

Mental Health, Food Insecurity, and Women's Resources for Monroe County

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LOCAL FOOD PANTRIES

MONROE COUNTY

- **Bushkill Outreach:** Old Reformed Church, 3222 Route 209, Bushkill. Hours: 9 a.m. to noon Tuesday, Wednesday and Thursday or by appointment. Serves residents of Lehman and Middle Smithfield townships (Pike and Monroe counties). Federal income guidelines apply. Also has a clothing closet with donated clothing for children and adults, and some home furnishings. The clothing closet is available during pantry hours. You do not need to be a resident to utilize the clothing closet. Information: 570-588-0660 or BushkillOutreach.org.
- **Christ Episcopal Church:** 205 Seventh St., Stroudsburg. Open from 10 a.m. to noon on the first Saturday of every month and from 5 to 7 p.m. on the third Wednesday of every month. Information: 570-421-7481.
- **Christian Awareness Ministries Ecumenical:** Route 447 and High Acres Park, Canadensis. Hours: 8:30 a.m. to noon Mondays for food distribution. Office hours are from 8 to 10 a.m. Monday, Tuesday and Friday. Other hours by appointment. Serves residents of Barrett, Price and the northern and eastern ends of Paradise townships. Federal income guidelines apply. Some financial assistance for utilities and rent may also be available for residents. Information: Becky Leister, 570-595-9141 or camel@verizon.net.
- **Feeding Families Ministry Inc.:** The Mountain Center, 354 Route 611, Room 1, Tobyhanna. Open from 1 to 3 and 4 to 6 p.m. Thursdays and 1 to 3 p.m. Fridays. Information: 570-977-3702.
- **Innovation Church:** Route 940, Cresco. By appointment. Information: 570-595-2000 or [facebook.com/WEFoodPantry](https://www.facebook.com/WEFoodPantry).
- **Jo's Outreach:** 9 a.m. to noon and 4 to 6 p.m. on the first Friday of the month at the campus of Light of the World Church, 114 Academy Drive, Minisink Hills. For Monroe and Pike county residents that are in need of food. Proof of residency and income will be required. Jo's Closet, a

clothing outreach will also be open for clothing needs. The clothing closet is also open from 9 a.m. to noon on the third Saturday of the month.

• **Pleasant Valley Ecumenical Network Food and Clothing Pantry:** 279 Greenview Drive, Brodheads ville, corner of McIlhaney Road and Greenview Drive. Serves the residents of Chestnuthill, Eldred, Hamilton, Jackson, Polk and Ross townships. Federal income guidelines apply, identification and proof of residency required. Food distribution is 9:30 to 11:30 a.m. Tuesdays and by appointment only. New Clients must call to register prior to distribution. Clothing distribution is from 9:30 to 11:30 a.m. Fridays, and by appointment only. Donations of food and clothing accepted from 9 a.m. to noon, Mondays, Tuesdays, and Fridays. All other times by appointment. Information: 570-992-3136 or email pven@ptd.net.

• **Pocono Mountain Ecumenical Hunger Ministry:** Coolbaugh Municipal Building basement, Memorial Boulevard, Tobyhanna. Pantry hours are 9 a.m. to noon on the first Wednesday of the month and first Saturday of the month, or emergency appointment. Serves Pocono and Coolbaugh townships, borough of Mount Pocono and parts of Paradise and Tobyhanna townships. Income guidelines apply. Identification and proof of residence required. Information: Michael Stern at 570-894-2072. Will reply to local calls only.

• **St. Paul's Lutheran Church:** 158 Fish Hill Road, Tannersville, 11 a.m. to 1 p.m. Tuesdays. Not held on holidays. Information: parishcoordinator@stpaultannersvillepa.org or 570-629-1992.

• **Salvation Army:** 226 Washington St., East Stroudsburg. Call for appointments. Monthly food distribution with prior registration, emergency food assistance available. Held from 9:30 to 11:30 a.m. on the fourth Thursday of the month, must be registered two weeks prior to distribution to be included. Served residents of Smithfield and Stroud townships, Borough of East Stroudsburg, Stroudsburg, Delaware Water Gap and parts of Pocono Township. Information: Jill Brink, 570-421-3050, ext. 25.

• **The Oasis of Love:** 814 Monroe St., Suite 201, Stroudsburg. Based on emergency and need. For appointment or to make a request, call 570-972-0838.

• **Top of the Mountain Ecumenical:** Five Loaf House, 133 Firehouse Road, Pocono Pines. Distributes two days per month from 9 to 11 a.m. and by appointment. Information: 570-646-7456.

PIKE COUNTY

• **Blooming Grove:** St. John Neumann Church, 705 Route 739, Lords Valley. Hours: 9:30 to 11 a.m. on the third Thursday of the month. Serves Pike County residents. Federal income guidelines apply, identification and proof of income are required. Information: 570-555-6867.

• **Bushkill Outreach:** Old Reformed Church, Route 209, Bushkill. Hours: 8 a.m. to noon Tuesday, Wednesday and Thursday or by appointment. Serves residents of Lehman and Middle Smithfield townships (Pike and Monroe counties). Federal income guidelines apply. Information: Kate Newman, 570-588-0660.

- **Ecumenical Food Good Shepherd Church:** 321 Fifth St., Milford. Hours: 6:30 to 8 p.m. Fridays. ID required. Information: 570-296-8123.
- **Good Cheer:** St. Luke Lutheran Church, Route 590, P.O. Box 66, Greeley. Pantry hours are from 10:30 to 11:30 a.m. first Sunday of each month. No appointment needed. Serves Pike County residents. Proof of residency required. Federal income guidelines apply. Identification required. Information, 570-226-3966 or 570-685-7260.
- **Holy Trinity Lutheran Church:** 103 Delaware Crest, Dingmans Ferry. Pantry hours are from 9 a.m. to noon, weekdays (appointment only — one visit per month). Serves Pike County residents. Federal income guidelines apply, identification required. Information, 570-828-7411, email htlc@ptd.net or visit htlcpa.org.
- **Loaves & Fishes:** Paupack United Methodist Church, Route 507, Paupack. Pantry hours are from 9:30 to 11 a.m. on the first Friday of the month. Serves Pike County, particularly Palmyra Township. Information, 570-857-1141 (if contacting by phone, please leave message) or email ppackumc@ptd.net.
- **Moravian Church:** 100 Alfred Drive, Greentown Township. Hours: noon to 2 p.m Third Thursday. Information: 570-676-4066.
- **Pike County Ecumenical Food Pantry:** 6:30 to 7:30 p.m. Fridays, West Catherine Street, Milford. Information: 570-618-1568.
- **Pike County:** Newfoundland Moravian Church, 982 Main St., Newfoundland. Pantry hours are from noon to 2 p.m. every third Thursday. Serves Pike County residents. Federal income guidelines apply, identification and proof of income are required. The contact phone number is 570-689-0574.

PET FOOD PANTRIES

- **A & J's Animal Food Bank for Monroe County:** 900 Conwell St., Stroudsburg. Offers dog, cat, bird, fish and small animal foods. Call for appointment. Information: Janice Wambold at 570-730-5654 or visit aandjsanimalfoodbank.com.

NOTE: To add a food pantry to this list, please email information to kroland@poconorecord.com.

MENTAL HEALTH RESOURCES

- PsychologyToday: where you can find Therapists in private practice by zip code (<https://www.psychologytoday.com/us/therapists?search=18360>)

- PreventSuicidePa.org that features a Monroe County Task-Force containing helpful resources and contact info such as the Crisis Intervention Hotline (<https://www.preventsuicidepa.org/task-force-county-init/monroe/>)
- Community Care Behavioral Health website (<https://members.ccbh.com/find-provider/provider-directory/>) for available providers that take the state/county insurance.

WOMEN'S RESOURCES

of Monroe County

- Women's Resources offers FREE and CONFIDENTIAL services for anyone who has been a victim, or family members of victims, of domestic and/or sexual abuse. Domestic and sexual abuse know no boundaries - women, men, children, teens, LGBTQ+, young and old; anyone can be a victim of abuse, therefore anyone can be eligible to receive services (Womens Resources of Monroe County Inc, 2018). <https://www.wrmonroe.org/>
- The 24-hour hotline provides crisis counseling to victims of domestic and sexual violence, and their families: <http://www.wrmonroe.org/hotline/>