal holidays. The one-way adult fare is approximately \$2.95 (Exact change is required).

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

Current PDF of Bus Route and Times Shippensburg to Harrisburg, Bus 81:

<https://www.cattransit.com/wp-content/uploads/2018/03/Route-81-Public-Schedule-2018.03.05.pdf>

- Leave Walmart 5:40 a.m.; Arrive Harrisburg 6:49 a.m.
- Leave Walmart 6:25 a.m.; Arrive Harrisburg 7:34 a.m.
- Leave Walmart 5:25 p.m.; Arrive Harrisburg 6:19 p.m.

Harrisburg to Shippensburg Bus 82: Leave the Market Square Transfer Center in Harrisburg for the Shippensburg Wal-Mart Monday thru Friday, except State and Federal holidays. The same fares as above apply.

- Leave Harrisburg 3:45 p.m.; Arrive Walmart 4:59 p.m.
- Leave Harrisburg 4:15 p.m.; Arrive Walmart 5:29 p.m.

The CAT System also has a route that travels from Shippensburg to the Mechanicsburg Naval Base and back. <https://www.cattransit.com/wp-content/uploads/2018/03/Route-82-Public-Schedule-2018.03.05.pdf>

*Persons with disabilities are eligible to ride CAT fixed-route buses at half fare. Contact the CAT Information Center for an application or click here: <https://www.cattransit.com/wp-content/uploads/2015/03/Reduced-Fare-App.pdf>

*Senior citizens (ages 65 and older) are eligible to ride CAT fixed-route buses for free. Contact the CAT Information Center for an application or click here: <https://www.cattransit.com/wp-content/uploads/2015/03/Senior-Free-Fare-app.pdf>

Commuter Services of PA

Phone: 1-866-579-RIDE

Address: 2951 Whiteford Rd. Suite 201. York, PA 17402

Email: Customer.Service@PaCommuterServices.org

Website: <https://pacommuterservices.org/>

Application: <https://commutepa.agilemile.com/>

Services: A program to help connect commuters to carpool or find other transportation options. Available to employers and commuters in Adams, Berks, Carbon, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Monroe, Perry, Pike, Schuylkill, and York counties.

- For carpooling information: <https://pacommuterservices.org/carpool/>
- To join a vanpool: <https://pacommuterservices.org/vanpool/>
- Discounted/free rides are available.

RabbitTransit Shared Ride Transportation

Phone: 800-632-9063

Website: Cumberland County: <http://rabbittransit.org/Cumberland.aspx>

Franklin County: <http://rabbittransit.org/Franklin.aspx>

Application: Fill out the application for the program that is applicable to you.

<http://rabbittransit.org/dotnetnuke/SharedRide/HowtoApply/ProgramDescriptions.aspx>

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

For an application or more information on the available transportation services in the Cumberland and Franklin County area, please call or visit the website.

Raider Regional Transit

Phone: (717) 530-8891

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

Schedule: <http://www.ship.edu/globalassets/rrt/shippensburgloop.pdf>

Services: A local bus system serving the Shippensburg University and the Shippensburg community.

- Free to Shippensburg University students and employees with student ID.
- Free to senior citizens with Commonwealth ID card. To obtain an ID contact the Raider Regional Transit office at 530-8891.
- \$1.25 for each one-way trip. Children 5 and under ride free with paying adult.

Utilities Available/Assistance

Low-Income Home Energy Assistance Program (LIHEAP) (Opens Nov. 1. Winter months only)

Phone: (866) 857-7095

Website: <https://www.dhs.pa.gov/Services/Assistance/pages/liheap.aspx>

Application: <http://www.compass.state.pa.us> or paper versions can be downloaded from website.

Services: Home heating assistance during the winter months. Based on income, assists with source of heat only. Applications can also be found on PA State Website.

LIHEAP Crisis Grants (Opens Nov. 1. Winter months only)

Phone: Assistance with home heating crisis situations is available 24 hours a day. In most counties, you should contact your county assistance office.

Cumberland County: 1-800-269-0173 or 717-240-2700. Fax: 717-240-2781

Franklin County: LIHEAP 717-262-6579. Fax: 717-264-4801

Website: <http://www.dhs.pa.gov/citizens/heatingassistanceliheap/>

Services: Households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program. Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel

- The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
- Danger of being without fuel (less than a 15 day supply)
- Danger of having utility service terminated (you've received a notice that service will be shut off within the next 60 days)

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

Phone: 888-282-6816

Website: https://www.firstenergycorp.com/content/customer/help/billingpayments/assistance_serviceprogram/penelec.html

Services: A program for low income customers of Penelec only.

Project Helping Hands

Phone: 717-334-9211 OR 888-232-6732

Website: <http://www.adamsec.com/>
<http://sccap.org>

Services: This program serves customers of Adam's Electric within the Shippensburg Area School District.

- Customers with past due or shut off notices can receive up to \$200 once a year, if they meet program requirements.

Veteran Services

Supportive Services for Veterans and Families (SSVF)

Phone: 717-818-9859 or 717-599-8835

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

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

Website: www.vmcenter.org

Services: SSVF provides comprehensive supportive services to very low income Veterans and their families who are currently experiencing homelessness or are at risk of losing their homes.

- Case management, housing, counseling, employment support, credit repair, financial planning services, and temporary financial assistance.