



# COMMUNITY RESOURCE GUIDE

FOR STUDENTS & EMPLOYEES

***PENN COMMERCIAL***  
*Business | Technical School*



**FOR EMERGENCIES CALL 911**

## PENN COMMERCIAL STATEMENT OF NONDISCRIMINATION

Penn Commercial Business/Technical School is committed to a policy of non-discrimination in compliance with federal and state regulations. This policy is enforced in our educational programs and in our school activities, which are available to all people, without regard to race, color, national or ethnic origin, sex, pregnancy, sexual orientation, gender identity and expression, religion, disability, age, veteran status, and marital status in its programs, activities, or employment.

## LOCAL FIRST RESPONDERS

Ambulance, Fire Department, Law Enforcement: 911  
South Strabane Police Department: 724-225-8111  
Pennsylvania State Police: 724-223-5200  
South Strabane Fire Department: 724-222-3885  
Washington County Sheriff: 724-228-6840

**Call 911 if you are in immediate danger!**

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## DOMESTIC VIOLENCE, SEXUAL ASSAULT AND CRIME VICTIMS

### **National Domestic Violence Hotline**

1-800-799-SAFE (7233) or text "LOVEIS" to 22522

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

### **Domestic Violence Services of Southwestern PA**

724-223-9190 (Washington County)

724-852-2463 (Greene County)

724-439-9500 (Fayette County)

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

Helps individuals and families who are experiencing physical abuse, but also other kinds of abuse in their relationships, such as emotional or verbal, digital, financial, or sexual abuse.

### **Women's Center and Shelter of Greater Pittsburgh**

412-687-8005

<https://wcspittsburgh.org/>

From support groups and legal assistance to emergency shelter and hotline services, Women's Center & Shelter creates safe spaces for help, healing, and hope for adults and children experiencing domestic violence.

### **SPHS CARE Center Sexual Assault Services (STARS)**

724-229-5007 (Washington)

<https://southwestpasaysnomore.org/partner/stars/>

Provides sexual trauma treatment and recovery services.

### **Rape, Abuse and Incest National Network (RAINN)**

#### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)

<https://hotline.rainn.org/online>

### **Pittsburgh Action Against Rape (PAAR) Hotline**

1-866-363-7273

<https://paar.net/>

### **National Center for Victims of Crime**

1-202-467-8700

<https://victimsofcrime.org/>

Advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues.

### **Center for Victims (Mon-Yough and Allegheny County)**

1-866-644-2882

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

Emergency safe house, sexual assault services.

**Pennsylvania Office of Victim Advocate**

1-800-563-6399

<https://www.pa.gov/en/agencies/ova.html>

The Office of Victim Advocate (OVA) is the state agency with the authority and duty to advocate for the rights and needs of crime victims.

**National Teen Dating Abuse Helpline**

1-866-331-9474 or Text LOVEIS to 22522

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

**MENTAL HEALTH SUPPORT**

**Crisis Text Line**

Text HOME to 741741 or via Facebook Messenger to Crisis Text Line

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

**Office of Mental Health & Substance Abuse Services (OMHSAS)**

1-877-356-5355

<https://www.pa.gov/en.html>

**SAMHSA National Helpline**

1-800-662-HELP (4357)

<https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx#:~:text=call%201%2D800%2D662%2D,to%20find%20help%20near%20you.>

**National Alliance on Mental Illness (NAMI) HelpLine**

1-800-950-NAMI (6264)

<https://ets.nami.org/helpline>

**UPMC Washington Health System**

724-223-3197

<https://whs.org/>

**UPMC Western Psychiatric Hospital Behavioral Health**

412-624-1000 (Pittsburgh)

<https://www.upmc.com/locations/hospitals/western-psychiatric>

**Southwood Psychiatric Hospital**

888-596-0914 (South Hills of Pittsburgh)

<https://www.southwoodhospital.com/>

**Outpatient Therapy Services**

- Pecosh Counseling and Consulting  
724-249-2829 (Southpointe)  
<https://pecosh.com/>

- Associates in Counseling and Wellness  
412-559-9152 (McMurray)  
<https://acw-online.com/>
- Catholic Charities  
724-228-7722 (Washington County)  
724-627-6410 (Greene County)  
<https://www.ccpgh.org/services/counseling>
- Christian Counseling Associates  
724-705-0660 (Washington)  
724-270-3055 (Waynesburg)  
<https://christiancounselingwpa.com/>
- Comprehensive Counseling of Washington  
724-225-3444
- Counseling and Trauma Services  
724-914-1252 (McMurray)  
<https://counselingandtraumaservices.com/>
- Meredith Counseling & Consulting  
724-914-1252 (McMurray)  
<https://www.meredithcc.com/>
- Steimer Counseling and Consulting  
724-350-6799 (Washington)  
<https://www.steimercounseling.com/>
- Healing Bridges  
724-225-6940 (Washington)  
<https://www.myhealingbridges.org/>
- Behavioral Dynamics  
724-222-2265 (Washington)  
<https://behavioraldynamicsinc.com/>
- SPHS Behavioral Health  
724-489-0320 (Charleroi)  
724-684-6489 (Monessen)  
<https://www.sphs.org/southwest-behavioral-care.html>

### ***Psychiatry***

- New Directions Mental Health  
1-878-645-4377 (McMurray, South Hills, Meadowlands, Monongahela and Pittsburgh)  
<https://newdirectionspgh.com/individual-locations/mental-health-treatment-washington/>

- Dr. Daniel Cohen  
724-591-5236 (Washington)  
<https://providers.upmc.com/provider/Daniel+J.+Cohen/1324089>
- Dr. Richard Ajayi  
724-579-1075 (Washington)  
<https://whs.org/physicians/ajayi-richard-o-md/>
- Cornerstone Care Community Health Center  
724-228-1089 (Washington)  
<https://cornerstonecare.com/location/washington-community-health-center-of-washington-pa-15301>
- Sanderson Psychological Counseling Services  
412-254-4353 (Washington and Elizabeth)  
<https://sandersonpsychological.com/>

### **Strictly Online Therapy Services**

- Better Health Therapy: [www.betterhelp.com](http://www.betterhelp.com)
- Talkiatry (psychiatry): [www.talkiatry.com](http://www.talkiatry.com)
- Brightside Health: [www.brightside.com](http://www.brightside.com)

## SUICIDE PREVENTION

### **National Suicide Prevention Lifeline**

988

<https://988lifeline.org/>

### **National Hopeline Network, Suicide and Crisis Hotline**

1-800-442-HOPE (4673)

### **Boys Town National Hotline (for teens)**

1-800-448-3000 or text "VOICE" to 20121

<https://www.boystown.org/child-family-services/crisis#hotline>

Provides short-term counseling and crisis intervention to children and families experiencing any type of difficulty in their lives. Helps teens and parents with suicide prevention, depression, school issues, parenting troubles, runaways, relationship problems, physical abuse, sexual abuse, emotional abuse, chemical dependency, and anger.

### **Southwestern Pennsylvania Human Services SPHS CARE Center**

724-228-2200 (Washington)

724-627-6108 (Waynesburg)

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

Provides outpatient mental health treatment, substance abuse services, SAP services, Criminal Justice Reentry Program, as well as Crisis Intervention and DUI evaluations and education and sexual violence counseling and advocacy.

***The Trevor Project***

1-866-488-7386 or Text "START" to 678678

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

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support in various forms to LGBTQ+ young people.

**DRUG AND ALCOHOL SERVICES**

***Drug and Alcohol Crisis Line***

1-800-GET-HELP

***Washington Drug & Alcohol Commission, Inc.***

724-223-1181 or 1-800-247-8379

[www.wdacinc.org](http://www.wdacinc.org)

***Office of Mental Health & Substance Abuse Services (OMHSAS)***

1-877-356-5355

<https://www.pa.gov/en.html>

***SAMHSA National Helpline***

1-800-662-HELP (4357)

<https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx#:~:text=call%201%2D800%2D662%2D,to%20find%20help%20near%20you>.

***Re-Solve Crisis Network Hotline and Walk in Center***

1-888-796-8226 (Point Breeze)

***Virtual Alcoholics Anonymous Meetings***

<https://aa-intergroup.org/meetings/>

***Virtual Narcotics Anonymous Meetings***

<https://virtual-na.org/>

***Al Anon and AlaTeen Meetings***

<https://al-anon.org/>

***SPHS Behavioral Health***

724-228-2200 (Washington)

<https://sphs.org/>

**Greenbrier Treatment Center**

724-225-9700 (Washington)

<https://wedacinc.org/directory/greenbrier-treatment-center-washington/>

**VETERANS RESOURCES**

**Veterans Crisis Line**

988 then press 1 or Text 838255

<https://www.veteranscrisisline.net/>

**Veterans Affairs**

724-228-6865 (Washington County)

<https://washingtoncountyhumanservices.com/agencies/veterans-affairs>

Provides resources for federal, state and county benefits, VA medical facilities, memorial sites, memory care etc.

**National Call Center for Homeless Veterans**

(877) 4AID-VET (877-424-3838)

**City Mission/Crabtree Kovacicek Veterans House**

724-222-8530 (Washington)

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

**Veterans Place of Washington Boulevard - Homeless Veterans Day Program**

412-363-0500 (Pittsburgh)

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

Provides services for veterans who are experiencing homelessness or at risk of becoming unhoused. Provides basic needs such as meals, showers, and laundry, etc.

**CHILD ABUSE REPORTING**

**Childhelp National Child Abuse Hotline**

1-800-4-A-Child or 1-800-422-4453

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

The Childhelp National Child Abuse Hotline Crisis counselors are here to support those concerned about or affected by child abuse and provide appropriate, individualized guidance for those that reach out.

**Childline (Pennsylvania Child Abuse Hotline)**

1-800-932-0313

[https://www.pa.gov/en/agencies/dhs/resources/keep-kids-](https://www.pa.gov/en/agencies/dhs/resources/keep-kids-safe/resources/childline.html#:~:text=The%20toll%2Dfree%20hotline%2C%201,Mandated%20reporters%20can%20report%20electronically.)

[safe/resources/childline.html#:~:text=The%20toll%2Dfree%20hotline%2C%201,Mandated%20reporters%20can%20report%20electronically.](https://www.pa.gov/en/agencies/dhs/resources/keep-kids-safe/resources/childline.html#:~:text=The%20toll%2Dfree%20hotline%2C%201,Mandated%20reporters%20can%20report%20electronically.)



## BULLYING

### **Pennsylvania Bullying Prevention Consultation Helpline (non-emergency)**

1-866-716-0424

<https://www.stopbullying.gov/>

Bullying prevention and consultation helpline that invites individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources

## HUMAN TRAFFICKING

### **National Human Trafficking Hotline**

1-888-373-7888

<https://humantraffickinghotline.org/en>

## PREGNANCY AND PARENTING

### **Prenatal Services**

1-800-311-BABY (2229)

### **MOM-BABY Hotline**

1-877-672-7368

### **Pennsylvania Healthy Baby Helpline**

1-800-986-BABY (2229)

### **Family Resources of PA Parenting WARMLINE**

1-877-927-6596 (Allegheny county)

1-800-641-4546 (outside Allegheny County)

<https://familyresources.org/>

### **Temporary Assistance for Needy Families (TANF)**

<https://www.pa.gov/en/agencies/dhs/resources/cash-assistance/tanf.html>

Provides temporary financial assistance for pregnant women and dependent children

### **The Children's Health Insurance Program (CHIP)**

Provides health coverage to uninsured children and teens who are not eligible for or enrolled in Medicaid.

<https://www.pa.gov/en/agencies/dhs/resources/chip.html>

### **Blueprints**

724-225-9550 (Washington)

<https://myblueprints.org/>

Provides a range of nutrition services and education for pregnant women, postpartum and breastfeeding women, infants and children under age five in a supportive environment. Breastfeeding support, including peer counselors, a lactation consultant and a breast-pump loan program.

***The Children's Institute***

412-420-2400 (Pittsburgh)

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

Offering infant empowerment programs and a number of family support services.

***Catholic Charities: Pregnancy and Parenting Services***

724-228-7722 (Washington County)

412-456-6965 (Allegheny County)

724-627-6410 (Greene County)

<https://www.standingwithyou.org/resource/catholic-charities-pregnancy-and-parenting-services-washington-county/>

Pregnancy and parenting support, health care, basic needs and housing.

***The Genesis Center***

724-255-6701 x 402 (Washington County)

412-766-4934 (Allegheny County)

<https://genesispgh.org/genesis-centers/>

Provide a variety of services designed to help pregnant, and potentially pregnant women.

***Mary's Place***

412-207-8805 (Pittsburgh) or text 412-639-0127

[www.marysplacepgh.org](http://www.marysplacepgh.org)

Provides a home and support services for pregnant women, new mothers and their babies in Pittsburgh's South Hills.

***Sisters Place***

412-233-3903 (Pittsburgh)

[www.sistersplace.org](http://www.sistersplace.org)

Provides housing, parenting support, education and lifeskills training for homeless parents and their children, including unborn children.

***Birthright***

412-621-1988 (Pittsburgh)

[www.birthrightpittsburgh.org](http://www.birthrightpittsburgh.org)

Pregnancy testing and a variety of resources/practical assistance

***Preemie Parent Support Services by Graham's Foundation***

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

Graham's Foundation's support programs are designed to meet the unique needs of families after preterm birth empowering parents through support, advocacy and research

**Parent to Parent of Pennsylvania**

1-888-727-2706

[https://www.parenttoparent.org/?gad\\_source=1&gclid=Cj0KCQjw6uWyBhD1ARIsAIMcADpas88sMuGApzn6B77WB9iDat5wggwBoCbzsaFpTN1RDojBlzWvAik0aArV-EALw\\_wcB](https://www.parenttoparent.org/?gad_source=1&gclid=Cj0KCQjw6uWyBhD1ARIsAIMcADpas88sMuGApzn6B77WB9iDat5wggwBoCbzsaFpTN1RDojBlzWvAik0aArV-EALw_wcB)

Empower and support families of children & adults with special needs or disabilities through intervention, therapy, and support programs.

**Breastfeeding Center of Pittsburgh**

412-246-4726 (Pittsburgh)

<http://breastfeedingcenterofpittsburgh.com/classes/prenatal-breastfeeding/>

Offers monthly prenatal breastfeeding classes virtually.

**NurturePA Parent Mentoring Program**

[info@nurturepa.org](mailto:info@nurturepa.org)

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

Pairs expectant or new parents with experienced parent mentors who use text messaging to provide support, information, referrals, and suggestions for activities that promote infant mental health.

**Crisis Pregnancy Center of Greene County**

724-627-6819 (Waynesburg)

[www.facebook.com/cpcwaynesburg/](http://www.facebook.com/cpcwaynesburg/)

**Foster Love Project**

412-819-5908 (Pittsburgh)

<https://form.jotform.com/212007279342147>

Free shopping center to adoptive and kinship families. Families and youth are welcome to shop once per season for clothing, shoes, diapers, gear, etc.

**Beverley's Birthdays**

724-590-5106 (North Huntingdon)

<https://beverlysbirthdays.org/our-programs/beverlysbabies/>

baby supplies, baby clothes, diapers & formula.

**Our Kids Kloset**

[ourkidsklosetpa@gmail.com](mailto:ourkidsklosetpa@gmail.com)

Collects and distributes new and gently used children's clothing free to children in need in Washington, Claysville and Canonsburg.

**Diaper Pantry/The Anglican Parish of Christ the Redeemer**

724-745-0685 (Canonsburg)

<https://www.redeemercanonsburg.org/diaper-pantry>

A place for families currently receiving assistance from either WIC or SNAP to pick up needed baby supplies like diapers, baby wipes, clothes, and books.

**Life'sWork of Western PA - Diaper Bank**

412-471-2600 ext 326 (Belle Vernon and Pittsburgh)

[kdavison@lifesworkwpa.org](mailto:kdavison@lifesworkwpa.org)

Life'sWork provides free diapers to low-income families in need.

**FreeFormulaExchange.Com**

<https://freeformula.exchange/request-formula>

Free Formula Exchange allows families in need of baby formula to connect with others who have formula to donate.

**Safe Haven Helpline**

1-866-921-SAFE (7233)

The Pennsylvania Safe Haven law gives parents a safe, legal alternative to abandoning their baby. It allows parents to bring their newborn (up to 28 days old) to any Pennsylvania hospital, to a police officer at a police station, or an emergency services provider at an EMS station without the fear of criminal prosecution — as long as the baby has not been harmed.

<https://www.pa.gov/en/agencies/dhs/resources/secret-safe.html>

**LGBTQIA+ RESOURCES**

**LGBT National Hotline**

1-888-843-4564

<https://lgbthotline.org/>

Offers peer-support, information, and local resources through national hotlines and online programs.

**The Trevor Project**

1-866-488-7386 or Text "START" to 678678

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

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support in various forms to LGBTQ+ young people.

**Pittsburgh Equity Center**

412-422-0114 (Pittsburgh)

<https://pghequalitycenter.org/>

Serves as a bridge that promotes education, advocacy, and social justice for all LGBTQIA+ people and allies in Western Pennsylvania.

**Shepherd Wellness Community**

412-683-4477 (Pittsburgh)

<https://swconline.org/>

Provides a supportive, caring community with meals and wellness programs for people living with HIV.

**Allies for Health and Wellbeing**

412-345-7456 (Pittsburgh)

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

Allies for Health and Wellbeing is a Pittsburgh-based nonprofit that empowers individuals and communities through high-quality integrated medical care and supportive human services; offering inclusive primary care to leading the way in holistic HIV treatment.

**PFLAG**

<https://pflag.org/>

PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

**GLAAD**

<https://glaad.org/about>

The world's largest media advocacy organization – increases media accountability and community engagement that ensures authentic LGBTQ stories are seen, heard, and actualized.

## HOUSING AND UTILITIES

**Self-Determination Housing of Pennsylvania (SDHP)**

<https://www.inglis.org/programs-and-services/inglis-community-services/self-determination-housing-of-pennsylvania-sdhp>

Advocates for accessible, affordable, and integrated housing opportunities for individuals with disabilities.

**Salvation Army Western Pennsylvania Division**

724-225-5740 ext. 110 (Washington)

412-446-1500 (Carnegie)

<https://easternusa.salvationarmy.org/western-pennsylvania/>

**Pennsylvania Homeless Assistance Programs**

<https://www.pa.gov/en/agencies/dhs/resources/for-residents/homeless-assistance.html>

**Veterans Place of Washington Boulevard - Homeless Veterans Day Program**

412-363-0500 (Pittsburgh)

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

Provides services for veterans who are experiencing homelessness or at risk of becoming unhoused. Provides basic needs such as meals, showers, and laundry, etc.

**Low-Income Home Energy Assistance program (LIHEAP)**

<https://www.pa.gov/en/services/dhs/apply-for-the-low-income-home-energy-assistance-program-liheap.html>

**Verizon Fios Forward Discount**

1-800-837-4966

Existing customers approved for the Affordable Connectivity Program can get free Fios Home Internet with Verizon's Fios Forward discount.

<https://www.verizon.com/>

**PA Housing Finance Agency**

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

**PA Housing Search**

1-877-428-8844

<https://www.pahousingsearch.com/>

**FOOD ASSISTANCE****SNAP - Supplemental Nutrition Assistance Program**

<https://www.pa.gov/en/agencies/dhs/resources/snap.html>

**Greater Washington County Food Bank/Food Helpers**

<https://foodhelpers.org/foodbank>

- Canonsburg Area Food Pantry 724-745-0800 ext. 519
- Brownsville Food Pantry 724-632-2190
- Tylerdale Food Pantry 724-632-2190

**Greater Pittsburgh Community Food Bank**

412-460-3663

<https://pittsburghfoodbank.org/>

- Community Circle Food Pantry 724-225-1540
- McGuffey Food Pantry 724-350-9327
- Monongahela Food Pantry 724-258-7054
- Mon Valley Youth and Teen Association 724-379-4889
- Salvation Army 412-276-4757

**Washington City Mission/Samaritan Care Center**

724-222-8530 (Washington)

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

Serves three nutritious meals per day, 365 days a year

**Washington Christian Outreach**

724-222-0750 (Washington)

<https://wcoutreach.com/>

Provides a hot lunch for needy or low income persons.

**West End Food Pantry**

724-632-2190 (Washington)

**LeMoyne Community Center**

724-228-0260 (Washington)

<https://www.lemoynecommunitycenter.org/programs/food-bank>

**Westmoreland Food Bank**

724-468-8660 (Delmont)

<https://westmorelandfoodbank.org/>

## TRANSPORTATION

**Freedom Transit – Washington County Transportation Authority**

724-223-8747

<https://www.freedom-transit.org/>

**Mid Mon Valley Transit**

724-489-0880 (Charleroi)

<https://mmvta.com/>

## LEGAL SERVICES

**Southwestern Pennsylvania Legal Aid**

724-222-6330 (Washington)

<https://www.wccf.net/charities/southwestern-pennsylvania-legal-services-inc>

Southwestern Pennsylvania Legal Aid is the civil legal aid serving southwestern Pennsylvania. We provide advice, advocacy, education, and representation for legal issues related to domestic and sexual violence, family and juvenile law, housing, and financial security.

**Summit Legal Aid**

724-225-6170 (Washington County)

724-627-3127 (Greene County)

724-439-3591 (Fayette County)

724-836-2211 (Westmoreland County)

<https://summitlegal.org/>

Free community legal aid for family, housing, economic hardship and domestic abuse.

**Disability Rights Network of Pennsylvania (DRN)**

1-800-692-7443 (Pittsburgh)

<https://pafamiliesinc.org/resources/view/the-disability-rights-network-of-pennsylvania>

**Call 911 if you are in immediate danger!**