

Resources for Families in Need

General Resources

CADCOM

Access to a variety of resources from housing concerns, energy, food, taxes and more.

<http://www.cadcom.org/>

In His Eyes (re-entry for women in prison)

Offering support and resources for women leaving prison. | 1-888-521-1812

<http://www.inhiseyes.org/index.php>

Dial 2-1-1 Southeast PA (county services available)

Finding health and human services - for everyday needs and in crisis situations

2-1-1 | <http://211sepa.org/>

Montgomery County Offices

Department of Public Welfare

Pennsylvanians can seek assistance and a range of services for themselves and their families from county assistance offices. | 1-877-398-5571

Montgomery County Housing Authority

Provides housing and homeownership opportunities for low and moderate income persons and families.

610-275-5720

<http://www.montcoha.org/>

Montgomery County Office of Public Health

A wide array of services provided from car seat checks to maternal-child health and much more.

610-278-5117 | <https://www.montcopa.org/513/Health-Department>

Education

Early Intervention

Free development evaluation for children from birth to three. | 610-277-7176

<https://www.montcopa.org/745/Early-Intervention>

Literacy Council of Norristown

Provides adult education, GED, and ELL classes for adult learners. | 610-292-8515 | <https://www.lcnlit.org/>

Local Public Libraries

Provides programming and resources to families for free. | <http://www.mclinc.org/>

Montgomery County Community College

Offers a high-quality, affordable, accessible education that leads to rewarding career opportunities. |

<https://www.mc3.edu/>

Montgomery County Head Start

Free, federally-funded preschool program for children from low-income families ages 3 to 5 in Montgomery County. | 484-868-9800

<http://www.mciu.org/>

PreK Counts

State funded, full day preschool program for low-income families. | 484-868-9550 | www.mciu.org

Montgomery County Intermediate Unit

A regional support service of school districts within the county. | <http://www.mciu.org/>



Food Insecurity

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to low-income individuals and families.

Montgomery County Assistance Office

Norristown District

1931 New Hope Street

Norristown, PA 19401-3191

1-877-398-5571 | 610-270-3500

<http://www.dhs.pa.gov/citizens/supplementalnutritionassistanceprogram/index.htm>

Upper Merion Area Community Cupboard

Food pantry open to anyone who lives within the bounds of the UMASD and is food insufficient

191 Town Center Road

King of Prussia, PA 19406

<http://umacc.org/>

Upper Merion Emergency Aid

A nonprofit aid organization serving the Upper Merion, Montgomery County, Pa. area.

<https://www.facebook.com/umemergencyaid/>

Women with Infants and Children (WIC)

Promotes the health of women and children by providing food and nutrition education to pregnant or breastfeeding mothers as well as their children.

<https://www.mfhs.org/>

Military Support Services

Military Family Relief Assistance Program

Provides financial assistance, in the form of grants, to eligible Pennsylvania service members and their eligible family members.

800-634-1790

<https://www.dmv.pa.gov>

Military One Source

Serves our service members, our military families and our entire global military community - to help you live your best MilLife.

800-342-9647

<https://www.militaryonesource.mil/>

Domestic Abuse

Childline

24-hour Child Abuse Help Line

Mandated statewide child protective services program designed to accept child abuse referrals and general child well-being concerns..

1-800-932-0313

Childhelp

National Child Abuse Hotline (24/7)

Offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources.

1-800-4-A-CHILD

Laurel House

Offers an array of supportive programs and services to those who are impacted by domestic violence. | 1-800-642-3150

<https://laurel-house.org/>

Montgomery County's Crisis Response (24/7)

Provides not only immediate support for crisis situations, but also assistance with managing recurring or future crises.

1-855-634-HOPE

<https://www.montcopa.org/2064/Crisis-Services>

Employment

PA CareerLink

Receive free access to many career resources and services. | <https://www.pacareerlink.pa.gov/jponline/>

If there is an additional organization that you'd like to see added to this list, please email: uppermeriontownshiplibrary@gmail.com

Housing Assistance

Your Way Home Montgomery County

Centralized system for screening and intake for residents in need of housing.

2-1-1 or 1-866-964-7925

<https://yourwayhome.org/>

Laurel House

Working every day to end domestic violence

1-800-642-3150

<https://laurel-house.org/>

Salvation Army

Serving the most people, meeting the most needs, doing the most good

610-275-4183

<https://pendel.salvationarmy.org/easternpa/norristown>

Interfaith Hospitality Network of the Main Line

Provides a caring environment for homeless families while they implement a plan to break the cycle of homelessness.

610-277-0977

<https://www.ihncares.org/>

Inter-Faith Housing Alliance

Provides opportunities for families to achieve self-sufficiency by offering community-based programs.

215.628.2334

<https://www.i-fha.org/>

Low-Income Home Energy Assistance Program (LIHEAP)

Helps families living on low incomes pay their heating bills in the form of a cash grant.

<http://www.dhs.pa.gov/citizens/heatingassistance/liheap/>