

## About this guide:

The 2006 Delaware County Women's Resource Guide is designed to be used as a quick reference for women in Delaware County and the greater Philadelphia area and their families who are seeking services in a wide variety of areas. The first guide was originally created in 1996 by Friends of the Delaware County Women's Commission. Since 1999 it has been updated biannually by The Center Foundation with the help of Friends of the Commission and the Women's Commission. Given its size, it is not intended to be a comprehensive guide for all concerns.

Inclusion of any agencies in this guide does not constitute an endorsement nor does omission of any constitute disapproval by any of the collaborating organizations listed below.

If you are unable to find the help you need, try calling one of the Information and Referral numbers listed inside. Please help us keep the resource guide up to date by contacting The Center Foundation at 610-565-6171 if you find that any of the phone numbers we have listed are incorrect, or if you would like your organization to be included in future editions.

The Center Foundation

Friends of the  
Delaware County  
Women's Commission

Delaware County  
Women's Commission



## The Center Foundation

The Center Foundation is a private nonprofit created in 1994. The mission of the Foundation is to empower people to be all they can be and build caring communities through mentoring, education, and support. Since 1997 we have run mentoring and life skills programs for women in difficult life transitions starting with WomenCare®, our unique holistic model. We started the Young Parents Support Network, a mentoring program for teen parents, in 2002. In 2004 we expanded programming to offer Mentoring & Occupational Strategies Training services for local unemployed and under-employed job seekers.



## Friends of the Delaware County Women's Commission

Friends of the Delaware County Women's Commission is a non-profit, non-partisan, membership organization which strives to enable women and girls to gain the information and skills they need to achieve their personal and professional goals. We work to empower women and girls to realize their fullest potential and to provide leadership within their communities. We achieve our aims by aiding the work of the Delaware County Women's Commission, and by identifying, networking, and funding efforts which address issues affecting women and girls in Delaware County.



## The Delaware County Women's Commission

The Delaware County Women's Commission was founded on October 15, 1985. Our purpose is to serve as a catalyst for change, study the needs of women and girls within the County and make recommendations to County Council on public policy issues.

Delaware County Women's Resource Guide  
The Center Foundation  
220 North Jackson St., Second Floor  
Media, PA 19063

# DELAWARE COUNTY Women's Resource Guide

A quick reference guide for  
women and their families

*developed by:*

The Center Foundation

*in collaboration with*

Friends of the Delaware County  
Women's Commission

*and*

The Delaware County  
Women's Commission

Summer 2006

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**AIDS**

ChesPenn Health Services 610-872-6131  
 CHOICE AIDS 215-985-3300 or 215-985-3355  
 Family and Community Service 610-566-7540

**Adoption**

Adoptions from the Heart 610-642-7200  
 Bethany Christian Services 800-215-0702  
 Children's Choice 800-522-4453

**Adult Basic Education**

Chester YWCA 610-876-8226  
 Even Start Family Literacy 610-532-2811  
 Literacy Council 610-876-4811  
 New Choices/New Options 610-359-5232  
 PathWaysPA 610-543-5022

**Alcohol/Drug**

Harwood House 610-853-3440  
 Holcomb Behavioral Health Systems 610-363-1488  
 Office of Behavioral Health 610-713-2365  
 Women in Transition 215-751-1111

**Child Day Care**

Child Care Info. Svs.-Toll Free 800-831-3117  
 Child Care Resource Developers 215-271-1267  
 (Toll Free) 877-660-CCRD  
 Child Care Works Helpline-Toll Free 877-472-KIDS  
 Head Start -ext.2200 610-938-9000

**Emergency Assistance (Housing, Food, Fuel)**

Community Action Agency  
 Chester 610-874-8451  
 Darby 610-891-5101  
 Red Cross  
 Chester 610-874-1484  
 Salvation Army  
 Chester 610-847-4266  
 Darby 610-583-3720

**Employment**

Delaware Co. Career Link  
 Chester 610-447-3350  
 DCCC - Media 610-723-6002  
 Office of Employment and Training  
 Upper Darby 610-713-2239

**Family Centers**

Chester 610-494-9280  
 Lansdowne 610-532-2811

**Family Shelters**

Interfaith Hospitality Network 610-277-0977  
 PathWaysPA 610-543-5022  
 Wesley House 610-874-8451

**Financial and Credit**

Consumer Credit Counseling 800-989-2227  
 Consumer Protection 610-891-4865  
 Delaware Co. Assistance Office  
 Chester 610-447-3015  
 Darby 610-461-3800  
 Social Security Admin. (Toll Free) 800-772-1213

**Food**

Central Del. Co. Food Center 610-325-0130  
 Community Action Agency  
 Chester 610-874-8451  
 Darby 610-891-8451  
 Delaware County MOMobile 610-713-0570  
 Food Stamps Helpline -Toll Free 800-692-7462  
 Interfaith Food Coalition 610-874-4132  
 Meals on Wheels 610-459-8801  
 Women, Infants, & Children-WIC 610-497-7660

**Fuel**

Delaware County Assistance Office  
 Darby 610-461-3800  
 Chester 610-447-3015

**Healthcare**

American Cancer Society 610-692-0677  
 ChesPenn Health Serv. 610-872-6131  
 Children's Health Insurance Info. 800-986-5437  
 Comm. Health. & Educ. Outreach 866-586-9077  
 Delaware County Dept. of 610-891-5311  
 Intercommunity Health Coordination  
 Delaware County MOMobile 610-713-0570  
 Delaware County Medical Assistance  
 Chester 610-447-3015  
 Darby 610-461-3800  
 Healthy Beginnings Plus 610447-2200  
 Healthy Kids Helpline 800-986-KIDS

**REPRODUCTIVE HEALTHCARE**

CHOICE 215-985-3355  
 Family Planning 610-447-2200  
 Planned Parenthood  
 Media 610-566-2830  
 St. Davids 610-687-9410  
 Yeadon 610-626-9482  
 Reproductive Health & Counseling 610-874-4361

**Housing**

Chester Comm.Improvement (CCIP) 610-876-8663  
 Chester Housing Authority 610-876-5561  
 Community Action Agency  
 Chester 610-874-8451  
 Darby 610-891-5101  
 Del. Co. Housing Authority 610-876-2521  
 Del. Co. Weatherization Bureau 610-874-8451  
 Media Fellowship House 610-565-0846  
 PA Housing Finance Agency 800-822-1174

**Immigrants, Refugees & Asylees**

Welcome Center 610-734-7784  
 Asylee Outreach Project 866-267-4600  
 Center for New Americans 610-461-3938

**Hispanic-Americans**

Catholic Social Services 610-876-9183

**English as a Second Language (ESL)**

Crossroads Community Church 610-352-3130

**Legal**

Delaware County Bar Assoc. 610-566-6625  
 Del. Co. Legal Assistance 877-429-5994  
 Office of Support Enforcement 610-891-4233  
 PA Civil Law Clinic Ext. 2174 610-459-8315  
 Senior Victim Services 610-627-2292  
 Volunteer Income Tax Assistance 215-861-1405  
 (Toll Free) 800-829-1040  
 Adult Probation and Parole Services 610-891-5305

**Lesbian and Gay Network**

William Way Community Center 215-732-2220  
 Hotline 6-9pm 215-732-8255  
 Women in Transition 215-751-1111

**Mediation**

Center 4 Resolutions 610-566-7710

**Mental Health Information, Counseling and Services**

CareLink Comm Support Services 610-325-9970  
 Catholic Social Services 610-876-9183  
 Catholic Social Services - Counseling 610-626-6550  
 Child Guidance Resource C'ntrs 610-565-6000  
 Compeer 610-541-0790  
 Daemion House 610-647-1431

Delco Office of Behavioral Health 610-713-2365  
 Devereux 610-296-6841  
 Elwyn, Inc. 610-891-2066 - or 610-891-2000  
 Family and Community Service 610-566-7540  
 NW Human Svs. Life Guidance Div. 610-534-3400  
 Social Work Consultation Svs. 610-859-6047  
 Women's Resource Center 610-687-6415

**Mental Retardation Information and Services**

Catholic Social Services 610-328-7090  
 Cerebral Palsy Association 610-328-5955  
 Community Interactions, Inc. 610-328-9008  
 Office of Mental Retardation 610-713-2400  
 Devereux 610-296-6841  
 Elwyn, Inc. 610-891-2066 - or 610-891-2000

**Mentoring**

Big Brothers Big Sisters 610-872-4080  
 The Mentor Center 610-565-5170  
 WomenCare Mentoring 610-565-6171  
 Young Parents Support Network 610-565-6171

**Parenting/ Maternity**

Children and Youth Services Media 610-891-5258  
 Children and Youth Services Up Dby 610-713-2000  
 Child Abuse Reporting 610-891-5258  
 Dad's Program 610-876-7583  
 Delco Pregnancy Center 610-872-2229  
 Family Start 610-876-7583  
 Family Support Line 610-891-5275  
 Healthy Beginnings Plus 610-447-2200  
 LaLeche League (Breast Feeding) 610-666-0359  
 Parents Involved Network 610-713-9401  
 Second Time Around Parents 610-566-7540

**Seniors**

Office of Services for the Aging 610-490-1300  
 800-416-4504  
 Mid County Senior Services 610-353-6642  
 Senior Victim Services 610-627-2292  
 Supportive Older Women's Ntwk. 215-477-6000

**Special Needs**

CareLink 610-626-6400  
 Freedom Valley Disability Center 610-353-6640

**Teen Parents**

Amnion Crisis Pregnancy Center 610-525-1577  
 Delco Pregnancy Center 610-872-2229  
 Family Start 610-876-7583  
 Mothers' Home 610-583-4663  
 Project ELECT/TAPP 610-447-3978  
 (TeenAge Pregnancy & Parenting) 610-447-3978  
 Supervised Independent Living 610-352-5593  
 PathWaysPA 610-543-5022  
 Young Parents Support Network 610-565-6171

**Transportation**

FISH Medical Transportation 610-622-9752  
 SEPTA Paratransit 215-580-7145

**Volunteers**

Retired & Senior Volunteer Prog. 610-565-5563  
 United Way Volunteer Center 215-665-2474

**Women's Associations**

Asian American Women's Coalit'n 215-922-2156  
 Business & Prof. Women (BPW) 610-566-5035  
 Chester YWCA 610-876-8226  
 Friends of the Delco Women's Comm 610-543-5022  
 League of Women Voters 610-566-5964

**EMERGENCY 24 HOUR HOTLINES****Child Abuse**

Child Abuse Line (Toll Free) 800-932-0313

**Crisis Intervention/Suicide Prevention**

Crozer Chester Med. Ctr 610-477-7600  
 Elder Abuse Hotline 800-416-4504

**Domestic Abuse**

Domestic Abuse Project 610-565-6272  
 Hotline 610-565-4590  
 Women Against Abuse 215-386-1280  
 Women in Transition 215-751-1111

**Poison Control**

215-386-2100  
 800-722-7112

**Police, Ambulance, Fire, Emergencies 911****Rape, Sexual Abuse, Incest**

Women Against Rape 610-566-4342

**Runaways**

National Switchboard 800-621-4000  
 Parents Anonymous 800-448-4906

**Substance Abuse (Toll Free)**

Alcoholics Anonymous 215-923-7900  
 Narcotics Anonymous 215-755-8200

**INFORMATION AND REFERRAL NUMBERS**

Bureau of Consumer Protection 800-441-2555  
 Child Care Works 877-472-5437  
 Contact Care Line 610-649-5250  
 Del. Co. Women's Commission 610-713-2308  
 PA Commission for Women 888-615-7477  
 PathWaysPA 610-543-5022  
 U.S. DOL Women's Bureau 215-861-4860  
 Toll Free 800-379-9042  
 Women's Business Devel Cntr 215-790-9232  
 Women's Resource Center 610-687-6415  
 Women in Transition 215-751-1111