



The Center for Humanistic Change

RESOURCE GUIDE OF 2024-2025

The CHC is committed to supporting children and families in their journey to learn, feel safe, and build connections. Our mission is to provide comprehensive resources that are relevant, accessible, and practical, ensuring individuals have access to the support they need for their well-being and growth. We have meticulously curated this resource guide to offer valuable resources you can refer to with ease. For further assistance, please visit www.thechc.org.

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**Normal business hours are Monday through Friday,
8:30 AM to 4:30 PM**

**Parking and entering is in the rear of the building.
Enter under "Auditorium" sign.**

**Please note that these resources are changing often. CHC is working diligently to update this guide on a regular basis to the best of our ability.

Please check with resources directly if you have a question or need clarification.**

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01

Comprehensive Community Resource Guides, Lists, & Sites

Check out “Your go to” links to thorough and current community resource guides, lists, and sites created by national and local agencies in Lehigh and Northampton Counties. These resources include information in various languages such as English, Spanish, Arabic, etc., catering to diverse needs within the community. These resources include information and assistance for housing, food, benefits, employment, healthcare, mental health services, pregnancy, deaf & hard of hearing, disability, veterans, domestic violence victims, LGBTQ+, et cetera.

02

Comprehensive Resource Search Databases

Check out “Your go to” detailed databases of resources, carefully put together by national and local organizations in Lehigh and Northampton Counties. These databases have the latest info on housing, food, jobs, healthcare, mental health services, and more. If you need support with any of these areas, these databases will help you to easily find specific resources tailored to your search.

03

Drug, Alcohol, & Substance Use

Check out “Your go to” resources of national and local organizations and agencies, that address addiction, treatment options, support networks, recovery resources, specialized support, and education and prevention.

04

Mental, Emotional, & Behavioral Health

Check out “Your go to” resources of national and local organizations and agencies, that specifically address mental, emotional, and behavioral health. A variety of resources are available to provide education, assistance, guidance, and support and treatment.

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Grief & Loss

Check out “Your go to” resources for national and local organizations and agencies that provide education, support, and other valuable resources to help with navigating grief & loss.

06

Family, Parenting, & Caregiving of Children & Youth

Check out “Your go to” resources of national and local organizations and agencies that provide a range of resources to support, guide, and provide encouragement along the way to adults on raising, caring, and educating children & youth on a variety of topics..

07

Immigrants

Check out “Your go to” resources of national and local organizations and agencies that provide a range of services, such as healthcare, social, financial, support networks, et cetera to immigrants.

Your go to**COMPREHENSIVE COMMUNITY
RESOURCE GUIDES, LISTS, & SITES****Local Counties of Lehigh & Northampton**

Lehigh County

Lehigh County - Department of Human Services

Northampton County

Northampton County - Human Services

Northampton County - Crisis/Resources

Community Services for Children, Inc.

Child Care, Child Development, & Family Resources

Community Resource Book

Magellan of PA

Community and Online Resources

Lehigh County

Northampton County

Social Security Benefits

County Assistance Offices

Network of Care

Lehigh County - Resource Links for Mental and Behavioral Health Agencies and Organizations

PA Commonwealth of Pennsylvania - Department of Human Services

Compass PA - Click. Apply. Benefit.

Preventative Measures - Community Resources

United Way of the Greater Lehigh Valley



Your go to**COMPREHENSIVE COMMUNITY
RESOURCE GUIDES, LISTS, & SITES**

[Discover Lehigh Valley](#)

[Greater Lehigh Valley Chamber of Commerce](#)

[Healthline](#)

[National Institutes of Health](#)

[CDC - Center for Disease Control & Prevention](#)

[Valley Health Partners](#)

[HealthChoices \(PA's Managed Care Programs for Medicaid/Medical Assistance\)](#)

[Neighborhood Health Centers of the Lehigh Valley](#)

[Star Community Health](#)

[MedTherapy Solutions](#)

[Vitality Natural Healthcare Center](#)

[Lily's Hope](#)

[PA CareerLink](#)

[Office of Vocational Rehabilitation Services](#)

[Via of the Lehigh Valley](#)

[The ARC of Lehigh & Northampton Counties](#) - For people with Intellectual & Developmental Disabilities

[American Society for Deaf Children](#)

[National Association of the Deaf](#)

[Volunteer Center of the Lehigh Valley](#)

[Tools 4 Success](#)

[Caring DAM Hearts](#)



Your go to**COMPREHENSIVE COMMUNITY
RESOURCE GUIDES, LISTS, & SITES**

[Second Harvest Food Bank of the Lehigh Valley & Northeast PA](#)

[Operation Address The Homeless \(OATH\)](#)

[Crime Victims Council of the Lehigh Valley](#)

[Turning Point of Lehigh Valley](#)

[RAINN - National Crisis Support Service for Sexual Assault and Harassment](#)

[Bradbury-Sullivan LGBT Community Center](#)

[The Trevor Project](#)

[Trans Lifeline](#)

[Institute for Community Inclusion](#)

[Communities In Schools](#)

[BTG Counseling & Educational Services, LLC](#)

[Community Action Lehigh Valley](#)

[Northeast Community Center](#)

[Promise Neighborhoods of the Lehigh Valley](#)

[Lehigh Conference of Churches](#)

[PA Mentor](#)

[Hispanic Center Lehigh Valley](#)

[Casa Guadalupe Center](#)

[Hispanic American Organization](#)

[Lehigh Valley Live](#)

[Lehigh Valley News](#)

[WFMZ](#)



Your go to

COMPREHENSIVE RESOURCE SEARCH DATABASES

PA 211 - Get Connected. Get Help.

FindHelp - Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

St. Luke's FindHelp - From financial assistance, food pantry locations, medical care to resources for pregnant women/new mothers, you can search for free or reduced cost services available in a language you can understand.

Fay Nutrition - Find Registered Dietitian Nutritionists.

Finding Your Way In PA (APP) - Resources for Children & Youth Experiencing Homelessness.

FindTreatment - The confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

Psychology Today - Health, Help, Happiness + Find a Therapist, Psychiatrist, Treatment Centers, Support Groups.

SAMHSA - Substance Abuse and Mental Health Administration.

FindSupport - For issues with mental health, drugs, or alcohol.

Online Therapy - International online therapy directory connecting people with therapists worldwide.

BetterHelp - The world's largest therapy service – Providing professional, affordable, and personalized therapy in a convenient online format.

Inclusive Therapist - A safer, simpler way to find care. Helping marginalized identities receive equitable access to radically affirming and culturally responsive mental health care.



Your go to

COMPREHENSIVE RESOURCE SEARCH DATABASES

Therapist.Com

Good Therapy - Find therapists and counselors, rehab and residential treatment centers, and mental health resources.

Mental Health Match - Matching tool to find licensed therapists best matched to your needs.

Open Path - Provides people in need with access to transformative and affordable mental health care.

Open Counseling - Helping people find affordable counseling services near them.

SAM, Inc - Service access & management.

National Council on Alcoholism and Drug Dependence - Get access to substance use and mental health treatment where you are.



Your go to**DRUG, ALCOHOL, & SUBSTANCE USE**

[OASIS Community Center](#)

[Pyramid Healthcare, INC. - Addiction Treatment](#)

[Caron Foundation](#)

[Reach LV - Youth Recovery Center](#)

[Treatment Trends](#)

[A Clean Slate - Slate Belt Recovery Center](#)

[Recovery Revolution](#)

[MARS - Achieving Recovery. Creating Hope.](#)

[Merekey - Addiction Recovery](#)

[Crossroads - Drug Addiction Treatment Center](#)

[National Institute on Drug Abuse](#)

[Al-Anon Family Groups](#)

[Partnership to End Addiction](#)

[LVHN - Drug & Alcohol Resources](#)

[Penn State Extension - Alcohol & Drug Prevention](#)

[PLCB Bureau of Alcohol Education](#)

[Fake Is Real - Fentanyl Awareness](#)

[Conversation Zone](#)

[Vaping Prevention Resources](#)

[The Truth - Quit Vaping](#)

[SmokeFree.Gov](#)

[American Lung Association](#)



Your go to

DRUG, ALCOHOL, & SUBSTANCE USE

[My Life My Quit](#)

[Catch.Org](#)

[Never Use Alone - Overdose Prevention](#)

[Drugs.Com - Drug Information](#)

[Get Smart About Drugs](#)



Your go to**MENTAL, EMOTIONAL, & BEHAVIORAL
HEALTH****NAMI National Alliance on Mental Illness**

NAMI National HelpLine Resource Directory

Teen And Young Adult Resource Directory

NAMI Lehigh Valley

The Kids Mental Health Foundation/On Our Sleeves

The Kids Mental Health Foundation - English

The Kids Mental Health Foundation - Spanish

Children's Mental Health Resouce Center

Mental Health America

Mental Health In PA

Thriveworks Counseling

Move Forward Counseling

TeenCentral - Support for Teens

Pieces of Mind

Overcoming Obstacles

Hearts Connected

Resilent Lehigh Valley

Childmind Institute

Robin

ReachOut

Shanthi Project



Your go to**MENTAL, EMOTIONAL, & BEHAVIORAL
HEALTH**

[Aavidum](#)

[American Foundation for Suicide Prevention - Eastern Region](#)

[Prevent Suicide PA](#)

[Lehigh Valley Health Network - Psychiatry \(Behavioral Health\)](#)

[St. Luke's - Psychiatry \(Behavioral Health\)](#)

[KidsPeace - For Children, Families, & Adults](#)

[Concern 4 Kids](#)

[Preventative Measures, Inc.](#)

[Pyramid Healthcare, INC. - Mental Health Treatment](#)

[OMNI Health Services](#)

[Nulton Diagnostic & Treatment](#)

[Pinebrook Family Answers](#)

[Lehigh Valley Center for Child and Family Development, LLC](#)

[Anwari Counseling Services LLC](#)

[Pathways for Change](#)

[Next Chapter Counseling, LLC](#)

[Haven House](#)

[Merekey](#)

[Autism](#)

[ABA Support Services](#)

[Helping Hands Family](#)

[Team PBS - ABA Therapy](#)



Your go to**MENTAL, EMOTIONAL, & BEHAVIORAL
HEALTH**

[Lehigh University Autism Services](#)

[Access Services - Behavioral Health Services](#)

[KS-MST/KS-Consultants](#)

[Community Solutions - Youth Non-Residential Program \(MST\)](#)

[Transitional to Independence Program](#)

[Carbon Lehigh Intermediate Unit 21](#)

[Colonial Intermediate Unit 20](#)

[Lehigh Valley School-Based Mental Health Collaborative](#)

[Outpatient Mental Health and Substance Use Disorder Treatment Services in Schools: Considerations for Schools and Providers](#)

[Prevention Learning Portal](#)

[TherapistAid](#)

[Hazel Health](#)

[American Psychological Association](#)

[National Eating Disorders Association - Get Help](#)

[Centre for Clinical Interventions - Self Help Resources for Mental Health Problems](#)

[Female Trauma Support](#)

[Bloom for Women](#)

[The Calm Space](#)



Your go to

GRIEF & LOSS

LVHN - Grief Resources

Teen Grief Groups - 8-Week Curriculum

Resources for Grief and Trauma

Luke William Hahn Foundation

Grief Support Services (Lehigh Valley)

Grief Share

The Center for Loss & Bereavement

National Alliance for Children's Grief



Your go to**FAMILY, PARENTING, & CAREGIVING OF CHILDREN & YOUTH**

Child Welfare

Children & Youth Services of the Lehigh Valley

Keep Kids Safe

Safe to Say

Committee for Children

PA Promise for Children

PA Families, Inc.

PA Parent and Family Alliance

National Federation of Families

National Family Support

PA Care Partnership

PA Kin Connector

Second Time Around: Grandparents Raising Grandchildren

Youth Move PA

Youth Advocate Program

Youth.gov

Youth Engaged 4 Change

ParentTeen Connect

TeenLine

Valley Youth House

YMCA

Magellan Health Insights

Lehigh Valley Alive - Where To Go. What To Do.

Lehigh Valley With Little Ones

Lehigh Valley Children's Center



Your go to**FAMILY, PARENTING, & CAREGIVING OF CHILDREN & YOUTH**

[Caring Place Youth Development Center](#)

[Resurrected Community Development Corp.](#)

[LINCS Family Center](#)

[Penn State Extension](#) - Children and Family Advice

[Karyn Purvis Institute of Child Development](#) - Trust Based Relational Intervention

[LVHN](#) - Preparing for Labor/Childbirth, Baby Care, and Breastfeeding

[LVHN](#) - Parent & Grandparent Workshops and Mindfulness for Children Series

[LVHN](#) - Raising a Family

[Bright Hope](#) - Parenting

[Operation Parent](#)

[Parenting.Org](#)

[Be Strong Families](#) - Webinars

[Harvard University](#) - Center on the Developing Child

[LVHN](#) - Behavioral Health Guidebook

[St. Luke's](#) - Mental Health Awareness

[McLean Hospital](#) - Mental Health Webinars & Courses

[Crisis Prevention Institute](#)

[Crisis Text Line Resources](#)

[Access Services](#) - Offering a variety of services addressing Children & Family, Intellectual Disability & Autism, and Housing & Homeless.



Your go to**FAMILY, PARENTING, & CAREGIVING OF CHILDREN & YOUTH**

Joshway - Dedicated to nurturing and empowering Lehigh Valley's next generation of creative talent.

Watson Institute - Special Education & Autism Resources

ADDitude - ADHD/ADD Parenting

CHADD - Parenting a Child with ADHD

Shape The Sky - Spreads awareness to help parents and professionals create safe and responsible children online.

SmartSocial - Helping to inform adults on how to keep their children and students safe online.

Kite & Key Media - Gives you the essentials necessary to understand the issues that affect your life.

Children and Screens

Weller Health Education

Mikayla's Voice - Celebrates diversity of all kinds, promoting kindness and friendship for everyone.

Love Is Respect - Healthy relationships for young adults.

The Teen Relationship Workbook

National Center on Sexual Exploitation

Girls Leadership

SelfSea

Teachers Pay Teachers - All Resources

etiQuit

Lift with Boys Town

PBIS World - Teach Social Skills



Your go to**FAMILY, PARENTING, & CAREGIVING OF CHILDREN & YOUTH**

[Neuroscience News](#)

[Neurodiversity Education Academy](#)

[Crayola](#)

[Rodale Institute Experimental Farm](#)

[Kids Gardening](#)

[Random Acts of Kindness Foundation](#)

[PA SAP](#)

[Children of Addiction \(COA\)](#)

[Diversity Kids](#)

[Greater Good Science Center](#)

[Nice News](#)

[Resilient Lehigh Valley - Parents & Caregivers](#)

[ARCH National Respite Network](#)



Your go to

IMMIGRANTS

[Family Wize](#)

[America's Charities](#)

[PA Refugee Service Contractors Directory](#)

[Literacy Center of the Lehigh Valley](#)

[Resources for Immigrants in the USA](#)

[Immigrants Rising](#)

[My Undocumented Life](#)

[National Immigration Law Center](#)

[Dreamer's Roadmap](#)

[Make The Road PA](#)

[PA Immigrant](#)

