



*Lehigh County Resources
for Young Adults
Managing Mental Health
and
Well-Being*

July 2021

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CRISIS SERVICES & HOT LINES

Animal Food Bank of Lehigh Valley 610-421-8014 www.afblv.com

- A 501(c)(3) tax-exempt organization, registered as “Animal Food Bank Services, Inc.” has a mission to keep companion animals in loving homes and prevent their surrender to the shelter system by supplying families with pet food in times of economic distress. All donations are tax deductible.

Catholic Social Agency 610-435-1541 www.allentowndiocese.org

- Provides a 24-hour hotline. A private nonprofit social service assisting families and individuals across a five-county service region who need support, care and understanding.

Kidspace Teen Central www.teencentral.com

- This is an anonymous helpline website for teens, by teens just like you which was developed by experts in teen counseling and psychology. This program is professionally monitored, password-protected and provides a safe cyberspace for teens to work out their issues as well as provides a range of information and resources that specifically address mental health concerns which also includes the opportunity to specifically address mental health concerns which also includes the opportunity to submit questions and get an individualized response from the clinical experts.

Lehigh County Crisis Intervention 610-782-3127 www.lehighcounty.org

- Provides a free 24-hour emergency support for individuals who are experiencing a mental health crisis.

Magellan Behavioral Health Care 1-800-327-7451 www.MagellanProvider.com

- A 24-hour toll-free crisis line with a certified, licensed mental health clinician to address the mental health and emotional well-being concerns of our nation’s first responders and health care workers.

Teen Line Hotline 1-800-852-8336 www.teenlineonline.org

- A non-profit community-based organization that provides emotional support to youth providing peer-based education and support.

Trans Lifeline Peer Support Hotline 1-877-565-8860 www.translifeline.org

- A peer support service run by trans people, for trans and questioning callers. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call. Operators are located all over the U.S. and Canada and are all trans-identified.

The Trevor Project Hot Line 1-866-488-7386 www.thetrevorproject.org

- Provides a crisis and suicide intervention hotline for LGBT youth ages 13 to 21.

United Way 211 610-758-8010 <https://www.unitedway.org/our-impact/featured-programs/2-1-1>

- Provides trained specialist that can connect you to Health Care, counseling, food banks, housing and aging services.

Valley Youth House 610-691-1200 www.valleyyouthhouse.org

- Provides a 24-hour hotline for youth in crisis including run away and homeless.

Warmline 610-820-8451 www.familyanswers.org

- Provides a telephone support hotline for adults challenged by loneliness, confusion and other mental health concerns as well as information regarding available community resources.

INDEPENDENT LIVING RESOURCES

Adolescent Health Transition Project

<https://www.scribd.com/presentation/112183491/transitiontalk->

- Provides transition questionnaires (Life Maps) and teaching sheets that helps young adults to identify areas of needs.

Institute for Community Inclusion (ICI) www.communityinclusion.org

- Provides information on transition planning and preparing for adulthood such as, From Stress to Success, Making Social Security Work for You, Transition Planning for Adolescents with Health Care Needs and Disabilities, etc.

HOMELESS SHELTERS

Alburtis Lodge 610-928-1070 www.alburtistavern.com

106 South Main St. Alburtis 18011

- Provides 12 affordable short term, furnished suites. Flexible weekly & monthly leases.

Allentown Pennsylvania Shelter List <https://www.shelterlist.com/city/pa-allentown>

Allentown Rescue Mission 610-740-5500 or 610-740-5503 www.allentownrescuemission.org
355 South Hamilton St. Allentown 18101

- Provides emergency homeless shelter, clothing and personal care items for residents as well as Drug and Alcohol treatment for adult makes 18+ including GED preparation classes.

Lehigh Conference of Churches 610-433-6421 www.lehighchurches.org
457 West Allen St. Allentown 18102

- Provides the Pathways Housing services which finds shelters and funding for those facing homelessness, the HOPE provides an 18-month Intensive Case Management service that assists in finding housing and the Lazarus House which offers shared housing for adults re-entering the community after incarceration.

Sixth Street Shelter / Turner St. Apartments 610-435-1490 <https://sixthstreetshelter.caclv.org/>
219 North 6th St. Allentown 18102

- Provides shelter for the homeless as well as a 2-year transitional housing program at the Turner St. apartments for families pursuing educational and vocational goals.

YMCA Allentown Warming Station 610-351-9622 <https://www.gv-ymca.org/location/allentown>
425 South 15th St. Allentown 18102

- Provides emergency shelter for adults during winter months.

HOUSING ASSISTANCE PROGRAMS

Allentown Housing Authority 610-439-8678 or 610-437-6483 www.allentownhousing.org

- Provides subsidized public housing, Section 8 rental assistance and HUD federal program funds balance.

Catholic Charities 610-435-1541 www.allentowndiocese.org

- Provides rental assistance for those eligible (when funds are available) and budget counseling.

Department of Housing and Urban Development (HUD) 610-439-8678 www.hud.gov

- HUD is a federal program that provides housing support for individuals in need such as rental programs (including Section 8) and home ownership assistance programs.

Hispanic American Organization 610-351-2292 or 610-435-5334 www.hao-lv.org

- Provides housing referral services and short-term rent assistance for their members.

Housing Association and Development 610-432-6336 www.hadcallentown.org

- Provides rental housing and apartments for working youth over the age of 18 in the Allentown surrounding area of Jordan Heights near Sacred Heart Hospital.

Lehigh County Conference of Churches Homeless Supportive Program 610-433-6421
www.lehighchurches.org

- Provides Intensive Case Management for coordination of housing for individuals who have experienced at least four episodes or homelessness over a three-year period or individuals with disabilities who have been homeless continuously for one year, assists with referrals to housing programs, provides peer and housing support groups and assists with eviction prevention.

Lehigh Conference of Churches Pathways 610-439-8653 <https://lehighchurches.org/what-we-do/pathways-housing-services/>

- Provides one-time funding for rental assistance and security deposits, information and referrals for housing emergency shelter and eviction prevention for adults with disabilities or mental illness. They also sponsor the Linkage Program whose street caseworker connects homeless people with services.

Lehigh County Housing Authority and Valley Housing Development Corporation
610-433-2312 or 610-954-4514 www.lehighcountyha.org

- Provides information on homeless assistance programs, low-income Section 8 housing, subsidized and non-subsidized affordable housing shelter plus care programs, single room occupancy, emergency shelter programs and Title V assistance.

Lehigh County Information and Referral 610-782-3200
<https://www.lehighcounty.org/Departments/Human-Services/Information-Referral>

- Provides linkage to the Pennsylvania 211 coordinated entry for homeless.

Lehigh Valley Center for Independent Living 610-770-9781 www.lvcil.org

- Helps individuals with independent living skills development, find housing, apply for Section 8 housing, community-based waivers as well as assist individuals make homes handicapped accessible.

PA Department of Revenue Property Tax/Rent Rebate 1-888-222-9190
<https://www.revenue.pa.gov/GeneralTaxInformation/PropertyTaxRentRebateProgram/Pages/default.aspx>

- Provides rebates for qualified individuals based on age, disability and income.

Valley Youth House Foster Youth to Independence 610-820-0166
<https://www.valleyyouthhouse.org/programs/life-skills-development/aftercare-program/>

- For youth ages 18 to 24 who were in foster care on or after their 16th birthday who are homeless or at risk of being homeless can get up to 36 months of county funded assistance in effort to prevent homelessness. Case management services as well as budgeting, house-keeping, job preparation and etc. are included.

Valley Youth House Rapid Rehousing Program 610-820-0166
<https://www.valleyyouthhouse.org/programs/transitional-housing/rapid-rehousing-for-youth-and-families-th-rrh/>

- Provides transitional age youth ages 18 to 21 with rental assistance, housing stability, case management, maintaining employment, budgeting and connecting to long term resources in the community.

Valley Youth House Transitional Independent Living Program 610-272-2946

<https://www.valleyyouthhouse.org/programs/life-skills-development/independent-living-program/>

- Provides an independent living program for homeless youth between the ages 16 to 20, weekly life skills counseling, individual therapy and coordination of community resources and support.

Valley Youth House Synergy Project 484-866-5556 www.facebook.com/synrgyprjct

- Provides an outreach program for homeless youth

YMCA 610-351-9622 <https://www.gv-ymca.org/location/allentown>

- Provides rooms for rent with weekly and monthly rates.

Youth Advocate Program 610-865-9111 www.yapinc.org

- Provides Independent Living Programs for individuals ages 16-20 who have been in foster care placement. Assists individuals in acquiring independent living skills and provides support for individuals with Autism and their families.

FINANCIAL ASSISTANCE

Community Action Committee of the Lehigh Valley (CACLV) 610-691-5620 www.caclv.org

- Provides information and assistance for food, housing, utilities and small business entrepreneurship.

Lehigh Conference of Churches 610-439-8653 www.lehighchurches.org

- Provides a full spectrum of housing services for those who are homeless, about to be homeless or in an unstable housing situation through the Pathways program, as well as the Lazarus Housing Project for people returning from jail or prison, pharmaceutical assistance for qualifying prescriptions, representative payee services for those receiving Social Security income or disability (SSI and SSD), benefit enrollment assistance for the uninsured and guidance in securing identification and helps with day-to-day needs such as diapers, baby wipes, bus passes and utility assistance.

Lehigh County Assistance Office 610-821-6135 or 610-821-6595 or 610-821-6509

https://www.financialhelpresources.com/details/lehigh_county_assistance_office.html

- Provides cash assistance, Medical Assistance insurance, food stamps, Low-Income Home Energy Assistance Program (LIHEAP), job training programs, SSI advocacy, Helpline for welfare benefits information 1-800-692-7462, Helpline for medical assistance information 1-800-842-2020 and the Medical Assistance for Workers with Disabilities (MAWD) program 1-800-692-7462 which allows individuals with disabilities to be

employed and earn more money while still keeping their medical assistance coverage. Must meet eligibility guidelines specific to each program.

Link Up America www.utilitychoice.com

- Provides discounted prices for new telephone service or transferring telephone services as well as providing affordable payment plans. Customers must meet income eligibility limit or be a Public Assistance or SSI benefits recipient. Some telephone companies are not affiliated with this program.

Pennsylvania Utility Law Project 717-236-9486

<https://www.palawhelp.org/organization/pennsylvania-utility-law-project/consumer/utilities?ref=gq6T9>

- Provides energy payment arrangements for low-income individuals through the Low-Income Usage Reduction Programs (LIURP), Low-Income Home Energy Assistance Program (LIHEAP), Lifeline, Link-Up America and Universal Telephone Assistance Program (UTAP). In addition, they provide assistance with landlord-tenant related utility issues as well as weatherization and consumer issues in electric and natural gas restructuring. Must meet income eligibility guidelines.

PPL Electric Utilities Corp. Inc. 1-800-342-5775 www.pplelectric.com

- Provides customers with installation of energy saving features and energy efficient appliances, budget billing, payment agreements, agreed upon payment schedule, financial assistance grants, special needs billing and low-income usage reduction programs. Customers must meet income eligibility limits and be payment-troubled (made payment agreement with PPL).

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681

<http://fp.enter.net/~salvation>

- Provides UGI emergency fuel assistance.

Social Security Administration of Allentown 610-433-3237 www.ssa.gov

- Provides eligible low income or disabled people with Supplemental Security Income (SSI), Social Security Disability (SSD), monthly cash payments, work incentive programs, benefits planning and can assign or replace social security cards or numbers.

UGI Utilities Inc. 1-800-276-2722 www.ugi.com

- Provides budget billing, agreed payment schedules, low-income self-help programs, special needs billing, financial assistance, grant programs and low-income usage reduction programs. Customers must meet income eligibility limits and be payment troubled.

Universal Telecommunications Assistance Program (UTAP) www.utilitychoice.com

- Assists Verizon customers in paying their overdue bills, avoid shut off or restore telephone service.

FOOD BANKS

Second Harvest Food Bank 610-434-0875 2045 Harvest Way Allentown <https://shfblv.org>

- Provides a comprehensive list of food banks and pantries in neighborhoods by simply entering a zip code.

CHARITABLE ASSISTANCE

Allentown Health Center 610-841-8400 www.promiseneighborhoodslv.org

- Provides clothing and household items.

Everlasting Life Ministries Inc. 610-776-4009 www.elmallentown.org

- Provides clothing.

Grace Community Foundation 610-435-7245 www.guidestar.org

- Provides non-perishable food items along with baby items such as diapers, toys and clothing for both children and women.

Kindness Project 484-232-9674 www.kindnessprojectlv.org

- Provides clothing, furniture, equipment, school supplies and other necessary items.

Lehigh Valley Outreach Depot 610-351-1616 www.lvoutreachdepot.org

- Provides donated clothes and furniture.

New Bethany Ministries 610-691-5602 www.newbethanyministries.org

- Provides clothing vouchers.

Perfect Fit for Working Women YWCA 610-871-5060 www.ywcaallentown.org

- Provides used clothing for women with low income and who are in need of work clothing.

Salvation Army Allentown 610-432-0129 or Bethlehem 610-867-4681
<http://fp.enter.net/~salvation>

- Provides clothing, furniture and household items.

Second Chance Shoppe (St. John's Lutheran Church) 610-767-6661

- Provides clothing and household items.

Seventh Day Adventist Church 610-435-6335 www.allentownsda.org

- Provides clothing.

VOCATIONAL AND EMPLOYMENT PROGRAMS

ARC of the Lehigh Valley 610-849-8076 www.arcoflehighnorthampton.org

- Provides advocacy, prevocational training, free weekly social activities and informational resources including a Family Resource Center, lending library and internet access.

Carbon Lehigh Intermediate Unit 21 610-769-4111 www.cliu.org

- Provides resources and information for students transitioning from high school to adult living as well as job coaching and work experience programs.

Career Builder 1-800-891-8880 www.careerbuilder.com

- Provides information on local employment opportunities.

Career Link Lehigh Valley 610-437-5627 www.careerlinklehighvalley.org

- Provides free (GED) preparation classes and testing center, career development, financial aid, job training, referrals and placement, supported employment and the Summer Youth Employment program (ages 14-21) and English as a Second Language (ESL) classes.

Caring Place Youth Development Center 610-433-5683 www.thecaringplace.org

- Provides tutorial programming, a science lab, sign language classes, a college tour program and an entrepreneur program.

Casa Guadalupe Center 610-435-9902 #2 www.casalv.org

- Provides GED preparation classes, homework clubs and English as a Second Language (ESL) classes.

Clubhouse of Lehigh County 610-433-9910 www.clubhouseoflehighcounty.org

- Provides career guidance, literacy support, GED preparation classes, work experience programs, arts and communication projects, independent living training, a Club House Library and psychosocial and vocational rehabilitation programs.

Goodwill Keystone Area <https://www.yourgoodwill.org/employment>

- Offers job readiness, assessments, coaching, training, job searching and employment services.

Hispanic American Organization 610-351-2292 www.hao-lv.org

- Provides English as a Second Language (ESL) classes, budgeting and goal planning.

Keystone Job Corps 570-788-1164 or 484-239-9156 www.keystone.jobcorps.org

- A live-in residence which includes education, vocation, career track training and GED programs for youth ages 16 to 24 who did not finish high school which includes programs in Medical Assistant, Auto Mechanic, Carpentry, Cement Mason, Hotel Clerk, etc. Students can attend while finishing high school unless they want to go into the medical field. Upon graduation students are also given support for 14 months to assist with finding employment and job coaching.

Lehigh Carbon Community College 610-799-1190 www.lccc.edu

- A two-year public college that provides learning specialist and disability support services to individuals with disabilities, GED, Adult Basic Education and English as a Second Language classes and non-credit courses focusing on personal enrichment and skills building. Contact the financial aid office for assistance.

Lehigh Career and Technical Institute 610-799-2300 www.lcti.org

- Provides various classes including welding, diesel truck technician, state inspections and emission classes, mechanics and so forth.

Lehigh County Conference of Churches Day Break 610-439-8653

<https://lehighchurches.org/what-we-do/daybreak/>

- A drop-in center that provides people with disabilities vocational opportunities and employment seeking support.

Lehigh Valley Center for Independent Living 610-770-9781 www.lvcil.org

- Provides school-based transition services, essential skills training, work assessments, job coaching and job development.

Lehigh Valley Health Network <https://www.lvhn.org/careers>

- Provides information on the region's largest employer.

Lehigh Valley Live <https://www.lehighvalleylive.com/jobs/>

- This site provides a way to search jobs in your area.

Literacy Center of the Lehigh Valley 610-435-0680 ext. 117 www.theliteracycenter-lv.org

- Provides GED preparation and English as a Second Language (ESL) classes as well as provides various classes including resume writing, professional work etiquette, clerical work and various soft skills such as time management.

Private Industry Council of the Lehigh Valley 610-829-1244 www.piclv.org

- Provides job coaching, job training, resume writing, assists in finding a job, financial aid information and GED classes.

VIA of the Lehigh Valley 610-317-8000 www.vianet.org

- Provides support technical assistance and aids, career actualization, job searching, job coaching, schools to work program and job development for the disabled.

TRANSPORTATION RESOURCES

BrightStar Care 610-814-7300 <https://www.brightstarcare.com/lehigh-valley/home-care/transportation-services>

- As part of our companion and personal care services, BrightStar Care of Lehigh Valley can provide transportation services, accompanied by a fully screened and trained caregiver, to safely get you to and from doctor or therapy or outpatient appointments, including disability assistance throughout the trip, hospital, outpatient, prescription pick-up, grocery shopping, social/entertainment events, religious functions, friend and family visit and other errands.

Carbon Lehigh Intermediate Unit 21 Driver Education Program 610-769-4111 ext. 1299
www.cliu.org

- Provides a driver education program and behind-the-wheel training for students 16 years of age and older who have secured a learner's permit or driver's license (fees are charged).

Coalition for Appropriate Transportation 610-954-5744 www.LVCAT.org or cat@lvcat.org

- Offers bicycle mechanic classes, cycling savvy, youth bicycling education, LV Bike to Work, Yield to Pedestrians and Adopt a Bus Stop program.

LANTA/Metro Plus 610-432-3200 or 610-776-7433 (for bus route schedule)
www.lantabus.com

- Provides door to door transportation service (via vans and mini-buses) for elderly or with disabilities as well as public transportation fare reduction/reimbursement for those who qualify. Must complete an application and meet eligibility guidelines for disability transportation programs.

Lehigh Conference of Churches Paths Program 610-439-8653 <https://lehighchurches.org/>

- Provides bus passes for job interviews and doctor or emergency appointments.

Neighborhood Health Center of the Lehigh Valley 484-408-0755 www.nhclv.org

- Provides bus passes.

New Bethany Ministries 610-691-5602 ext. 217 www.newbethanyministries.org

- Provides bus passes.

Pennsylvania Department of Transportation Driver and Vehicle Program 1-800-932-4600
www.dmv.state.pa.us

- Provides PA learner's permit and driver licenses applications, testing, renewals and PA photo identification cards for non-drivers.

Pennsylvania Ways to Work Program 1-866-965-5929 www.pawaystowork.org

- Provides small loans and affordable interest rates for cars and car repairs to low-income people.

SUPPORT GROUPS

Bradbury Sullivan LGBT Community Center Project Silk 610-347-9988 #103

www.bradyburysullivancenter.org (information is under the events section)

- Provides various support groups for youth ages 18+ as well as various youth programs.

Caring Place Youth Development Center 610-433-5683 <https://www.thecaringplace.org/>

- Provides life skills, relationships, bullying, anger management, health and wellbeing, social skills and various groups.

Magellan Behavioral Health “My Life” Program for Youth 1-866-238-2312

www.magellanofpa.com

- A support program for youth ages 13 to 23 who have experienced mental health, substance abuse, juvenile justice and/or foster care-related issues. Through regular meetings, special events, local and national workshops, presentations and performances, this group focuses on important issues affecting youth. You do not need to be a Magellan member to join the group.

National Alliance of the Mentally Ill (NAMI) Lehigh Valley 610-882-2102 www.nami-lv.org

- Provides a peer-to-peer support group for youth ages 13 to 23 as well as a Depression Bipolar Support Alliance (DBSA). They also provide an on-line community for youth ages 14 to 24 called *Strenght of Us* www.youth.gov or <http://strenghtofus.org> where youth can share their stories and advice. Discussion topics include mental health, campus life, relationships, employment, financial matters and social networking.

Pinebrook Family Answers Hi-Fidelity Wrap Around 610-432-3919

<https://pbfalv.org/programs/high-fidelity-wraparound-initiative/>

- Provides support for youth up to the age of 21, with complex needs by developing individualized plans of care developed by a family centered support team focusing on the child’s strengths and culture.

Turning Point 610-797-0530 ext. 314 www.turningpointlv.org

- Provides a Youth Empowerment Group which meets weekly on a virtual video platform and is a safe place for young people aged 13-18 to receive peer support and information about healthy relationships, teen dating abuse and coping skills.

VOLUNTEER OPPORTUNITIES

Canines Partners for Life 610-869-4902 www.k94life.org

- Raise, train and socialize puppies in your own home as they learn to become support dogs and companions. Requires training and supervision for those ages 18+. Veterinarian cost and cages are provided but you are responsible for the cost of food. This program is out of Chester County who provides on-line training but also requires twice a month face to face trainings on campus. Walking and “cuddle volunteers” are welcome as well.

Flint Hill Farm Educational Center 610-838-2928 www.flinthillfarm-edcenter.org

- Gain experience working with the animals as well as children, handicapped, elderly and the public. Learn hands on about the care, health and behaviors of animals. Eventually you can learn to train volunteers!

Lehigh Conference of Churches 610-439-8653 www.lehighchurches.org

- Provides opportunities for more than 4,600 volunteers, who log approximately 15,000 hours of service, resulting in contributions exceeding \$330,000. Individuals spend time with those who are living with mental illness and assist staff in helping them develop skills for living independently, provide street homeless with food and necessary personal hygiene items and host collection clothing drives.

Lehigh County Humane Society 610-797-1205 www.lehighcountyhumanesociety.org

- Volunteer to foster a dog or cat or take care of the animals at the shelter by cleaning cages and taking them for a walk. Local Pet Smart stores are affiliated with the Humane Society and also seek volunteers for services through the Humane Society.

Lehigh Valley Summerbridge at Moravian College 610-865-8072 lvs@moravianacademy.org

- Local high schools and college students volunteer one or more afternoons a week to tutor with LV Summerbridge students at their schools. Together they complete homework, study for tests, and work on projects. Themes have included bridge dynamics, roller coaster engineering, music interpretation and marketing, among others. Students also participate in monthly field trips including local college visits, hiking, ice skating, laser tag and trips to the movies and theatrical productions.

Neighborhood Health Center of the Lehigh Valley Time Banking Program 610-841-8400 <https://www.nhclv.org/neighbor2neighbor-time-banking-program/>

- Provides a volunteer exchange program where volunteers 16+ earn Community Share credits for service provided to others, volunteers are then able to use their earned Community Share credits for needed services including meal preparation, pet care, sign language, translation, transportation, shopping, tutoring, etc

Gress Mountain Ranch 610-398-2122 www.gressmountainranch.org

- A 15 acre non-profit animal rescue with over 100 animals which needs volunteers for help at the ranch as well as at fundraising events and fairs.

The Sanctuary 484-285-5445 www.thesanctuarypa.org

- A volunteer-based organization that cares for animals in walking, cleaning and loving them. Volunteer a few hours a week as well as help with fund raising and events. Community Service hours are provided here.

Volunteer Center of the Lehigh Valley 610-807-0336 www.volunteerlv.org

- Provides a website with a calendar and search for volunteer opportunities in the area

RECREATIONAL ACTIVITIES

Adventure Allentown 610-439-5999 www.allentownpa.gov

- Find out what is happening in our area.

Allentown Art Museum 610-432-7750 www.allentownartmuseum.org

Allentown Recreation Department 610-437-7750 www.allentownpa.gov

- Learn about the exciting programs, beautiful parks and other outdoor activities that Allentown has to offer.

Art Establishment 610-807-9201 www.theartestablishmentstudios.com

- Provides special needs art classes for children and young adults.

Banana Factory 610-332-1300 www.bananafactory.org

- Provides art, sculpture, video games, computer animation, photography, magic and more which goes on display in the community.

The Baum School of Art 610-433-0032 www.baumschool.org

- Provides classes on glassblowing, beadmaking, ceramics, painting, stained glass, sculpture, mosaics, drawing, photography, graphic design, screenwriting, jewelry, fashion design and basket weaving.

Bear Mountain Butterfly Sanctuary 484-467-0882 www.bearmountainbutterflies.com

- Educational fun interactive program, field trips and self-guided tour.

Blue Mountain Ski Area 610-826-7700 www.skibluemt.com

- Provides an adaptive skiing program.

Bob Rodale Fitness & Recreation Park 610-395-7000

<https://www.lehighcounty.org/Departments/Parks-And-Recreation/Our-Parks/Rodale-Park>

- Provides a bicycling, roller blading and walking path around the Trexlertown Pines.

Color Me Mine--The Art of Having Fun 610-791-2228 <https://color-me-mine-lehighvalley.myshopify.com/>

- Pick a piece of bisque, paint it, put it in the kiln, let it dry and take it home.

Community Music School 610-435-7725 <https://cmslv.org/>

- Private and semi-private instruction in nearly every instrument and voice.

En Avant School of Dance 610-691-4339 www.enavantschoolofdance.com

- Classes in ballet, jazz, tap, modern and hip hop as well as gymnastics.

Good Will Clubhouse of Lehigh County 610-433-9910

<https://www.yourgoodwill.org/grow/youth-specific-programs>

- For youth 18+ to meet and engage in arts, meditation groups, social outings, travel planning and communication projects while working towards independent living. A Club House Library and psychosocial and vocational rehabilitation program are included including a work experience program.

Hispanic American League of Artists (HALA) 610-349-4851

https://lehigh.pa.networkofcare.org/mh/services/agency.aspx?pid=HispanicAmericanLeagueofArtistsHALA_794_2_0

- HALA offers free classes in dance, voice, instruments, visual and media art.

Lehigh County Conference of Churches Daybreak 610-433-6421

<https://lehighchurches.org/what-we-do/daybreak/>

- Provides recreational activities in a drop-in center, a shower facility, a laundry facility, clothing and personal care items, life skills and job training classes while receiving three hot meals per day.

Lehigh Valley Arts Council 610-437-5915 www.lvartscouncil.org

- Information on music, theatre, film, dance, visual arts, museums, festivals, etc. in the Lehigh Valley.

Lehigh Valley Convention and Visitors Bureau Discover Lehigh Valley 610-882-9200

www.discoverlehighvalley.com

- Experience Allentown, Bethlehem and Easton. Log on for free brochures and maps, virtual tours and upcoming events.

Lehigh Valley Cycling Maps and Bicycle Rentals 610-882-9200

<https://www.discoverlehighvalley.com/things-to-do/outdoor-recreation/biking/>

- Print a map of cycling areas and places to rent bicycles.

Lehigh Valley Little Phantoms 610-224-4625 www.phantomshockey.com

- New hockey team in the Lehigh Valley, gives all players of all ability levels the opportunity to compete in a safe and fair environment with an emphasis on skill development, team play, and a commitment to grow the athlete's game to the next level.

Lehigh Valley Zoo 610-799-4171 www.lvzoo.org

- Wildlife refuge, biking, hiking, fishing, picnicking, nature trail and special programs.

The Lesson Center 610-440-3541 www.mytlcstudent.com

- Offers guitar, piano, vocal, drum, bass, violin lessons and more.

Museum of Indian Culture 610-797-2121 www.museumofindianculture.org

- Guided tours, educational programs, in-house research library, festivals/special events and volunteer opportunities.

National Canal Museum 610-923-3548 <https://canals.org/>

- It is all hands-on fun. Construct a canal, steer a canal boat, build an aqueduct and more.

Open Heart Yoga & Wellness Center 610-336-9505 www.openheartyyoga.com

- Teen Yoga, breath work and relaxation techniques.

Penn Skate 610-437-2452 www.pennskate.com

- Open skate, skate/BMX classes and special events.

Penn State Cooperative Extension 610-391-9840 <https://extension.psu.edu/lehigh-county>

- Shaver's Creek is Penn State's nature center offering fun and educational environmental programs and events for the whole community. Visit the nature center, hike the trails, meet birds of prey in the Raptor Center and explore hands-on exhibits and live reptiles in the Discovery Room. Also provides 4-H clubs.

Pennsylvania Youth Ballet 610-865-0353 www.cpyb.org

- Offers Adult/Teen Intermittent/Advanced Ballet and a summer dance program.

Performing Arts Center of Lehigh Valley 610-366-8276 <https://paclv.com/>

- The focus is on making lessons fun and enjoyable as well as a learning experience. Offers classes in jazz, hip hop, ballet, etc.

Rails-To-Trails <https://www.visitpa.com/article/rails-trails>

- Explore urban trails in and around Allentown. Find detailed trail guides for bike trails, walking paths and much more.

The Rink at Lehigh Valley 610-434-6899 <http://lehighvalleyicearena.com/>

- Offers ice skating lesson programs.

Rodale Aquatic Center 610-606-4670 <https://www.cedarcrest.edu/rac/>

- Aquatic classes, integrated with academic topics focused on healthy lifestyles, Red Cross Certification classes and fitness classes.

Rodale Institute Experimental Farm 610-683-6009 <https://rodaleinstitute.org>

- Rodale Institute is located on a 333-acre organic certified farm in Kutztown. The entire farm is dedicated to research, education and certified organic production. In addition to research experiments, the farms production and demonstration areas offer visitors an opportunity to learn how agriculture can either contribute to environmental problems or be a significant solution in serving global warming, improving human nutrition and preventing famine throughout the world. There are guided and self-guided tours, custom programs and organic gardening workshops.

Shanthi Project 610-829-9134 <https://www.shanthiproject.org/contact>

- An evidence-based mindfulness service and therapeutic yoga programs based on clinical research of trauma.

The Summer Theatre Institute at DeSales University 610-282-1100

www.desales.edu/docs/arts-summer-programs/summer-theatre-institute-brochure.pdf?sfvrsn=4

- The Summer Theatre Institute (STI) at DeSales University, in association with the Pennsylvania Shakespeare Festival, offers professional theatre training to high school students. STI offers a broad range of specialized theatre training typically available only to theatre majors in a university curriculum. There are Intensive Program, Advanced Intensive Programs and a Junior Program.

Touch Stone Theatre 610-867-1689 www.touchstone.org

- Arts Touch Programs expose local youth to the arts and teaches them positive means for self-expression through the use of theatre techniques. Inspires students of any age to discover their unique creative voice.

Troxell-Steckel House and Farm Museum 610-435-1074

<http://www.lehighvalleyheritagemuseum.org/HistoricSites.htm>

- Recreation area for picnicking and trout fishing.

Valley Preferred Cycling Center 610-395-7000 www.thevelodrome.com

- Offers Air Products Developmental Cycling Programs- great introduction to the skills and challenges of velodrome riding and racing and the Introductory Track Clinics – an introductory clinic for cyclists who know how to ride a bike and want to be introduced to track cycling for the first time.

Wildlands Conservancy at Pool Wildlife Sanctuary 610-965-4397 www.wildlandspa.org

- Nature walks, beautification, volunteer and social activities.

Xcape Dance Studio-Youth Education in the Arts 610-821-0345 <https://yea.showare.com/> or <http://yea.convio.net/site/PageServer?pagename=XCape>

- Offers comprehensive dance education to students up to age 22. Classes include ballet, jazz, hip-hop and contemporary modern dance.

YMCA Allentown 610-438-6065 or Bethlehem 610-867-7588 <https://www.gv-ymca.org/>

- Provides physical fitness, wellness programs and sports opportunities.