

— Community Information and Resources —

Allegheny Valley Association of Churches (AVAC) Food Bank

1913 Freeport Rd, Natrona Heights, PA 15065

724.226.0606 | avac@avaoc.org

The Food Bank is open for regular distribution every Wednesday from 1:30 p.m. to 5:00 p.m.

Eligibility information, registration instructions, and details on holiday programs are available at www.avaoc.org/programs/food-bank

Salvation Army Allegheny Valley Corps

917 Brackenridge Avenue, Brackenridge, Pennsylvania 15014

724.224.6310 | david.bender@use.salvationarmy.org | selah.bender@use.salvationarmy.org

Hours: Monday-Thursday from 9:00-4:00 and Friday's: 9:00-3:00 (Closed 12:00-1:00 for lunch).

Salvation Army provides social services to those in need of rent/utility assistance. An emergency food bank is held on Thursday's each week, along with a free community lunch where all are welcome. For information on sports leagues, worship services, additional services, and volunteer opportunities, please visit easternusa.salvationarmy.org/western-pennsylvania/allegheeny

Guardian Angels Parish

724.226.4900 | jmccullough@olovharwick.org

Most Blessed Sacrament 800 Montana Ave,
Natrona Heights PA 15065-2008

Mass is offered 4 p.m. on Saturday and 8 a.m. &
11 a.m. on Sunday

Our Lady of Victory Church 1319 Low Grade Rd,
Harwick, PA 15049

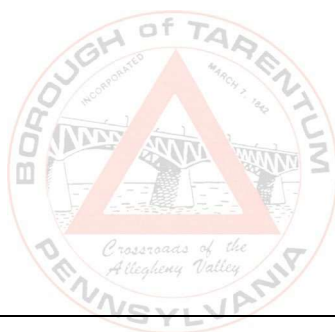
Mass is offered 5 p.m. on Saturday and 9 a.m. &
11:30 a.m. on Sunday.

For more information on support and resources offered by the parish and the weekly mass schedule at both churches, please visit guardianangelspgh.org

Central Presbyterian Church

724.224.9220 | 305 Allegheny St., Tarentum

Services offered at 10:50 a.m. on Sundays, clothing closet, food ministry, and community resource information is available at www.cpctarentum.org/copy-of-volunteer



Christ Our Hope Anglican Church

724.895.3105 | 926 Painter Ave., Natrona Heights 15056

Diaper pantry, grief support, and wheelchair-accessible Sunday services at 10:00 a.m.

Street Light Ministries

724.448.5636 | West 7th Ave., Tarentum

Food pantry, community outreach, and coffee house.

Abundant Joy Fellowship Church

724.224.5715 | 411 E First Ave., Tarentum

Sunday services at 10 a.m., Friendship meals are offered Wednesdays at 6 p.m. Additional community services can be found at www.abundantjoyfellowship.com

Community Health Clinic, Inc.

943 4th Avenue, New Kensington, PA 15068 | 724.335.3334

Hours: M, T, TH, F 8:30 a.m. - 5:00 p.m.; W 8:30 a.m. - 7:30 p.m.

Community Health Clinic is a Healthcare Facility in New Kensington, PA. The mission of the C.H.C. is to provide quality, affordable, comprehensive primary healthcare services across the lifecycles and regardless of the ability to pay to all Allegheny, Armstrong, Butler, and Westmoreland Counties residents.

Visit communityhealthclinic.org to learn more.

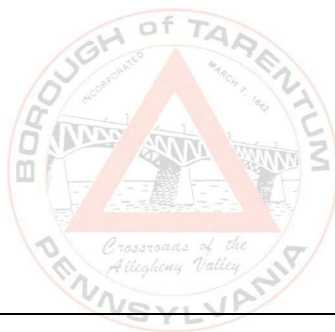
North Hills Community Outreach

North Hills Community Outreach provides many different services to low-income individuals and families in need. All services are free. Please visit nhco.org/services for a list of available services, including a food pantry, elder services, education assistance, legal consultation, transportation assistance, utilities and rental assistance, and more. If you need to make an appointment or have a question about receiving assistance, please call 412.487.6316 or email help@nhco.org

Main Office: 1975
Ferguson Road, Allison
Park, PA 15101
412.487.6316
Help@NHCO.org

**Millvale Community
Center:** 416 Lincoln Ave.,
2nd floor, Millvale, PA
15209
412.487.6316

NHCO North Boroughs:
Greenstone Methodist
Church 939 California Ave.,
Pittsburgh, PA 15202
412.487.6316



Low Income Household Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. For more information, contact the Allegheny County assistance office or call the LIHEAP hotline at 1.866.857.7095, Monday through Friday. Individuals with hearing impairments may call 711. For eligibility and application information, please visit dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx

Allegheny County Assistance Office Headquarters

Piatt Place, 301 Fifth Avenue, Suite 470, Pittsburgh, PA 15222

Hours: 7:30 a.m.-5 p.m. | www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx

412.565.2146 | FAX: 412.565.3660

Available benefits and services include:

- Supplemental Nutrition Assistance Program (SNAP)
- Cash Assistance
- Health Care Coverage (Medical Assistance)
- Home Heating Assistance (LIHEAP)
- Family Planning Services
- Help with Child Care
- School Meals
- Long-Term Living Services

Veterans Leadership Program

2934 Smallman St, Pittsburgh, PA 15201

844.857.8387 | info@vlpwpa.org | 412.481.8200

Hours: M-F 8:30 a.m. to 4:30 p.m.

Regardless of V.A. eligibility, discharge status, or length of service, V.L.P. is on a mission to serve all who served. Their services include housing, wellness, career development, and supportive services. For more information, please visit www.veteransleadershipprogram.org

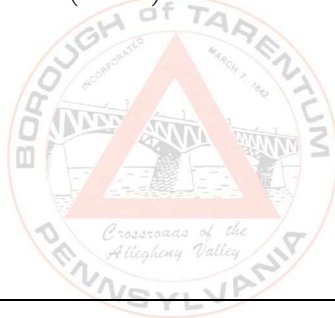
Pittsburgh Vet Center

2500 Baldwick Road, Suite 15, Pittsburgh, PA 15205

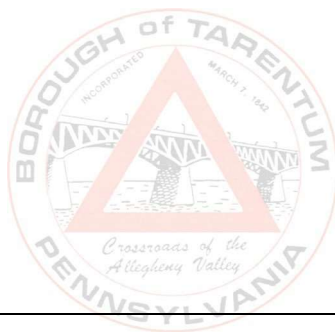
Main line: 412.920.1765 | 24/7 support line: 877.927.8387

Hours: M-F 8:00 a.m. to 4:30 p.m.

We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (M.S.T.). We can also connect you with more support in V.A. and



your community. For more information and other locations, please visit www.va.gov/pittsburgh-vet-center.



Warrior 2 Citizen

404.941.400 | info@warrior2citizen.org

We reduce the long-term psychological and physical effects of trauma-induced stress on America's Heroes and their families. We serve post 9-11 military & veterans, and the police, fire, and E.M.T. first responders who we rely on to keep our communities safe and protected. For more information on applying for counseling and other services, please visit warrior2citizen.org

Highlands Partner Network

412.274.0783 | info@highlandpartnershipnetwork.org

Provides resources and leads youth and community projects in the area while advocating for a stronger community.

Allegheny Family Network Health

412.246.2030 | 1600 Pacific Heights Natrona Heights

Offers peer-to-peer support, education, and advocacy by partnering with families of children with behavioral needs to improve their quality of life.

Wesley Family Services

724.335.9883 | 1045 4th Ave., New Kensington 15068

Provides high-quality behavioral healthcare services and support programs to children, adults, and families over the course of their lifespan so that they are empowered to reach their full potential.

Highlands Senior Center

724.224.1552 | 704 E. 2nd Ave Tarentum

Helping area seniors to thrive.

Highlands Family Center

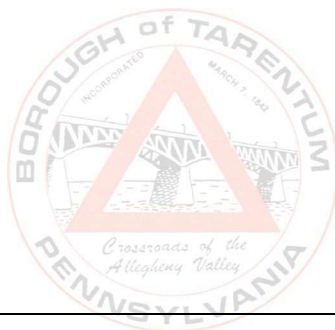
724.224.9006 | 415 E. 4th Ave Tarentum

Food pantries, diaper pantries, and other resources are available for area families.

Alle Kiski Hope Center

724.224.1266 | 500 E. Ave Tarentum

Offers confidential emergency sheltering, legal advocacy, and prevention services for individuals experiencing domestic violence



National Domestic Violence Hotline: Dial 800.799.7233

To get help, plan for safety, find resources, or chat online please visit www.thehotline.org

Resolve Crisis Services

888.796.8226

resolve is a 24-hour, 365-day crisis service that is free to all Allegheny County residents. Our services are sponsored by both Allegheny County and UPMC Western Psychiatric Hospital.

For more info please visit www.upmc.com/services/behavioral-health/resolve-crisis-services

988 Suicide & Crisis Lifeline

Dial 988

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best professionals in the United States.

988lifeline.org

If the information above does not provide you with the assistance you need, please dial **211** to be directed to a relevant resource.

