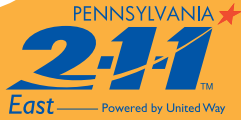
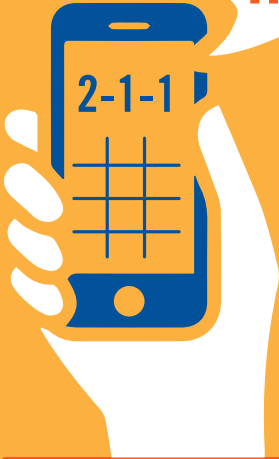


GET HELP

GIVE HELP

GET HELP



# Call 2-1-1

Lancaster County's  
Community Help Line

— 24 HOURS A DAY —  
— 365 DAYS A YEAR —

## 2-1-1 CONNECTS YOU TO INFORMATION ABOUT:

- Aging Services
- Clothing
- Child & Youth Services
- Counseling
- Donation Programs
- Education/Training
- Food Resources
- Health Services
- Housing/Shelter
- Parenting
- Substance Abuse
- Support Groups
- Volunteering
- *And Much More!*

SEARCH  
OUR ONLINE  
DATABASE!

TEXT: YOUR ZIP CODE TO 898211  
PHONE: 2-1-1 or (855) 501-6785  
EMAIL: [211@UWLanc.org](mailto:211@UWLanc.org)  
WEB: [UWLanc.org/211](http://UWLanc.org/211)  
f t PA211East

DOWNLOAD A FREE COPY OF THE  
"WHERE TO CALL WHEN YOU NEED HELP"  
RESOURCE GUIDE AT [UWLanc.org/211](http://UWLanc.org/211)



United Way  
of Lancaster County



To GIVE HELP, turn the card over...

GET HELP

GIVE HELP

GIVE  
HELP

Volunteer  
Center

Find Volunteer  
Needs & Projects  
**ONLINE!**

## LANCASTER COUNTY'S VOLUNTEER CENTER

Opportunities for:

- School Students
- Groups & Organizations
- Community Service Projects
- Corporate Volunteer Projects



FIND VOLUNTEER OPPORTUNITIES AT  
**[UWLanc.org/VolunteerCenter](http://UWLanc.org/VolunteerCenter)**

OR EMAIL [Volunteer@UWLanc.org](mailto:Volunteer@UWLanc.org) OR CALL (717) 824-8122

NEED VOLUNTEERS? SIGN UP YOUR  
NONPROFIT AND POST A NEED TODAY  
[UWLanc.org/VolunteerCenter](http://UWLanc.org/VolunteerCenter)

Day of Caring, a  
county-wide volunteer  
movement, mobilizes  
more than  
**1,100 volunteers**  
for two days  
each year!

United Way  
of Lancaster County



To GET HELP, turn the card over...