

## COMMUNITY RESOURCES:

**Call any of the following numbers if your family or a family you know needs a little help:**

1. SHIM – South Hills Interfaith Ministry may be able to help with food, furniture, utilities, and counseling. Please call Harry Deitz at 412-854-9120 to participate.
2. Westminster Presbyterian Church in Upper St. Clair offers family and/or individual/child counseling on a sliding scale fee. Please call 412-854-4530 if need exists.
3. Police Pals give out food during December. Please call Officer Scott Zinsmiester at 412-831-6800, extension 118, before December to be placed on their December list.
4. St. Valentine's Food Bank and the church's St. Vincent DePaul Society help with food, clothing, utilities, furniture etc. Please call Norm Conway at 412-653-6565 if need exists.
5. St. Winifred Food Bank distributes food on Wednesdays and Saturdays from 10 a.m. to 11 a.m. Please call 412-344-5010 if need exists.
6. Light of Light Missions at 10 East North Ave., on the Northside between Allegheny General Hospital and Federal Street is a men's shelter, but also offers breakfast & dinner soup kitchen for children & adults, male & female. Call 412-258-6100 for more information.
7. Marine's Toys for Tots distributes toys in December. Should call 412-881-6601 by October, if possible, to be placed on their toy distribution list.

**Dental Care:** The Allegheny Health Department has four Dental Clinics, which treat children 19 and under **for free**, without regard to income. If you do not have dental coverage for your child, please call one of the following clinics to make an appointment: South Side Clinic 431-3736, or the McKeesport Clinic 664-8858, or the Lawrenceville Clinic 412-578-8169, or the Hill District Clinic 412-392-4441. Families in our schools who have used the dental clinics have been very satisfied with the way their child was treated.

**Health Insurance:** If you do not have health insurance for your child, the Pennsylvania Child Health Insurance Program (PaCHIP), offers **free or low cost health insurance**. Do not assume your income is too high. To see if your child qualifies and to receive an application, please call 1-800-986-KIDS(5437).

**The Caring Place:** is dedicated to child, adolescents and their families who have lost a love one. The death of a friend or family member affects children, adolescents, and adults differently. The Caring Place is a safe place they can share their grief. Call 1-888-224-4673 for this FREE program.

**Vision Care:** Early in December, Lens Crafter Stores have a Community Give-Back Day, when they offer free or reduced price eye examinations and possibly glasses. If you are interested, please call your local Lens Crafters before December to make an appointment. Your school

nurse can also refer you to Lens Crafter's Sight First Program that operates throughout the year. Please ask your nurse for a referral.

**Allegheny County Internet Directory of Mental Health, and Drug and Alcohol Services:**

Has information on the following web site: [www.county.allegheny.pa.us/dhs](http://www.county.allegheny.pa.us/dhs).