



Community Action Program of Lancaster County

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CONTACT Lancaster Helpline Offers Training Classes for New Volunteers

(Lancaster, PA) – The CONTACT Lancaster Helpline is announcing fall training classes for new volunteers. Training will begin on Monday, October 3 and continue for 10 consecutive weeks. The classes will be held at the Community Action Program of Lancaster County located at 601 South Queen Street from 6:00 to 9:00 p.m. The cost of the class is \$50 per person.

The training shows how to answer a variety of crisis phone calls for topics such as suicide prevention, grief counseling, domestic violence, substance abuse, interpersonal skills, handling confrontation and others. The training also reviews the many resources available in the local community for those in crisis.

CONTACT Lancaster Helpline provides confidential assistance to individuals in crisis through highly trained, compassionate volunteers. Callers often receive referrals to life-saving resources and interventions. CONTACT also answers a dedicated suicide line (1-800-273-TALK), a teen line and performs daily reassurance calls to homebound elderly. For information on the training classes, call Regina Begley, CONTACT director, at (717) 509-7711.

The CONTACT Lancaster Helpline is one of 32 programs administered by CAP of Lancaster County, which community leaders formed in 1966 to assist low and moderate-income individuals with the resources, skills, and knowledge needed to become self-sufficient. CAP of Lancaster County has a budget of over \$46 million and employs 300 people who provide services to qualified individuals throughout Lancaster County.