



Healthy Families
Catawba Valley™
Children's Hope Alliance

Community Resources Guide 2025



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[Catawba County](#)
[Iredell County](#)
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Catawba Valley Healthy Families

Catawba Valley Healthy Families is a voluntary home visitation program designed to empower parents to support their child(ren)'s healthy development by establishing a nurturing and safe home environment and encouraging parents to set and achieve goals specific to the hopes and dreams they have for their families.

**Services are available in
Burke, Caldwell, Catawba, Iredell,
and McDowell counties**

Who can receive help?

Families expecting a baby, or who have an infant under 3 months of age. This program is designed to serve ALL parents, first-time or seasoned. The home visitor will work with the entire family, including older siblings. One or both parents (or primary caregivers) can choose to enroll in CVHF services, participation is voluntary. Families can remain enrolled until their child's fifth birthday, though many families complete the program in three years.

Cost

The program is a **free service** that is grant funded.

For more information or to make a referral, call our Catawba Valley Healthy Families staff at **828-460-5698**.

We're an HFA accredited site!



How does Catawba Valley Healthy Families support families?

Upon enrolling, families are supported by a Family Support Specialist (FSS). This individual is qualified and experienced in understanding family concerns and parenting challenges and is trained to assist with all aspects of family life. The FSS will provide current information on a wide variety of topics related to healthy child development, links to beneficial community resources, and encouragement as families work toward meeting their goals. Home visits are always scheduled at a time that is convenient for the family.

How will having a Family Support Specialist benefit families and their baby?

Your FSS will share information to help:

- ▶ **Recognize their baby's needs**
- ▶ **Take care of their baby while the parents/caregivers also take care of themselves**
- ▶ **Understand their baby's development and know what to expect as the baby grows**
- ▶ **Foster their baby's development using developmentally appropriate activities**
- ▶ **"Baby proof" their home to make it safe**

Your FSS will lend support and share information on issues such as:

- ▶ **Effective discipline**
- ▶ **Community services to help meet the family's goals and/or needs**
- ▶ **Employment**
- ▶ **Ways for new parents to continue their education**
- ▶ **Transportation**
- ▶ **Budgeting and finances**
- ▶ **Strengthening the relationship with a spouse/partner**



Finding help and hope

Being a first-time mother is never easy. And it's even more challenging when you're just 16 years old and don't have a solid relationship with the baby's father. But that was Teena's situation.

And to add to the difficulties, she was recovering from cancer and still attending follow-up appointments when she discovered she was pregnant.

Early in her pregnancy, Teena started working with the Catawba Valley Healthy Families (CVHF) program. The home visitor helped her understand the changes she was experiencing during her pregnancy as well as learning to identify important infant developmental milestones.

Because Teena had dropped out of high school due to her illness, the home visitor encouraged her to complete her GED. They had many discussions about the benefits of completing her high school

diploma, and after Jayden was born, she started working toward her GED.

Today the family is doing great. Teena and her boyfriend got married when Jayden was about 6 months old, and they have been in a stable relationship ever since.

Now, Jayden is a healthy 3-year-old who has stayed on track with his development. He is in Pre-K two days per week and can sing the entire ABC song by himself. Jayden's father works full-time and his mother works part-time and is one test away from completing her GED. Once she completes her GED, Teena plans to enroll in college courses. They have lots of local family support, including one of Jayden's grandmothers who babysits a couple of days per week.

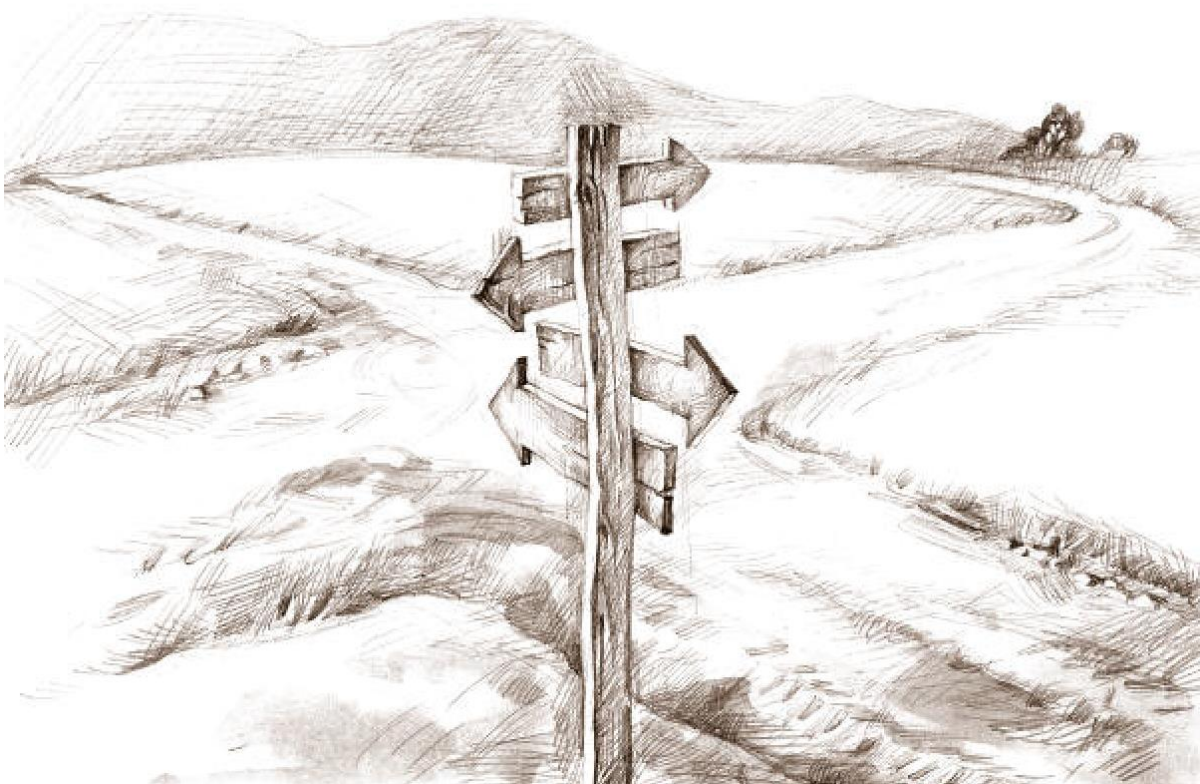
As Teena and her husband have learned, parenting is never easy, but it's manageable with the right education and supports like CVHF by their side.



Burke County Resources



**A
Guide to
Community Resources
for Children and Families**



Burke County
and Surrounding Areas

Revised Oct 2022 – The Enola Group
Revised Dec 2016 – WPCC Intro to Human Services student
ORIGINAL COMPILED BY – Lisa H. Cook, MSW

BRIEF CONTENTS

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Disclaimer: *This list is provided for informational purposes only and is not all-inclusive. It does not guarantee services will be provided to you by the agencies listed. Please ask for eligibility criteria when you call. This list is not guaranteed to be up to date. Regularly updated online databases for Burke County services can be found by visiting the following websites: <https://www.findhelp.org/> and <https://www.211.org/>*

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CRISIS RESOURCES

2-1-1 United Way Help Line for Health & Human Services Resources

Website: <https://www.211.org>

FOR RESOURCE CRISIS ASSISTANCE CALL or TEXT 2-1-1

Services: Caring, local experts are available to provide 24/7 help accessing the best local resources and services to address any need. Most calls, web chats, and text messages are from people looking for help meeting basic needs like housing, food, transportation, and health care.

9-1-1 Burke County Emergency Services

FOR FIRE, MEDICAL or POLICE EMERGENCIES CALL or TEXT 9-1-1

Address: 650 Kirksey Drive, Morganton, NC 28655

Phone: (828) 437-1911 Website: <https://www.burkenc.org/1159/Emergency-Communications---911>

9-8-8 National Suicide Prevention Lifeline

FOR SUICIDE CRISIS CALL or TEXT 9-8-8

Website: <https://988lifeline.org/>

Services: Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. A crisis worker will listen to the caller and offer information about mental health services in the caller's local area. The previous Lifeline phone number (1-800-273-8255) will continue to function indefinitely. THE CALL IS CONFIDENTIAL AND FREE.

American Red Cross

Phone: 1-800-RED-CROSS (733-2767)

Website: <http://www.redcross.org/local/north-carolina/western-north-carolina>

Services: Offers 24-hour disaster and military family emergency service, aid to victims of fire and other disasters, blood donation collections, health classes (CPR, First Aid, and Lifeguard), and disaster preparedness education.

Childhelp National Child Abuse Hotline

Phone or Text: 1-800-422-4453 Website: <http://www.childhelp.org>

Services: Dedicated to the prevention of child abuse, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All contacts are confidential.

Hope4NC Helpline

Phone: 1-855-587-3463

Website: <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/hope4nc/hope4nc-helpline>

Services: Connects North Carolinians with emotional support and mental health resources to help build coping skills and resilience during times of crisis. The helpline is available free of charge to everyone in NC's 100 counties.

Mobile Crisis Management/MORES (Mobile Outreach, Response, Engagement, and Stabilization)

Phone: (828) 695-2511

Website: <https://www.cvhnc.org/brain-mental-health-services/mobile-crisis-management/>

Services: A service of Catawba Valley Healthcare. Anyone in Catawba or Burke County can call the service if they are experiencing or observing a disturbing or unsafe situation in which an individual is identified as being in crisis and in need of an immediate mental health, brain illness, or substance use evaluation; does not have adequate support or skills to manage the crisis; or is unwilling to participate in an evaluation and there are safety concerns. MORES is an intervention within the Mobile Crisis Management Program for children and adolescents ages 5 to 21 experiencing escalating emotional or behavioral needs.

National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233) TTY: 1-800-787-3224 Text: Text “START” to 88788

Website: <http://www.thehotline.org>

Services: Highly trained, expert advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Free, confidential, compassionate support, crisis intervention information, education, and referral services are offered in over 200 languages.

National Human Trafficking Hotline

Phone: 1-888-373-7888 TTY: 711 Text: “BEFREE” or “HELP” to 233733

Chat/Website: <https://humantraffickinghotline.org/>

Referral Directory: <https://humantraffickinghotline.org/training-resources/referral-directory>

Services: This confidential, 24/7/365 hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe while supporting victims’ right to choose the next steps. It also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.

National Runaway Safeline

Phone Toll Free: 1-800-RUNAWAY (1-800-786-2929) Website: <http://www.1800runaway.org>

Services: Available 24/7/365 – The mission of NRS is to keep America’s runaway, homeless, and at-risk youth safe and off the streets. Offering a trusted, compassionate, non-judgmental person who will listen and help to create a plan to address concerns of youth/teens and parents, the program provides referrals to local resources.

National Sexual Assault Telephone Hotline

Phone: 1-800-656-HOPE (4673) Website: <https://www.rainn.org/about-rainn>

Confidential Online Chat: <https://hotline.rainn.org/online> En Español: <https://www.rainn.org/es/>

Services: The National Sexual Assault Hotline is operated by RAINN (Rape, Abuse & Incest National Network) to offer confidential and safe telephone and online chat support to victims of sexual assault. Trained support specialists are available 24/7/365 for those looking for support, information, advice, or a referral.

NC Poison Control

Phone: 1-800-222-1222 Website: <https://www.ncpoisoncontrol.org/>

Services: We are a not-for-profit telephone and chat resource for poisoning information, staffed 24 hours a day, 7 days a week. Registered nurses and pharmacists (Specialists in Poison Information) are uniquely trained to provide treatment advice to both the public and healthcare providers. Board-certified medical toxicologists and pharmacists provide backup for the specialists and are available for consultations 24 hours a day. All our services are given at no charge to the caller or chatter.

Option Line

Phone/Text: 1-800-712-4357 Website: <http://www.optionline.org/>

Services: Unplanned pregnancy support by phone, text, or online chat. Free, confidential help, information about pregnancy signs and symptoms, information on all your options, and connection to local assistance.

Veterans Crisis Line

Phone: Dial 988 then Press 1 Text: 838255 Website: <https://www.veteranscrisisline.net>

Services: Connects Veterans in crisis and their families and friends talk with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can dial 988 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

COMMUNITY RESOURCES

A Caring Alternative

Address: 301 E Meeting St Morganton NC 28655

Phone: (828) 437-3000 Website: <http://www.caringalternative.com>

Services: Provides psychological and psychiatric assessments; Comprehensive Clinical Assessments; individual and group outpatient therapy for adults, children, and families; intensive in-home services; behavior management consultation; medication management; Day Treatment Services; therapeutic and family foster care; Assertive Community Treatment Team for adults with chronic mental health conditions; Community Support Team for adults; and CAP I/DD (Community Alternatives Program for people with intellectual and developmental disabilities) Specialized Consultative Services.

Affordable Connectivity Program

Website: <https://www.affordableconnectivity.gov/>

Services: A US government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service and connected devices like a laptop or tablet. Visit website for eligibility criteria and benefits.

Alcoholics Anonymous—Area 51 District 12

Phone: District Hotlines English: 1-877-960-4785 Spanish: (828) 291-8465

Website: <https://aanorthcarolina.org/>

Services: District 12 serves the counties of Catawba, Caldwell, and Burke. A list of area meetings and locations can be found on the website.

Alexander Youth Network

Address: 6220 Thermal Road, Charlotte NC 28211

Phone: 1-855-362-8470 Website: <http://www.alexanderyouthnetwork.org>

Services: Provides a comprehensive array of services developed to treat children with or at risk for serious emotional disturbance. Services include diagnostic assessment; outpatient therapy; therapeutic, specialized, and intensive foster care; multi-dimensional treatment foster care; and intensive in-home services.

ALFA (AIDS Leadership Foothills Area Alliance, Inc.)

Address: 1120 Fairgrove Church Road SE Suite 28, Hickory, NC 28602

Phone: (828) 322-1447 Website: <http://www.alfainfo.org>

Services: Educates community about HIV/AIDS and related issues. Assists in AIDS prevention efforts. Offers clean injecting supplies and a place to dispose of used needles and syringes. Offers overdose reversal kits. Offers testing for sexually transmitted infections, HIV, and Hepatitis C. Offers safe sex supplies, including condoms and PrEP services. Offers case management and information and referrals to other community resources. All services are free of charge.

ALFA @ Steve's Place

Address: 211 NC HWY 127 S, Hickory, NC 28602 Phone: (828) 999-8367

Services: Condom Distribution, Prep Services, STI Testing, Syringe Exchange, Hep C treatment & Testing.

ALFA @ the Burke Mission Station

Address: 305-B W Union Street, Morganton, NC 28665 Phone: (828) 999-7770

Services: Prevention services include HIV/HEPC/STI testing, condoms, Harm Reduction supplies, links to community resources. All services are free of charge.

AMOREM, formerly Burke Hospice and Palliative Care & Caldwell Hospice and Palliative Care

Address: 1721 Enon Road, Valdese, NC 28690

Phone: (828) 754-0101 Website: www.amoremsupport.org

Services: AMOREM is the result of the 2021 merger of two like-minded, respected, and well-established North Carolina organizations—Burke Hospice and Palliative Care and Caldwell Hospice and Palliative Care—to maintain the legacy of

AMOREM, continued

community-based hospice care. As a non-profit, AMOREM offers a host of life-affirming services such as music and pet therapy, Veterans programs, counseling and community grief support and education. AMOREM provides this care to anyone who needs it, regardless of ability to pay. As AMOREM, we offer our communities more quality, more compassion, and more support.

Archway Counseling – Substance abuse

Address: 222 West Union Street, Morganton, NC 28655

Phone: (828) 475-1804 Website: <https://ncmario33.wixsite.com/archwaycounseling>

Services: Provides substance abuse assessments and individual, group, and family counseling for adults and adolescents; accepts Medicaid and most insurance plans. Archway is credentialed to provide specialized assessments for DOT and DMV related matters such as DWI charges. Archway Counseling is available to provide community education related to substance abuse issues.

Arrowood Counseling and Consulting, Inc.

Address: 404 West Fleming Drive, Suite C, (Tannery Square), Morganton, NC 28655

Phone: (828) 437-7009 Website: <https://www.facebook.com/Susanarrowoodcounselor>

Services: Specializes in child, adolescent, and family therapy, and blended family issues. Referrals to a Child Psychiatrist for medical evaluations can be arranged as needed. Saturday and evening appointments available.

Assurance Wireless–NC Lifeline Program

Phone Toll Free: 1-888-321-5880 Website: <http://www.assurancewireless.com>

Services: FREE wireless phone, 350 FREE minutes with unlimited free texts each month within a nationwide coverage area if you participate in any of the following: Medicaid, SNAP (formerly Food Stamps), SSI, Temporary Assistance for Needy Families (TANF), Section 8 housing, Low Income Energy Assistance Program, National School Lunch Program's Free Lunch Program; OR, your household income is at or below the eligibility guidelines.

BEGINNINGS for Parents of Children Who Are Deaf or Hard of Hearing, Inc.

Address: 156 Wind Chime Court, Suite A, Raleigh, NC 27615

Phone: (919) 715-4092 V/TTY Toll Free: 1-800-541-4327 V/TTY (in NC only)

Website: <http://www.ncbegin.org>

Services: Offers free information, support, and advocacy for families who have children with hearing loss, ages birth to 22 years of age.

Big Brothers Big Sisters of Western North Carolina

Address: PO Box 663 Morganton NC 28680

Phone: (828) 502-9366 Website: <http://www.bbbswnc.org/big-brothers-big-sisters-burke-county>

Services: Serves children ages 6-14 (once enrolled can be served until 18), primarily from single-parent families who need an adult friend and/or role model. There are no fees for the service. Both the parent and the child must want a mentor and have a say in the match between child and mentor. Community-based mentors are age 18 or older with transportation; they commit to spending quality one-to-one time with their "Little" twice a month, for a minimum of one year. School-based mentors are aged 16 or older with transportation and commit to going to the student's school for one hour each week during the school day.

Blue Ridge Community Action, Inc.

Address: 800 North Green Street, Morganton, NC 28655

Phone: (828) 438-6255 Website: <http://www.brcainc.org>

Services: Programs include adult day care, childcare, Head Start (ages 3-5), Early Head Start (Birth-3), NC Pre-K, VITA tax assistance, AmeriCorp Seniors Foster Grandparent Program, information and referral, rental units, self-sufficiency case management, and weatherization.

Burke County – (Government Center)

Address: 200 Avery Avenue, Morganton, NC 28680

Phone: (828) 764-9000 Website: <http://www.burkenc.org>

Services: Burke County, North Carolina government – departments – general information

Burke County 4-H – (North Carolina Cooperative Extension Burke County)

Address: 130 Ammons Drive, Suite 2, Morganton, NC 28655

Phone: (828) 764-9480 Website: <https://burke.ces.ncsu.edu/site-burke-4-h-forms-and-information/>

Services: Through 4-H, young people in North Carolina and Burke County learn new skills and serve their communities each year. Burke County 4-H offers boys and girls ages 5-19 opportunities to be involved in clubs, special interest programs, summer camps, and school enrichment. Guided by North Carolina Cooperative Extension Agents and adult and teen volunteers, 4-H'ers gain knowledge, skills and experience that help them become responsible citizens and leaders.

Burke County Care Coordination for Children (CC4C)

Address: 700 East Parker Road, Morganton, NC 28655

Phone: (828) 764-9150 Website: (See below)

[http://www.burkenc.org/departments/health-department/care-coordination-for-children-\(cc4c\)](http://www.burkenc.org/departments/health-department/care-coordination-for-children-(cc4c))

Services: Care Coordination for Children (CC4C) is an at-risk population management program that serves children from birth to 5 years of age who meet certain risk criteria. Services provided by CC4C care managers are tailored to patient needs and risk stratification guidelines. A comprehensive health assessment, including the Life Skills Progression, assists the care manager in identifying a child's needs, plan of care and frequency of contacts required. Contacts occur in medical homes, hospitals, in the community and in children's homes.

Burke County Children's Advocacy Center – (The Gingerbread House)

Address: 503 South Green Street, Morganton, NC 28655

Phone: (828) 430-9949 Website: <https://www.burkecac.org/>

Services: Forensic interviewing, forensic medical examinations, mental health counseling services, and multi-disciplinary team and case review. Referrals must come from the Department of Social Services or law enforcement.

Burke County Department of Social Services

Address: 700 East Parker Road, Morganton, NC 28655

Phone: (828) 764-9600 Website: <https://www.burkenc.org/1217/Social-Services>

Services: Work First, SNAP (formerly Food Stamps), Medicaid, Emergency and General Assistance, Child Protective Services, Child Day Care subsidy, Child Support Enforcement, Foster Care, Foster Home Licensing, Adoption, CAP/DA, and Adult Protective Services.

Burke County Exceptional Children Preschool Services – Burke County Public Schools

Address: 700 E Parker Road Morganton NC 28655

Phone: (828) 439-4312 Website: (See below)

[https://www.burke.k12.nc.us/departments/birth to 5 years old/b c e c preschool services](https://www.burke.k12.nc.us/departments/birth%20to%205%20years%20old/b%20c%20e%20c%20preschool%20services)

Services: Preschool Specialty Services is an early intervention program serving preschool age children. Preschool services may include early education, speech and language therapy, occupational therapy, and physical therapy aimed to meet the individual needs of children who are deemed eligible for services through comprehensive evaluations.

Burke County Health Department

Address: 700 East Parker Road, (Human Resource Center), Morganton, NC 28655

Phone: (828) 764-9150 Website: <https://www.burkenc.org/1221/Health-Department>

Services: Includes General Immunization Clinic, Family Planning Clinic, Pregnancy Testing, Maternity Clinic, HIV Testing, Testing and Treatment for other Sexually Transmitted Diseases, Pregnancy Medical Home (PMH) Program, WIC (Women,

Burke County Health Department, continued

Infants and Children), Obstetrics Care Management (OBCM), Health Education Programs, Communicable Disease Management, Care Coordination for Children (CC4C), and Community Preparedness. Environmental services include restaurant inspection, on-site private water and sewage systems, and other regulatory functions.

Burke Health Network

Address: 301 East Meeting Street, Suite 102, Morganton, NC 28655

Phone: (828) 334-6159

Services: Burke Health Network assists patients who live in Burke County and are under the 200% poverty level who are uninsured and unable to obtain health care. Once enrolled in the network, patients can choose from a variety of healthcare providers in Burke County. Burke Health Network also assists patients in receiving needed medication, diagnosis imaging, labs, and specialty care through a partnership with UNC Blue Ridge. Burke Health Network also provides case management services as needed. Hours: Monday-Friday 8am-5pm, closed for lunch 12pm-1pm.

Burke County Literacy Council

Address: 200 N King Street Morganton NC 28655

Phone: (828) 437-7477 Website: <http://www.burkeliteracy.org>

Services: Provides free and confidential tutoring to teach Burke County citizens to read and/or improve their literacy skills. Recruits and trains volunteer tutors, provides books and a place to study. Project Flower helps immigrants learn to read, write, and speak English – transportation is provided and childcare for age's birth to 5 years is available for Project Flower participants. Project Citizenship helps immigrants prepare for and pass the Immigration and Naturalization (INS) examination. Mother Read / Father Read program teaches the "why" and "how" of reading.

Burke County Public Library

Addresses: 204 S. King Street, Morganton, NC 28655

Phone: (828) 764-9260

213 St. Germain Avenue SE, Valdese, NC 28690

Phone: (828) 874-2421

101B Main Avenue West, Hildebran, NC 28637

Phone: (828) 764-9283

Website: <http://www.bcpls.org/index.php>

Services: Offers library loans, internet access, and programing for children, young adults, and adults. The mission is to develop readers, communities, and cultural awareness by providing informational, educational, and creative opportunities. See the website for hours of operation.

Burke County Public Schools EL (English Learners) Department

Address: 509 W Concord St, Morganton, NC 28655

Phone: (828) 438-2941 Website: https://www.burke.k12.nc.us/departments/english_language_learners

Services: Provides translation and interpreting services for parent-teacher conferences and/or meetings with parents. May refer community agencies to interpreter resources for communication with non-English speaking families.

Burke County United Way

Address: 121 West Union Street, Morganton, NC 28655

Phone: (828) 433-0681 Website: <https://www.bcuw.org/>

Services: Removing barriers and improving access to self-sufficiency through financial education programs and coaching; negating homelessness by addressing our homeless populations' needs through collaboration with community partners; and fostering opportunities and success for youth through programs that support early learning and family engagement. Burke County United Way focuses on root causes, builds strategic partnerships, and mobilizes the community, to build a stronger Burke County.

Burke Narcotics Task Force

Address: 150 Government Drive, Morganton, NC 28655

Phone: (828) 438-5500 Website: <http://www.burkesheriff.org/ntf.htm>

Burke Narcotics Task Force, continued

Services: Investigates reports of alleged illegal drug activity in the community.

Burke Recovery

Address: 203 White Street, Morganton, NC 28655

Phone: (828) 433-1221 Website: <http://www.burkerecovery.com>

Services: Burke Recovery offers a continuum of care for substance use from prevention (through the provision of community and school-based education) to intervention (through the provision of SciP, an educational program for students who violate the drug-free policy at school or who are referred) to treatment (Comprehensive Clinical Assessments [CCAs]; outpatient treatment for both adults and adolescents) to recovery (transitional services through the HARBOUR program designed to ensure individuals are able to continue on the path of recovery. The agency also provides harm reduction tools to include Narcan (as well as Narcan training) and medication lockboxes.

Burke Substance Abuse Network (BSAN)

Address: c/o Burke Recovery, 203 White Street, Morganton, NC 28655

Phone: (828) 433-1221 Website: www.joinbsan.com

Services: BSAN is a community coalition of over 100 active members representing over 80 community agencies from across the region. The action-based coalition is focused on the promotion of substance use education and awareness as well as the development and implementation of solution programs designed to address social determinants of health as well as promote recovery. Programs/initiatives such as Burke County Recovery Court, HARBOUR and Drug-Free Burke all originated from BSAN efforts. The Drug-Free Burke team serves as the coalition staff and they deliver community presentations and outreach including distribution events (Lock Your Meds, Narcan, etc.), Purple Elephant Program, Secrets Revealed Touring Simulation, Wasted educational program, Age Matters Parent Education program and more.

Burke United Christian Ministries (Burke Mission Station)

Address: 305-B West Union Street, Morganton, NC 28655

Phone: (828) 433-8075 Website: <http://www.bucm.net>

Services: Provides a community soup kitchen Monday-Friday 11:00am-12:30pm and Saturday 9:30am-11:00pm. The mission is to demonstrate the love of Christ through hunger relief, clothing, and crisis assistance. BUCM is open to the public Monday, Tuesday, Thursday and Friday 9:00 am-noon; 12:30 pm-4:00 pm and on Wednesday 9:00 am-noon.

Caldwell House (The)

Address: 951 Kenham Place SW, Lenoir, NC 28645

Phone: (828) 754-5148 Website: <http://www.thecaldwellhouse.com>

Services: Provides a safe place for 26 recovering alcoholics/addicts; serves as a 24-hour hotline information center for families with substance abuse problems; provides information, guidance, and direction for those who might need detox, treatment or 12-step meetings; provides programs to the schools, churches, and civic organizations. The House accepts only male persons who have completed at least 4 weeks of in-patient substance abuse treatment and at least a 4-month commitment from residents as well as active involvement in the implementation of aftercare plans and employment. They must be employed and pay \$540.00 at admission.

CareerOneStop – (US Department of Labor)

Phone: 1-877-US2-JOBS (1-877-872-5627) TTY: 1-877-889-5627

Website: <http://www.careeronestop.org>

Services: CareerOneStop is the flagship career, training, and job search website for the U.S. Department of Labor. The website serves job seekers, businesses, students, and career advisors with a variety of free online tools, information, and resources.

Catawba Valley Community College Dental Hygiene Clinic

Address: 2550 US Hwy 70 SE, Hickory, NC 28602

Phone: (828) 624-5258

Website: <https://cvcc.edu/academic-resources/programs/health-services/dental-hygiene/>

Services: Clinic information found on website under Patient Information tab of Program Information section. Offers dental screenings and cleaning, sealants, fluoride treatments, exams of the mouth, head and neck region, and x-rays by appointment only. Fee schedule available on website. Accepts cash or checks only for payment; does not file insurance claims but provides receipts for patients to file claims. Missed appointments are rescheduled at the discretion of the clinic.

Catawba Valley Healthcare

Mobile Crisis: (828) 695-2511 Website: <http://www.cvbh.org>

Hickory Clinic: Address: 327 1st Avenue NW, Hickory, NC 28601 Phone: (828) 695-5900

Morganton Clinic Address: 301 E Meeting St, Suite 104, Morganton, NC 28655 Phone: (828) 624-1900

Services: Emphasizes whole-person treatment that integrates primary care and behavioral healthcare. Provides adult and child primary care and mental health services which include outpatient therapy, psychiatric treatment, peer support, mobile crisis management, residential services, psychosocial rehabilitation, independent living, skills training, and intensive team-based specialized case management and treatment. Serves uninsured, underinsured people who may face barriers receiving treatment elsewhere.

Centro Latino

Address: 2259 12th Ave NE, Hickory NC 28601

Phone: (828) 330-0477 Immigration Services: (828) 320-9835

Website: <http://www.centrolatinohickory.com>

Services: Provides a Christian response to the needs of Latinos in Catawba Valley, closing the cultural gap between Spanish and non-Spanish speakers through advocacy, service, and training. Programs include Client Services (referrals), Food Pantry, Immigration Services, and Abriendo Puertas after-school program for K-5th grade students.

Child Care Connections

Address: 304 W Union Street, Morganton, NC 28655

Phone: (828) 439-2328 Website: <http://www.childcareconnectionsburke.weebly.com>

Services: Provides parents information on quality childcare, current licensing standards, information about assistance in paying for childcare, and information about community resources to help meet their needs. For childcare professionals, we offer information and technical assistance with increasing star-rated licenses, technical assistance with areas of need, and professional development opportunities. In addition, we are a Child and Adult Care Food Program sponsor for family childcare homes. Child Care Connections serves the community with information relating to families, children, and childcare, sponsors and participates in community events and activities related to children, and advocates for quality childcare in Burke County.

Children's Cochlear Implant Center at UNC – Carolina Children's Communicative Disorders Program

Address: 5501 Fortunes Ridge Drive. Suite A, Durham, NC 27713

Phone: (919) 419-1449 Website: <https://www.med.unc.edu/earandhearing>

Services: Supplies communication devices, as well as UNC physician, audiological, and speech services for qualifying children with hearing and other communication disorders. Must be North Carolina residents under the age of 21. Acceptance is based on family size, income, other medical expenses, and the limitations of insurance and other resources. **CCIC cannot accept Medicaid.**

Child Custody Mediation Program – Court-ordered mediation

Address: 201 S. Green Street, Morganton, NC 28655

Phone: (828) 433-3200

Website: <https://www.nccourts.gov/programs/child-custody-and-visitation-mediation-program>

Services: Serves to reduce parental acrimony and re-litigation of child custody or visitation disputes in Burke, Catawba, and Caldwell counties. The program accepts court-ordered referrals only and provides a structured confidential non-adversarial setting to facilitate the cooperative resolution of parenting issues by developing a parenting agreement. An orientation session and a private session with the parents to educate the parties on the mediation process are mandatory.

**Children’s Developmental Services Agency (CDSA) – NC INFANT-TODDLER PROGRAM (NC ITP)
(Alexander, Burke, Caldwell, Catawba, McDowell Counties)**

Address: 145-A W. Parker Road, Morganton, NC 28655

Phone: (828) 433-5171 Website: <https://beearly.nc.gov/index.php/>

Services: The CDSA is the single portal for children ages 0-3 years old to obtain an evaluation to determine eligibility for the N.C. Infant Toddler Program. Through a team approach with several professionals, this agency provides an in-depth evaluation of a child’s medical, psychological, educational, physical, and speech-language needs for children ages birth to three. Early intervention service coordinators assist families in locating services and therapies (such as speech, occupational, or physical) as well as other support resources. Parents and others may refer children to the CDSA.

Children’s Home Society of North Carolina

Address: 1601 S Sterling Street, Morganton, NC 28655

Phone: (828) 433-7498 Website: <https://www.chsnc.org>

Services: Provides a range of services for children including foster care, adoption, therapeutic and post-adoption services, intensive family therapy and mental health assessments and therapy for children.

Children’s Hope Alliance – Morganton Office

Address: 304 D West Union Street Morganton NC 28655

Phone: (828) 460-5698 Website: <http://www.childrenshopealliance.org>

Services: Children's Hope Alliance is a leading provider of mental health and behavioral crisis services that provides a continuum of programs for children and their families. Services in Burke County include Intensive Intervention Services, Family Support through the Catawba Valley Healthy Families, Child-focused Assertive Community Treatment Teams (Child ACTT), Foster Care, and Post-Adoption Services.

City of Morganton – (NC Local Government)

Address: 305 E Union Street, Suite A100, Morganton, NC 28655

Phone: (828) 437-8863 Website: <http://www.morgantonnc.gov>

Services: Morganton, North Carolina government – departments – general information

Cognitive Connection (The) – Substance abuse

Addresses: 959 15th Ave Hickory NC 28601

Phone: (828) 327-6026 Website: <http://www.thecogcon.com>

Services: Offers training and treatment programs designed to help individuals solve problems more effectively, maintain employment, and/or conquer addictions. Services include cognitive behavioral intervention for juveniles and adults, alcohol and drug assessment, regular outpatient alcohol and drug treatment programs, individual alcohol and drug counseling, DWI services, and Suboxone treatment. Services also include job development, employment counseling, and GED program for ages 16-21.

College Foundation of North Carolina

Phone Toll Free: 1-866-866-2362 Website: <http://www.CFNC.org>

Services: Offers help to plan, apply, and pay for college. All services are free. Includes links to North Carolina colleges, online applications for college, research careers, set up a tax-free college savings account, and learn about scholarships, grants, and loans.

Communication Disorders Clinic – (Appalachian State University)

Address: 400 University Hall Drive, PO Box 32041, Boone, NC 28608

Phone: (828) 262-2185 Website: <http://www.cdclinic.appstate.edu>

Services: Provides prevention, assessment, and treatment services in the areas of speech, language, swallowing, and hearing disorders. Sliding fee schedule supported by N.C. Scottish Rite Masonic Foundation.

Conflict Resolution Center – Mediation services

Address: 218-A Main Avenue East, Hildebran, NC 28637

Phone: (828) 397-2566 Website: <http://www.theconflictresolutioncenter.org>

Services: Offers mediation, conflict resolution classes, training, conciliation, consultation, and group facilitation services in Burke, Caldwell, and Catawba Counties.

Corporate Angel Network (Air transportation for cancer patients)

Phone: (914) 328-1313 Website: <https://www.corpangelnetwork.org/>

Services: Free air transportation for cancer patients traveling to treatment centers.

Crossnore Communities for Children

Address: P.O. Box 249, Crossnore, NC 28616

Phone: (866) 892-6213 Email: referrals@crossnore.org

Website: <https://www.crossnore.org/>

Services: Established from the merger of The Crossnore School and The Children's Home with the mission to grow healthy futures for children and families by providing a Christian sanctuary of hope and healing. Offers residential services, foster care and adoptions, therapy services, and youth independent living. Services vary by location. Residential services are available on the Avery and Winston-Salem campuses.

Division of Employment Security (Unemployment Benefits)

Address: 700 Wade Ave, Raleigh NC 27605

Phone: 1-888-737-0259 Website: <https://des.nc.gov/>

Services: Administers the unemployment insurance program for the state of NC. Benefits are paid to eligible workers who lose their job through no fault of their own and are able, available, and actively seeking work.

Division of Services for the Deaf and Hard of Hearing – Morganton Regional Center

Address: 107 Foothills Drive, Morganton, NC 28655

Phone: (828) 430-7185 Toll Free: 1-800-999-8915 Videophone: (828) 475-6606

TTY: (828) 430-7192 Toll Free: 1-800-205-9920

Website: <http://www.ncdhhs.gov/dsdhh>

Services: Provides direct services to individuals with hearing loss and the agencies and businesses that serve them. In addition, provides resources and linkages to programs and services in Alexander, Alleghany, Ashe, Avery, Burke, Caldwell, Catawba, Cleveland, Iredell, McDowell, Rutherford, Watauga, Wilkes counties. Offers information and/or assistance, presentations, and training sessions. Provides access to telecommunications devices (such as amplified phones, text telephones, alerting devices, and hearing aids) for people with limited household income who have a hearing loss or speech impairment. These services are open to Deaf, Hard of Hearing and Deaf-Blind individuals. Family members, professionals, agencies, and individuals seeking information or assistance also have access to these services. There is no charge for these services.

East Burke Christian Ministries

Address: 103 3rd Ave SE, Hildebran NC 28637

Phone: (828) 397-7074

Services: Assists people needing emergency aid with food, clothes, and/or financial assistance in the form of power, rent, medicine, gas, and other needs. Tuesday 9am-4pm and Thursdays 9am-noon. Please call to confirm hours and availability of assistance.

Easter Seals UCP North Carolina & Virginia, Inc., Morganton – Assertive Community Treatment (ACT)

Address: 400 South Green Street, Morganton, NC 28655

Phone: (828) 433-1909 Website: <https://www.easterseals.com/NCVA/our-programs/adult-services/act.html>

Services: Assertive Community Treatment (ACT) is a full spectrum, long-term, community-based treatment model for adults with severe and persistent mental health needs that have not been adequately treated by more traditional treatment services. This evidence-based treatment approach involves a high level of coordinated care and supports individuals as they manage their mental health challenges and live independently. Serves Medicaid participants in Burke, Caldwell, Catawba, McDowell, and Alexander counties. Referrals are made through primary care physicians and self-referrals on the website.

Eastern Catawba Cooperative Christian Ministry, Inc.

Address: 245 East N Street, Newton, NC 28658

Phone: (828) 465-1702 Website: <http://www.ecccm.org>

Services: Provides emergency financial assistance for mortgage/rent payments, assistance with utility bills, fuel oil, kerosene purchases, life-necessary pharmaceuticals, emergency food and clothing.

Eckerd Connects – (CARING for Children – Main Office)

Address: 225 East Chestnut St Asheville NC 28601

Phone: (828) 777-5715 **Number to Report Abuse/Neglect:** 1-800-422-4453

Website: <http://www.eckerd.org/states/nc>

Services: Eckerd Connects helps families who have been referred by state child welfare agencies due to child neglect and/or abuse. Services include Intensive Family Preservation Services (IFPS) which are in-home interventions to help families at imminent risk of having a child removed from the home or to help families reintegrate children back into their homes after they have been in foster care or other out-of-home placements. Foster Care programs are also provided to children in the custody of the Department of Social Services.

Enola Group (The)

Address: 506 East Union Street, Morganton, NC 28655

Phone: (828) 604-4906 Website: <https://www.enolagroup.org>

Adult Services: 504A East Union Street, Morganton, NC 28655 Phone: (828) 604-4906 ext. 455

Services: The Enola Group's Adult Services serve adults (18 years and older) who have intellectual and developmental disabilities. Our program goal is to create and mobilize opportunities for people to lead an enhanced and independent life as possible. The Enola Group's Adult Services include our licensed Signature Day Program, Family Living (Alternative Family Living) Program, and Neighborhood Connect.

Child and Family Services/Early Head Start: 501 East Concord Street, Morganton, NC 28655

Phone: (828) 475-0107

Services: The Early Head Start (EHS) program provides home visitation, group socializations, and child care for income-eligible families of children from birth to age three as well as women who are pregnant. Comprehensive supports to children and their families include child learning and development opportunities, parent education, medical and dental care, and nutrition services. Private child care is also offered for children 0-5. Additional educational opportunities include the Buster Bus in Hildebran and Parenting the Love and Logic Way classes. Call to inquire about services.

Exceptional Children's Assistance Center – North Carolina Early Intervention–Early Childhood Library

Address: 907 Barra Row, Suite 103, Davidson, NC 28036

Phone: (704) 892-1321 Help Line: 1-800-962-6817 Website: <http://www.ecac-parentcenter.org>

Services: Offers help for parents across North Carolina to navigate the special education system, know their rights, and use their voice. Provides information, support, training, and resources to assist families caring for children with special needs from birth to age 26. Also supports young adults with disabilities in becoming self-advocates and leaders and the educators and professionals who serve them. All ECAC services are provided at no cost to families. Spanish-speaking staff are available.

EyeCare America

Phone: 1-877-887-6327 Website: <https://www.aao.org/eyecare-america>

Services: Offers no-cost comprehensive eye exams for US citizens or legal residents only.

Family Caregiver Support Program (The)

Address: 1880 2nd Avenue NW, Hickory, NC 28603

Phone: (828) 322-9191 Website: <http://www.wpcog.org/caregiver-support>

Services: The Family Caregiver Support Program offers information, resources, and support for caregivers aged 18 and over who are caring for someone over the age of 60 or a person with Alzheimer's Disease or a related dementia. The program also serves grandparents aged 55+ and other relative caregivers providing care to children under age 18 or adult children with a disability between the ages of 19 and 59.

Family Guidance Center (FGC)

Address: 17 Highway 70 SE, Hickory, NC 28602

Phone: (828) 322-1400 Website: <http://www.fgcservices.com>

Services: Provides individual and family counseling, the Nurturing Adolescent Program (NAP), domestic violence, rape and sexual assault, and safe shelter services through billing of most insurances or a sliding-fee scale.

Family, Infant, and Preschool Program Services – (FIPP)

Address: 300 Enola Road, Morganton, NC 28655

Phone: (828) 608-6700 Website: <https://fipp.ncdhhs.gov/>

Services: FIPP provides developmental services and medical support to children birth through age five in Alexander, Burke, Caldwell, Catawba, and McDowell counties. FIPP provides early childhood intervention services to families and children with a wide range of developmental concerns including autism, prematurity, developmental delays, feeding concerns, behavior challenges, parenting supports, and other developmental and medical diagnoses. FIPP provides services in the family's home, in childcare centers, and in other community locations where the family wants support.

Family Support Network/HOPE Parent Resource Center

Address: PO Box 11395, Hickory, NC 28603

Phone: English: (828) 256-5202 Spanish: (828) 449-9927 Hmong: (828) 403-1286

Website: www.fsnhope.org

Services: Family Support Network/HOPE provides support, information, and training to assist families in promoting the education, development, and quality of life for their children of all ages and with all types of special needs; and partners with parents and professionals on community, state, and national levels to expand opportunities and generate resources in order to advance positive participation of people with disabilities in all aspects of society. English, Latino and Hmong-speaking staff are available.

First Baptist Church of Drexel

Address: 200 South Main Street, Drexel, NC 28619

Phone: (828) 437-3351

First Baptist Church of Drexel, continued

Services: Offers a food ministry to community members in need on the 2nd Sunday of every month starting at 4:30 pm. You must bring a photo ID.

First Baptist Church of Valdese – (Twice Blessed) – Clothes Closet

Address: 500 Faet Street NW, Valdese, NC 28690

Phone: (828) 874-2266 Website: <http://www.valdesefirstbaptist.org>

Services: Twice Blessed is the Church's clothing ministry. It is located just inside the door to the church fellowship hall, which is accessed from the parking lot behind the church. The clothes closet offers many different sizes and types of clothing, all at no charge. This ministry is open to the community on Tuesdays 2:00pm-4:00 pm. Donations are accepted for new or gently used clothes.

First United Methodist Church of Valdese

Address: 217 St. Germain Avenue SE, Valdese, NC 28690

Phone: (828) 874-0006 Website: <https://fumc.valdese.info/service/>

Services: Houses the Eastern Burke Hygiene Closet which distributes items on the 1st Monday of each month, 5:00 pm - 6:00 pm. Hosts Dry Bottoms on the 2nd Tuesday of each month to distribute diapers to families with 0-3-year-olds. Must provide proof of address.

FOCUS Behavioral Health Services, LLC

Address: 207 Queen Street, Morganton, NC 28655

Phone: (828) 439-8191 Website: <https://www.focusbhllc.com/>

Services: Offers a complete child/adolescent treatment continuum, including Comprehensive Clinical Assessments, psychological evaluations, outpatient therapy services (individual, group, and family), medication management and evaluation, and Intensive In-Home. Offers specialized outpatient therapy including Trauma Focused Cognitive Behavioral Therapy (CBT) and Parent Child Interaction Therapy (PCIT) which is designed to improve the skills of parents with younger children. Also, offers residential services in Burke and Caldwell counties specifically for males up to 17 years old who have displayed sexually inappropriate or sexually reactive behaviors. Time limited day treatment offered for grades K-5 at Mull Elementary School and grades 6-12 at Hallyburton Academy.

Foothills Service Project – Home repairs

Address: 940 Malcolm Boulevard, Connelly Springs, NC 28612

Phone: (828) 879-8400 Website: <http://www.foothillsserviceproject.org>

Services: Non-profit Christian home repair ministry to assist elderly and disabled persons (60 or older) in Burke and surrounding counties to make houses dry, safe, and warm. Construction assistance includes ramps to make homes accessible.

Foothills Thrift Store –Drexel and Valdese

Addresses: 2886 Highway 70 W, Drexel, NC 28619 Phone: (828) 437-7772

256 Main Street, Valdese, NC 28690 Phone: (828) 874-2521

Website: <http://www.foothillsserviceproject.org/thrift-stores>

Services: Foothills Thrift Stores serve the local community by providing a wide range of affordable, quality merchandise. Our thrift stores carry a variety of men's, women's, and children's clothing, linens, furniture, jewelry, shoes, books, cookware and much more.

Frye Regional Medical Center – South Campus

Address: 1 3rd Ave NW, Hickory, NC 28601

Phone: (828) 315-5719 Website: <https://www.fryemedctr.com/behavioral-health>

Frye Regional Medical Center – South Campus, continued

Services: This 81-bed behavioral health hospital offers treatment for adults 18 and over suffering from emotional, behavioral, and addictive difficulties. Medical clearance from a psychiatrist is required.

FUTuRES – (Families United to Resources and Education through School) – Burke County Public Schools

Phone: (828) 502-9787 Website: https://www.burke.k12.nc.us/departments/student_services/f_u_t_u_r_e_s

Services: Circle of Parents: Provides a safe, relaxed environment for grandparents and kinship caregivers to share ideas, fears, frustrations, and achievements. Groups meet weekly. Circle of Grandparents is held on Thursdays at Oak Hill Elementary School, Circle of Parents Mamas Latinas Group is held on Fridays at Hillcrest Elementary School, and Circle of Parents weekly meeting is determined each school year. **Triple P Parenting Program:** A prevention and early intervention program designed to prevent abuse and neglect and address behavior problems in children ages 3-12 years. Services are voluntary and culturally relevant and sensitive. Ten family home visits are offered for flexibility. Serves all Burke County Elementary School families.

Good Samaritan Clinic, Inc.

Address: 500 East Parker Road, Morganton, NC 28655

Phone: (828) 212-4185 Enrollment: (828) 334-6159 Website: <https://www.gscburke.org>

Clinic hours: Monday-Thursday 8:30am-5:00 pm with closure for lunch 12:30pm-1:30 pm

Pharmacy hours: Monday 9:00am-12:30 pm; Tuesday 1:00pm-6:00pm; Thursday 9:00am-1:00pm

Services: Good Samaritan Clinic is an interdenominational faith-based ministry that provides free and charitable health care, dental care, and pharmacy/medications to uninsured residents below the 200% federal poverty level. We serve ages 18-64 years old. For enrollment, please call Burke Health Network at (828) 334-6159.

Greenway Public Transportation

Address: 1545 4th Street SW, Conover, NC 28613

Phone: (828) 465-7634 Customer Call Center: (828) 464-9444 Website: <http://www.mygreenway.org>

Services: Greenway Public Transportation provides over 250,000 trips each year to residents living in Alexander, Burke, Caldwell, and Catawba County. Provides free Travel Training for residents that are unsure of how to use the bus system. *The Scheduling office is available from 8:30 am to 5:00 pm Monday through Friday.*

Guardian ad Litem – Judicial District 25

Address: 200 Avery Avenue, Suite 3, Morganton, NC 28655

Phone: (828) 433-3311 Website: <https://volunteerforgal.org/>

Services: Provides trained independent advocates to represent and promote the best interests of abused, neglected, and dependent children in the state court system and to work expediently toward a plan that ensures these children are in a safe, permanent home.

Habitat for Humanity of Burke County

Address: 111 Independence Boulevard, Morganton, NC 28655

Phone: (828) 437-0370 or (828) 437-7844 Website: <http://www.burkehabitat.org>

Services: Builds affordable homes for qualified people. Participants must live in Burke County and currently live in overcrowded or substandard housing conditions; have steady, verifiable income making enough money to make a house payment but not so much that one would qualify for a loan at a bank; have a decent credit report; and be willing to help build their house and the houses of others.

Handi-Care – Transportation

Address: 304 South Main Street, Drexel, NC 28619

Phone: (828) 437-8429 Toll Free: 1-800-435-9251

Website: <http://www.handi-careinc.com/index.html>

Handi-Care – Transportation, continued

Services: Provides transportation for medical appointments with wheelchair lift equipped vans and other vehicles. Serving the counties of Burke, Catawba, McDowell, and Caldwell. Medical transportation for Burke County residents aged 60 or older is FREE of charge; there is a charge for the other service counties. Also, provides in-home care services.

High Country Community Health

Address: Burke Medical: 301 E Meeting St, Ste 101, Morganton, NC 28655
East Burke Medical: 560 Malcom Blvd, Connelly Springs, NC 28612
Burke Dental: 500 East Parker Road, Morganton, NC 28655

Phone: (828) 608-0800
Phone: (828) 874-2061
Phone: (828) 608-9062

Website: www.highcountrycommunityhealth.com

Services: High Country Community Health has locations in Avery, Burke, Watauga, and Surry Counties in western North Carolina. HCCH provides primary care, behavioral health, dental services, women's health, MAT/SUD therapy, nutrition, 340B Drug Discount program, and Farmworker Health services within an integrated medicine model of care that treats the whole person. Our mission is to provide quality, patient centered, culturally appropriate, affordable, and compassionate care that serves the whole person. See website for an Application for Medical Sliding Fee. An application for each household is required every 12 months. No one will be turned away for the inability to pay.

Homeowner's HOPE Hotlines – Foreclosure counseling

Phone Toll Free: 1-888-995-HOPE (4673) Dial 711 for hearing impaired

Website: <https://995hope.org>

Services: A housing counselor will schedule an intake session with you to discuss your hardship, current financial situation, and foreclosure prevention options. The counselor can also assist you in contacting your mortgage company.

House of Refuge – Crisis assistance for *homeless men*

Address: 106 Murphy Street, Morganton, NC 28655

Phone: (828) 433-8921 Website: <http://morgantonhomeless.com/>

Services: Check-in begins each afternoon at 4:30 pm. The first night is free and each night thereafter is \$3.00. Each guest must pass a breathalyzer test. Bed assignments are made at check-in. Each guest must make his own bed with freshly laundered sheets and blankets. A shower is required, and clean towels are assigned. Laundry services are offered so each guest can clean the clothes he wears or carries with him. A hot meal is served at 6 pm. TV and socialization are allowed until lights-out at 10pm. Wake up is 6am. Sheets, blankets and towels are turned into laundry room. The guests share in the cleaning of bathrooms, sweeping and mopping floors. Breakfast is served and check out follows at 8am. Because we are a temporary shelter each guest must take his belongings with him daily. We also offer limited scholarships for men in need of financial assistance.

Humanitarian Foundation Grottoes of North Carolina

Contact: Stephen White (must be contacted to initiate referral) Email: white20574@gmail.com

Address: 20574 Running Creek Church Road, Locust, NC 28097

Phone: call or text (704) 984-1802 Website: <http://www.hfgrotto.org>

Services: The Dental Care for Children with Special Needs Program is designed for people birth to age 21 years with one or more of the following conditions: cerebral palsy, muscular dystrophy and related neuromuscular disorders, intellectual disabilities, including Downs Syndrome for profound to 2 years overall delayed, organ transplant recipient. Medicaid patients are not covered by this program. The Program is the secondary carrier when insurance is involved or the primary carrier if no insurance is available. All applications must be completed and submitted by the local chapter representative Dr. of Smiles (Stephen White). Preapproval is required prior to treatment. Form 1 and Form 2 can be sent via email.

Industrial Commons (The)

Address: 647 Hopewell Road, Morganton, NC 28655

Website: <https://theindustrialcommons.org/>

Services: *Carolina Textile District* - In partnership with Western Piedmont Community College, we provide low-cost industrial sewing and upholstery training to community members interested in careers in those fields and for emerging entrepreneurs. Please see our website for more information and registration in the "education and training" section.

TOSS - Arts advocacy program providing free/low-cost after-school art classes to elementary and middle school students, as well as internships for high school students. Please click the "movement building" tab on our website for more information. **Work in Burke** - this program's mission is to increase post-secondary credential attainment and make local workforce connections by providing mentorship and education about skilled pathways to gainful employment for students and individuals in Burke County. Work in Burke offers internship opportunities. For more information, click on the "education and training" section of our website.

InfantSEE

Email: infantsee@aoa.org Website: <http://www.infantsee.org>

Services: Under this program, AOA member optometrists provide a no-cost comprehensive eye and vision assessment for infants 6-12 months old regardless of a family's income or access to insurance coverage. InfantSEE provides early intervention using necessary specialized equipment and procedures which are not available as part of most vision screenings.

Job Corps – Schenck Job Corps Civilian Conservation Center

Address: 98 Schenck Drive, Pisgah Forest, NC 28768

Phone: (828) 862-6100 Toll Free: 1-800-733-JOBS (5627) TTY: 1-877-889-5627

Website: <http://www.jobcorps.gov>

Services: Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people, at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

Juvenile Crime Prevention Council (JCPC)

Address: 200 Avery Avenue, Suite 2, Morganton, NC 28655

Phone: (828) 432-2845 Website: <https://www.burkenc.org/2295/Juvenile-Crime-Prevention-Council>

Services: JCPC is the Council appointed by the Burke County Commissioners to survey the county services for youth; vet proposals for any gaps in those services; recommend to the Commissioners the distribution of the Department of Public Safety funds to those agencies; and monitor the expenditure of the funds. A list of funded programs is found in Appendix B of this guide.

Khan Academy – Educational services (Online)

Website: <https://www.khanacademy.org>

Services: Offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace inside and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more. Our math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps.

Kids First Therapy, LLC

Address: 121 Fiddlers Run Boulevard, Morganton, NC 28655

Phone: (828) 430-3558 Website: <http://www.kidsfirsttherapyservices.net>

Services: A therapist-owned pediatric practice providing Occupational Therapy, Physical Therapy, and Speech/Language Therapy to children from birth to 21 years of age. We work closely with local vendors to help children meet their assistive technology, adaptive equipment, and orthotics/prosthetics needs. Kids First Therapy currently provides clinic-
Kids First Therapy, LLC, continued

based therapy in our facility in Morganton, NC, and contracts with other programs to provide therapy services to homes, childcare centers, and schools in our community. We accept Medicaid, most private insurances, and private pay.

Lawyer Referral Service

Phone: (919) 677-0561

Website: <http://www.ncbar.org/public-resources/lawyer-referral-service>

Services: Provides referrals to attorneys who will speak with callers for a reduced rate of \$50 for the initial 30-minute consultation. Referrals can be obtained 24/7 on the website. Referrals are not made to attorneys who will work for free.

Legal Aid of North Carolina – Lawyer Referral Service

Address: 211 East Union Street, Morganton, NC 28655-3449

Phone: (828) 437-8280 Toll Free: 1-866-219-LANC (5262) Website: <https://legalaidsnc.org/>

Services: Free legal services in civil matters for low-income North Carolinians such as safety, shelter, income and more. The website has listings for other helplines posted as well.

Lenoir Emergency Outreach Shelter (LEOS)

Address: 1129 West Avenue, Lenoir, NC 28645

Phone: (828) 726-3634 Website: <http://www.lenoiremergencyoutreachshelter.webs.com>

Services: Provides a place for Caldwell County men, women, and children to stay. There are separate living quarters for men, women, and children. Intake at LEOS begins at 3:30pm. Doors close each evening at 8:00pm. Residents leave by 9:00am to seek employment, work or complete other steps on their goal plans. Residents of the shelter are held responsible for doing chores and the housekeeping of the shelter.

LifeWorks/Brian S. Hissom & Associates, PLLC

Address: 205 East Union Street, Morganton, NC 28655

Phone: (828) 433-9190 Website: <https://hickorycounseling.com/morganton-lifeworks-location/>

Services: Provides professional counseling, psychological, behavioral health, and employee assistance (EAP) services to help organizations, families, and people of all ages reach their full potential. Also provides on-site services for employers, medical practices, and human services organizations. Accepts most insurance plans, including Medicaid, Medicare and NC Health Choice; consumers are encouraged to contact their insurance carriers to determine their mental health benefits.

Make-A-Wish® Central & Western North Carolina

Address: 217 E Tremont Ave, Charlotte NC 28203

Phone: (704) 339-0334 Toll Free: 1-877-677-9474 Website: <http://www.nc.wish.org>

Services: Grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

March of Dimes

Address: 4833 Berewick Town Center Drive, Suite E177, Charlotte, NC 28278

Phone: (970) 395-3148 Website: <https://www.marchofdimes.org>

Services: Offers education to the public and practitioners about premature birth and birth defects. Also, offers education concerning the importance of pre-conception health and prenatal care targeted at women of childbearing age, their families, and their health care providers.

Medicine Assistance Tool (MAT) – formerly Partnership for Prescription Assistance

Phone Toll Free: 1-888-477-2669 Website: <http://www.pparx.org>

Services: A free-to-use search engine created by Pharmaceutical Research and Manufacturers of America (PhRMA) that allows users to search for financial assistance resources available to them, their loved ones, or patients in their lives. It

Medicine Assistance Tool (MAT) – formerly Partnership for Prescription Assistance, continued

provides a single point of access to hundreds of public and private assistance programs as well as connecting them with more transparent information about the cost of medicine.

Meeting Place Mission (The)

Mailing Address: PO Box 2861 Morganton, NC 28680

Phone: 828-432-5659 Website: <http://www.meetingplacemission.org>

Services:

Suzy Fitzgerald Emergency Shelter: *homeless women, homeless families, LGBTQ+ Friendly*

Address: 208 White Street Morganton, NC 28655 Phone: (828) 432-5659, Option 1

Emergency shelter for women, mothers and young children, fathers and young children, and families. LGBTQ+ Friendly. All served on a first come first serve basis. Check-in is between 6:30pm and 8pm daily. Check out is by 8am daily.

Burkemont Men's Transitional House

Phone: (828) 432-5659, Option 2 *Call for availability.*

Transitional shelter for men; transitional living for 6 months – 1 year. Inquiry calls accepted 8am-4pm. Interviews scheduled for enrollment in a 9-month transitional program.

Families Adjusting Changing and Evolving Safely (FACES)

Phone: (828) 432-5659, Option 2 *Call for availability.*

Duplex used for transitional shelter for families; transitional living for 6 months – 1 year.

Military OneSource – Service members and their families

Phone Toll Free: 1-800-342-9647

Website: <http://www.militaryonesource.mil>

Services: Free service includes money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of family members with special needs. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day by telephone with professionally trained consultants and online.

Mimosa Christian Counseling Center

Address: 220 Burkemont Avenue, Morganton, NC 28655

Phone: (828) 433-5600 Website: <https://www.mimosachristiancounseling.org>

Services: Offers counseling from a Christian perspective to adults and youth ages 4 through 64 experiencing depression, anxiety, grief and loss, chronic pain, self-worth and co-dependency, abuse, trauma, single and couple issues, or life adjustment issues. Accepts Blue Cross Blue Shield insurance, MedCost, and other limited insurance providers are considered. Also, offers counseling in Eastern Burke County (Crosslink Church in Rutherford College). Appointments are required.

Mission Ministries Alliance

Address: PO Box 297, Marion, NC 28752

Phone: Women & Children's Shelter– (828) 659-6490 124 Fleming Ave., Marion, NC 28752

Men's Shelter & Street Outreach – (828) 659-3981 804 State St., Marion, NC 28752

Overnight Shelter – 800 State St., Marion, NC 28752

Website: <https://mcdowellmissionministries.org/>

Services: Provides emergency housing and overnight shelter with check-in beginning at 8pm. Other services available include case management for transitional support services. North Main Resale store provides low-cost clothing,

furniture, and appliances to the public. Priority is given to McDowell County residents, but referrals are accepted from other counties.

Monarch Detox & Stabilization

Address: Plymouth, NC (serving all of NC)

Phone: 1-800-994-5091 Email: admissions@monarchdetox.com

Website: <https://monarchdetox.com/>

Services: No one can make detox easy or free of discomfort. We can make it as comfortable, respectful, and private as it can be. We are a medically assisted detoxification stabilization with private rooms with bathrooms and showers to recover in private. We provide free transportation to and from the detox location. We provide Addiction Counseling & Peer Recovery Support upon request. We know everyone's recovery journey is different. Each person will work closely with staff to plan activities designed specifically for them to identify and avoid triggers that compel them to use. Every person leaves Monarch with a **Next Step Plan**. The Monarch staff works hard to help each person progress positively from stabilization to the next phase of their recovery, which can include inpatient rehab, transitional housing, Oxford House, Outpatient services or return home with all the resources and supports needed to continue the path of recovery. You can start your admission by going to the website clicking "Get Started" or give us a call to speak with an Admission counselor.

Morganton Housing Authority

Address: 644 First Street, Morganton, NC 28655

Phone: (828) 437-9101, Ext. 12

Website: <https://www.morgantonnc.gov/bc-housing>

Services: Owns and manages 3 public housing facilities which total 250 units across the City of Morganton for families with low incomes. Housing includes units with 1-5 bedrooms.

Morganton (City of) Parks and Recreation Department

Address: 300 Collett Street, Morganton, NC 28655

Phone: (828) 438-5350 Website: <https://www.morgantonparksandrec.com/parksrec>

Services: Maintains two recreation centers, indoor and outdoor swimming pools, a soccer complex, nine parks, a skeet range, disc golf, an extensive greenway system, and Catawba Meadows Park, which covers more than 200 acres along the Catawba River. Programs and events include youth and adult sports leagues, aquatics, yearly leisure activities, and instructional classes.

Muscular Dystrophy Association – Carolinas Medical Center

Address: 1010 Edgehill Road North, Charlotte, NC 28207

Phone: (704) 446-1900 Website: <https://www.mda.org/>

Services: Provides diagnostic testing and follow-up care at designated MDA clinics. Physical therapy, occupational therapy, respiratory evaluations, and genetic counseling are also available. Offers assistance with the repairs of wheelchairs, leg braces, and communication devices. Sponsors a variety of support groups in the surrounding area (call for information) and a week-long summer camp for ages 6-17 living with Muscular Dystrophy.

NC Early Learning Sensory Support Program for Children with Vision and/or Hearing Impairments

Website: <https://www.dpi.nc.gov/districts-schools/classroom-resources/exceptional-children/resources-unique-needs/early-learning-sensory-support-program>

Services: NC ELSSP is a state funded direct service provider for young children with vision and/or hearing impairments ages birth to five. Services are provided at no cost by licensed teachers and staff trained to work with children with vision and/or hearing impairments. Services take place in a child's natural environment, including homes, childcare settings, the community, and schools throughout North Carolina. For more information about the NC ELSSP or to make a

request for services, please contact: Intake Coordinator for Vision Impairments: Amber Maners – amber.maners@dpi.nc.gov or Intake Coordinator for Hearing Impairments: Mandy Hice – mandy.hice@dpi.nc.gov

NC Lions, Inc., Rutherford College Lions Club

Address: c/o Abernathy UMC 960 Malcolm Blvd., Connelly Springs, NC 28612

Phone: Richard Damon-(828) 368-0449 or Bill Phillips-(828) 493-2127

Website: www.nclionsinc.org or www.unifourlions.org

Services: Offers vision and hearing screening for children and adults at no cost. Offers financial assistance for eye examinations and glasses, collection of food and related items for community food pantries, annual educational scholarships, and preparing and serving food at community events.

NCHousingSearch

Phone Toll Free: 1-877-428-8844 Website: <http://www.nchousingsearch.org/index.html>

Services: A free service to find and list housing.

NCWorks Career Center – Burke County – Employment and Youth Services

Address: 720 East Union Street, Morganton, NC 28655

Phone: (828) 438-6161 Website: <https://www.ncworks.gov>

Services: A one-stop online resource for job seekers and employers in North Carolina. Job seekers can search for jobs, create resumes, and find education and training. Employers can find candidates, post jobs, and search labor market information.

NeedyMeds

Phone Toll Free HELPLINE: 1-800-503-6897 Website: <http://www.needymeds.org>

Services: Provides free information on programs that help people who can't afford medications and healthcare costs. NeedyMeds also provides a free drug discount card that offers a discount of up to 80% at more than 65,000 pharmacies nationwide. Anyone can use the card regardless of income level or insurance status and no registration is required. The same card can be used by friends and family members to save on prescription drugs, over-the-counter drugs and medical supplies written on a prescription form, and pet prescription drugs purchased at a pharmacy.

New Directions Counseling Services

Addresses: **HICKORY** – 201 Government Avenue SW, Suite 305, Hickory, NC 28602 Phone: (828) 267-1740

LENOIR – 315 Wilkesboro Boulevard NE, Suite 1A, Lenoir, NC 28645 Phone: (828) 754-6087

Website: <http://www.newdirectionscs.com>

Services: Access to 24/7 Emergency Service, Individual Therapy, Couples Therapy, Family Therapy, Group Therapy, Solution-Focused Therapy, Holistic Counseling, Cognitive Functioning/Emotional Regulation, Skills Training, Eye Movement Desensitization and Reprocessing Therapy (EMDR), Women's Issues, Faith Based Counseling, Relaxation and Meditation, Cognitive-Behavioral Therapy, Behavioral Therapy, EAP Counseling, Parenting Support, Psychological Evaluations, Pre-Surgical Gastric Bypass Evaluations.

New Eyes

Website: <https://new-eyes.org/>

Services: New Eyes transforms the lives of children and adults facing financial hardship across the United States with the simple, yet critical tool of eyeglasses. Provides new eyeglasses to low-income individuals across the United States.

North Carolina Department of Health & Human Services – Children Services

Address: 2001 Mail Service Center, Raleigh, NC 27699-2001

Phone: 1-800-662-7030 Website: <http://www.ncdhhs.gov/assistance/childrens-services>

Services: Provides health care, financial assistance, and access to nutrition programs to children who require extra support. Find a childcare provider, learn about child support payments and enforcement and make sure that your newborn has the proper care regardless of your financial status.

North Carolina Division of the Services for the Blind – (Asheville Office)

Counties Served: Avery, Buncombe, Burke, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Yancey

Address: 50 South French Broad Avenue, Asheville, NC 28801

Phone: (828) 251-6732 Toll Free: 1-800-422-1881 Website: <http://www.ncdhhs.gov/divisions/dsb>

Services: Provides services to people who are visually impaired, blind, and deaf-blind to help them reach their goals of independence and employment. Including Business Enterprise Program, Business Incentives, Client Assistance Program (CAP), Community Services, Deaf-Blind Services, Independent Living Services for the Blind, Medical Eye Care Program (Preserving or Improving your Vision), and Vocational Rehabilitation for the Blind.

North Carolina Early Learning Network (NC-ELN)

Website: <https://nceln.fpg.unc.edu/>

Services: Provides early learning communities with professional development and technical assistance to support preschool children with disabilities and their families. Promotes the development and successful participation of North Carolina's preschool-age exceptional children in a broad range of activities and contexts, including their homes, early learning programs, and communities.

North Carolina Foundation for Public School Children

Address: 3700 Glenwood Avenue, Suite 510, Raleigh, NC 27612

Phone: (984) 222-3625 Website: <http://www.ncfpssc.org>

Services: A resource for public school employees to seek assistance for the most basic needs of under-privileged children in a short amount of time. Facilitates the purchase of clothing, shoes, eyeglasses, school supplies, or any other basic needs for any student, ensuring an equal opportunity to learn. Offers disaster relief, teacher cadet grants, and educators' relief grants.

North Carolina Housing Finance Agency

Website: <https://www.nchfa.com/current-homeowners/are-you-struggling-pay-your-mortgage>

Services: Information for NC Homeowners who are struggling to pay their mortgages.

North Carolina Vocational Rehabilitation Services – (WorkSource West)

Address: 200 Enola Road, Morganton, NC 28655

Phone: (828) 608-5600 Toll Free: 1-877-344-7484 Website: <http://www.ncdhhs.gov/dvrs>

Services: Assists individuals with disabilities achieve their goals for employment and independence. Services include disability and vocational assessment, employment training, counseling, placement, and a variety of auxiliary services to assist disabled individuals to enter or maintain gainful employment.

Novant Health Presbyterian Medical Center (Behavioral Health Services)

Address: 200 Hawthorne Lane, Charlotte, NC 28204

Phone: Toll Free Nurse Care Line: 1-800-718-3550

Website: <https://www.novanthealth.org/home/services/behavioral-health.aspx>

Services: Person-centered care provided by compassionate staff, individualized treatment planning, recovery-oriented care provided in a positive environment where hope is encouraged, enhanced and maintained. Interdisciplinary treatment provided through a variety of professional staff, family/support system involvement, and specialized services for those individuals with co-occurring emotional and substance abuse issues.

Oak Ridge Baptist Church

Address: 7264 Rhodhiss Road, Connelly Springs, NC 28612

Phone: (828) 874-0891 Website: <http://www.oakridgebaptistchurch.net>

Oak Ridge Baptist Church, continued

Services: Located in the old church fellowship hall. For families living in the county east of CVS in Rutherford College, the church provides free groceries – one allotment per household per month – on the 3rd Thursday and the Monday before the 3rd Thursday, 1:30pm–4:00 pm. Perishable items offered weekly every Friday at noon on a first-come-first-served basis. Families need to bring picture I.D. with proof of Burke County residency.

Olive Hill Community Economic Development Corporation, Inc.

Address: 200 South College St Suite A Morganton NC 28655

Phone: (828) 475-4620 Website: <http://www.ohcedc.org>

Services: Mission: Empowering Residents to Succeed in today's Economy! Olive Hill CEDC offers opportunities to improve the economic mobility of local residents with the following programs: **Pre-Homeownership Education** – information needed to take the next steps towards homeownership, understand the mortgage process, and so much more. **Housing Counseling** – advice on buying a home, renting, default, foreclosure avoidance, credit issues. **Financial Literacy** – education financial life skills counseling that leads to economic self-sufficiency...managing your money; spending plans; debt reconciliation. **Foreclosure/Loss Mitigation** – Trouble paying your mortgage? Stop The Collections, Harassment, & Problems. Start Rebuilding Your Life Today. Counseling & Housing payment assistance for primary residence in North Carolina. **Business Development** – counseling/advice; business plan guidance; access to nontraditional capital for start-up and existing businesses. **Trade Academy** – employment/workplace skills training; referrals to employment.

Open Hearts Place

Address: 201 Shady Rest Road, Morganton, NC 28655

Phone: (828) 430-0417 Website: www.openheartspplace.org

Services: Open Hearts Place (OHP) mission is to provide homes and purposeful opportunities for families to increase life goals, gain stability, and become more self-sufficient. OHP provides intermediate housing for low-income families at an affordable rent for up to three years. During that time each family will work to overcome current barriers that inhibit their financial, emotional, and social stability. The OHP Case Manager will work with each adult to develop their own Personal Development Plan that could include paying all bills on time; improving their credit rating; increasing family income because of promotions, job changes or additional education; achieving financial independence; and eventually preparing for home ownership. Success for OHP will be when our families are financially independent and moving on to home ownership. Check the website to see when we will be accepting applications for Phase 2.

Options of Burke County (for Victims of Domestic Violence, Sexual Assault and Rape)

- ***CALL 911 if you are in IMMEDIATE DANGER***

Address: 412 East Meeting Street, Morganton, NC 28655

24 Hour Crisis Hotline: (828) 438-9444 Website: <http://www.optionsburkecounty.org>

Services: Provides empowerment services and emergency shelter to Burke County families in crises. Includes Crisis Intervention; Safe Shelter; Advocacy; Community Education; Battered Women Support Group & Sexual Assault Support Group and Individual Therapy Services.

Outreach Center (The)

Address: 510 East Fleming Drive, Morganton, NC 28655

Phone: (828) 439-8300 Website: <http://www.theoutreachcenter.org>

Services: Provides free, nourishing groceries to assist hungry families weekly through our Outreach Food Distribution program, career employment skills training and on-the-job training through our Workforce Development program,

senior food program once a month to help our vulnerable seniors in need, arts and cultural programs to impoverished children to help boost their self-esteem and improve their chances of attending college, counseling to help overcome barriers to employment that are mental health related, meaningful volunteer opportunities for youth groups, individuals with disabilities and others.

Partners Health Management

Address: 901 S. New Hope Road, Gastonia, NC 28054

Admin Office: 1-877-864-1454

Phone Toll Free: 1-888-235-4673 **24/7/365** Website: <http://www.partnersbhm.org>

Services: Partners Health Management (Partners) manages Medicaid, state and local funds for mental health, intellectual/developmental disability (I/DD), substance use disorder and traumatic brain injury services. Under the Behavioral Health Intellectual/Developmental Disabilities Tailored Plan, Partners will manage integrated services for members with significant behavioral health needs, including physical health and pharmacy services. Our members and families shape the system of care Partners manages and is designed to focus on the unique needs of each community. Partners currently serves Burke, Cabarrus, Catawba, Cleveland, Davie, Forsyth, Gaston, Iredell, Lincoln, Rutherford, Stanly, Surry, Union, and Yadkin counties.

Pisgah Legal Services (HEOP)

Address: 62 Charlotte St, Asheville, NC 28801

Phone: 828-210-3404 Website: <https://www.pisgahlegal.org/heop/>

Services: Pisgah's Health and Economic Opportunity Program (HEOP) provides free **tax preparation** assistance and **healthcare navigation** to low and moderate-income Burke County residents, as well as the 18 counties of WNC. With a goal of reducing childhood poverty in the region, we are helping families connect with thousands of dollars of otherwise unclaimed tax credits and ensuring that everyone has access to affordable healthcare through the ACA. Call to be screened year-round by our professional bilingual staff.

Play Again Therapy

Addresses: **Morganton** – 205 South Sterling Street, Morganton, NC 28655

Marion – 551 Burma Road West Marion NC 28752

Phone: (828) 438-8833 Website: <http://www.playagaintherapy.com>

Services: Provides occupational and speech therapy services to children from birth to young adulthood. We work with clients to develop speed and efficiency in thinking skills, coordination, and motor planning so they may participate more effectively in meaningful life activities. We offer education, motivation and support for clients, their families, and their communities to optimize the well-being of each individual.

Pregnancy Care Center of Burke

Address: 302 South Main Street, Drexel, NC 28619

Phone: (828) 432-6187 (call or text) Website: <https://www.pccob.com>

Services: The PCCOB offers pregnancy testing, limited ultrasounds, education on pregnancy and parenting, baby supplies, and more, all free of charge. There are no eligibility requirements... everyone is welcome to take advantage of this free resource! PCCOB also offers mobile health care services. On our Mobile Medical Unit, we offer free pregnancy testing and ultrasounds to those who may have difficulty commuting to our brick-and-mortar office. Please call for our updated schedule.

Prevent Blindness North Carolina

Address: 4011 WestChase Boulevard, Suite 180, Raleigh, NC 27607

Phone: (919) 755-5044 Website: <http://nc.preventblindness.org>

Services: Delivers direct service programs designed to preserve sight through screening, publications, safety, education, information, and referral through volunteer efforts. Offers Vision Resource Program that provides vouchers for free

vision care such as eyeglasses and eye exams. Call for more information on eligibility. The website offers a list of national financial resources for vision care under “Resources.”

QuitlineNC – North Carolina Tobacco Use Quitline

Phone: 1-800-QUIT-NOW (1-800-784-8669) TTY: 1-877-777-6543

Spanish: 1-855-Déjelo-Ya (1-855-335-3569) Text READY to 200-400 to register via text

Website: <https://quitlinenc.dph.ncdhhs.gov/>

Services: QuitlineNC provides free cessation services to any North Carolina resident who needs help quitting commercial tobacco use, which includes all tobacco products offered for sale, not tobacco used for sacred and traditional ceremonies by many American Indian tribes and communities. Quit Coaching is available in different forms, which can be used separately or together, to help any tobacco user give up tobacco.

RHA Health Services – Deaf and Hard of Hearing Services

Address: 408-A Union St Suite 1, Morganton, NC 28655

Phone: (919) 518-9293 Call Center: 1-800-848-0180 Videophone: (919) 518-9293

Website: <https://rhahealthservices.org/behavioral-health-services/deaf-hard-of-hearing-services/>

Services: RHA Health Services offers a broad range of behavioral, developmental, and therapeutic support programs to Deaf and Hard of Hearing individuals in an environment free of cultural or language barriers. We serve people who utilize sign language as their primary mode of communication with our statewide Deaf and Hard of Hearing program in North Carolina.

RxAssist – (Patient Assistance Program Center)

Website: <http://www.rxassist.org>

Services: Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need all in one place.

Repay, Inc.

Address: 420 West Fleming Drive, Suite C, Morganton, NC 28655

Phone: (828) 438-6218 Website: <http://www.repayinc.org>

Services: Pretrial services, Just Girls Program, The Journey Counseling Center, Sex Abuse Intervention Services. The **Just Girls Program** serves girls ages 11-17 years old who are considered at risk for future involvement in the criminal justice system, unwanted pregnancy, or dropping out of school. The program provides group therapy, skills development, and opportunities for strengthening positive bonds with school, family, and community through gender specific group and individual therapy. Referrals are accepted from schools, Juvenile Court, parents, and other agencies.

Safe Harbor

Address: 210 2nd Street SE, Hickory, NC 28602

Phone: (828) 326-7233 Website: <https://safeharborncc.org/>

Services: Safe Harbor's Christ-Centered recovery community offers a 12 month whole-istic residential recovery program for women at no cost for participants called Whole Woman. Our GreenLeaf Transitional program provides low-cost, furnished, clean and safe apartments in a community for women and children looking for structure and support for their recovery while preparing for successful independent living. Our Community Day Center offers a safe place for women and children who are experiencing homelessness, or at risk for experiencing homelessness, to access an array of services through a trained Services Navigator as well as providing meals, showers, laundry facilities, internet access, and transportation. Finally, the Passage Transitional program was created with care to provide loving help and support to women

experiencing homelessness who have been unable to successfully secure housing, assisted living, etc. independently, and who can only do so with the availability of a supportive program.

Safe Kids Burke County

Address: 700 East Parker Road, Morganton, NC 28655

Phone: (828) 764-9219 Websites: **(see below)**

<https://www.facebook.com/safekidsburke> or <https://www.burkenc.org/2378/Safe-Kids-Burke-County>

Services: Provides information on topics including, but not limited to fire safety, water, sun, boat safety, gun safety, bicycle and helmet safety, insect bites, poison control and a concentration in child passenger safety. Educates children, parents, and caregivers through a variety of activities and events (Health and Safety fairs, Bike Rodeos, Medicine Drops and more). Child passenger safety inspections, car seat checks by appointment, checks car seats for correct installation for free and sells new car seats at a reduced cost.

SafeLink Wireless

Phone Toll Free: 1-800-SafeLink (723-3546)

Website: https://www.safelinkwireless.com/Enrollment/Safelink/en/NewPublic/about_us.html

Services: A government supported program serving eligible households that is provided by TracFone Wireless, Inc. To participate in the SAFELINK WIRELESS® service, certain eligibility requirements must be met, which are set by each State where the service is provided. These requirements are based on a person's participation in State or Federal support programs or by meeting the Income Poverty Guidelines as defined by the U.S. Government. SAFELINK WIRELESS® service is limited to one person per household.

Saint Charles Borromeo Church – Food Pantry

Address: 728 West Union Street, Morganton, NC 28655

Phone: (828) 437-3108 Website: <http://www.saintcharlesborromeo.org>

Services: The food pantry is open from 10am–11:30am on the 1st and 3rd Tuesday of the month. You are required to show identification.

Salvation Army Crisis Help Center

Address: 771 4th Ave SE, Hickory, NC 28655

Phone: (828) 322-2535

Services: Supports needy families in the county with clothing, food, and crisis assistance. Clothing vouchers can be issued once every 6 months. If unable to go to Hickory, can apply over the phone for the issued voucher to be faxed to the local store. Food bags can be issued once every 3 months and must be picked up in Hickory. Applications for clothing and food are accepted on Mondays between 1pm and 4pm and on Wednesdays between 9am–12pm. A Loaves and Fishes produce drive is offered every Wednesday afternoon from 1:30pm to 2:30pm in Hickory. Individuals can come every week. Crisis assistance is available for a documentable crisis in the last 30-90 days. Applicants need to call to be screened over the phone and then an appointment will be made with a case worker in Hickory. If unable to go to Hickory, meetings over the phone can occur.

Salvation Army Thrift Store

Address: 412 West Fleming Drive, Suite A, Morganton, NC 28655

Phone: (828) 430-8392

Services: Offers new and slightly used clothing, household items, and other "stuff" that is "another man's treasure." Revenue generated in the Family Stores helps provide the resources necessary to offer individuals in our community a "hand-up."

Sipe's Orchard Home

Address: 4431 County Home Road, Conover, NC 28613

Phone: (828) 256-5056 Website: <https://www.sipesorchardhome.org/home>

Services: **Transitional Living Program – Campus:** provides residential and life skills development for at-risk youth males and females, ages 16 to 21, who are homeless, aging out of foster care, or otherwise disadvantaged and unable to cope

Sipe's Orchard Home, continued

successfully on their own. The program provides a safe place to attain the skills, confidence, and credentials to achieve independence. There are three facilities on campus. **Young Adults in Transition – Campus and Community:** extends the age of care to 24 and expands the locations, while beginning or continuing independent living services. The program is open to youth with a mental health diagnosis who need support to develop or maintain independent living skills. **The Tyndall Center for Early Age Education:** provides a specialized educational program (NCPK) for at-risk four-year-olds. The program is centered on learning through play. Children develop skills to ensure kindergarten readiness. **Huckleberry Summer Camp:** a summer day camp open during the 8–12-week summer break. It is open to school-age children who have completed kindergarten. Breakfasts, lunches, and snacks are provided and included in the cost. Cost: \$25 non-refundable registration fee per child. Reservation Fees: \$10 per selected week, per child. The reservation fees will be applied to the payment for those reserved weeks that are attended. If a reserved week is not attended and there are no other open weeks for substitution, the reservation fee is forfeited. Weekly Cost: \$125 per week. A sibling discount offers \$5 off each sibling's weekly fee.

Skill Creations Inc.

Address: 303 South Green Street, Suite 101, Morganton, NC 28655

Phone: (828) 432-9771 Website: <http://www.skillcreations.com>

Services: Operate three service divisions and the administration division. Our original service division is the ICF Division which currently provides 191 individuals with specialized residential care in 15 different towns in North Carolina. The second service division is our Community Operations Division which provides residential and non-residential services to persons in their home community. The third service division is the Wayne Child Development Center, which is located in Goldsboro and is a 5-star rated preschool and childcare center for all children ages birth - 5 years old.

Social Security Administration

Address: 1501 US Highway 321 NW, Hickory NC 28601

Phone Toll Free: 1-888-877-1615–local 1-800-772-1213–national TTY 1-800-735-8262

Website: <http://www.ssa.gov>

Services: Assists individuals applying for retirement, survivors' (dependents of a deceased individual), Social Security Disability, and Supplemental Security Income (SSI) benefits.

Southmountain Children and Family Services

Address: 110 West Union Street, Morganton, NC 28655

Phone: (828) 584-1105 Website: <http://www.southmountain.org>

Services: Southmountain serves children who have experienced abuse and neglect through two arms of service: a 150-acre foster community in Nebo and 11 Children's Advocacy Centers across North Carolina. The foster community, a neighborhood of eight homes, offers a unique hybrid of group care and traditional foster care. The community employs "professional parents" who live and care for children full time, which allows siblings to stay together and offers state-of-the-art facilities and recreation opportunities. The program prioritizes family reunification. The organization also operates 11 Children's Advocacy Centers (CAC) serving 16 counties across North Carolina. The CACs exist to minimize trauma to children and their non-offending family members resulting from neglect, physical and/or sexual abuse; to advocate for and support child victims and to enhance the legal process in achieving optimal criminal prosecutions. Clinicians across the agency utilize trauma-focused cognitive behavioral therapy, the gold standard of care for victims of trauma.

Special Olympics Burke County North Carolina

Email Address (Local Program Coordinator): burke@sonc.net

Website: <https://sonc.net/local-programs/>

Services: The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop

Special Olympics Burke County North Carolina, continued

physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community.

STEPS Academy (Strategically Teaching and Engaging Preschool Students)

Address: 700 E Parker Road

Mailing Address: BCPS, PO Drawer 989, Morganton, NC 28680

Phone: (828) 430-4100 Website: https://www.burke.k12.nc.us/departments/birth_to_5_years_old/preschool

Services: STEPS Academy is a half day inclusive Preschool program for children ages 3-5 that is jointly funded through Burke County Schools and Smart Start. Classes are offered 2.5 hours/2 days per week. Students may begin as soon as they turn 3. This program is FREE for students living in Burke County who are not currently enrolled in any other preschool program or childcare. STEPS classrooms are located at Forest Hill Elementary (304 Ann Street; 828-413-7135), Hildebran Elementary (703 US Hwy 70 W; 828-764-5053), and Mountain View Elementary (805 Bouchelle Street; 828-381-6048). STEPS Academy is also unique in that it offers a Parent and Child (PAC) class each week where parents join students in fun learning activities to carry over into the home and family! Each STEPS Academy classroom has a certified classroom teacher, as well as a highly qualified teacher assistant. Activities and the classroom are structured for the most age-appropriate learning opportunities for your preschooler!

Tarheel ChalleNGe Academy Youth Program

Address: 600 NE Main Street/PO Box 39, Salemburg, NC 28385

Phone: (910) 525-5520 Toll Free: 1-800-573-9966 Website: <http://www.nc-tcachallenge.org>

Services: A 22-week, military-oriented resident program for high school dropouts. Residence is followed by an intensive yearlong placement and mentoring phase. Applicants must be 16-18 years old, U.S. citizen/legal resident and North Carolina resident, unemployed/underemployed, drug-free, no pending criminal record, and physically and mentally capable; applications are available on the website. The mission of the Tarheel ChalleNGe is to improve the life-coping skills and employment potential of high-school dropouts or expellees so that they may become productive members of their communities and society in general.

TEACCH Center – Asheville – Treatment and Education of Autistic and Communication Handicapped Children

Address: 100 Technology Dr, Suite A, Asheville, NC 28803

Phone: (919) 445-7020 Website: <http://www.teacch.com/regional-centers/asheville-teacch-center>

Services: Serves individuals with Autism Spectrum Disorders in the western region of North Carolina. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, training opportunities and research.

Ther-Equine – Therapeutic Riding Center

Address: 2864 DAV Avenue, Morganton, NC 28655

Phone: (828) 443-0272 Website: <https://www.facebook.com/therequine>

Services: Promotes and enhances the welfare of individuals with disabilities by providing a program of therapeutic, educational, and recreational value and empowers individuals who are mentally, physically, or emotionally challenged through the use of horses while providing therapeutic benefits in a safe and controlled atmosphere.

Thomasville Area Family Services/Care House

Address: 1120 Taylorsville Road, Lenoir, NC 28645

Phone: (828) 757-0700 Website: <https://www.bchfamily.org/programs/single-mom-care>

Services: Helps four teen-aged single mothers learning parenting, vocational and education skills while living with their babies. Mothers learn day-to-day care skills, adult living skills and basic parenting skills. They learn how to establish personal goals and are given opportunities to develop a positive self-image. Mothers are educated on how to prevent additional pregnancies and learn how they can appropriately use community resources and services. Twenty-four-hour

Thomasville Area Family Services/Care House, continued

group care and on-site day care for babies allow the mothers to continue their education. Placement consideration can be given to a pregnant teen who is not currently parenting a child.

Thompson Child and Family Focus Centers

Addresses: **(A)** 6800 Saint Peter's Lane, Matthews, NC 28105

Phone: (704) 536-0375

(B) 769 N. Wendover Road, Charlotte, NC 28211

Phone: (704) 376-7180

(C) 1645 Clanton Road, Charlotte, NC 28208

Phone: (704) 817-1600

Phone: Toll Free: 1-888-293-6216 Website: <https://www.thompsoncfc.org>

Services: **(A)** The Thompson Psychiatric Residential Treatment Facility (PRTF) is intended for boys ages 5-13 and girls ages 5-12. However, boys may turn 14 and girls may turn 13 while in the program. A tranquil 40-acre campus in Matthews that includes: highly personalized psychiatric residential treatment and clinical care for children who have experienced severe abuse and neglect. Serves up to 24 children, ages 6 to 15, in four cottages. The School at Thompson provides therapeutic support within a school setting. Thompson administrative offices, the chapel, a recreational facility with a pool, cafeteria, and outdoor playgrounds and natural spaces are part of this healing environment.

(B) Parent education programs incorporate both classroom and in-home education, supporting families who seek out help or are compelled to find assistance by court and/or county mandate. Outpatient and Intensive In-Home therapy services address behavioral and emotional problems, adjustment issues, grief and loss issues, and sexualized behaviors. Our Foster Care team identifies and develops strong, supportive families who can care for children re-entering community life. **(C)** Thompson Child Development Center, a five-star, nationally accredited center, provides year-round, high-quality early education and care for up to 150 children, birth to age five. The student population includes both children with special needs and those who are typically developing. Thompson Child Development Center also serves 57 Head Start and 20 Early Head Start children. Thompson Early Childhood Outreach Services include a wide range of family support programming, as well as a three-county professional development training program and center-to-center peer counseling.

Timber Ridge Treatment Center, Inc.

Address: 665 Timber Trail, PO Box 259, Gold Hill, NC 28071

Phone: (704) 279-1199 Website: <http://www.trtc.net>

Services: Level III residential treatment program located in a rural woodland setting between Greensboro and Charlotte, designed to serve males between the ages of 12 and 17. Basic services include therapeutic camping; individual, group and family counseling; and medication management by a psychiatrist. Specialty services include year-round school registered with the North Carolina Department of Public Instruction; substance abuse counseling (dual diagnoses); Moral Reconnection Group Therapy; and Level III program for sexually aggressive youth treatment components include Trauma Focused Cognitive Behavioral Therapy, EMDR, QEEG brain mapping, risk assessments, safety plans, individual, group and family therapy.

Un Nuevo DIA (A New Day) – (Americas Addiction Treatment, Inc)

Address: 203 White Street, Morganton, NC 28655

Phone: **Spanish** (828) 606-1718 **English** (828) 433-1221 Website: <https://www.ncdwiservices.org>

Services: A drug or alcohol rehabilitation center with a primary focus on substance abuse treatment. The treatment center provides outpatient care. There are special groups and programs for DUI and DWI offenders and criminal justice groups. Special language services provided include Spanish. Payment assistance is offered by way of sliding fee scale.

Universal Mental Health/Developmental Disabilities/Substance Abuse Services

Address: 223 Avery Avenue, Morganton, NC 28655

Phone: (828) 438-0006 Website: www.umhs.net

Services: Provides comprehensive and integrated mental health, intellectual/developmental disabilities, substance abuse and early intervention services in North Carolina.

VA Medical Center (Charles George) – Asheville

Address: VR&E Office, 1100 Tunnel Road (138), Asheville, NC 28805

Phone: (828) 298-7911 Website: <http://www.asheville.va.gov>

Services: A Specialized Care, 119-bed acute care facility located in Western North Carolina. Asheville operates a separate 120-bed Community Living Center. The Center's services include extended care rehabilitation, psychogeriatric care, and general nursing home care. Comprehensive health care is provided through the spectrum of primary care, tertiary care, and long-term care in areas of medicine, surgery, psychiatry, physical medicine and rehabilitation, neurology, oncology, dentistry, and geriatrics. Special programs include a Home Based Primary Care (HBPC) program, Medical Foster Home Program, and a Substance Abuse Residential Rehabilitation Treatment Program (SAR RTP).

Valdese Housing Authority

Address: 1402 Lydia Avenue NW, Valdese, NC 28690

Phone: (828) 874-0098

Services: Provides low-income housing programs. Authorities determine housing eligibility and administer two different types of housing assistance programs. Section 8 Housing provides rental assistance to low-income families living in privately-owned rental properties, where low income housing is directly owned and operated by the US Department of Housing and Urban Development (HUD).

Valdese Recreation Department

Address: 312 Massel Avenue, Valdese, NC 28690

Phone: (828) 879-2132 Website: <https://www.townofvaldese.com/recreation-1/>

Services: Offers a wide range of facilities and activities to the citizens of Valdese and the surrounding area. The department sponsors a number of special classes and activities for youth and adults. The recreation department oversees five facilities: Valdese Community Center, McGalliard Falls Park, Children's Park, Fletcher Ballpark, and Tiger Gym. The Department is based in the Valdese Community Center, which also houses bowling lanes, a dedicated party room, snack bar and grill, fitness center, locker rooms, gymnasium, and staff offices. WIFI is available throughout the facility. Also, located on the grounds are two lighted tennis courts, and a year-round swimming pool (enclosed from mid-September through early May.)

Waldensian Presbyterian Church (Food pantry)

Address: 109 Main Street East, Valdese, NC 28690

Phone: (828) 874-2531 Website: <http://www.waldensianpresbyterian.org>

Services: Operates a food pantry to assist residents of Valdese and Drexel with a gift of groceries once a month. Valid ID required as proof that you live in the service district. Limited financial assistance available for families in crisis. Appointments are required. Contact the church office on Thursday between 2pm and 4pm for a pre-phone interview and to schedule a follow-up appointment if eligible.

Walkin' Roll Activities League, Inc.

Address: PO Box 1994, 202 S Center St, Hildebran, NC 28637

Phone: (828) 446-5106 Website: <http://www.walkinroll.org>

Services: Supports and nurtures individuals with developmental disabilities by providing team building opportunities through T-Ball, bowling, swimming, dancing and other group activities. The focus of our league is to build self-esteem and confidence in individual performance in a nurturing atmosphere.

Western North Carolina Workers' Center

Address: PO Box 3, Hickory, NC 28603

Phone: (828) 575-3830 Website: <http://www.wncworkerscenter.org>

Services: Our workplace health and safety program focuses on three components: educating workers on health and safety issues in industries with high injury rates; advocating for safe and healthy workplaces and policies that protect

Western North Carolina Workers' Center, continued

workers; develop leadership amongst low-wage workers to advocate for themselves. Through our wage theft campaign, we seek to activate disenfranchised workers in Western North Carolina to stand up against wage theft; engage community partners and allies regarding wage theft and reach out to local politicians regarding wage theft. Our women's program works with immigrant women workers to empower them to testify to realities regarding oppression through safe spaces and networks for them to be supported and heard and to develop leadership skills to encourage other women to do the same.

Western Piedmont Community College

Address: 1001 Burkemont Avenue, Morganton, NC 28655

Phone: (828) 448-3500 Website: <http://www.wpcc.edu>

Services: Curriculum and continuing education, adult basic education, and adult GED classes.

Western Piedmont Council of Governments Rental Assistance Program

Address: 1880 2nd Avenue NW, Hickory, NC 28601

Phone: (828) 322-9191 Website: <http://www.wpcog.org/regional-housing-authority>

Services: Assists very low-income families to receive a "Housing Choice Voucher" that pays a significant portion of rent for participating landlords. Eligibility for a housing voucher is based on the annual gross income and family size and is limited to US citizens and special categories of non-citizens who have eligible immigration status and can pass the screening process.

Women's Resource Center

Address: 125 3rd Street NE, Hickory, NC 28601

Phone: (828) 322-6333 Website: <https://wrchickory.org/>

Services: Workforce Development Programs and Support; Goal Planning and Resource Coaching Services; Challenges Due to Separation, Domestic Violence, or Divorce; Support Groups for Fibromyalgia; Emotional Support Group for Women, Adult Children of Alcoholics, Alcoholism & Substance Abuse; Personal Growth through Educational and Enrichment Programs; and opportunities to meet and share with other women. Pantry with a Purpose program provides products not covered by FNS/SNAP (cleaning supplies, toiletries, etc.). No Strings Attached program offers free menstrual hygiene products to the community- also available at Catawba Valley Community College. Womenade grant program provides up to \$500 grants to women experiencing financial difficulties in an effort to increase long term stability. Free mental health counseling services provided by LCSW to under/uninsured women. All services available to women in Alexander, Burke, Caldwell and Catawba counties.

Appendix A: Specialty Camps for Children

AUTISM CAMPS OF NORTH CAROLINA

Camp Lakey Gap – Christmount

Address: 222 Fern Way, Black Mountain, NC 28711

Phone: (828) 669-8977 Website: <https://www.camplakeygap.org/>

Services: A camp for youth ages 4-17 and adults 18 and over with autism where campers work on self-esteem and social skills during a week-long summer camp in June or July. Registration is required by March and financial assistance is available.

Camp Royall – Autism Society of North Carolina

Address: 250 Bill Ash Road, Moncure, NC 27559

Phone: (919) 542-1033 Website: <http://www.autismsociety-nc.org/index.php/summercamp2>

Services: Operates residential summer camp for persons with autism. Provides job-coach services, information, and referrals statewide, support to parents and families through one-on-one parent advocacy and workshops, and public education through workshops, conferences, clinical training, printed materials, and the media. Registration for summer camp is open during January and financial assistance is available.

DIABETES CAMP

American Diabetes Association Camp Carolina Trails (YMCA Camp Hanes)

Address: 1225 Camp Hanes Road, King, NC 27021

Phone: (336) 983-3131 Website: https://engage.active.com/landing_page/camp_carolinatrails_2017

Services: Offers one week of summer camp each year for boys and girls with diabetes ages 7–17 years. Campers are housed in cabins with adult chaperones. Experienced personnel, including medical and dietary staff, as well as camp counselors, supervise all camp activities.

MILITARY CAMP

Military Family Association (National): Operation Purple Camp

Website: <http://www.militaryfamily.org/kids-operation-purple/camps>

Services: FREE WEEK of camp for military kids where they connect with other kids, just like them.

MUSCULAR DYSTROPHY CAMP

Muscular Dystrophy Association – Carolinas Medical Center

Address: 1010 Edgehill Road North, Charlotte, NC 28207

Phone: (704) 446-1900 Website: <https://www.mda.org>

Services: Sponsors a variety of support groups in the surrounding area (call for information) and a week-long summer camp for ages 6-17 living with Muscular Dystrophy.

SUMMER CAMP—GENERAL

Sipe's Orchard Home

Address: 4431 County Home Road, Conover, NC 28613

Phone: (828) 256-5056 Website: <https://www.sipesorchardhome.org/home>

Services: Huckleberry Summer Camp: a summer day camp open during the 8–12-week summer break. It is open to school-age children who have completed kindergarten. Breakfasts, lunches, and snacks are provided and included in the

cost. Cost: \$25 non-refundable registration fee per child. Reservation Fees: \$10 per selected week, per child. The reservation fees will be applied to the payment for those reserved weeks that are attended. If a reserved week is not attended and there are no other open weeks for substitution, the reservation fee is forfeited. Weekly Cost: \$125 per week. A sibling discount offers \$5 off each sibling's weekly fee.

Appendix B: Burke County Juvenile Crime Prevention Council Programs

Burke Recovery (Burke Council on Alcoholism and Chemical Dependency): The Council serves youth ages 8 to 18 who are at high risk for alcohol or other substance use disorders. Parents, school counselors and administrators, juvenile court counselors and other court and community agencies may refer adolescents for assessment and possible treatment. The Council provides an intensive evaluation of adolescents' current involvement with substances. We also provide an education and awareness program for youth with minimal history of substance use. For youth who have early signs of substance use disorder, the Council offers outpatient group and individual counseling. The Council refers youth with more advanced substance use problems to inpatient treatment facilities. **828-433-1221**

Conflict Resolution Center: Juvenile Mediation/Conflict Resolution Education: (Age 9-17) Provides a forum for at-risk youth to discuss issues which have caused conflict between another youth. Program goals include the increase of effective communication, collaborative problem solving, and implementing an agreement between the two parties. Conflict Resolution/Anger Management Classes build interpersonal skills of the youths by identifying problematic attitudes, beliefs and thinking patterns leading to conflict. Contextual instruction focusing on pro-social decision making, anger management techniques, and conflict resolution interpersonal skills are also utilized.

Cathy Starnes or Chloe Martin– 828-397-2566 Crced2566@gmail.com or crcrpa20@gmail.com

Conflict Resolution Center: Restorative Community Building Circles

This program provides a diversion opportunity for youth age 11-17 who are at-risk and have been referred by school personnel or resource officers, and juvenile court counselors for Restorative Circles. In the Circle Process participants discuss the circumstances and impacts that the offense had on the community, referred youth, and victim. The result leads to a decision as to the best way to resolve the conflict and allow the referred youth to repair the harm caused by their actions. The ideas are to repair, encounter and transform conflict by involving everyone harmed by the hurtful activity. **Chris White – Crcwhite@gmail.com 336-340-2456**

Kids At Work: An Aspire Youth and Family, Inc. program, is a year round after-school program working with youth between the ages of 12 and 17 for 16 weeks. Classes are 3 hours long one day a week. Up to 10 youth work with an interpersonal instructor to gain skills to communicate more appropriately as they learn restaurant quality culinary skills. As long as there is room, youth can join the program immediately. If necessary to assist youth and families with access to this program, transportation from school and to their home is provided. They apply culinary and communication skills as they make a culinary delight, youth and staff gather to enjoy the meal in a family style environment and review skills learned. Youth also learn sanitary skills to gain a certification which can increase their hourly salary if they do work in the food service industry.

Kim Castano – kim@aspirenc.org 828-226-5533

Repay – Just Girls: The Just Girls program provides a safe, gender specific, group counseling environment where at-risk girls can learn self-esteem, build positive relationships with peers, adults and the community. The goals of the program are to increase self-management and awareness, positive bonding and relationship skills, and reduce risk behaviors. Referrals are accepted from juvenile court, parents, schools and other agencies.

Repay – Psychological Services: This component provides comprehensive psychological and diagnostic assessments for court involved youth. Referrals must come from a juvenile court counselor.

Repay – SAIS: Sex offender treatment for youth displaying sexually aggressive behavior or who have been charged with a sex offense is provided by this program. Referrals are accepted from juvenile court, parents, schools and other agencies.

Repay – Restorative Services: Is a dispositional option to juvenile court allowing participants to repay or give back to their community. Provides participants the opportunity to fulfill their obligation to the courts by competing community service and provides victims repayment of monetary loss. The mission is to help youth become confident, productive members of their community while restoring their relationships with others and the community through supervised activities. **For all Repay programs contact: Renee Lewis 828-438-6218 ext. 14 repayed@repayinc.org**

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Disclaimer: *This list is provided for informational purposes only and is not all-inclusive. It does not guarantee services will be provided to you by the agencies listed. Please ask for eligibility criteria when you call. This list is not guaranteed to be up to date. Regularly updated online databases for Burke County services can be found by visiting the following websites: <https://www.findhelp.org/> and <https://www.211.org/>*

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Food Pantries in Burke County

Abernathy Memorial United Methodist

960 Malcolm Blvd. Rutherford College 828.879.8894

4th Saturday of the month 9am-12pm

Bridge 42 Church

107 Calvin Heights St. Morganton 828.584.2876

Burke United Christian Ministries

305 West Union Street Morganton 828.433.8075

Soup Kitchen: Daily 10:45-12:30pm

and Tues., Thurs., and Sunday 5-6pm

Burkemont Baptist Church

4668 Burkemont Rd. Morganton 828.437.2357

Monday 9am-2pm Thursday 9am-2pm

Christian Outreach Center

508 Fleming Dr. Morganton 828.439.8300

Last Tuesday of the month 5-7pm. Possibly may have diapers, toiletries, pet food, and household items.

Church of Christ

404 Lenoir Rd. Morganton 828.433.0478

Emergency only with DSS Passport

Crosslink Church

400 Malcolm Blvd. Rutherford College 828.874.0428

Thursdays 11am-2pm

East Burke United Christian Ministries

103 3rd Ave SE Hildebran 828.397.7074. Must live East of Mineral Springs

Mountain Rd. Valdese Tuesdays 9am-4pm Thursdays 9am-12pm

Food Pantries in Burke County

First Baptist of Drexel

200 S. Main Street Drexel 828.437.3351

2nd Sunday of each month 5:45pm

Glen Alpine United Methodist Church

410 Linville St. Morganton 828.584.1292

Tuesdays 6pm-8pm, Thursdays 10am-12pm

Oak Ridge Baptist Church

7449 Oak Ridge Church Rd. Connelly Springs 828.874.0891

3rd Monday and Thursday of the month 1:30pm-4pm

Pleasant View Baptist Church

1834 US 70 E Morganton 828.437.3469

1st and 3rd Wednesday by appointment 9am-12pm. Income verification and application

Summit Community Church

407 S. Green Street Morganton 828.437.2761

Provides a free meal every Monday at 5:30pm

The Outreach Center

510 E. Fleming Dr. Morganton 828.439.8300

Mass food distribution on the last Tuesday of the month 5-7pm. Bring Medicaid card. Diapers may possibly be available.

Waldensian Presbyterian Church Valdese

109 Main St. East Valdese 828.874.2531

Must live by Rutherford College, Valdese or Drexel. Thursdays 2pm-4pm

FREE CHILDREN'S ACTIVITIES IN BURKE COUNTY

Catawba Meadows Park

701 Sanford Drive
Morganton, NC 28655

Catawba River Greenway

128 Greenlee Ford Road
Morganton, NC 28655

Freedom Park

511 Independence Boulevard
Morganton, NC 28655

Martha's Park

200 Collett Street
Morganton, NC 28655

Morganton Public Library

204 South King
Morganton, NC 28655
(828) 764-9261

Valdese Public Library

213 Saint Germain Avenue SE
Valdese, NC 28645
(828) 874-2421

BURKE COUNTY CLOTHING STORES AND BABY EQUIPMENT

Stores listed below have a wide variety of baby clothing, baby equipment, shoes, bags, toys, pants, shirts, coats, maternity clothing, bottle accessories, bedding, and much more.

Bloom Again Consignment Boutique

126 North Sterling Street

Morganton, NC 28655

(828) 439-9020

My Little Baby Boutique

3131 South Sterling Street

Morganton, NC 28655

(828) 475-9756

My Pea's Consignment

104 Main Street West

Valdese, NC 28690

(828) 201-3385



Caldwell County Resources



Appendix D: Caldwell County Health Resource Guide

Health Care

UNC Caldwell Hospital

CMH is the only hospital in the county and is the parent organization to more than 20 private physicians' offices. The facility provides general and orthopedic surgery, urology, gynecology, obstetrics, and ophthalmology. Medical services include emergency medicine, outpatient surgery, x-ray, nuclear medicine, ultrasound/MRI/CT scanning, physical therapy, EKG, stress testing, respiratory therapy, and emergency medicine services 24hrs a day.

For more information please visit: www.caldwellmemorial.org

P.O. Box 1890
321 Mulberry Street, SW
Lenoir, NC 28645
Phone: 828-757-5100

The Center for Breast Health

This facility is owned and operated by CMH and is the only breast health center in the county. This facility provides diagnostic imaging for the treatment of breast cancers and other related breast tissue disorders.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite B
Lenoir, NC 28645
Phone: 828-757-5502

The Center for Diabetes Health

This facility is owned and operated by CMH and is the only diabetes management and education center in the county.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite A
Lenoir, NC 28645
Phone: 828-757-6450

Caldwell County Health Department

Caldwell County Health Department is the only health department in the county. This facility provides a variety of services including preventive screenings, education, diagnosis, and treatment of many health conditions.

Dental clinic

Basic preventative and restorative dental services for children between the ages of 4-18 who are enrolled in North Carolina Health Choice or Medicaid.

For more information please call: Phone: 828-426-8525

Health Education

Information and assistance with healthy lifestyle choices related to nutrition, physical activity, tobacco cessation, preventive screenings, STD awareness, healthy pregnancies, chronic disease self-management, diabetes self-management courses and a variety of other health-related issues.

For more information please contact: 828-426-8506

Clinical Services

The clinic provides a comprehensive range of services that include primary care for acute illness for adults and children, physicals, family planning services, maternity care, immunizations, surveillance, testing and treatment of communicable diseases, and STD testing and follow up. The Breast and Cervical Center Control Program (BCCCP) is also available for women ages 50 and older. The program provides clinical breast exams, pap smears, and mammograms for financially eligible women.

For more information please contact: 828-426-8400

Child Health

Care Coordination for Children (CC4C) is a program that helps families find and use community services. The program aims to connect families with services for children and families, to support children in reaching their developmental potential, and to help ensure that children are raised in healthy, safe, and nurturing environments. Children birth to age three at risk for developmental delay or disability, long term illness and/or social, emotional disorders and children ages birth to five diagnosed with developmental delay or disability, long term illness may be eligible for the program.

For more information please contact: 828-426-8428

Women's Health

This program provides client-centered services to pregnant and post-partum women. Services include pregnancy testing, counseling, routine and sick maternal health clinic visits and ultrasounds.

For more information please contact: 828-426-8488

WIC

This service provides nutrition counseling and supplemental food vouchers for women who are pregnant, post-partum, or breastfeeding, as well as infants and children up to the age of five years of age who meet financial eligibility requirements and who are at nutritional risk.

For more information please contact: 828-426-8407

www.mywic.org

Environmental Health

This program provides permits for new septic systems and existing systems, new private drinking water wells and repairs to existing wells. Staff provide routine inspections of restaurants, motels, bed and breakfasts, institutions, hospitals, school cafeterias, and summer camps, pools, tattoo parlors, and daycares to insure sanitation standards are met. This department also provides testing of blood lead levels and conducts investigations of confirmed elevated blood lead levels in children to determine point of contact.

For more information please contact: 828-426-8537

For more information on health department services please visit

www.caldwellcountync.org

2345 Morganton Blvd

Lenoir, NC 28645

Phone: 828-426-8400

Home Care Management Corporation

Home Care Management Corporation provides the services necessary for people with disabilities to be as comfortable and independent as possible in their own homes. The services provide a viable, affordable alternative to institutional living. The programs serve developmentally disabled adults and children and people with physical disabilities. The agency offers in-home personal care, mental health services, services under the Community Alternatives Program for Disabled Adults, Mentally Retarded, and Developmentally Disabled (CAP-DA, MR/DD) assessment, vocational rehabilitation supported employment and employee leasing to human service agencies. They also offer Multisystem Therapy, Early Childhood Intervention and in-school behavioral support programs for children with special needs in NC.

For more information please visit: www.homecaremgmt.org

315 Wilkesboro Boulevard NE
Suite 2-A
Lenoir, NC 28645
Phone: 828-754-3665

Helping Hands Clinic

Helping Hands Clinic provides high-quality, free medical care to patients without health insurance. A full-time provider is available 5 days per week for acute, urgent, follow-up and preventative care. Helping Hands Clinic provides a high quality, cost-effective alternative to the local emergency room. Patients with chronic diseases like Diabetes, COPD and similar respiratory diseases, complicated heart disease and some forms of arthritis can be enrolled in the Caldwell Health Access Program or CHAP. This program pairs uninsured patients with volunteer medical providers in Caldwell County who have agreed to manage patients with chronic diseases in their offices. Patients enrolled in CHAP have access to all Helping Hands services. Helping Hands offers a fully licensed pharmacy with free medications available to eligible patients. Most medications are accessed through the Patient Assistance Program and may take up to 8 weeks to be available. Helping Hands Clinic does not write prescriptions for or dispense narcotics of any kind. Helping Hands Clinic believes that patients who are invested in their personal health become healthier, so patients are asked to purchase any medications available for \$4 at a local retail pharmacy.

For more information please visit: www.helpinghandsclinic.org

810 Harper Avenue NW
Lenoir, NC 28645
Phone: 828-754-8565

West Caldwell Health Council

Happy Valley and Collettsville Medical Centers

Both facilities operate on a sliding fee scale for uninsured and underinsured patients. These facilities accept all insurance including Medicaid and Medicare. Services include dental exams, chronic disease management, preventive care, gynecologic care, pediatric care, immunizations, physicals, and family planning services.

For more information please visit:

Collettsville Medical Center

4329 Collettsville Rd
Collettsville, NC 28611
Phone: 828-7542409

Happy Valley Medical Center

1345 Highway 268
Patterson, NC 28661
Phone: 828-754-6850

ALFA-AIDS Leadership Foothills Area-Alliance

ALFA, formerly known as AIDS Leadership Foothills Area-Alliance, has provided supportive services to those infected and/or affected by HIV/AIDS since 1987. ALFA currently provides supportive and medical case management, prevention education, and outreach to an eight county service area. ALFA's service area consists of Alexander, Alleghany, Ashe, Burke, Caldwell, Catawba, Watauga, and Wilkes counties.

For more information please visit: www.alfainfo.org

1120 Fairgrove Church Rd SE
Suite 28 Hickory, NC 28602
Phone: 828-322-1447

Caldwell Pregnancy Care Center

The Caldwell Pregnancy Care Center provides confidential services including free pregnancy tests, abortion education, post abortion care, information on STDs & community referrals.

For more information please contact:

Caldwell Pregnancy Care Center
301 Connelly Springs Rd
Lenoir, NC 28645
Phone: 828-757-9555

Caldwell County Hospice and Palliative Care

With a holistic approach to care, Caldwell Hospice serves the physical, emotional and spiritual needs of the terminally ill and those they love. They recognize dying as a natural part of living, and help patients live as pain-free and comfortably as possible, so they can enjoy each day with their loved ones. Caldwell Hospice professionals provide direct care and teach caregivers how to address many of the patients' physical needs; a physician, nurse practitioner, nurse, social worker and chaplain are on call. Medical social workers, a counselor, chaplains and volunteers provide emotional and spiritual support.

For more information please visit: www.caldwellhospice.org

902 Kirkwood Street, NW
Lenoir, NC, 28645
Phone: 828-754-0101

Mental Health

The Caldwell House

The Caldwell House provides structure, responsibility and accountability which are key to a person's recovery. The House accepts only those persons who have completed at least 4 weeks of in-patient substance abuse treatment. The residents are adult males only. Residents accepted to the Caldwell House are able to benefit from its therapeutic program as they learn how to re-enter society in a safe and healthy environment. Intake procedures include, reviewing assessments (which helps identifies maladapted behavior or the presence of other conditions, which may cause susceptibility to abuse by self or others) and going over treatment and aftercare plans to determine if the resident meets program admission criteria. Individuals who do not meet certain admission criteria may not be accepted to the House. An average stay at Caldwell House is between 8 and 12 months. The House requires at least a 4 month commitment from residents and active involvement in the implementation of aftercare plans and employment.

For more information please visit: www.thecaldwellhouse.com

951 Kenham PL SW
Lenoir, NC 28645
Phone: 828-754-5148

RHA Behavioral Health

RHA offers a range of behavioral health services including clinical Intake/diagnostic assessments, community support services, deaf and hard of hearing services, DWI services, facility based crisis interventions, intensive in-home services, jail diversion and re-entry programs and several outpatient detox programs.

For more information please visit: www.rhabebehavioralhealth.org

2415 Morganton Blvd, SW
Lenoir, NC 28645
Phone: 828-394-5563

Smoky Mountain Center

Smoky Mountain Center is a regional organization that coordinates high quality prevention, treatment, and support services for individuals and families in our communities with developmental disabilities, mental health, or, substance abuse needs. Services include mental health counseling, intellectual/developmental disability interventions, and substance abuse services.

For more information please visit: www.smokymountaincenter.com

825 Wilkesboro Blvd. SE
Lenoir, NC 28645
Phone: 828-759-2160

Bethel Colony of Mercy

Bethel Colony of Mercy is a residential drug and alcohol rehabilitation center with a faith based approach using the Bible and Christian principles in counseling. Residents can expect a 65-day stay with daily teaching, counseling, devotionals, guided personal Bible study and prayer.

For more information please visit: www.bethelcolony.org

1675 Bethel Colony Road
Lenoir, NC 28645
Phone: 828-754-3781

Children and Families

Blue Ridge Community Action

Blue Ridge Community Action offers programming in Burke and Caldwell Counties. Services including the operation of 4 nutrition sites throughout the county that offer hot, nutritionally balanced meals to adults ages 60 and older, licensed child care centers, licensed adult day care centers, assistance with urgent home repairs, weatherization, rental housing and a heating appliance repair/replacement program.

For more information please visit: www.brcainc.org

800 North Green Street
Morganton, NC 28655
Phone: 828-438-6255

Shelter Home of Caldwell County

The Shelter Home of Caldwell County exists to work toward the elimination of domestic violence, and to provide emergency and support services for victims/survivors of domestic violence, rape and sexual assault and their children. This agency provides safety and basic needs to victims of domestic violence, rape and sexual assault: to listen, to help clients identify their options, discover their strengths, and provide information, referrals and positive support for change. They also inform, educate and provide prevention services to the community.

For more information please visit: www.shelterhomecc.org

PO Box 426
Lenoir, NC 286454
Phone: 828-758-0888

Robin's Nest Children's Advocacy Center

The Children's Advocacy Center of Caldwell County serves the needs of severely physically abused and sexually abused children in Caldwell County. Robin's Nest provides a central location for delivery of services to abused children, using the Multi-Disciplinary Team approach to providing care for child victims. Services include interview and case review, medical examinations, shelter and protective services as needed, advocacy throughout the legal process, and counseling.

For more information please visit: <http://www.robinsnestcac.org>

1051 Harper Avenue
Lenoir, NC 28645
Phone: 828-754-6262

Caldwell Council on Adolescent Health

The Caldwell Council on Adolescent Health, a non-profit organization, was founded in 1983, for the purpose of reducing teen pregnancy and sexually transmitted infections. The council promotes positive life choices by using best practice models in the classroom.

For more information please visit: <http://ccahlenoir.org/>

901 West Avenue
Lenoir, NC 28645
Phone: 828-757-9020

Caldwell Friends, Inc.

For a period of one year, this agency matches a caring, positive and stable adult volunteer with an at-risk youth in the community. These youth are in need of a positive, consistent role model to encourage development of sound values and appropriate behavior to improve self-esteem. This agency provides ongoing supervision and support to the youth and volunteer.

For more information:

918 West Avenue NW
Lenoir, NC 28645
Phone: 828-758-4683

Communities in Schools

Communities in Schools (CIS) of Caldwell County is an intervention program created by a public/private partnership to target and meet the needs of identified students in Caldwell County Schools. The program operates in four middle schools, three high schools, and two elementary schools in the county. The partnership is made up of industry, government, social service agencies, the school system, and community volunteers. Our mission is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school, and prepare for life.

For more information please visit:

616 Ashe Avenue NW
Lenoir, NC 28645
Phone: 828-759-2852

Crossroads Church/Storehouse Daily Bread

Crossroads Church/Storehouse Daily Bread is a food pantry for families and individuals in Caldwell County. Participants must complete an application, have a valid ID, and live in Caldwell County but can be served one time if they live out of the county. Hours are 3:30 p.m. to 5:00 p.m. on Monday only.

For more information please contact: 828-612-6802

2075 Morganton Blvd
Lenoir, NC 28645

Mountain Grove Baptist Church Food Pantry

Mountain Grove Baptist Church offers a food pantry for families and individuals in need no matter what county you reside in. No appointment or referral needed. Must complete application and have photo ID. Hours are 2nd and 4th Tuesdays from 5:30 pm to 7:30 pm.

For more information please contact: 828-728-9557

2485 Connelly Springs Rd
Granite Falls, NC 28630

Baptist Children's Homes – Care House

The Care House is a residential program for teen mothers and babies. Referrals are not required but appointments must be made in advance. Residents must be in the custody or placement of DSS to be eligible for services.

For more information please contact: 828-757-0700

1120 Taylorsville Rd
Lenoir, NC 28645
www.bchfamily.org

Caldwell County Department of Social Services

The mission of the Caldwell County Department of Social Services is to help families and individuals optimize their self-reliance and self-sufficiency, and to protect vulnerable people – particularly children, older adults, and the disabled – from abuse, neglect, and exploitation. This department offers a variety of services.

For more information please visit: www.caldwellcountync.org

2345 Morganton Blvd
Lenoir, NC 28645
Phone: 828-426-8200

Caldwell County Family Resource Center (Family, Infant and Preschool Program)

FIPP operates a Family Resource Center in Lenoir, North Carolina. The Resource Center is a place where all families of young children can relax, share information, find support, and play with their children in a nurturing environment. The Resource Center offers a large and well equipped playroom, and shares the facility with a variety of other programs for families and children. In Caldwell County, FIPP offers parent-child playgroups and enrichment activities, developmental screenings, assessments, and evaluations, early childhood education/therapeutic experiences, and a lending library for parents.

For more information please visit: www.fipp.org/caldwell.php

609 Harper Avenue
Lenoir, NC 28645
Phone: 828-757-8632

South Caldwell Christian Ministries

The ministry serves the needs of the people in Southern Caldwell County through the cooperative efforts of member churches, United Way, individuals, schools, non-profit groups, businesses, and the public. Assistance is provided through clothing, diapers, financial assistance, food, fans, furniture, household needs, school supplies, A/C (elderly or handicapped only), monthly food delivery to the elderly, counseling, budgeting, referrals, and follow-up.

For more information please contact: 828-396-4000
5 Quarry Rd
Granite Falls, NC 28630

Health Promotion

Quest 4 Life Wellness Center

Quest 4 Life is owned and operated by Caldwell Memorial Hospital. The facility offers a full range of exercise equipment, aerobic and fitness classes, and additional educational classes. Classes dealing with tobacco cessation, nutrition, diabetes, and other topics are taught on a monthly basis. Anyone is eligible to join with a membership fee. Some member discounts are offered to individuals belonging to a specific business such as Caldwell County Government employees, Bernhardt Factory employees and others.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd
Lenoir, NC 28645
Phone: 828758-8753

Satie and JE Broyhill Senior Center

The center provides social and physical activities, academic activities, senior referral services, health screenings, exercise programs, legal assistance, income tax preparation, and many other activities for seniors. It is open to anyone but most programs are focused on the senior adult population.

For more information please visit: www.caldwellseniorcenter.org/

650 A Pennton Avenue SW
Lenoir, NC 28645
Phone: 828-758-2883

Caldwell County Cooperative Extension

The Caldwell County Cooperative Extension Center gives our county's residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Caldwell County citizens. The foods, nutrition and health program in Caldwell County focuses on food safety education, and nutrition education to community groups and schools about the basics of good nutrition. Classes and educational materials on Food Safety, food preservation and Heart Healthy information are available.

For more information please visit: <http://caldwell.ces.ncsu.edu/index.php?page=home>

120 Hospital Avenue NW
Lenoir, NC 28645
Phone: 828-757-1290

Recreation

City of Lenoir Parks and Recreation

The City of Lenoir Parks and Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities and classes, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities. Services are available for varying registration fees but City of Lenoir employees can enroll their families at no charge.

For more information please visit: www.ci.lenoir.nc.us

720 Mulberry Street
Lenoir, NC 28645
Phone: 828-757-2165

Town of Hudson Recreation Center

The Town of Hudson Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.ci.hudson.nc.us

550 Central Street
Hudson, NC 28638
Phone: 828-728-8272

Town of Granite Falls Recreation Department

The Granite Falls Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.granitefallsnc.com

30 Park Square.
Granite Falls, NC 28630
Phone: 828-396-3131

Caldwell County Pathways

Caldwell County Pathways partner with multiple agencies to develop, coordinate and promote non-motorized, multi-use pathways for the enhancement of the quality of life in Caldwell County. This organization provides guides or maps of all walking trails in Caldwell County. Membership is open to any interested resident of Caldwell County.

For more information please visit: www.caldwellcountypathways.com/

PO Box 1954

Lenoir, NC 28645

Email: caldwellpathways@gmail.com

Caldwell County Community Food Resources

Caldwell County Yokefellow, Inc.

202 Harper Ave * Lenoir, NC 28645
Food Pantry Hours: Mon, Tues, Thurs, Fri
9am-Noon and 1pm – 4pm

“Yoke To Go” each day at 3:00pm

Happy Valley Food Pantry – 2nd Saturday,
HV Medical Ctr Bldg. 9-10:00am

Kings Creek Food Pantry – 3rd Saturday,
KC Fire Dept 9-10:00am

Senior Mobile Food Pantry – 4th Week of Every Month,
Multiple Sites * Call for Site Information
(828) 754-7088

South Caldwell Christian Ministries

5 Quarry Road * Granite Falls, NC 28630

Food Pantry: Tuesday, Wednesday, Thursday

*Call for Monthly Mobile Pantry Schedule
(828) 396-4000

Storehouse Daily Bread Ministry

4079 Lower Cedar Valley Road * Hudson, NC 28638

Food Pantry Hours: Each Wednesday 9:00-10:30am
(828) 612-6802

Whitnel First Baptist Food Pantry

1201 Connelly Springs Rd * Lenoir, NC 28645

Call for Food Pantry Schedule
(828) 754-3240

Bags of Blessings Food Pantry

At Union Grove Baptist Church

1808 Union Grove Rd * Lenoir, NC 28645

2nd and 4th Tuesday 5:00-7:00pm
Call (828) 728-2221

Mountainview Baptist Church Pantry

3282 Collettsville Rd * Lenoir, NC 28645

Food Pantry Hours: Every 3rd Saturday, 9-12pm
(828) 320-9345

Pay It Forward Food Pantry

2058 Harper Ave NW * Lenoir, NC 28645

Call for Food Pantry Schedule
(828) 572-4441

Salvation Army Food Pantry

4370 Hickory Blvd * Granite Falls

Mondays 10:00am – 1:00pm
(828) 496-2370

Dulatown Presbyterian Food Pantry

1537 Miller Hill Road * Lenoir NC 28645

Call for Food Pantry Schedule
(828) 758-5826

Covenant Fellowship Food Pantry

6062 Petra Mill Road * Granite Falls NC 28630

Food Pantry Hours: 1st and 3rd Tuesdays 5:00-6:30pm
(828) 396-9670

Poovey's Chapel – Food and Clothes

2822 Poovey's Chapel Ch. Rd * Hudson, NC 28638

Food Pantry and Clothes Closet

Last Saturday Monthly 10-11am
(828) 728-7210

Room at the Table – Weekly Saturday Meal

Serving at 4:00pm

1st Saturday – First Baptist Church
304 Main Street, 758-8428

2nd Saturday – St. James Episcopal Church
806 College Avenue, 754-3712

3rd Saturday – Lenoir Presbyterian Church
1002 Kirkwood Street, 754-5351

4th Saturday – First United Methodist Church
309 Church Street, 754-4922

When a 5th Saturday – Hosted by New Song AT
First United Methodist Church
309 Church Street, 754-4922

Lenoir Soup Kitchen – Daily Meal

1113 College Avenue * Lenoir, NC 28645

Free Hot Meal Served Weekdays: Mon-Friday: 11am-Noon
Call for 4:00pm Sunday Meal Availability!
(828) 758-1411

United Way of Caldwell County - Need Help?

Call the United Way Resource Hotline - 211.
Dial 211 – 1-888-892-1162 OR visit nc211.org
to help you find the human services resources available in
your community.

Updated April 15, 2024

FREE CHILDREN'S ACTIVITIES IN CALDWELL COUNTY

Caldwell Public Library

120 Hospital Avenue NW

Lenoir, NC 28645

(828) 757-1270

Gamewell Park

2750 Morganton Boulevard SW

Lenoir, NC 28645

Mulberry Recreation Center

720 Mulberry Street SW

Lenoir, Nc 28645

(828) 757-2165

Lenoir Greenway

710 Powell Road NE

Lenoir, NC 28645

T.H. Broyhill Walking Park

945 Lakewood Circle SW5

Lenoir, NC 28645

Tuttle Educational State Forest

3420 Playmore Beach Road

Lenoir, NC 28645

CALDWELL COUNTY CLOTHING STORES AND BABY EQUIPMENT

Stores listed below have a wide variety of baby clothing, baby equipment, shoes, bags, toys, pants, shirts, coats, maternity clothing, bottle accessories, bedding, and much more.

Bargain Hunt

330 Blowing Rock Boulevard

Lenoir, NC 28645

(828) 758-9108

Lenoir Service League Thrift

914 West Avenue Northwest

Lenoir, NC 28645

Shelia's Bearly Used Market

405 Taylorsville Road Southeast

Lenoir, Nc 28645

(828) 221-4399

The Clothesline

2526 Norwood Street Southwest

Lenoir, NC 28645

(828) 728-9200



Catawba County Resources



Community Resource Inventory



catawba county
public health

ACCESS TO HEALTH CARE

CANCER RESOURCES AND SUPPORT

American Cancer Society, Road to Recovery

1-800-227-2345

<https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>

Catawba Valley Health System,
Community Cancer Resource Center
828-732-6054
<https://www.catawbavalleyhealth.org/Medical-Center/Services/Cancer.aspx>

Catawba Valley Health System, Health First Center
828-485-2300 x 6202
<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center.aspx>

Hearts of Hope Cancer Support Group
828-732-6054
<https://www.catawbavalleyhealth.org/Medical-Center/Patients-Visitors/After-You-Leave/Support-Groups.aspx>

Catawba County Wig Bank

828-326-2176

<http://www.conovernc.gov/vertical/Sites/%7BBAB0D760-E669-4331-9C22-9FB14833B6B9%7D/uploads/%7BB4104CFD-5475-4EA4-AC6A-41CD33AEF4CD%7D.PDF>

DENTAL

Affordable Dentures & Implants

828-538-4633

<https://www.affordabledentures.com/office/conover/>

Catawba Family Dentistry (Kintegra)

828-695-5778

<https://gfhs.info/catawba-family-dentistry/>

Catawba Valley Community College, Dental Hygiene Clinic

828-624-5258

<http://www.cvcc.edu/Academic-Resources/Programs/Health-Services/Dental-Hygiene/index.cfm>

Insure Kids Now

Find a Dentist in North Carolina for NC Health Choice and NC Medicaid

<https://www.insurekidsnow.gov/coverage/nc/find-a-dentist/index.html>

EMERGENCY MEDICINE

If you have an emergency, call 9-1-1

Catawba Valley Behavioral Health

Mobile Crisis Management

888-235-4673

<https://www.cvbh.org/mobile-crisis-management/>

Catawba Valley Medical Center

Emergency Department

828-326-3850

<https://www.catawbavalleyhealth.org/Medical-Center/Services/Emergency-Department.aspx>

Frye Regional Medical Center Emergency Department

828-315-3190

<https://www.fryemedctr.com/our-services/emergency>

Partners Behavioral Health

Management — Behavioral Health Crisis

1-888-235-4673

<https://www.partnersbhm.org/crisis-help/>

FAMILY MEDICINE

Family Medicine — Finding Medicaid Primary Care Providers

North Carolina Department of Health and Human Services- Medicaid Primary Care Providers

<https://medicaid.ncdhhs.gov/find-a-doctor/medicaid-primary-care-providers>

Cannon Square Family Care

828-353-9944

<http://www.cannonsquarefc.com/>

Catawba Family Care

828-994-4544

<http://gfhs.info/catawba-family-care/>

Catawba Valley Medical Group — Multiple Locations

828-495-8226

<https://www.catawbavalleyhealth.org/Medical-Group/Primary-Care-Practices.aspx>

Crossroads Family Medical Care

704-276-9200

<https://www.catawbavalleyhealth.org/Medical-Center/Find-a-Provider/P/Bill-Jack-Parker-MD.aspx>

FryeCare Family Physicians Network — Multiple Locations
 1-800-339-8758
<https://www.fryecarephysicians.com/our-practices>

Greater Hickory Family Medicine
 828-431-4988
<https://www.catawbavalleyhealth.org/Medical-Center/Find-a-Provider/G/Daniel-N-Gill-MD.aspx>

Hart Family Practice
 828-322-8484
<http://www.hartfamilypractice.com/>
Mountain View Family Practice
 828-294-3116
<http://mcintyremd.com/>

Newton Family Physicians
 828-465-3928
<http://www.newtonfamilyphysicians.com/>

Swisher Internal Medicine
 828-324-0100
<http://swisherinternalmedicine.com/>

Unifour Family Practice
 828-294-4100
<https://www.unifourfamilypractice.com/>

Wake Forest Baptist Health — Multiple Locations
 336-716-9353
<https://www.wakehealth.edu/Find-A-Provider>

HEALTH INSURANCE AND ADDITIONAL RESOURCES

Apollo Healthcare Cooperative
 828-256-1471

Catawba County Social Services — Adult Medicaid
 828-695-5692
<https://catawbacountync.gov/county-services/social-services/adult-services/adult-medicaid/>

Catawba County Social Services — Family Medicaid
 828-695-5712
<https://catawbacountync.gov/county-services/social-services/family-support-services/family-medicaid>

Catawba County Social Services — Home and Community-Based Services
 828-695-5600
<http://www.catawbacountync.gov/county-services/social-services/adult-services/home-community-based-services/>

HEARING

Best Value Hearing Care Center
 828-979-0655
<https://www.bestvaluehearing.com/>

Bowles Hearing Care Services
 828-322-7025
<https://bowleshearing.com/>

North Carolina Department of Health and Human Services — Regional Centers for the Deaf and the Hard of Hearing
 Voice: 1-800-999-8915
 Video Phone: 828-475-6606
 TTY: 1-800-205-9920
<https://www.ncdhhs.gov/assistance/hearing-loss/regional-centers-for-the-deaf-hard-of-hearing>

Viewmont Audiology
 828-322-4327
<https://viewmontaudiology.com/>

HIV/AIDS SERVICES

AIDS Leadership Foothills Area Alliance (ALFA)
 828-322-1447
<https://www.alfainfo.org/>

HOSPITALS

Catawba Valley Medical Center
 828-326-3000
<https://www.catawbavalleyhealth.org/>

Frye Regional Medical Center
 828-315-5000
<https://www.fryemedctr.com/>

LOW-COST OR FREE CLINICS

Catawba County Public Health
 828-695-5800 (Main Number)
<http://www.catawbacountync.gov/county-services/public-health/>
 » **Adult Preventive Health Clinic** (Family Planning, STD testing and treatment, and Breast and Cervical Cancer Control Program)
 » **Immunization Clinic**
 » **Women, Infants and Children (WIC)**

Catawba Family Care (Kintegra)
 828-994-4544
<http://gfhs.info/catawba-family-care/>

Family Healthcare Practice
 828-466-3000
Greater Hickory Cooperative Christian Ministry
 828-327-0979
<https://www.ccmhickory.com/>

St. Joseph's Catholic Church Good Samaritan Clinic
828-465-2878
<http://www.stjosephrcc.org/clinic.htm>

OBSTETRICS/GYNECOLOGY

A Woman's View
828-345-0800
<https://www.awomansview.com/>

Catawba Valley Medical Center — Center for Women and Children
828-326-3000
<https://www.catawbavalleyhealth.org/Medical-Center/Services/Women-and-Children.aspx>

Catawba Women's Center
828-322-4140
<https://www.catawbawomenscenter.com/>

FryeCare Women's Services
828-328-2941
<https://www.fryecarephysicians.com/our-practices/fryecare-womens-services>

Pregnancy Care Center of Catawba Valley
828-322-4272
<https://www.pcchickory.com/>

PEDIATRICS
Catawba Pediatric Associates
828-322-2550
<https://catawbapediatrics.net/>

The Child Health Center
828-322-4453
<http://www.thechildhealthcenter.com/>

Thrive Skilled Pediatric Care
828-322-2710
<https://www.thrivespc.com/>

Unifour Pediatrics
828-328-1118
<http://www.unifourpeds.com/>

North Carolina Department of Health and Human Services — Find a Doctor or Specialist accepting Medicaid
<https://medicaid.ncdhhs.gov/find-a-doctor/>

PRESCRIPTION ASSISTANCE
Greater Hickory Cooperative Christian Ministry
828-327-0979
<https://www.ccmhickory.com/>

Live Healthy Prescription Discount Program
1-877-321-2651
<https://www.nacorx.org/>

Medicine Assistance Tool
888-477-2669
<https://mat.org/>

NC Med Assist
1-866-331-1348
www.medassist.org

URGENT CARE
Catawba Valley Urgent Care
828-326-2876
<https://www.catawbavalleyhealth.org/Medical-Group/Urgent-Care.aspx>

Fast Med Urgent Care — Hickory
828-404-3656
<https://www.fastmed.com/urgent-care-centers/hickory-nc-walk-in-clinic/>

Urgent Care of Mountain View (Hickory and Newton locations)
828-330-2103
<https://www.urgentcareofmountainview.com/>

FryeCare Urgent Care
828-267-0551
<https://www.fryecarephysicians.com/our-practices/fryecare-urgent-care>

VISION
Dr. Michael R. Sigmon
828-322-2606

Graystone Eye
888-626-2020
<https://www.graystone-eye.com/>

Maiden Eye Clinic
828-428-9175
<https://www.nvc2020.com/>

Mountain View Eye Center
828-294-1010
<https://www.nvc2020.com/>

Newton Vision Center
828-464-4136
<https://www.nvc2020.com/>

North Carolina Department of Health and Human Services — Social Workers for the Blind
828-695-5605
<https://www.ncdhhs.gov/assistance/vision-loss/social-workers-blind>

North Carolina Lions, Inc.
828-478-2135
<https://nclionsinc.org/services-for-the-blind-and-visually-impaired/>

VETERAN SERVICES
Catawba County Veteran Services
828-485-8255
<http://www.catawbacountync.gov/county-services/emergency-services/veterans-services/>

Hickory VA (Veterans Affairs) Clinic
 828-431-5600
https://www.va.gov/find-locations/facility/vha_637GC

Wounded Warriors Project
 877-832-6997
<https://www.woundedwarriorproject.org/>

FAITH COMMUNITIES

FaithHealth Catawba
 828-485-2300 x6201
<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/FaithHealth-Catawba.aspx>

AGING POPULATION

Adult Life
 828-326-9120
<https://www.adultlifeprograms.com/>

Catawba County Council on Aging
 828-328-2269
<https://www.catawbacoa.org/>

Catawba County Social Services- Adult Day Care/ Day Health
 828-695-5609
<http://www.catawbacountync.gov/county-services/social-services/adult-services/home-community-based-services/>

Catawba County Social Services — Special Assistance In-home Care
 828-695-5609
<http://www.catawbacountync.gov/county-services/social-services/adult-services/home-community-based-services/>

Catawba Valley Medical Center — Healthways SilverSneakers® Fitness Program for Aging Adults
 828-326-3680
<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Fitness-Plus/Specialized-Programming.aspx>

PACE@Home
 828-468-3980
<https://www.pace-at-home.org/>

Western Piedmont Council of Governments Area Agency on Aging
 828-322-9191
<http://www.wpcog.org/area-agency-on-aging>

Western Piedmont Council of Governments Options Counseling for Long-Term Care
 828-695-5609
<http://www.wpcog.org/options-counseling>

Senior Information Resource (SIR)
<http://sirnc.org/>

NURSING HOMES, ASSISTED LIVING, AND REHABILITATION CENTERS

Abernathy Laurels
 828-464-8260
<https://www.abernethylaurels.org/>

Brian Center Health and Rehabilitation — East Hickory
 828-322-3343
<https://www.savaseniorcare.com/brian-center-health-rehabilitation-hickory-east>

Brian Center Health and Rehabilitation — Viewmont,
 828-328-5646
<https://www.savaseniorcare.com/brian-center-health-and-rehabilitation-hickory-viewmont>

Brookdale Hickory Northeast
 828-214-5607
<https://www.brookdale.com/en/communities/brookdale-hickory-northeast/details.html>

Carillion Assisted Living
 828-466-7474
<https://www.carillonassistedliving.com/>

Conover Nursing and Rehabilitation Center
 828-695-8282
<https://www.conovernursingandrehab.com/>

Kingston Residence of Hickory
 828-392-8425
<https://kingstonhealthcare.com/communities/kingston-residence-of-hickory>

Trinity Ridge
 828-322-6995
<http://trinityridge.net/>

HOME HEALTH SERVICES

Bayada
 828-328-3100
<https://www.bayada.com/>

Best Care Home Health Services
 828-304-8280

Comfort Keepers in Home Care
 828-202-3009
<https://www.comfortkeepers.com/offices/north-carolina/hickory>

Guardian Health Services
 828-324-3025

Home Instead Senior Care
828-256-0184 <https://www.homeinstead.com/>

Interim Home HealthCare
828-324-2121
<https://www.interimhealthcare.com/hickorync/home/>

Kindred at Home
828-328-1871
<https://www.kindredhealthcare.com/locations/home-health/hickory-nc-5061>

PALLIATIVE CARE
Carolina Caring
828-466-0466
<https://www.carolinacaring.org/>
The Carolinas Center — Resources for Palliative, Hospice, and End of Life Care
1-800-662-8859
<http://cchospice.org/resources/>

BEHAVIORAL HEALTH COUNSELING
Catawba Valley Behavioral Healthcare
828-695-5900
<https://www.cvbh.org/>

Children's Advocacy and Protection Center of Catawba Valley
828-465-9296
<http://catawbacountycapc.org/capc/>

Cornerstone Counseling Center
828-322-4941
<https://cornerstonecounselingnc.org/>

Crossroads Counseling Center
828-327-6633
<https://crossroadscounseling.org/>

Family Guidance Center
828-322-1400
<https://www.fgcservices.com/>

Family NET of Catawba County
828-695-6500
<http://www.catawbacountync.gov/county-services/social-services/family-net-clinical-services/about-family-net/>

New Directions
828-267-1740
<https://www.newdirectionscs.com/>

Partners Behavioral Health Management
828-327-2595 or 1-877-864-1454
<https://www.partnersbhm.org/>

The Counseling Group
828-322-8736
<https://www.thecounselinggroup.com/>

SUICIDE PREVENTION
National Suicide Prevention Lifeline
1-800-273-8255
<https://suicidepreventionlifeline.org/>

CRISIS ASSISTANCE
Catawba County Social Services — Child Support
828-695-4405
<http://www.catawbacountync.gov/county-services/social-services/family-support-services/child-support/>

Catawba County Social Services — Work First Family Assistance
828-695-5600
<http://www.catawbacountync.gov/county-services/social-services/family-support-services/work-first/>

Christian Community Outreach Ministries
828-328-1803
<https://www.ccomhickory.org/>

Eastern Catawba Cooperative Christian Ministry
828-465-1702
<https://www.ecccm.org/>

Family Care Center of Catawba Valley
828-324-9917
<https://www.familycare-center.org/>

Family Guidance Center
828-322-1400
<https://www.fgcservices.com/>

Greater Hickory Cooperative Christian Ministry
828-327-0979
<https://www.ccmhickory.com/>

Legal Aid of North Carolina
1-800-849-5195 or 1-866-219-5262
<http://www.legalaidnc.org/>

North Carolina Department of Health and Human Services — Low Income Energy Assistance Program (LIEAP)
828-465-1702
<https://www.ncdhhs.gov/assistance/low-income-services/low-income-energy-assistance>

North Carolina Healthy Homes
919-966-3746
<http://nchealthyhomes.com/countyresources/>

North Carolina Lawyer Referral Services
1-800-662-7660
<https://www.ncbar.org/public-resources/lawyer-referral-service/>

Safe Harbor
828-326-7233
<https://www.safeharbornc.org/>

Salvation Army
 828-322-8061
<https://www.salvationarmycarolinas.org/hickory/>

United Way Volunteer Center
 828-324-4357 or 828-327-6851
<http://www.ccunitedway.com/>

Women's Resource Center
 828-322-6333
<https://www.wrchickory.org/>

EDUCATION HEALTH PROGRAMMING

Catawba County Cooperative Extension
 828-465-8240
<https://catawba.ces.ncsu.edu/>

Catawba Valley Health System Health First Center
 828-485-2300
<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center.aspx>

Council on Adolescents
 828-322-4591
<https://www.coacatawba.org/>

YMCA of Catawba Valley
 828-324-2858
<https://www.ymcav.org/>

Solmaz Institute — Lenoir-Rhyne University
 828-328-7886
<https://www.lr.edu/academics/centers-and-institutes/solmaz-institute>

HIGHER EDUCATION AND CAREER RESOURCES

Catawba Valley Community College
 828-327-7000
<http://www.cvcc.edu/>

Job Corps
 828-862-6100
<https://schenck.jobcorps.gov/>

K-64
 828-327-7000
http://www.cvcc.edu/About_Us/K64.cfm

Lenoir-Rhyne University
 828-328-1741
<https://www.lr.edu/>

PUBLIC SCHOOLS
Catawba County Schools
 828-464-8333
<https://www.catawbaschools.net/>

Hickory Public Schools
 828-322-2855
<http://www.hickoryschools.net/>

Newton-Conover City Schools
 828-464-3191
<https://www.newton-conover.org/>

Catawba County Library Tutoring and Learning Resources
 828-465-8664
<http://www.catawbacountync.gov/county-services/library/>

Patrick Beaver Library Learning Resource Center
 828-624-2012
<https://patrickbeaverlrc.org/>

Centro Latino Tutoring Program
 828-330-0477
<https://www.centrolatinohickory.com/>

ENVIRONMENTAL HEALTH
Catawba County Cooperative Extension — Pest Management
 828-465-8240
<https://catawba.ces.ncsu.edu/>

Catawba County Public Health — Environmental Health
 828-465-8270
<http://www.catawbacountync.gov/county-services/environmental-health/>

North Carolina Department of Health and Human Services — Radon Program
 828-712-0972
http://www.ncradon.org/Contact_NC_Radon_.html

INJURIES AND VIOLENCE INJURY PREVENTION AND SERVICES

Catawba Valley Medical Center — Sports Medicine Program
 828-326-2272
<https://www.catawbavalleyhealth.org/Medical-Center/Services/Rehabilitation/Sports-Medicine.aspx>

FryeCare Sports Medicine and Concussion Clinic
 828-485-3004
<https://www.fryecarephysicians.com/our-practices/fryecare-sports-medicine-and-concussion-clinic>

Safe Kids Catawba County
 828-485-2300 x 6206
<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center/Safe-Kids-Catawba-County.aspx>

DOMESTIC VIOLENCE
Family Guidance Center
 828-322-1400
<https://www.fgcservices.com/>

Safe Harbor
828-326-7233
<https://www.safeharbornc.org/>

Women's Resource Center
828-322-6333
<https://www.wrchickory.org/>

POISON CONTROL
North Carolina Poison Control
1-800-222-1222
<https://www.ncpoisoncontrol.org/>

HOUSING

SHELTERS
Life House
828-575-6088
<https://www.lifehousenc.org/>

Salvation Army
828-322-8061
<https://www.salvationarmycarolinas.org/hickory/>

HOUSING RESOURCES
City of Hickory Housing Authority
828-328-5373
<http://hickoryhousing.org/>

Exodus Homes
828-324-4870
<http://www.exodushomes.org/>

Family Care Center of Catawba Valley
828-324-9917
<https://www.familycare-center.org/>

Safe Harbor
828-326-7233
<https://www.safeharbornc.org/>

Western Piedmont Council of Governments Regional Housing Authority
828-485-4224 or 828-322-9191
<http://www.wpcog.org/regional-housing-authority>

FOOD ASSISTANCE

Catawba County Public Health — Women, Infants and Children (WIC)
828-695-5884
<http://www.catawbacountync.gov/county-services/public-health/service-areas/women-infants-and-children-wic/>

Catawba County Social Services — Food & Nutrition Services
828-695-5800
<http://www.catawbacountync.gov/county-services/social-services/family-support-services/food-nutrition-services/>

Catawba County Social Services — Meals on Wheels
828-695-5610
<http://www.catawbacountync.gov/county-services/social-services/senior-nutrition-services/meals-on-wheels/>

FARMERS MARKETS

Conover Farmers Market
<https://www.conoverfarmersmarket.org/>

Hickory Farmers Market
828-308-6508
<http://www.hickoryfarmersmarket.com/>

Catawba County Public Health Farmers Market
828-695-5861
<http://www.catawbacountync.gov/county-services/public-health/service-areas/public-health-farmers-market/>

FOOD PANTRIES

AIDS Leadership Foothills Area Alliance (ALFA)
828-322-1447
<https://www.alfainfo.org/>

Centro Latino
828-330-0477
<https://www.centrolatinohickory.com/>

Eastern Catawba Cooperative Christian Ministry
828-465-1702
<https://www.ecccm.org/>

Greater Hickory Cooperative Christian Ministry
828-327-0979
<https://www.ccmhickory.com/>

Hickory Church of Christ
828-464-4983
<http://hickorychurch.org/>

Hickory Soup Kitchen
828-327-4828
<https://hickorysoupkitchen.org/>

Highland United Methodist Church
828-327-8066
<https://www.highlandumchickory.com/>

Hopewell United Methodist Church
828-478-9625
<https://sites.google.com/site/hopewellst/>

Springs Road Baptist Church
828-256-5340
<http://www.springsroadbaptistchurch.com/>

St. John's Lutheran Church
 828-464-4071
<https://www.stjohnsconover.com/>

The Corner Table
 828-464-0355
<http://www.thecornertable.org/>

MINORITY STRESSORS AND DISCRIMINATION

CULTURAL RESOURCES
Center for New North Carolinians —
Immigration Resources
 336-334-5411
<https://cnnc.uncg.edu/immigration-services/>

Centro Latino
 828-330-0477
<https://www.centrolatinohickory.com/>

East Coast Migrant Head Start Project
 1-800-655-6831
<http://www.ecmhsp.org/>

North Carolina Department of Public
Instruction — English Language
Development
 919-307-6685
<https://sites.google.com/dpi.nc.gov/ncels/home>

Hmong Carolinas, Inc.
 828-327-6137
<http://www.hmongcarolinas.com/>

LGBTQ RESOURCES

Catawba Valley Pride
 828-475-5559
<http://www.catawbavalleypride.org/contacts>

OUTright Youth
 828-320-1937
<https://www.youthoutright.org/>

PFLAG
 828-261-6767
<https://pflag.org/chapter/pflag-hickory>

PARENTING AND FAMILY SUPPORT

CHILD CARE ASSISTANCE
Catawba County Social Services — Day
Care Assistance
 828-695-5600
<http://www.catawbacountync.gov/county-services/social-services/family-support-services/day-care-assistance/>

Children's Resource Center
 828-695-6565 (English) or 828-695-6515 (Spanish)
<https://childrensresourcecenter.org/>

Community Schools Program/ Kid
Connection
 828-464-9355
http://nccscommunity.ss3.sharpschool.com/schools/contact_community_schools__kid_connection

PARENTING AND FAMILY SUPPORT

Catawba County Partnership for
Children — Parent Helpbook
<http://catawbakids.com/parent-helpbook/>

Catawba County Public Health — Care
Coordination for Children (CC4C)
 828-695-5800
<http://www.catawbacountync.gov/county-services/public-health/service-areas/care-coordination-for-children/>

ComServ, Inc.
 828-325-4926
<https://www.comserve.org/>

Early Childhood Resource Center
 828-695-6505
<https://www.ecresourcecenter.org/>

Early Head Start
 828-327 3689
<https://www.catawbaschools.net/Page/2343>

Children's Developmental Services
Agency — Morganton
 828-433-5171
<https://beearly.nc.gov/index.php/contact/cdsa>

Family Builders of Catawba Valley
 828-465-8901
<http://www.catawbacountync.gov/county-services/social-services/family-builders/about-family-builders/>

Family Guidance Center
 828-322-1400
<https://www.fgcservices.com/>

Family NET of Catawba County
 828-695-6500
<http://www.catawbacountync.gov/county-services/social-services/family-net-clinical-services/about-family-net/>

Family Support Network
 828-256-5202
<https://www.fsnhope.org/>

Positive Parenting Program (Triple P)
 828-695-6565
<http://www.catawbacountync.gov/county-services/public-health/initiatives-partnerships/positive-parenting-program/>

Parents as Teachers

828-358-6112

<https://parentsasteachers.org/>**Safe Kids Catawba County**

828-485-2300 x 6206

<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center/Safe-Kids-Catawba-County.aspx>**SUBSTANCE USE****HARM REDUCTION****ALFA — Steve's Place**

828-999-8744

<https://www.alfainfo.org/>**Olive Branch Ministry**

828-291-7023

<https://olivebranchministry.org/>**TOBACCO CESSATION****QuitlineNC**

1-800-784-8669

<https://www.quitlinenc.com/>**Catawba Valley Health System Health First Center**

828-485-2300

<https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center.aspx>**North Carolina Department of Health and Human Services — Tobacco Prevention and Control Branch**
704-249-5889<https://www.tobaccopreventionandcontrol.ncdhhs.gov/about/localtpcgroups.htm>**COUNSELING, TREATMENT AND SUPPORT GROUPS****Alcoholics Anonymous**<https://www.aa.org/>**Al-Anon**

1-888-425-2666

<https://al-anon.org/>**Catawba Valley Behavioral Health**

828-695-5900

<https://www.cvbh.org/>**Catawba Valley Medical Center —****Psychiatry Services**

828-326-2828,

<https://www.catawbavalleyhealth.org/Medical-Center/Services/Psychiatry.aspx>**Family NET of Catawba County**

828-695-6500

<http://www.catawbacountync.gov/county-services/social-services/family-net-clinical-services/about-family-net/>**Exodus Homes**

828-324-4870

<http://www.exodushomes.org/>**Frye Regional Medical Center — Behavioral Health Services**

828-328-2226

<https://www.fryemedctr.com/our-services/behavioral-health>**Hickory Area Recovery**<http://hickoryarea-recovery.org/>**Integrated Care of Greater Hickory**

828-322-5915

<https://www.integratedcarehickory.com/>**McLeod Addictive Disease Center**

828-464-1172

<https://www.mcleodcenter.com/>**Narcotics Anonymous**<https://www.na.org/>**Partners Behavioral Health Management**

828-327-2595 or 1-877-864-1454

<https://www.partnersbhm.org/>**Safe Harbor**

828-326-7233

<https://www.safeharbornc.org/>**SAMHSA (Substance Abuse and Mental Health Services Administration) — National Helpline**

1-800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>**The Cognitive Connection**

828-327-6026

<https://www.thecogcon.com/>**TRANSPORTATION****American Cancer Society — Cancer Treatment Transportation**

1-800-227-2345

<https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>**Catawba County Social Services — Medicaid Transportation**

828-695-5608

<http://www.catawbacountync.gov/county-services/social-services/transportation-services/medicaid-transportation/>**Greenway Public Transportation**

828-464-9444

<http://www.mygreenway.org/>**Hickory Hop**


828-327-2340

<https://www.hickoryhop.com/>

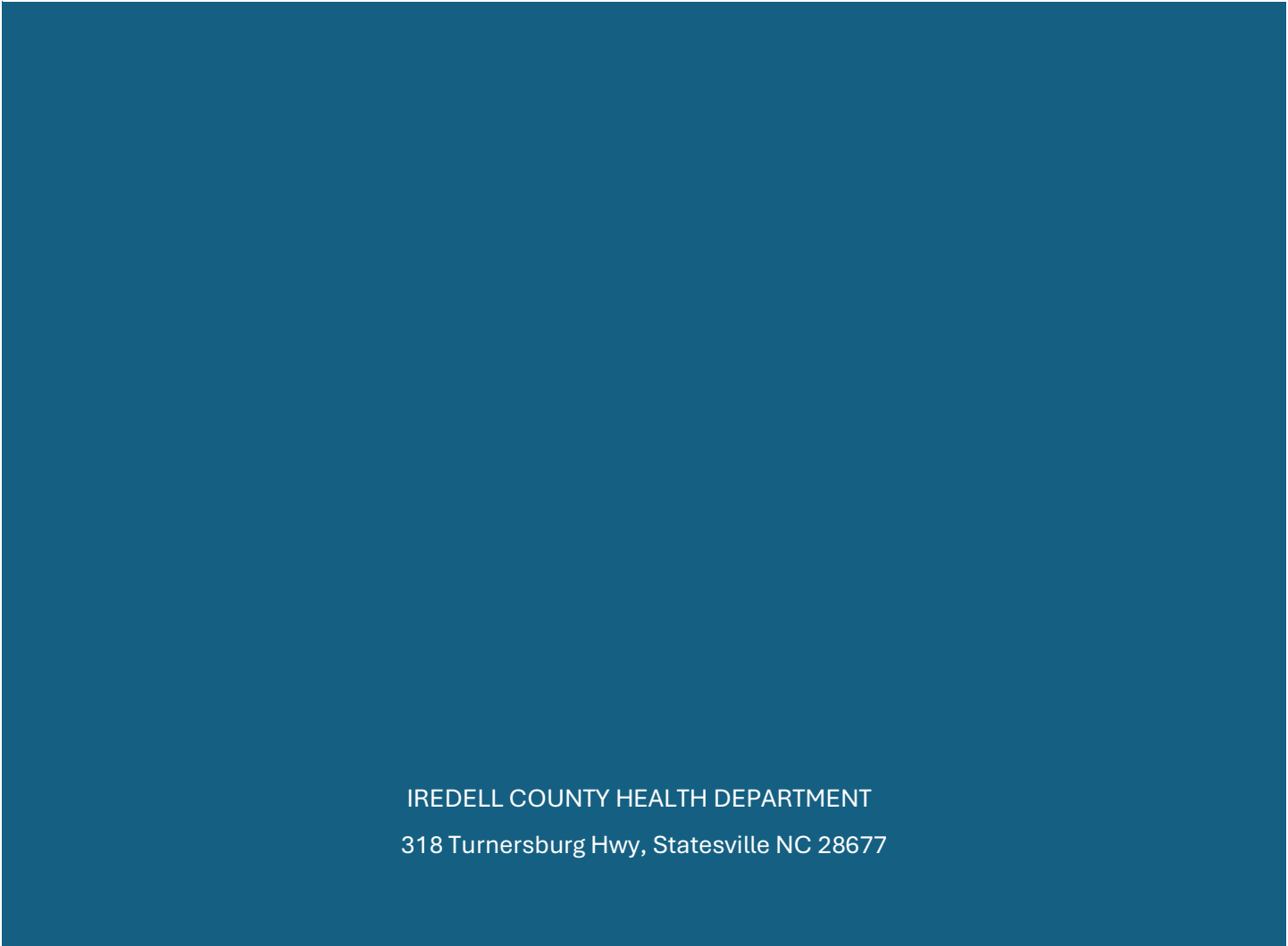


Iredell County Resources





IREDELL COUNTY RESOURCE GUIDE



IREDELL COUNTY HEALTH DEPARTMENT
318 Turnersburg Hwy, Statesville NC 28677

DISCLOSURE: The health, safety, and well-being of our residents are a top priority of Iredell County Health Department. Here is an inclusive list of available health resources. This resource guide is maintained to enhance public access to information about a variety of local health and human resources available. While every effort is made to ensure the accuracy of the information, we make no guarantee. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion apply disapproval. If you believe there is a change or addition that might be beneficial to this resource, please contact the Public Information Officer at (704)-878-5337.

DISCLAIMER: Community resources mentioned in this guide have varying eligibility requirements. It is the responsibility of individuals to find out if they meet the specified criteria for participation or assistance with these services. The information provided is intended as a general guide and does not guarantee eligibility. Users of this guide are encouraged to contact the respective community resources directly for accurate and detailed information regarding eligibility and available services.

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TRANSPORTATION

I-CATS

2611 Ebony Circle, Statesville, NC 28625

(704)-873-9393

Open to the public and has routes in Statesville and Mooresville. Each trip per person is \$1.
Operates Monday- Friday 6:00 AM-6:00PM

Able to schedule non emergent medical trips with a two-day notice

<https://rideicats.com/>

Iredell County Department of Social Services

Statesville location: 549 Eastside Drive, Statesville, NC 28625

(704)- 873-5631

Mooresville location: 610 E Center Ave, Mooresville, NC 28115

- Mooresville location is on the 4th floor of the government center south building

Patients using Medicaid can call the Medicaid transportation coordinator for assistance scheduling I-CAT free transportation. Hours of operation: Monday-Friday 8:00AM-5:00PM

<https://www.iredellcountync.gov/299/Social-Services>

Iredell Council of Aging

344 East Front Street, Statesville, NC, 28677

(704)-873-5171

Transportation is available to individuals 60 and older with no other means of transportation. Transportation is available for medical appointments, human service agencies, hair appointments, shopping, and the nutrition sites. Requirements are to be 60 or older and to complete a registration with the Iredell Council of Aging.

<https://www.iredellcoa.org/transportation/>

FOOD PANTRY

Immediate Food Aid

Call the USDA National Hunger Hotline: 1-(866)-348-6479. Operates Monday- Friday 7:00AM-10:00PM.

Iredell County Department of Social Services: Food and Nutrition Services (Food Stamps)

Statesville location: 549 Eastside Drive, Statesville, NC 28625 (704)- 873-5631

Mooresville location: 610 E Center Ave, Mooresville, NC 28115

- Mooresville location is on the 4th floor of the government center south building

Food and Nutrition Services is a federal food assistance program that provides low-income families food they need for a nutritionally adequate diet. To apply for this service you can apply online, in person at the county Department of social services, or fill out a paper application and mail it to Iredell County department of social services. Hours of operation are Monday-Friday 8:00AM-5:00PM

<https://www.iredellcountync.gov/299/Social-Services>

Iredell County Health Department: Woman, Infant, and Children (WIC) Nutrition Program

Statesville: 318 Turnersburg Hwy, Statesville, NC 28625 (704)-878-5319

Mooresville: 610 East Center Ave, Mooresville, NC 28115 (704)-664-4635

The women, infant, and children (WIC) nutrition program provides an electronic card to purchase healthy food, health care referral, breast feeding support, and eating tips. Women who are pregnant, breast feeding, or who have just had a baby and children up to 5 years old are eligible for this program. You must call to make an appointment, have a valid form of identification, proof of residence, insurance card(s), and proof of income. Call or fill out the referral form online and we will contact you if you are eligible for this program. In addition, an assessment of income and medical history, and nutrition risks will be completed to determine eligibility.

Email: ichdwic@iredellcountync.gov

<https://www.iredellcountync.gov/212/Women-Infant-Children-WIC-Nutrition-Serv>

Salvation Army of Iredell County

1361 Caldwell Street, Statesville NC, 28677

(704)-872- 5623

Receive food from the pantry Monday-Thursday from 9:00AM to 4:00PM and each client can receive food free of charge every 30 days.

Email: statesvillenc@uss.salvationarmy.org

<https://southernusa.salvationarmy.org/iredell/>

Yokefellow Ministries

1380 Shelton Ave, Statesville, NC 28677

(704)-872-7677

Helping center has food assistance offering fresh produce and opportunities to shop weekly. They also encourage and provide ways for healthy eating for Iredell County residents. Hours of operation in the helping center are Tuesday and Wednesday 11:30AM - 2:30PM, Thursday 2:30PM-4:30PM, and Friday 9:30-12:30 AM. A mobile food pantry is also available two times a month at Scotts Creek United Methodist Church and Cool Springs United Methodist Church.

Fifth Street Ministries

1421 Fifth Street, Statesville, NC 28677

(704)-872-4045

Offers a community kitchen and serves a free lunch and dinner that is open to the community. Clients staying at the shelter can receive free breakfast, lunch, and dinner.

Email: admin@fifthstreetministries.com

<https://www.fifthstreetministries.com/shelter-services/>

Iredell Christian Ministries

752 Old Salisbury Road, Statesville, NC 28677

(704)-924-6700

Food Pantry for Iredell County residents. On arrival you must sign in with the staff at the door. Hours of operation are Monday-Wednesday 9:30AM -12:00PM and Thursday 1:00PM to 3:30PM. On Fridays there is free food available from 9:00AM-10:30AM.

<http://iredellcm.org/>

Mooreville Soup Kitchen

275 South Broad Street, Mooresville, NC 28115

(704)-660-9010

Meal Services: Monday Hot Breakfast 8:00AM -9:00AM, continental breakfast Tuesday-Friday 8:00AM-9:30AM, and Monday-Friday Hot Lunch 11:00AM-12:00PM. Food pantry on Wednesday afternoons.

The Christian Mission

266 North Broad Street, Mooresville, NC 28115

(704)-664-2357

Apply to services and eligible clients can receive fresh produce, bread, deli meats, and shelf stable food 2 times a month. Hours of operation Tuesday 10:00AM-5:00PM and Wednesday-Friday 9:00AM-5:00PM.

<https://thechristianmission.org/food-pantry/>

South Yadkin Baptist Association (SYBA)

143 West Front Street, Statesville, NC 28677

(704)-873-4372

This food pantry is available for Iredell County residents and is by appointment only.

To make appointment to speak with a counselor for eligibility requirements you must call and the available appointment times are Tuesday afternoon from 4:00PM to 5:30PM and Thursday mornings from 9:30AM to 11:00AM

Email: info@sybaptist.org

<https://sybaptist.org/food/>

Northview Church of Christ

2615 Amity Hill Road Statesville, NC, 28677

(704)-873-9779

The food pantry is open every second Wednesday of the month from 6:00PM to 7:30 PM

Email: office@nvchurchofchrist.com

<https://www.nvchurchofchrist.com/>

Feed NC

2456 Charlotte Highway, Mooresville, NC 28117

(704)-660-9010

Need to register for food services and must have a valid form of Identification. Once approved for services.

Services:

- Grassroots Grocery Store: eligible members can receive \$150-\$200 in groceries every week
- Food Movers: homebound individuals who are eligible have their groceries brought to their home
- Donoghue's Open-Door Dining: is open to the public from 9:00AM- 2:00PM
- Food Truck: nutritious meals brought directly to communities in a food desert

<https://www.feednc.org/food-nutrition-security>

Iredell Community Outreach Association (COAST) Hidden Gem

833 Center Street, Statesville, NC 28677

(704)-380-0203

1662 East Broad Street, Statesville, NC

Community food pantry available to the public. Hours of operation Monday-Friday 10AM-6PM and Saturday 10:00AM-5:00PM

<https://www.iredellcoast.com/>

ST. Philip the Apostle Catholic Church: Food Closet

525 Camden Drive, Statesville, NC 28677

(704)-872-2579

Food pantry that has non-perishable goods that open to the community with no requirements. Call for more information.

<https://stphilipapostle.com/>

Cornerstone Church

650 Glover Street, Statesville, NC 28625

(704)-873-0032

Food pantry that is available by appointment on Thursdays only.

Email: reneegriffith@hotmail.com

<https://welovecornerstone.org/belong/ministries/>

Landmark Church of God

2200 East Broad Street, Statesville, NC 28625

(704)-873-9701

Food distribution and food pantry. Food is distributed on the first and third Tuesday of each month from 10:30AM to 1:00PM.

<https://landmarkcog.org/>

South River Baptist Church

2659 South Chipley Ford Road, Statesville, NC 28625

(704)-876-1520

Food box distribution for seniors will be provided every third Tuesday of the month and for general food box distribution call as needed.

<https://southriverbaptist.com/>

Matthew 25 Ministries

3223 Harmony Highway, Harmony, NC 28634

(704)-546-5859

Food distribution center for Iredell County community members. Call for more information.

<https://www.matthew25ministriesnc.org/>

First Church of Nazarene- Statesville

506 Medlin Street, Statesville, NC 28677

(704)-878-2235

Call for more information.

The Community Baptist Church: The Chest

247 Langtree Road, Mooresville, NC 28117

(704)-997-8777

Offers non-perishable foods and is open on the third Sunday of every month from 1:00PM-3:00PM

<https://www.communitybaptistchurchmtmournemoorville.org/food-pantry>

Watermark Church

321 Clontz Hill Road, Troutman, NC 28166

(980)-217-4240

Food Pantry with non-perishable foods. Open Tuesday 5:00PM-6:00PM and Saturday 12:00PM-1:00PM.

Email: Info@mywatermark.org

<https://www.mywatermark.org/we-serve>

HELP Ministries

241 State Park Road, Troutman, NC 28166

(704)-528-0779

Has a food pantry available for Troutman residents. Contact agency for more information.

Email: troutmanhelpministries@gmail.com

FOODiversity

172 Williamson Road, PO Box 5131, Mooresville, NC 28117

(704)-904-6768

Helps individuals with food allergies or intolerance get access to healthy foods that they can eat through existing food pantries in the community. Call for more information.

<https://foodiversity.org/>

Rocky Mount UMC

1739 Perth Road, Mooresville, 28117

(704)-528-5525

Food pantry, call for more information. Hours of operation: Monday-Thursday 9:00AM-4:30PM

<https://rockymountchurch.com/>

Iredell Council of Aging

344 East Front Street Statesville, NC 28677

(704)-873-5171

Congregate meals are served Monday- Friday at congregate sites hot nutritious meals are served at 11:00AM and transportation can be provided to you if needed. Home Delivered Meals are also available in Mooresville, Statesville, and Harmony within the serving area to homebound clients and meals will be delivered Monday-Friday by volunteers. Both of these services are for individuals 65 and older.

<https://www.iredellcoa.org/nutrition/>

Food For Days

691 Brookwood Drive, Mooresville, NC 28115

(855)-250-3501

Students in need of food services are identified by school counselors and teachers, then will receive a permission slip to be signed by their parents or legal guardian indicating that they can receive weekend meals. Then every child is sent home with a backpack filled with two breakfasts, two lunches, two dinners, drinks, and snacks so they have food over the weekend.

<https://foodfordays.org/>

PowerCross Ministries

1133 West Front Street, Statesville, NC 28677

(704)-380-3001

Provides free hot meals daily.

Email: nat@powercross.org

<https://www.powercross.org/our-work>

HOUSING:

Fifth Street Ministries

1421 Fifth Street, Statesville, NC 28687

(704)-872-4045

Provides the following housing for families and individuals: night shelter, transitional house, and a shelter for women and children. This location is open 24 hours.

Email: admin@fifthstreetministries.com

<https://www.fifthstreetministries.com/shelter-services/>

Statesville Housing Authority

110 West Allison Street, Statesville, NC 28677

(704)-761-4500

Provides low-income citizens safe, clean, and affordable housing. Requirements: fill out an application form, have a photo identification, social security cards for each household member, and proof of income. This service does require a waitlist. Hours of Operation are Monday-Thursday 9:00AM-5:00PM

Email: Questions@sha-online.org

<https://www.statesvillehousing.org/about/index.php>

Mooresville Housing Authority

1046 North Main Street, Mooresville, NC 28115

(704)-664-1659

Provides low-income citizens safe, clean, and affordable housing. Requirements: fill out an application form, have a photo identification, social security cards for each household member, and proof of income. This service does require a waitlist. Hours of Operation are Monday-Friday 8:00AM-5:00PM

https://www.mooresvillenc.gov/government/boards_and_commissions/mooresville_housing_authority.php

Hope Home of Mooresville

218 North Academy Street, Mooresville, NC 28115

(980)-447-9007

Temporary and supportive housing for Mooresville's homeless women and children. Open 24 hours.

Email: office@hopeofmooresville.com

<https://www.hopeofmooresville.org/>

I-Care

1415 Shelton Ave, Statesville, NC 28677

(704)-872-8141

Helps write referrals to eligible clients for low-income housing.

<https://www.icare-inc.org/>

Children's Home Society: Say-So

Contact person: Kiah Durham

(336)-316-8714

Email: Kdurham@chsnc.org

Say-So is sponsored by the blue cross-blue shield and provides housing stability for individuals who are currently or have experienced foster care. Eligibility requirements include transition out of foster care and must be 16-26. Individuals must also fill out the Say-So housing stability application, have a valid form of identification, and proof of last bill due. Hours of Operation Monday-Friday 8:30AM-5:00PM

<https://www.iredellcountync.gov/DocumentCenter/View/20267/Housing-Assistance>

<https://www.chsnc.org/sayso-organization-supports-local-youth-in-substitute-care/>

With Friends, Inc.

2098 Keith Drive, Gastonia, NC 28054

(704)-691-7116

Provide residential shelter care, food, counseling, education, skill building, outreach, follow ups, case management, and referrals for positive youth development. Services are provided for youth and families in Iredell, Gaston, Cleavland, Lincoln, Mecklenburg, Stanly, and Union counties.

Email: info@withfriends.com

<http://www.withfriendsinc.com/>

Habitat for Humanity: of the Charlotte Region

Office: 3815 Latrobe Drive, Charlotte, NC 28211

(704)-376-2054

Financial Literacy Center: 3816 Latrobe Drive, Charlotte 28211

Has multiple homeownership programs, offers essential home repair services, and more. Call for more information or apply online.

<https://www.habitatcltregion.org/blog/timeline/habitat-for-humanity-of-iredell-county-now-a-part-of-habitat-for-humanity-of-the-charlotte-region-is-formed/>

PowerCross Ministries

1133 West Front Street, Statesville, NC 28677

(704)-380-3001

Offers the House of Grace, which is a transitional housing for families that are homeless or displaced. Requirements to be a member of the power cross, take part in Chrisitan Discipleship, parenting classes, financial management, job placement, and basic life skill development.

Email: nat@powercross.org

<https://www.powercross.org/our-work>

HOUSING FOR SERIOUS ILLNESS

Hospice and Palliative Care of Iredell County: Statesville

2347 Simonton Road, Statesville, NC 28625

(704)-873-4719

Provides medical care in a home setting and also has counselors for the patient and the patient's family.

<https://www.hoic.org/>

Hospice and Palliative Care of Iredell County: Mooresville

1325 Mecklenburg Hwy, Mooresville, NC 28115

(704)-663-0051

Provides medical care in a home setting and has counselors for the patient and the patient's family.

<https://www.hoic.org/>

Autumn Care of Statesville

2001 Van Haven Drive, Statesville, NC 28625

(704)-883-9700

Assisted living facility, call for more information.

<https://www.saberhealth.com/locations/autumn-care-of-statesville>

EMERGENCY ASSISTANCE

Duke Energy

182 Talbert Road, Mooresville NC, 28117

(704)-638-4050

Offers financial assistance to customers through various programs and has an extension to pay bills. For more information call or go online and see what program is best for you.

<https://www.duke-energy.com/home/billing/special-assistance>

Salvation Army

1361 Caldwell Street, Statesville, NC 28677

(704)-872-5623

Offers financial assistance towards rent and utilities for individuals and families after an emergency. Requirements are to bring proof of income, North Carolina identification, proof of expense, and social security cards of everyone in the home. Hours of operation Monday-Thursday 9:00AM-4:00PM

Email: StatesvilleNC@uss.salvationarmy.org

<https://southernusa.salvationarmy.org/iredell/>

The Christian Mission

266 North Broad Street, Mooresville, NC 28115

(704)-664-2357

Provides financial assistance for rent, utility services, and prescription assistance to those in need. Clients must apply for services. Requirements: bring proof of income, photo identification, and social security cards of everyone in the home.

<https://thechristianmission.org/rent-utilityassistance/>

Iredell Christian Ministries

752 Old Salisbury Road, Statesville, NC 28677

(704)-924-6700

Offers prescription, rent, and utility assistance to eligible Iredell County residents. Requirements are to bring proof of income, Photo identification, and social security cards of everyone in the home. Hours of operation Monday-Wednesday 9:30AM to 12:00PM and Thursday 1:00PM- 3:30PM.

<http://iredellcm.org/>

Yokefellow Ministries

1380 Shelton Ave, Statesville, NC 28677

(704)-872-7677

Offers rent or mortgage, prescription, and utility assistance to eligible Iredell County residents. Requirements are to bring proof of income, North Carolina identification, proof of expense, social security cards of everyone in the home, and to speak with a counselor. Hours of operation Tuesday and Wednesday 11:30AM-2:30PM, Thursday 2:30PM-4:30PM, and Friday 9:30-12:30 AM.

<https://www.yokefellowstatesville.org/about-us>

Matthew 25 Ministries

3223 Harmony Hwy, Harmony, NC 28634

(704)-546-5859

Provides financial assistance for utilities to Iredell County residents in need. Call for more information.

<https://www.matthew25ministriesnc.org/>

Iredell County Department of Social Services: Statesville

549 East Drive, Statesville, NC, 28625

(704)-873-5631

Department of Social Services provides emergency assistance for utilities and rent/eviction. Requirements include filling out an application, providing proof of income, social security cards for each member of the household, and to be an Iredell County Resident. Hours of operation are Monday-Friday 8:00AM- 5:00PM.

<https://www.iredellcountync.gov/299/Social-Services>

Iredell County Department of Social Services: Mooresville

610 East Center Street, Mooresville, NC 28115

(704)-873-5631

Department of Social Services provides emergency assistance for utilities and rent/eviction. Requirements include filling out an application, providing proof of income, social security cards for each member of the household, and to be an Iredell County Resident. Hours of operation are Monday-Friday 8:00AM- 5:00PM.

<https://www.iredellcountync.gov/299/Social-Services>

HELP Ministries

241 State Park Road, Troutman, NC 28166

(704)-528-0779

Assistance in rent, utilities, and bills for Troutman residents only.

Email: troutmanhelpministries@gmail.com

Energy United Foundation

567 Mocksville Hwy, Statesville, NC 28687

+1(800)-522-3793

Assistance with utility bills, housing and food essentials, childcare, medical and health expenses, and services for veterans. Call for more information and ask for Debra Cita.

<https://www.energyunited.com/assistance/>

Mooreville Kindness Closet

266 North Broad Street, Mooresville, NC 28115

(901)-827-7591

Located at the storage facility at Mooresville Christian Mission. Provides low-income families with basic hygiene products such as shampoo, feminine products, deodorant, laundry detergent, toothpaste, and toilet paper. Call or email for more information.

Email: moorevillekindnesscloset@gmail.com

<https://www.moorevillekindnesscloset.org/>

CLOTHING

Fifth Street Ministries

1421 Fifth Street, Statesville, NC 28677

(704)-872-4045The c

The clothing closet is for shelter residents.

Email: admin@fifthstreetministries.com

<https://www.fifthstreetministries.com/shelter-services/>

Yokefellow Ministries

13860 Shelton Ave, Statesville, NC 28677

(704)-872-7677

Offers clothing assistance to those who are in need. Call to make an appointment with a counselor before receiving clothes.

<https://www.yokefellowstatesville.org/about-us>

The Christian Mission

266 North Broad Street, Mooresville, NC 28115

(704)-664-2357

The resource store allows clients to shop for basic needs such as clothing and other household items. Clients are limited to the number of items each month. Clients must apply for services. Requirements: bring proof of income, photo identification, and social security cards of everyone in the home.

<https://thechristianmission.org/free-clothing-household-goods-resource-store/>

Iredell Christian Ministries

752 Old Salisbury Road, Statesville, NC 28677

(704)-924-6700

Offers clothing assistance to Iredell County residents. Requirements are to bring proof of income, Photo identification, and social security cards of everyone in the home. Hours of operation Monday-Wednesday 9:30AM to 12:00PM and Thursday 1:00PM- 3:30PM.

<http://iredellcm.org/>

South Yadkin Baptist Association (SYBA)

143 West Front Street, Statesville, NC 28677

(704)-873-4372

Provides clothing assistance to Iredell community members in need. To make appointment to speak with a counselor for eligibility requirements you must call, and the available appointment times are Tuesday afternoon from 4:00PM to 5:30PM and Thursday mornings from 9:30AM to 11:00AM

Email: info@sybaptist.org

<https://sybaptist.org/>

HELP Ministries

241 State Park Road, Troutman, NC 28166

(704)-528-0779

Clothing assistance for Troutman residents only. Call for more information

Email: troutmanhelpministries@gmail.com

Lydia's Loft

14835 North Old Statesville Road, Huntersville, NC 28078

(704)-948-7797

Provides free clothing and household items to clients in the greater Lake Norman area. Clients must fill out an referral online on their website to receive free clothing and household items.

Email: lydiasloft5@gmail.com

<https://www.lydiasloft.org/>

Matthew 25 Ministries

3223 Harmony Hwy, Harmony, NC 28634

(704)-546-5859

Provides up to 25 clothing items to individuals and families in financial assistance or facing a crisis. Call for more information.

<https://www.matthew25ministriesnc.org/>

Landmark Church of God

2200 East Broad Street, Statesville, NC 28625

(704)-873-9701

Provides free clothing to anyone in need. The hours of operation are Tuesday 11:00AM-1:00PM. Call for more information.

<https://landmarkcog.org/>

MEDICAL

Iredell County Health Department: Statesville

318 Turnersburg Hwy, Statesville, NC 28625

(704)-878-5300

Health services offered at the health department include:

- Child health clinic
- Family planning clinic
- Lab services: walk in (low cost)
- Sexually transmitted disease clinic
- Women, Infant, and Children (WIC) nutrition program
- Immunizations
- Walk in physicals for college students, DOT physicals, sports physicals, work physicals, and women's health physicals

To be eligible for services (that are not walk in) you must call and make an appointment, bring proof of residence, bring all insurance cards, and bring proof of income. Some services are based on a sliding scale based on household income.

Hours of operation are Monday-Friday 8:00AM-5:00PM

<https://www.iredellcountync.gov/197/Clinical-Services>

Iredell County Health Department: Mooresville

610 East Center Ave, Mooresville, NC 28115

(704)-664-5281

Medical services offered:

- Sexually transmitted disease clinic
- Women, Infant, and Children (WIC) nutrition program

To be eligible for services you must call and make an appointment, bring proof of residence, bring all insurance cards, and bring proof of income. Hours of operation are Monday-Friday 8:00AM-5:00PM

Health Reach Community Clinic

400 East Statesville Ave., Mooresville, NC 28115

(704)-663-1992

The clinic provides free health care to qualifying Iredell County Residents. Qualifications are being between the ages of 18-65, having no health insurance, and having a household income of 300% below the poverty line. Hours of operation are Monday-Thursday 9:00AM-4:00PM.

Email: healthreach@healthreachclinic.org

<https://healthreachclinic.org/>

Statesville Family Medicine

1022 Shelton Ave., Statesville, NC 28677

(704)-838-1234

Clinic welcomes everyone regardless of insurance status, operates on a sliding pay scale, and has medication assistance. Call to make an appointment or to get more information. Hours of operation Monday- Friday 7:30AM-12:30PM and 1:30PM-5:30PM

Iredell Council of Aging

344 East Front Street, Statesville, NC 28677

(704)-873-5171

In-home aids can come to clients two times a week for four hours to receive personal care. Clients living alone and that have a physical limitation may also qualify for a chore service once a week for two hours. In addition, there is a seniors health insurance information program that helps educate clients and their caregivers about Medicare.

<https://www.iredellcoa.org/our-programs/>

Iredell County Department of Social Services: Statesville

549 East Drive, Statesville, NC, 28625

(704)-873-5631

Enroll clients in a Medicaid or Medicare health insurance program and can arrange transportation for medical services.

<https://www.iredellcountync.gov/299/Social-Services>

Iredell County Department of Social Services: Mooresville

610 East Center Street, Mooresville, NC 28115

(704)-873-5631

Enroll clients in a Medicaid or Medicare health insurance program and can arrange transportation for medical services.

<https://www.iredellcountync.gov/299/Social-Services>

Iredell Health System

557 Brookdale Drive, Statesville, NC 28677

(704)-873-5661

Patients can apply for financial assistance in covering the cost of medical services.

<https://www.iredellhealth.org/>

Cook Community Clinic

14230 Hunters Road, Huntersville, NC 28078

(704)-316-6611

Patient requirements: are uninsured, live in Mecklenburg County or southern section of Iredell County (zip codes 28115 and 28117), and earn up to 250% of the federal poverty level as a household. You will also need to have an eligibility screening before you can meet with physician documentation requirements include photo identification, proof of residency, last year's tax return, proof of income, documentation of all other forms of income, food stamps or food stamp letter, and two most recent bank statements.

<https://cookcommunityclinic.org/do-i-qualify/>

DENTAL

Iredell County Health Department: Statesville

318 Turnersburg Hwy, Statesville, NC 28625

(704)-878-5440

Dental services are available for Iredell County residents. Requirements call can make an appointment and bring your insurance card. With or without insurance you may qualify for a sliding scale discount and payment is due at the time of service. Hours of operation are Monday-Thursday from 8:00AM-4:30PM

<https://www.iredellcountync.gov/201/Dental-Clinic>

Kintegra Family Dentistry

518 Brookdale Drive, Statesville, NC 28677

(704)-838-1108

Affordable dental services for children and adults in Iredell County, call to make an appointment or for more information. Hours of operation are Monday-Thursday 8:00AM-5:00PM (closed 12:00PM-1:00PM) and Friday 7:00AM-3:00PM.

[Kintegra Family Dentistry – Statesville - Kintegra Health](#)

DOMESTIC VIOLENCE

National Domestic Violence Hotline: Call (800)-799-7233 or Text “BEGIN” to 88788

Fifth Street Ministries: My Sister’s House

121 Fifth Street, Statesville, NC 28687

(704)-872-4045

24 Hour Crisis Line: (704)-872-3403

A safe place for women and children fleeing domestic violence, sexual violence, and or human trafficking. Counselors and advocates work directly with individuals providing hospital and court advocacy, peer support, and case management services. Women and children who come here are separated from the rest of the shelter and will have their own room, a communal kitchen to cook their own food, and a common area to relax with other women and children staying in this section of the shelter.

<https://www.fifthstreetministries.com/my-sisters-house/>

Safe Alliance

19901 West Catawba Ave., Suite 203, Cornelius NC 28031 (704)-655-8745

Greater Charlotte Helpline: (980)-771-4673

Provides a domestic violence shelter, victim assistance court program, counseling services, sexual trauma resource center, and more to residents in the Lake Norman area. Call to schedule an appointment.

<https://www.safealliance.org/lakenorman/>

North Carolina Statewide Automated Victim Assistance and Notification (NC SAVAN)

4201 Mail Service Center, Raleigh, NC 27699 (877)-627-2826

Provides victims compensation, rape victim assistance, and SAVAN/victim notification services. Call for more information.

<https://www.ncdps.gov/dps-services/victim-compensation-services>

Dove House: Children's Advocacy Center

2407 Simonton Road, Statesville, NC 28625 (704)-883-9814

Provides a wide array of services to child victims of sexual assault as well as their non-offending family members. All services direct services provided at no cost to the client.

<https://dovehousecac.org/>

Mental Health

National Suicide Prevention Lifeline: +1(800)-273-8255

Substance Abuse and Mental Health Services Administration 24/7 National Helpline:1(800)-662-4357

Suicide and Crisis Lifeline: dial 988 or text HOME to 741741

National Alliance on Mental Illness (NAMI) Lake Norman/Iredell

NAMI Lake Norman/Iredell, Inc. P.O. Box 4112, Mooresville, NC, 28117 (704)-657-4208

Provides support, education, and advocacy for mental illness throughout the Lake Norman area. Call for more information.

<https://namilakenormaniredell.org/index.php>

Daymark Recovery Services

913 Carolina Avenue, Statesville, NC 28625

(704)-873-1239

Provides comprehensive behavioral healthcare services to community members in need of mental health services. Requirements for patients insurance/Medicaid card, identification or Social Security card, and any referral documentation. Patients with Medicaid have no obligation for a co-pay and patients who are uninsured would be eligible for a sliding or discounted scale.

<https://www.daymarkrecovery.org/locations/iredell-center#:~:text=Daymark%20Recovery%20Services%20is%20a,or%20substance%20abuse%20treatment%20options.>

Behavioral Health Services of Lake Norman

107 Kilson Drive Suite 202, Mooresville, NC 28117

(980)-414-8626

Offers counseling services for individuals, couples, groups, and adolescents. They do not accept Medicare or Medicaid but do operate on a sliding scale based on household income.

<https://bhsoflkn.com/>

Northern Piedmont Counseling

125 Overhill Drive Suite 105, Mooresville, NC 28117

(980)-430-9205

Offers counseling services for addiction, adoption, behavioral issues, chronic pain, depression, drug abuse, domestic violence, divorce, grief, family conflict, racial identity, medication management, teen violence, spirituality, and much more. Operates on a sliding scale based on household income.

<https://npctherapy.com/>

Center For Emotional Health

170 Medical Park Road, Suite 208, Mooresville, NC, 28117

(704)-237-4240

Outpatient mental health services including in-person therapy, virtual therapy, and medication management

<https://www.cehcharlotte.com/services-2/>

Iredell Council of Aging

344 East Front Street, Statesville, NC 28677

(704)-873-5171 ext 102

Provides caregiver support through support groups, referrals, education/training, and more to reduce caregiver stress and burden.

Email: jnegley@iredellcoa.org

<https://www.iredellcoa.org/icoa-caregiver-support/>

Rainbow Kidz Grief Counseling

Statesville: 2347 Simonton Road, Statesville, NC 28625

(704)-873-4719

Provides grief counseling to meet the special needs of children and offers a variety of services at no cost. For more information call or email.

Email: leighannnd@hoic.org

<https://www.hoic.org/Rainbow-Kidz>

A Loving Hand Counseling Service

116 South Main Street, Suite 106, Mooresville Nc 28115 (704)-662-6118

Provides counseling services for addiction, self-harm, depression, self-esteem, relationship issues, ADHD, divorce, peer relationships, child or adolescent, coping skills, dual diagnosis, bipolar disorder, and much more.

In The Garden Counseling

239 Homestead Road, Harmony NC 28634 (980)-238-3879

Specializes in depression, anxiety, and parenting counseling services but offers other services for ADHD, Trauma, PTSD, family conflict, chronic illness, autism, intellectual disability, and more. They also have a sliding scale for payment based on income. Call for more information.

Turning Point Family Services

542 Brookdale Ave., Statesville, NC 28677 (704)-761-7419

919 North Main Street, Mooresville, NC 28115 (704)-660-6854

Offer services for telehealth, counseling services, medication management, intensive in-home, foster care services and day treatments.

<https://turningpointfamilyservices.org/>

Healing With Horses: LKN Equine Therapy

Mooresville (704)-237-0644

Willow equine provides counseling, team building, and wellness services for teenagers and adults with an array of challenges and goals.

Soul to Sole connection is a program that provides counseling and wellness for military, veterans, and first responders free of charge. For more information call or email.

Email: info@s2sconnection.org

<https://www.healingwithhorseslkn.org/>

Child and Family Therapy Center

363 Williamson Road, Suite 102, Mooresville, NC 28117

(704)-271-9045

Offers therapies for borderline personality, anxiety, career counseling, child or adolescent, coping skills, family conflict, divorce, grief, martial and premarital, peer relationships, virtual therapy sessions, and self-esteem. This organization has a sliding scale based on income. For more information call or email. Hours of operation are Monday-Friday 8:00AM-5:00PM.

Email: office@child-familytherapy.com

<https://child-familytherapy.com/>

Barium Springs Counseling/Children's Hope Alliance:

156 Frazier Loop, Statesville, NC 28677

(704)-872-4157

This organization has the following services:

- Community Based Services: assessments, therapy, diagnosis, coordination of services, and skill development.....1 (844)226-8855
- Education: day treatment for students that need behavioral and therapeutic support.....1(800)-395-2591
- Family Support: provides education and support to families to find a better way of life.....1(828)-433-7176
- Outpatient Therapy: available for children, teens, and families to promote emotional health.....1 (844) 226-8855
- Foster Care: train and monitor foster family to ensure a high level of care for children.....1 (800)395-2591

<https://www.childrenshopealliance.org/about-us>

Better Help Online Counseling

www.betterhelp.com

After the Storm Trauma Treatment/ Wellness Center

1210 Davie Ave., Statesville, NC 28677

(704)-842-3397

Holistic/integrated mental health care. Accepts Medicaid, out of network, and private insurance. For more information call.

SUBSTANCE USE

Support Services:

Iredell County Health Department: Substance Use and Prevention Team

318 Turnersburg Hwy, Statesville, NC 28625 (704)-878-5300

Substance Misuse Prevention Outreach Coordinator: Jennifer Kilby

Email: jennifer.kilby@iredellcountync.gov Phone: (704)-878-5300 ext. 5541

Substance Misuse Prevention Community Health Worker: Latoya Sneed

Email: latoya.sneed@iredellcountync.gov Phone: (704)-878-5300 ext.3445

Services offered are substance misuse education, outreach materials, and linkage to community resources.

Drug and Alcohol Coalition of Iredell County

P.O. Box 425, Statesville, NC 28687 (704)-448-3848

Informs and educates the community about substance misuse to create advocates in Iredell County. Also provide training and supplies to stop drug misuse and abuse. For more information call, go online, or email.

Email: kristin@daciredell.com

<https://www.daciredell.com/mission-and-vision>

Olive Branch Ministry: Points of HOPE

3730 North Center Street Hickory, NC 28601 (828)-291-7023

Offers peer-led harm reduction services that include peer support, syringe services, overdose response/prevention/education, fentanyl test strip distribution, naloxone distribution, jail-based education, and linkage to care. They serve Allegheny, Ashe, Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, and Watauga Counties.

Email: olivebranchgals@gmail.com

<https://olivebranchministry.org/>

Helplines:

Substance Abuse and Mental Health Services Administration 24/7 National Helpline: 1(800)-662-4357

- Confidential free help from public health agencies to find substance use treatment and information.

Alcohol/ Drug Council of NC: (800)-688-4232

- Prevention, treatment, and perinatal resources

National Drug Helpline: (888)-633-3239

- Alcohol, cocaine, ecstasy, heroin, meth, marijuana, methadone, opiates, and suboxone

NC 211: 2-1-1 or (888)-892-1162

- Free and confidential information on health and human services and resources provided by United Way of North Carolina

NC Department of Military and Veterans Affairs: (844)-624-8387

- Resources for veterans and their families

Perinatal Substance Use Project: (800)-688-4232

- Substance use during and after pregnancy

Suicide and Crisis Lifeline: dial 988 or text HOME to 741741

- Support for someone who is experiencing a mental health crisis or is at risk of suicide.

Crisis Services:

Emergency services: 911

- Immediate response of law enforcement, fire, or emergency medical services

Daymark Mobile Crisis: (877)-492-2785

- Available 24/7 for any mental health or substance use related crisis

Partners Health Management: (888)-235-4673

- Available 24/7 to help control emotions, impulses or actions

Davis Regional Medical Center, Behavioral Health Services: (704)-838-7580 or (704)-838-7550

- Psychiatric assessment and referral to appropriate services

Outpatient Services:

Mooreville			
Outpatient	Phone	Website	Serving
Achieving Balance at the Farm 1915 Coddle Creek Hwy., Mooresville NC 28115	(704)-763-3796	Not Available	Children Adults
A Loving Hand Counseling Service 116 South Main Street, Suite 106, Mooresville Nc 28115	(704)-662-6118	Not Available	Children Adults
Behavioral Health Services of LKN 107 Kilson Drive, Suite 202, Mooresville, NC 28117	(704)-660-8231	https://bhsoflkn.com/services	Children Adults
Center For Emotional Health 170 Medical Park Road, Suite 208, Mooresville, NC, 28117	(704)-237-4240	https://www.cehcharlotte.com/services-2/	Adults
Eleanor Health 123 Professional Park Drive, Suite 101, Mooresville, NC 28117	(704)-749-956	https://Eleanorhealth.com	Adults
Life Stance Health 122 Gateway Boulevard,	(704)-360-3637	https://iWSCounselingcenters.com	Children Adults

Mooresville, NC 28117			
Miracles Healing Centers 111 Kilson Drive, Suite 201, Mooresville, NC 28117	(704)-664-1009	https://miraclescounselingcenters.com	Children Adults
Musick Psychiatry & Psychotherapy 136 Fairview Road, Suite 125, Mooresville, NC 28117	(704)-677-7635	https://musickpsychiatry.com	Children Adults
New Path Counseling & Consulting 169 Gateway Boulevard, Mooresville, NC 28117	(704)-303-1303	https://newpathcandc.com	Adults
RAPHA Healthcare Services 207 South Broad Street, Mooresville, NC 28115	(704)-912-1426	https://rapha-healthcare-servicesllc.business.site/	Adults
Southern Family Medicine 400 East Statesville Ave., Suite 200, Mooresville, NC 28115	(704)-360-8486	https://southernfamilymedicine.org	Adults
Turning Point Homes 207 South Broad Street, Suite 1, Mooresville, NC 28115	(704)-660-6854	https://turningpointfamilyservices.org	Children Adults

Statesville			
Outpatient	Phone	Website	Serving
Addiction Recovery Medical Services 612 Signal Hill Drive Statesville, NC 28677	(704)-872-0234	https://www.armscanhelp.com/	Adults
Center Street Psych 750 Hartness Road, Statesville, NC 28677	(704)-872-2350	https://centerstreetpsych.com	Children Adults
Center for Emotional Health 1450 Fern Creek Drive, Statesville, NC	(704)-237-4240	https://cehcharlotte.com	Adults
Children's Hope Alliance 156 Fraizer Loop, Barium Springs, NC	(704)-872-4157	https://Childrenshopealliance.org	Children
Counseling and Support Services 521 Brookdale Drive, Statesville, NC	Mental Health (828)-999-2768 DWI (828)-989-7763	https://casacounselorsnc.com	Children Adults
Daymark Recovery Services 913 Carolina Avenue, Statesville, NC 28625	(704)-873-1239	https://www.daymarkrecovery.org	Children Adults
Don Lin Counseling Services 519 Brookdale Drive, Statesville, NC	(704)-872-4449	Not Available	Children Adults
Easter Seals UCP of NC 619 Sullivan Road, Statesville, NC	(704)-871-0934	www.easterseals.com	Children Adults

Integrated Care of Greater Hickory 523 Brookdale Drive, Statesville, NC	(828)-322-5915	www.intergratedcarehickory.com/	Adults
Life Stance Health 276 Old Mocksville Road, Statesville, NC	(704)-360-3637	https://lwscounseling.com	Adults
Kevin Denny 119 West Water Street, Suite C, Statesville, NC	(704)-763-0851	Not Available	Children Adults
Little Gerald Services 215 south Tradd Street, Statesville, NC	(980)-223-2547	https://lgservicesnc.org	Children Adults
AHSAT Counseling & Consulting 333 Brookdale Drive, Statesville, NC	(704)-879-1976	https://ahsatcc.com	Children Adults
McLeod Addictive Disease Center 636 Signal Hill Drive Extension, Statesville, NC	(704)-871-2992	https://mcleodcenter.com	Adults
PQA Healthcare 518 Signal Hill Drive Extension, Statesville, NC	(336)-356-2600	https://pqahealthcare.com	Adults
Piedmont Medication Center 1316 Davie Avenue, Suite D, Statesville, NC	(704)-873-7624	https://piedmontmedication.com	Children
Statesville Therapy	(704)-325-9654	https://statesvilletherapy.com	Children Adults

221 South Center Street #116, Statesville, NC			
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Medication Assisted Treatment

Mooreville			
Treatment Center	Phone	Website	Serving
Carolina Pain & Weight Loss 131 Welton Way, Suite A, Mooreville, NC	(704)-360-4564	https://carolinapainandweight.com	Adults
Eleanor Health 123 Professional Park Drive, Suite 101, Mooreville, NC 28117	(704)-749-9560	https://eleanorhealth.com	Adults
RAPHA Healthcare Services 207 South Broad Street, Mooreville, NC 28115	(704)-912-1426	https://rapha-healthcare-servicesllc.business.site/	Adults
Southern Family Medicine 400 East Statesville Ave., Suite 200, Mooreville, NC 28115	(704)-360-8486	https://southernfamilymedicine.org	Adults

Statesville			
Treatment Facility	Phone	Website	Serving
Addiction Recovery Medical Services 612 Signal Hill Drive	(704)-872-0234	https://armscanhelp.com	Adults

Statesville, NC 28677			
Ascend Health PLLC 750 Hartness Road, Suite C, Statesville, NC	(704)755-4227	https://ascendhealthcarecharlotte.com	Adults
Integrated Care of the Greater Hickory 523 Brookdale Drive, Statesville, NC	(828)-322-5915	www.integratedcarehickory.com/	Adults
McLeod Addictive Disease Center 636 Signal Hill Drive Extension, Statesville, NC	(704)-871-2992	https://mcleodcenter	Adults

Inpatient Treatment:

Treatment Center	Phone	Website	Serving
Daymark 524 Signal Hill Drive Extension, Statesville, NC	(704)-871-1045	https://daymarkrecovery.org	Adults
Bethel Colony of Mercy 1675 Bethel Colony Road, Lenoir, NC	(828)-754-3781	https://bethelcolony.org	Adults
The Bridge to Recovery 2111 Strafford Street Extension, Monroe, NC	(704)-909-8025	https://thebridgetorecovery.org	Adults
Charlotte Rescue Mission 907 West First Street, Charlotte, NC	(704)-333-4673	https://charlotterescuemission.org	Adults

Hope Valley Inc. 105 County Home Road, Dobson, NC	(336)-386-8511	https://hopevalleytreatment.org	Adults
Path of Hope Inc. 1675 East Center Street, Lexington, NC	(336)-248-8914	https://apathofhope.org	Adults
Phoenix Counseling 2505 Court Drive, Gastonia, NC	(704)-842-6359	https://phoenixcc.us	Adults

Sober living:

Sober Living Facility	Phone	Website	Serving
Oxford House Have locations in Mooresville, Statesville, and throughout NC	(800)-689-6411	https://oxfordhosue.org	Adults
Integrated Care of the Greater Hickory 523 Brookdale Drive, Statesville, NC	(828)-322-5915	www.integratedcarehickory.com/	Adults
The Foundry House Statesville, NC	(704)-902-7498	https://foundryofhope.org	Adults
The Kings Daughters Ministry Stanley, NC	(704)-263-4204	https://kdonline.org	Adults
Recovery Ventures Swannanoa, NC	(828)-686-0354	https://recoveryventures.org	Adults
Safe Harbor Hickory, NC	(828)-326-7233	https://safeharbornnc.org	Adults
Sober Living America Charlotte, NC	(877)-430-0086	https://soberlivingamerica.org	Adults

Support Groups

Alcoholics Anonymous			
Location	Day	Time	Type
Mooreville			
Big Book Thumpers Williamson Chapel UMC 575 Brawley School Road	Monday-Saturday	6:45AM	Big Book Open Discussion
Mooreville Group Central United Methodist Church 214 North Academy Street	Sunday	8:30AM	Open Discussion
Mooreville Group Central United Methodist Church 214 North Academy Street	Monday, Wednesday, Thursday, Saturday	7:00PM	Open Discussion
Mooreville Group Central United Methodist Church 214 North Academy Street	Tuesday	7:00AM	Open Discussion
Mooreville Group Central United Methodist Church 214 North Academy Street	Friday	11:59AM	Open Discussion Speaker
Statesville			
Easy Does it Statesville Group Intergroup House 432 West Bell Street	Friday Sunday	8:00AM 9:00AM	Open Discussion
Weekdays Live Intergroup House 432 West Bell Street	Sunday, Monday, Tuesday, Thursday, Friday	11:30AM	Open Discussion
Hard to Swallow Group Saint John's Lutheran 740 North Center Street	Friday	7:00PM	Big Book Open Discussion
Stony Point			
Midway Group Stony Point ARP Church 447 East Lackey Farm Road	Friday	8:00PM	Open Discussion

Narcotics Anonymous			
Location	Day	Time	Type
Mooreville			
A New Beginning Group Bridge Church of the Nazarene 2940 Charlottle Highway, Mooreville, NC	Tuesday, Thursday, Saturday, Sunday	7:30PM	Open Discussion
Statesville			
End of the Road Grace Baptist Church 719 Club Drive, Statesville, NC	Monday, Friday	8:00PM	Open Discussion

Recovery Support Groups			
Location	Day	Time	Types
Mooreville			
NAMI Family Support Mooreville Public Library 304 South Main Street, Mooreville, NC 28115	Every 1 st Wednesday of the month	6:30PM-8:00PM	Support group for a loved one struggling with addiction Open Discussion
Statesville			
NAMI Family Support Fifth Street Ministries 1421 Fifth Street Statesville, NC 28677	Every 1 st Saturday of the month	2:00PM-3:30PM	Support group for a loved one struggling with addiction Open Discussion
NAMI Connection Recovery Support Group Fifth Street Ministries 1421 Fifth Street Statesville, NC 28677	Every 3 rd Saturday of the Month	2:00PM-3:30PM	Anyone going through recovery Open Discussion

Tobacco and Vaping

QuitlineNC: 1(800)-784-8669

- <https://quitlinenc.dph.ncdhhs.gov/>

SmokeFree.Gov

- <https://smokefree.gov/>

Truth Initiative: Text “Ditch Vape” to 88709

- <https://truthinitiative.org/>

American Lung Association: Quit Support

- Adults: <https://www.lung.org/quit-smoking/join-freedom-from-smoking>
- Youth: <https://www.lung.org/quit-smoking/helping-teens-quit>

CHILDREN

Iredell County Health Department: Statesville

318 Turnersburg Hwy, Statesville, NC 28687

(704)-878-5300

Child-Well exams are for Iredell County children from birth to age 21 and provide physical exams for school, daycare, sports, camp, etc. Patients must make an appointment and bring insurance card(s), method of payment, proof of residence, immunization record, and parent or legal guardian needs to be at the first appointment.

<https://www.iredellcountync.gov/198/Child-Health-Clinic>

Iredell County Department of Social Services: Statesville

549 East Drive, Statesville, NC, 28625

(704)-873-5631

Department of Social Services offers a childcare subsidy program that helps parents or guardians find affordable childcare based on their income for children ages 0-12.

Requirements include filling out an application, providing proof of income, social security cards for each member of the household, and to be an Iredell County Resident. Hours of operation are Monday-Friday 8:00AM- 5:00PM.

<https://www.iredellcountync.gov/299/Social-Services>

Iredell County Department of Social Services: Mooresville

610 East Center Street, Mooresville, NC 28115

(704)-873-5631

Department of Social Services offers a childcare subsidy program that helps parents or guardians find affordable childcare based on their income for children ages 0-12.

Requirements include filling out an application, providing proof of income, social security cards for each member of the household, and to be an Iredell County Resident. Hours of operation are Monday-Friday 8:00AM- 5:00PM.

<https://www.iredellcountync.gov/299/Social-Services>

Kiddie Kollege Early Learning Center

547 Oakland Ave., Statesville, NC 28677

(704)-871-3513

Childcare assistance resource for children ages 2.5 to 5 years old. Call for more information. Hours of operation Monday-Friday 6:30AM-6:00PM.

<https://www.thekollege.com/>

Covenant Child Care Center

120 North Greenbriar Road, Statesville, Nc 28625

(704)-873-1991

Childcare assistance resource and has enrollment available online. Hours of operation are Monday-Friday 6:30AM-5:30PM

For an application email: Stephanie@covenantchildcare.net

<https://www.covenantchildcare.net/>

The Boys & Girls Club of the Piedmont

1001 Cochran Street, Statesville, NC 28677

(704)-397-2429

Offers a variety of activities for young boys and girls that build leadership, character, education, career skills, health and life skills, the arts, and sports and fitness. Membership is \$10 a month. Hours of operation are Monday-Friday 9:00AM-6:00PM

Email: info@piedmontbgc.org

<https://piedmontbgc.org/>

HeadStart

532 Buffalo Shoals Road, Statesville, NC 28677

(704)-881-0760

Childcare assistance program, call or go online for more information.

<https://www.headstartprogram.us/city/nc-statesville>

I CARE, Inc.

1415 Shelton Avenue, Statesville, Nc 28687

(704)-873-2858

Offers early childhood education for low-income families through their programs early head start and head start. Early head start is for children ages 1-3 and head start if for children 3-5. Parents are able to apply online.

<https://www.icare-inc.org/copy-of-children-s-services>

Food For Days

691 Brookwood Drive, Mooresville, NC 28115

(855)-250-3501

Students in need of food services are identified by school counselors and teachers, then will receive a permission slip to be signed by their parents or legal guardian indicating that they can receive weekend meals. Then every child is sent home with a backpack filled with two breakfasts, two lunches, two dinners, drinks, and snacks so they have food over the weekend.

<https://foodfordays.org/>

Daymark Recovery Services

913 Carolina Avenue, Statesville, NC 28625

(704)-873-1239

Offers mental health services to youth. Provides advanced walk-in assessments, routine outpatient therapy, psychiatry/medicine management, mobile crisis, and tailored care management. Requirements for patients insurance/Medicaid card, identification or Social Security card, and any referral documentation. Patients with Medicaid have no obligation for a co-pay and patients who are uninsured would be eligible for a sliding or discounted scale.

<https://www.daymarkrecovery.org/locations/iredell-center#:~:text=Daymark%20Recovery%20Services%20is%20a,or%20substance%20abuse%20treatment%20options.>

Dove House: Children's Advocacy Center

2407 Simonton Road, Statesville, NC 28625

(704)-883-9814

Provides a wide array of services to child victims of sexual assault as well as their non-offending family members. All services direct services provided at no cost to the client.

<https://dovehousecac.org/>

Rainbow Kidz Grief Counseling

Statesville: 2347 Simonton Road, Statesville, NC 28625

(704)-873-4719

Provides grief counseling to meet the special needs of children and offers a variety of services at no cost. They also offer a free summer camp to children who have recently lost someone important in their life. For more information call or email.

Email: leighannnd@hoic.org

<https://www.hoic.org/Rainbow-Kidz>

Iredell County Partnership for Young Children: Statesville

734 Salsbury Road, Statesville, NC 28677

(704)-878-9980

Help increase learning and healthy development of children from birth to age five in Iredell County. Provides services focused on raising the quality of early care and education, supporting families, advancing child health, and expanding literacy. Hours of operation Monday-Thursday 8:30AM-5:00PM and closed for lunch 12:00PM-1:00PM. For more information call or email.

Email: info@icpyc.org

<https://www.iredellsmartstart.org/>

Iredell County Partnership for Young Children: Mooresville

249 Williamson Road, Suite 102, Mooresville, NC 28117

(980)-758-1522

Email: info@icpyc.org

Help increase learning and healthy development of children from birth to age five in Iredell County. Provides services focused on raising the quality of early care and education, supporting families, advancing child health, and expanding literacy. Hours of operation Monday-Thursday 8:30AM-5:00PM and closed for lunch 12:00PM-1:00PM. For more information call or email.

<https://www.iredellsmartstart.org/>

Bridge of Hearts

355 South Broad Street, Mooresville, NC 28115

(704)-351-6086

Create unforgettable birthday celebrations for children and teens who are facing difficult life situations. For more information call or email.

Email: contact@bohnc.org

<https://www.bohnc.org/about-programs>

Child and Family Therapy Center

363 Williamson Road, Suite 102, Mooresville, NC 28117

(704)-271-9045

Offers therapies for borderline personality, anxiety, career counseling, child or adolescent, coping skills, family conflict, divorce, grief, martial and premarital, peer relationships, virtual therapy sessions, and self-esteem. This organization has a sliding scale based on income. For more information call or email. Hours of operation are Monday-Friday 8:00AM-5:00PM.

Email: office@child-familytherapy.com

<https://child-familytherapy.com/>

Barium Springs Counseling/Children's Hope Alliance:

156 Frazier Loop, Statesville, NC 28677

(704)-872-4157

This organization has the following services:

- Community Based Services: assessments, therapy, diagnosis, coordination of services, and skill development.....1 (844)226-8855
- Education: day treatment for students that need behavioral and therapeutic support.....1(800)-395-2591
- Family Support: provides education and support to families to find a better way of life.....1(828)-433-7176
- Outpatient Therapy: available for children, teens, and families to promote emotional health.....1 (844) 226-8855
- Foster Care: train and monitor foster family to ensure a high level of care for children.....1 (800)395-2591

<https://www.childrenshopealliance.org/about-us>

PowerCross Ministries

1133 West Front Street, Statesville, NC 28677

(704)-380-3001

Provides young boys who are members of the power cross free athletic teams and training, academic support, college recruiting and preparation. For more information call or email.

Email: nat@powercross.org

<https://www.powercross.org/our-work>

OLDER ADULTS

Iredell Council of Aging

344 East Front Street, Statesville, NC 28677

(704)-873-5171

Offers transportation services, nutrition programs, in-home services, senior centers, and caregiver support.

<https://www.iredellcoa.org/>

Iredell Senior Center: Statesville

344 East Front Street, Statesville, NC 28677

(704)-873-5171

Offers health and wellness programs, social recreation, educational programs, and more.

<https://www.iredellcoa.org/isc/>

South Iredell Senior Center: Mooresville

202 North Church Street, Mooresville, NC 28115

(704)-662-3337

Offers health and wellness programs, social recreation, educational programs, and more

Hours of operation are Monday- Friday 8:00AM-5:00PM.

Email: jbarraclough@iredellcoa.org

<https://www.iredellcoa.org/sisc/>

Iredell Home Health

541 Gaither Road, Statesville, NC 28625

(704)-872-6552

Offers skilled nursing, physical therapy, occupational therapy, speech therapy, social work services, and telehealth to patients that are home bound and need medical care. For more information call.

<https://www.iredellhomehealth.com/our-services/>

Autumn Care of Statesville

2001 Van Haven Drive, Statesville, NC 28625

(704)-883-9700

Assisted living facility, call for more information.

<https://www.saberhealth.com/locations/autumn-care-of-statesville>

US Social Security Administration

2038 Davie Ave., Statesville, NC 28625

(800)-772-1213

<https://www.ssa.gov/>

VETERANS

Veterans Affairs Crisis Hotline: Dial 988 then press 1 or text 838255

For hearing loss call 800-799-4889

https://www.mentalhealth.va.gov/?utm_source=google&utm_medium=cpc&utm_campaign=search-va&utm_term=phrase-match&utm_content=va%20mental%20health&gclid=CjwKCAjw34qzBhBmEiwAOUQcFzDgEmxc0iaQF-MscMCUkV7LadGgeKkxQP2jZBYzfh2M3submRjfaRoC1hcQAvD_BwE

NC Department of Military and Veterans Affairs: (844)-624-8387

- Resources for veterans and their families for substance use

Iredell County Veteran Services: Statesville

200 South Center Street, Statesville, NC 28677

(704)-878-3135

Provides a local place to obtain advice on Veterans Administration benefits and assistance with filing and tracking claims. Can help obtain the military service, medical records, and other supporting documents to defend the claim. Can also help military retirees and dependents get ID cards renewed and lost cards re issued, order lost discharge papers and replacement metals, and guide veterans to other resources and benefits as needed. Benefits include educational benefits for veterans from North Carolina, Government Insurance, VA home loan guarantees, medical payments, monthly payments, and more. Hours of operation are Monday, Tuesday, Thursday, and Friday 8:00AM-5:00PM

<https://www.iredellcountync.gov/426/Veteran-Services>

Iredell County Veteran Services: Mooresville

610 East center Ave., Mooresville, NC 28115

(704)-878-3073

Provides a local place to obtain advice on Veterans Administration benefits and assistance with filing and tracking claims. Can help obtain the military service, medical records, and other supporting documents to defend the claim. Can also help military retirees and dependents get ID cards renewed and lost cards re issued, order lost discharge papers and replacement metals, and guide veterans to other resources and benefits as needed. Benefits include educational benefits for veterans from North Carolina, Government Insurance, VA home loan guarantees, medical payments, monthly payments, and more. Hours of operations are Wednesday 8:00AM-5:00PM.

<https://www.iredellcountync.gov/426/Veteran-Services>

Fifth Street Ministries: Heroes House

1421 Fifth Street, Statesville, NC 28687

(704)-872-4045

A transitional housing facility for veterans in our community who may be homeless. In addition, peer support, individual case management, and consoling services will be provided. Each resident in the Heroes House receives their own room and is expected to make their own food and maintain the bedrooms, bathrooms, and common areas.

<https://www.fifthstreetministries.com/veterans-housing/>

Disabled American Veterans (DAV-68)

218 Bakery Lane, Statesville, NC 28625

(704)-872-8477

Meetings are the first Saturday of every month at 1:00PM.

Email: DAVStatesville68@gmail.com

<https://www.facebook.com/DAVStatesville/>

Piedmont Veterans Assistance Council

PVAC P.O Box, 5921 Statesville, NC 28687

(704)-664-0473

Offers free transportation for medical and dental appointments. Provides food through partnering feeding programs and supporting homeless and struggling veterans through community programs and access to resources.

Email: contact@piedmontvac.org

<https://www.piedmontvac.org/>

Veterans of Foreign Wars (VFW) Locations

VFW Post 2031: 139 Jordan Lane, Statesville, NC 28677

(704)-873-9126

VFW 12187: Richards Coffee Shop, 165 N. Main ST., Mooresville, NC 28115

Purple Heart Homes

755 Washington Ave, Statesville, NC 28677

(704)-838-4044

Build or modify homes for veterans. Must sign up online or call and to be eligible you must be a veteran, pass a background check, and have a valid for of identification.

Email: Infor@phhusa.org

<https://purplehearthomesusa.org/>

Habitat for Humanity: of the Charlotte Region: Veteran's Program

Office: 3815 Latrobe Drive, Charlotte, NC 28211

(704)-376-2054

Financial Literacy Center: 3816 Latrobe Drive, Charlotte 28211

Has homeownership and critical home repair programs available. This service is offered to active duty, Reserves, National Guard or Active Guard Reserve. Call for more information or apply online.

<https://www.habitatcltregion.org/services/veterans-services/>

Center For Emotional Health

170 Medical Park Road, Suite 208, Mooresville, NC, 28117

(704)-237-4240

Offers veteran support services for mental health. Veterans are eligible for affordable fees, medication management, mental health services for veterans, ongoing therapy and counseling, and have a sliding scale fee schedule.

<https://www.cehcharlotte.com/services-2/>

Healing With Horses: LKN Equine Therapy

Mooresville

(704)-237-0644

Soul to Sole connection is a program that provides counseling and wellness for military, veterans, and first responders free of charge. For more information call or email.

Email: info@s2sconnection.org

<https://www.healingwithhorseslkn.org/>

National Alliance of Advocates for Buprenorphine Treatment

NAABT, Inc. P.O. Box 333 Farmington, CT 06034

(704)-638-9000, ext. 3004

Substance abuse treatment for veterans.

<https://naabt.org/>

ANIMALS

Iredell County Animal Services & Control

430 Bristol Drive, Statesville, NC 28677

(704)-878-5424

Offer a rabies vaccination clinic every second Tuesday of each month for \$5. Cash is only accepted, and you must bring proof of residence.

<https://www.iredellcountync.gov/159/Rabies-Information#:~:text=Obtaining%20a%20Vaccination&text=No%20appointment%20is%20necessary.,for%20%245%20each%2C%20CASH%20ONLY>

Piedmont Animal Rescue

228 East Waterlynn Road, Mooresville, NC 28117

(704)-228-1934

Provides free pet food to animals in need of food assistance.

Email: info@piedmontanimalrescue.com

<https://www.piedmontanimalrescue.com/food-bank.html>

Lake Norman Humane Society

2106 Charlotte Hwy., Mooresville, NC 28117

(704)-663-3330

Offers a community food bank for animals. You may pick up food once a month per household and you must have valid identification. For more information call or email.

Email: info@lakenormanhumane.org

<https://www.lakenormanhumane.org/food-bank>



McDowell County Resources





McDowell County Community Resource Guide 2024

This list is a collection of resources available to McDowell County residents compiled and verified by the MATCH Program (McDowell Access to Health and Care) with their social work intern through WCU. It does not represent all public services within McDowell County, nor does it cover all services available to McDowell County residents located outside the county. The service providers listed did not pay to be added, nor is this list a recommendation for any provider. To add or change a listing, please contact 828-659-5289 or email amy.vaughn2@hcahealthcare.com.

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Contents are hyperlinked.
Click on the program name
to view the listing quickly.

Food and Nutrition Resources

Grace Community Church	Food Pantry	5182 US 70 West, Marion	(828) 724-9599	First thursday of each month 2-3:30pm
Centro Unido Latino Americano (CULA)	Food Pantry	79 Academy Street, Marion	(828) 652-0727	Every other Thursday; Drive through pantry with premade boxes; 12 - 5 pm; Enter Hillcrest Rd
Dysartsville Christian Ministries	Food Pantry	174 Trinity Church Loop, Nebo	(828) 448-9054	Thursday 3:30 - 5:00 pm
St. John's Food Pantry	Food Pantry	339 S. Main St, Marion	(828) 652-4144	Friday 4:00 - 6:00 pm
Foothills Food Hub Crooked Creek Distr.	Food Distribution	Crooked Creek Fire Dept 4503 Bat Cave Road Old Fort	(828) 659-5289	Mondays, 4:00 - 5; Drive through pantry
Foothills Food Hub Jacktown Distr.	Food Distribution	608 Jacktown Rd Marion	(828) 659-5289	2nd & 4th Tuesdays, 4:00 - 5 Drive through pantry
West Marion, Inc	Food Distro	Addie's Chapel 201 Ridley St Marion		4th Thursdays 3:30-5pm
Providence UMC	Food Distro	83 Providence Rd Marion, NC 28752	(828)-738-3142	Thursdays 12pm until out
Clinchfield UMC	Food Distro	151 Ridge Rd Marion, NC 28752		Thursdays 11:00am-12:30pm
Loving Hearts Bear Closet	Hot Meal	337 Garden Creek Rd Marion NC 28752	(828) 803-8790	Pre Order by Calling Wed 2-4pm
YMCA Mobile Market - A.C. Bud Hogan Community Center	Produce Distribution	32 East Main St., Old Fort	(828) 775-7081	2nd and 4th Thursday 10:30-11:30am

Bounty & Soul (Black Mountain)	Food Distribution	205 NC 9, Black Mountain	(828) 419-0533	Tuesday, 11:00am -1:00pm; Curbside pickup; Please do not arrive early Friday, 4:00 - 6:00pm; Curbside pickup; Please do not arrive early
MANNA Food HelpLine	Toll-Free Phone Number	Monday - Friday, 9 am - 4 pm	1-800-820-1109	Information about Food and Nutrition Services (Food Stamps) and help finding food assistance

Despensas Públicas y Sitios de Comida

Iglesia - Grace Community Church	Despensa de Comida	5182 US 70 West, Marion	(828) 724-9599	Primer y Tercer miércoles, 3:30 - 4:30 pm
Mercado móvil de YMCA - Biblioteca de Marion	Distribución de Verduras y Frutas	90 W Court St, Marion	(828) 775-7081	Tercer martes, 1:00 - 2:00 pm
Mercado móvil de YMCA - Centro comunitario A.C. Bud Hogan	Distribución de Verduras y Frutas	32 East Main St., Old Fort	(828) 775-7081	Segundo y Cuarto jueves, 10:30 - 11:30am
Mercado móvil de YMCA - Iglesia Grace Community Church (Marion)	Distribución de Verduras y Frutas	5182 US-70, Marion	(828) 775-7081	Primer miércoles, 3:30 - 4:30pm
Iglesia - East Marion Pentecostal Holiness Church	Comida Caliente	900 Baldwin Ave, Marion		viernes, 7:00 - 9:00 pm; caldo o sopa caliente
Centro Unido Latino Americano (CULA)	Despensa de Comida	79 Academy Street, Marion	(828) 652-0727	Cada otro jueves; Servi-carro con cajas preparadas; 12 - 5 pm; Entrada por Hillcrest Rd
Iglesia - Dysartsville Christian Ministries	Despensa de Comida	174 Trinity Church Loop, Nebo	(828) 448-9054	jueves, 3:30 - 5:00pm
Despensa de Comida de St. John's	Despensa de Comida	339 S. Main St, Marion	(828) 652-4144	viernes 4:00 - 6:00pm

Bounty & Soul (Black Mountain)	Despensa de Comida	205 NC 9, Black Mountain	(828) 419-0533	martes, 11:00am -1:00pm; Recoger al lado de la acerca; Favor de no llegar antes viernes, 4:00 - 6:00pm; Recoger al lado de la acerca; Favor de no llegar antes
Foothills Food Hub Distribucion en Crooked Creek	Despensa de Comida	Crooked Creek Fire Dept 4503 Bat Cave Road Old Fort	(828) 659-5289	lunes, 4:00 - 5:30; Despensa de Servi-carro
Foothills Food Hub Distribucion en Jacktown	Despensa de Comida	608 Jacktown Rd Marion	(828) 659-5289	martes, 4:00 - 5:30; Despensa de Servi-carro
Distribución de Iglesia Livingstones Church (en asociación con FFH)	Despensa de Comida	97 Clay St, Marion, NC 28752	(828) 659-5289	viernes, 3:00 - 4:30 pm

FoodBox Delivery Program: Foothills FoodHub and MATCH

CONTACT: MATCH

Phone: 828-659-5289

Online Request Form: [Request a FoodBox](#)

DETAILS: Contact free foodbox delivery for **those with transportation barriers**. Deliveries are made on Tuesday or Friday, depending on address.

McDowell County DSS

CONTACT:

828-652-3355

145 East Court St.

Marion, NC 28752

HOURS: Monday-Friday 8am-5pm

DETAILS: Service: SNAP Benefits and App

[ePASS](#)

Foothills Health District (McDowell County Health Department)

CONTACT:

Phone: 828-652-6811

Address: 408 Spaulding Rd Marion, NC 28752

Website: <http://www.foothillshd.org>

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HOURS: Monday- Friday: 8:30am-5:00pm

DETAILS: WIC

[Foothills FoodHub Healthy Opportunities Pilot Program](#)

CONTACT

Phone: 828-748-8899.

Email: hopsupport@foothillsfoodhub.com

Website: <https://foothillsfoodhub.org/>

DETAILS: Healthy Weekly Food Boxes for qualifying Medicaid recipients. Contact HOP for eligibility requirements.

[Marion Tailgate Market](#)

CONTACT

Address: 67 W Henderson St Marion, NC 28752

HOURS: Saturday 10am-2pm

DETAILS: Double your SNAP Dollars on fresh local produce.

Love Boxes 24/7

East Marion UMC

210 Baldwin Ave

Marion, NC 28752

East Marion Community Church

660 Baldwin Ave

Marion, NC 28752

East Marion Pentecostal Church

900 Baldwin Ave

Marion, NC 28752

Clinchfield UMC

151 Ridge Rd

Marion, NC 28752

Mental Health Crisis Services

Emergency: 911

RHA Mobile Crisis- 1.888.573.1006

- Mobile Crisis Services provide intensive, on-site response, stabilization, and intervention for people of all ages experiencing a crisis due to mental health disturbances, developmental disabilities, or addiction.
- Behavioral health professionals are available 24/7/365 to stabilize the person and safely at home, work, school, or wherever the crisis occurs in the community.

Strategic Interventions: 1.828.442.9580

- Marion, NC location for Crisis Help 24/7. Call us if you need help.

National Suicide Prevention Hotline: 988 (dial these three numbers for a direct link)

Suicide & Crisis Line Call or Text 988

- The Lifeline provides 24 hour, confidential support to anyone in emotional distress or suicidal crisis. You can reach LGBTQ+ affirming counselor by texting "Q" to 988 or by calling and pressing "3"

Crisis Text Line:

- Text 741741
- Your opening message can say anything. Keywords like "HOME," "START" and "HELLO" just help us identify how people hear about us
- The first two responses are automated. They tell you that you're being connected with a Crisis Counselor and invite you to share a bit more.
- The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice.

Mental and Behavioral Health Services

CareNet Counseling Marion

CONTACT:

Phone: (828) 559-0125

Address: 79 Academy St, Marion, NC 28752

Website: <https://carenetnc.org/about/our-regional-centers/western-region/>

HOURS: Monday-Friday: 8:00am-5:00pm

DETAILS: Spiritually integrated counseling services, psychotherapy, research and education. Services are for people of all ages, backgrounds, and faiths including for; Adults, young children, teens, families, seniors, and couples, group counseling, premarital counseling, counseling for ministers.

Cost: Insurance Accepted, Financial Assistance available

RHA

CONTACT:

Phone: 828-652-2919

Address: 486 Spaulding Rd Suite B, Marion, NC 28752

Website: rhahealthservices.org

HOURS: Monday-Friday: 8am-5pm

DETAILS:

- Services offered: Enhanced services: SAIOP, IIH, CST, ACTT
- Basic Services: Individual therapy, group therapy, medication management, and peer support services, Medication assisted treatment therapies.
- Cost: There is a \$3 copay for people who qualify for state funds. Depending on insurance, copays are collected at time of service, and charges are based on deductibles of insurances. We have a sliding scale fee for self-pay individuals

Strategic Interventions

CONTACT:

Phone: (828) 655-3231

Address: 33 Burgin St. Unit B Marion, NC 28752

Website: strategicshc.com

HOURS: Monday-Friday: 8:30am-5:00pm

DETAILS: Serves Adults with severe and persistent mental illness through Evidence Based Practices. Access to board-certified psychiatrists and highly trained therapists, social workers, nurses, dual disorder specialist, Certified Peer Support specialists, vocational specialists, substance use specialists, housing specialists and qualified mental health professionals. At Strategic Interventions individuals can get help for anxiety, depression, schizophrenia, bipolar disorder, and any delusional disorder. To make a referral via telephone please call 828-655-3113.

VAYA Health LME/MCO

CONTACT:

Phone(s): 1-(800) 849-6127 828-225-2785

Address: 200 Ridgefield Court, Suite 206, Asheville, NC 28806

Website: www.vayahealth.com

HOURS: 8:30am-5:30pm M-F DETAILS:

Services Offered: This is a local management entity (LME) serving 23 counties in Western North Carolina. This agency serves those people who have a mental illness, a developmental disability, or someone dealing with substance use issues. The toll-free phone number listed above can be accessed 24 hours, 7 days a week.

Spirit of Truth Christian Counseling

CONTACT:

Phone: 828-559-7710

Address: 130 Logan St Marion, NC 28752

DETAILS: Specializing in addiction, trauma, and anger management

Wings of Flight Center for Change, PLLC

CONTACT:

Phone: 828-407-0880

Address:

Email: support@wingsofflightcenterforchange.net

Website: <http://www.wingsofflightcenterforchange.com>

DETAILS: Mental Health and Substance use Counseling including individual, family, and group therapy as needed. We provided telehealth as well as in-person services. If you are looking for support on your journey of self-discovery or dealing with some stressors, we would love to help! We enjoy working with individuals who may be struggling and need an empathetic ear. We believe everyone can improve their sense of well-being with some support. We promise to be there for you every step of your journey. Our goal is to help you grow from your struggles, heal from your pain, and move forward to where you want to be in your life.

COST: Accept most Major insurances and Medicaid with the exception of Wellcare. Also offer self pay rates and a sliding fee scale based on income.

Black Mountain Counseling Center

CONTACT:

Phone: (828) 669-9798

Address: 144 E Main St Old Fort NC 28762

Website : <https://www.blackmountaincounseling.org/>

DETAILS: A nonprofit counseling organization with a team of 12 licensed behavioral health counselors with all sorts of specialties: we offer individual, family and couples counseling, either in-person or virtually, to people regardless of their ability to pay. Most major insurances accepted, as well as Medicaid. Financial assistance IS available for Medicare, uninsured, and underinsured individuals

WNC Community Health Services & Mobile Unit

CONTACT:

Phone: 828-583-6733

Address: 136 Creekview Court Marion, NC 28752

Website: wncchs.org

DETAILS: Primary Care, Behavioral Health, Substance Use Treatment, Immunizations. Mobile Medical and Dental Unit. Most insurance accepted, Sliding fee program available for uninsured patients

Substance Use Resources: Prevention/Treatment/Recovery

RHA

CONTACT:

Phone: 828-652-2919

Address: 486 Spaulding Rd Suite B, Marion, NC 28752

Website: rhohealthservices.org

HOURS: 8am-5pm M-F

DETAILS: Referral not needed. Services offered: Enhanced services: SAOP, IAH, CST, ACTT. Basic Services: Individual therapy, group therapy, medication management, and peer support services, Medication assisted treatment therapies. Associated Cost: There is a \$3 copay for people who qualify for state funds. Depending on insurance, copays are collected at time of service, and charges are based on deductibles of insurances. Sliding scale fee for self-pay individuals. Other information: We serve uninsured, underinsured, and privately insured individuals.

McDowell Impact Peer Support Services

CONTACT:

Phone: 828-237-3502

WEBSITE : [Impact Peer Support Services](#)

HOURS: Monday-Friday 8am-5pm

DETAILS: McDowell Impact supports individuals across McDowell County who struggle with substance use and co-occurring challenges like infectious disease, family separation, chronic homelessness, and overdose. No referral needed.

Services: Individual recovery support, Peer-led recovery groups, Assistance with accessing community resources, Transportation, Linkage to services, Harm reduction services, Narcan training and distribution.

Celebrate Recovery

CONTACT:

Phone: 828-559-2575

Website: embc.church

Address: 660 Baldwin Ave. Marion NC 28762

HOURS: Thursdays 5:30pm-7:30pm

DETAILS: The purpose of Celebrate Recovery at East Marion Baptist Church is to fellowship and celebrate God's healing power in our lives through the 8 recovery principles found in the Beatitudes (Mathew 5:1-12) and in the 12 steps to recovery.

Alcoholics Anonymous (Marion, NC)

CONTACT: Serenity Seekers Marion

Address: 241 West Court Street Marion NC 28762

HOURS: Weekly meeting schedule: Sunday, 7:00 pm- 8:00 pm

DETAILS: Alcohol use, 12 Step Program meetings for McDowell County community members. No dues or fees for AA membership. Recurrent Meetings: See website for details: alcoholicsanonymous.com

Narcotics Anonymous

CONTACT:

Address: 241 West Court St Marion, NC 28752

HOURS: Saturdays 7pm

DETAILS: St Matthews Lutheran Church

ROCK Recovery Meeting

CONTACT: Living Waters Tabernacle

Address 344 Moffitt Hill Church Rd Old Fort NC

DETAILS: Thursdays at 5:30pm

EMAIL r.o.c.krecovery23@gmail.com

McDowell Partnership for Substance Use Awareness: Family Support Group

TBA

Julian F. Keith Alcohol and Drug Abuse Treatment Center

CONTACT:

Phone: Facility Main Phone Number: (828) 257-6200 Detox Fax Number: (828) 257-6268

Rehab Admissions Phone Number: (828) 257-6230

Address: 201 Tabernacle Road Black Mountain, N.C. 28711

Website:

<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/julian-f-keith-alcohol-and-drug-abuse-treatment-center>

DETAILS: Julian F. Keith is one of three state operated North Carolina Alcohol and Drug Abuse Treatment Centers (ADATCs) specifically designed to provide medically-monitored detoxification/crisis stabilization, and short-term treatment, preparing adults with substance use and co-occurring disorders for ongoing community-based recovery services. Admission is available to any adult in our region regardless of financial resources or insurance status. Patients pay on a sliding scale according to their income.

Caldwell C3 Comprehensive Care Center

CONTACT:

Phone: 1-800-848-0180

Address: 2415 Morganton Blvd., SW Lenoir, NC 28645

Website: <https://rhohealthservices.org/caldwell-c3/>

DETAILS: The Caldwell C3 Comprehensive Care Center provides treatment and support services regardless of where you are in your recovery journey. If you need help with mental health, substance use or other wellness issues, please call us or just stop in. No appointment is necessary. The Caldwell C3 Center offers the very latest in integrated behavioral healthcare with a varied continuum of services to meet your needs. We provide intensive therapeutic interventions and crisis services, a diverse range of outpatient programs, a Recovery Education Center (REC) and Peer Support Services to help you reach and maintain your wellness goals. Our goal at the Caldwell C3 Center is to provide a foundation for recovery and help people achieve stable, sober, independent lives within their communities.

McLeod Centers for Wellness

CONTACT:

Phone: 828-659-3966

Address: 117 W Medical Ct Marion, NC 28752

Hours: Office M-F 5am-12:30am Dosing and Counseling for Patients: M-F 5am-11 and Sat-Sun 6am-9am

Website: <https://www.mcleodcenters.org/wp/>

DETAILS :Per the Substance Abuse and Mental Health Services Administration (SAMHSA), medication-assisted treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a clinically-driven, "whole-patient" approach to the treatment of substance use disorders. MAT often prevents or reduces opioid overdose by normalizing brain chemistry, blocking the euphoric effects of alcohol and opioids, and relieving physiological cravings. The aim of MAT is for patients to achieve stability, generally a year or more of continued participation and compliance with treatment recommendations. In addition to the FDA-approved medications (either Methadone or Buprenorphine), patients receive individual treatment planning, urinalysis testing, and referrals to community resources as needed. **Financial assistance is available**

High Country Country Health/Olive Branch Ministries

CONTACT:(828) 412-1095

DETAILS-Syringe Exchange Services, Low barrier Suboxone treatment, Hep C testing and Treatment

Project CARA-MAHEC

CONTACT: Phone:828-659-3621

Address: Mission Women's Care McDowell 472 Rankin Dr Marion, NC 28752

Hours: M-F 8am-5pm

DETAILS: Substance Use Services for Pregnant and Postpartum Women

McDowell IMPACT Recovery Community Center

CONTACT

Phone:(828)527-6014

Address: 50 Franklin Ave Marion, NC 28752

Hours: 8:30-4pm

Details: Peer Support with lived experience, Narcan, voluntary groups (listed on monthly calendar), connection to SSP, Hep C testing/treatment, MAT, and connection to community resources, recovery resource navigation assistance.

FIRST Blue Ridge

CONTACT

Phone: 828-669-0011

Address: 32 Knox Road – PO Box 40 Ridgecrest, NC 28770

Hours:

Website: <https://firstinc.org/overview/>

Details: FIRST is a residential therapeutic community for individuals with chronic substance use disorders that provides transitional housing, group counseling, self-help meetings, case management, job-placement assistance, and other services to individuals struggling with addiction, homelessness, unemployment, and involvement with the criminal justice system.

Julian F. Keith Alcohol and Drug Abuse Treatment Center

CONTACT

Phone: 828-257-6200

Address: 201 Tabernacle Road Black Mountain NC 28711

Hours:

Website: <https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/alcohol-and-drug-abuse-treatment-centers#JulianFKeith-5355>

Details: The Alcohol and Drug Abuse Treatment Centers (ADATCs) serve adults in need of substance use disorder treatment and psychiatric stabilization. They offer an array of specialized programs to meet the complex needs of their population, including statewide perinatal treatment, opioid treatment, and evidence-based treatment for trauma survivors and veterans. The ADATCs are specifically designed to provide short-term, medically monitored detoxification/crisis stabilization to prepare adults with substance use and co-occurring mental health disorders for ongoing community-based recovery services.

Access to Health Care Programming

MATCH (McDowell Access to Care and Services)

CONTACT:

Phone: 828-659-5289

Address: 430 Rankin Dr. Marion, NC 28752

Website: matchmcdowell.com

Email: amy.vaughn2@hcahealthcare.com

Facebook: [MATCH on Facebook](#)

HOURS: Monday-Friday :9am-5pm

DETAILS: ACA Health Insurance Enrollment, Medicaid Enrollment, Free Tax Filing Services, Free Primary Care, Specialty Care, Transportation, Case Management, Housing, Dental, Vision, Medical Supplies, Medication Assistance, Utility Bill Assistance, Education, Behavioral Health, Employment, Preventive Health Resources

Community Care Paramedic Program

CONTACT:

Phone: EMS- 828-652-3241

EM/ Addressing- 828-652-3241

911 Communications - 828-659-2241

Address: 129 Barnes Rd, Marion, NC 28752

Website: <http://www.mcdowell-em.com/>

DETAILS: Community paramedics work daily with elderly and at-risk patients to connect them with community resources that can help improve their quality of life. The program also works in partnership with McDowell Hospital to provide follow up care to patients being discharged home who are at high risk of being readmitted. The third objective of the program is to

conduct wellness events within the community to raise awareness of uncontrolled high blood pressure, diabetes, and other conditions.

Foothills Health District (McDowell County Health Dept)

CONTACT:

Phone: 828-652-6811

Address: 408 Spaulding Road Marion, NC 28752

Website: <http://foothillils.org>

HOURS: 8:30 am until 5:00 pm Monday-Friday

DETAILS: Maternity care for Medicaid and uninsured patients including undocumented clients, Breast and Cervical Cancer Control Program (BCCCP), STI Testing, Immunizations, Family Planning (Birth Control), Hep C testing and Treatment, WIC, and more. Sliding Scale Available.

Community Resources and Services

CULA (Centro Unido Latino-Americano)

CONTACT:

Phone: (828) 652-0727

Address: 79 Academy St. Marion, NC 28752

Website: <https://www.culawnc.org/>

HOURS: Monday to Friday 9am-5pm

DETAILS: A Non profit that provides services that reach the community while also advocating for the Latinx people who face systemic barriers that hinder their growth. Centro Unido offers different services for education, labor, health, emergency assistance, and more.

Loving Hearts for Christ BEAR Closet

CONTACT:

Phone: 828-803-8790

Address: 337 Garden Creek Rd Marion, NC 28752

Email: bearcloset18@gmail.com

Website: www.bearclosetofmarion.com

Email: bearcloset18@gmail.com

HOURS: Monday & Friday: Closed Tuesday 2pm to 4pm, Wednesday 12pm-4pm

DETAILS: Offering essentials for families with Children 0-5, community resources, free classes, Circle of Parents groups and community events. For more information, please visit their website or contact their Director of Program Services:

McDowell County Senior Center

CONTACT:

Phone: 828-659-0821

Address: 100 Spaulding Road, Marion, North Carolina 28752, United States

Website: <https://mcdowellcountyseniorcenter.org/>

HOURS: Monday-Friday 8:00am-4:00pm

DETAILS: The McDowell Senior Center in Marion and the A.C. "Bud" Hogan Community Center in Old Fort are the designated focal point on aging service providers where senior adults come together for a variety of activities, programs and services.

McDowell County Volunteer Center

CONTACT:

Phone: 828-659-0821

Address: 100 Spaulding Rd Marion NC 28752

FACEBOOK: <https://www.facebook.com/volunteercenterofmcdowell/>

DETAILS: The Volunteer Center of McDowell County links individuals and groups to volunteer opportunities

A.C. Bud Hogan Nutrition Center in Old Fort

CONTACT:

Website: https://www.mcdowellseniorcenter.org/old_fort.html

Follow us on Facebook! <https://www.facebook.com/groups/657289864654864/>

Phone: 828-659-0821

HOURS: Monday-Friday: 8:00am-4:00pm

DETAILS: The A.C. "Bud" Hogan Community Center in Old Fort are the designated focal point on aging service providers where senior adults come together for a variety of activities, programs and services. The senior centers promotes community awareness of the needs and talents of senior citizens by providing the opportunities to make new friends and renew old friendships, improve physical fitness, learn new skills, get information and advice, develop creatively, volunteer in a variety of different areas and have lunch with friends

McDowell Pregnancy Care Center

CONTACT:

Phone: 828-652-7676

24/7 hotline: 800-712-HELP (4357)

Address: 40 South Main Street Suite 110, Marion NC 28752

Website: mpccnc.org

HOURS: Monday-Thursday: 9:00am-5:00pm

DETAILS:

McDowell Pregnancy Care Center is a non-profit, non-denominational, non-political organization committed to providing care, compassion, information and support to anyone facing pregnancy whether planned or unplanned. We have been serving McDowell and surrounding counties since 2003.

All services are free and confidential.

New Hope McDowell

CONTACT:

Phone: 828-652-6150

Website: <https://newhopeofmcdowell.org/>

HOURS: Open 24/7

DETAILS: A Domestic Violence shelter that promotes H.O.P.E (Healing, outreach, prevention, and empowerment). These words represent what is most important to our agency. By providing an environment that allows survivors to heal, programs that expand community knowledge,

presentations, and training to discuss prevention strategies, and services that promote empowerment of survivors, we feel we are fulfilling our mission.

Services for the Blind

CONTACT: Sandy Freeman

Phone: 828-659-0844

Fax: 828-652-9167

Email: sandy.freeman@dhhs.nc.gov

Address: PO Box 338 207 E. Court Street Marion, NC 28752

DETAILS: The Division of Services for the Blind provides services to people who are visually impaired, blind and deaf-blind to help them reach their goals of independence and employment.

Corpening Memorial YMCA

CONTACT:

Phone: 828-659-9622

Website: www.ymcawnc.org

<https://www.facebook.com/CorpeningY>

Address: 348 Grace Corpening Dr. Marion, NC 28752

HOURS: M-Th 5 am-8 pm

Fri 5 am-6 pm

Sat 8 am-12 pm

Sun. (Starting in Feb) 1-5 pm

DETAILS: Offers income-based membership rates to serve the entire community regardless of income. No referral needed, open to all.

Services: Group Exercise classes, financial assistance through the Corpening Foundation, Water safety training, childcare, afterschool programs, evidence based healthy aging programs, youth and adult sports, youth development, indoor rock climbing, personal training, income based rates, charity drives (food, diapers, school materials, etc.)

McDowell Chamber of Commerce

CONTACT:

Phone: 828-652-4240

Email: mountains@mcdowellchamber.com

Address: 1170 W. Tate St. Marion, NC 28752

Website: <http://www.mcdowellchamber.com>

HOURS: M-F 9-5, Saturday 9-4, Sunday 10-3

DETAILS: Chamber Membership, which primarily includes networking and marketing. Their mission is to connect businesses with services, resources, and advocacy for economic growth through active leadership and equitable community engagement. A basic membership cost for a small business is \$200.

McDowell County DSS

CONTACT:

Phone: 828-652-3355

Address: 145 East Court St. Marion, NC 28752

HOURS: Monday-Friday 8am-5pm

DETAILS: SNAP Benefits and App, Medicaid, LIEAP, Emergency Assistance as available.

NC School for the Deaf

CONTACT:

Phone: (828) 432-5200

Video Phone: (828) 475-0832

Address: 517 W. Fleming Dr. Morganton, NC 28655

Website: ncsd.net

DETAILS: The North Carolina School for the Deaf is a day and residential program for students who are Deaf and Hard of Hearing (D/HH), situated in the beautiful foothills of North Carolina. NCSd holds dual accreditations from the Council of Educational Administrators for Schools for the Deaf (CEASD) and Advanced Education

McDowell County Dread Disease Association**CONTACT:**

DSS: 828-652-3355

MATCH: 828-659-5289

HOURS: Monday-Friday: 8:30am-5:00pm

DETAILS: McDowell County Dread Disease is a non-profit whose purpose is to receive and disburse funds for the aid of hardship cases who meet the definition of a dread disease. The term "dread disease" refers to such diseases as cancer, heart disease, respiratory disease, and other life threatening or debilitating diseases. Applications for funding will be limited to two requests from the same individual each calendar year.

Applications are available at the Dept. of Social Services or McDowell Access to Care and Health (MATCH).

Corpening Foundation**CONTACT:**

Phone: 828-659-9622

Address: 348 Grace Corpening Dr. Marion, NC 28752

DETAILS: Provides emergency assistance for rent, utilities, home repairs, for McDowell County residents. Restrictions may apply. Schedule appointment w/ Front desk of Corpening YMCA.

McDowell County Health Coalition**CONTACT:**

Phone: 828-659-6661

Email: McDowellCountyHealthCoalition@gmail.comWebsite: www.resilientmcdowell.com www.mcdowellhealthcoalition.org

DETAILS: The McDowell County Health Coalition connects, convenes, collaborates, and creates opportunities for whole-person health in the McDowell community. MCHC offers resiliency programming and training. Host of the Summer THRIVE Series.

NCCE-McDowell County Center**CONTACT:**

Phone: 828-652-8104

Address: 60 E Court St Marion, NC 28752

Website: mcdowell.ces.ncsu.edu

DETAILS: Nutrition Education, Livestock and Forage Education, Horticulture, Small Farms Info, Youth Development and Leadership, Keep McDowell Beautiful, Compost Education, School Gardening, Local Community Clean-ups, Pesticide Education, Home Gardening, and more.

McDowell County Public Library

CONTACT:

Phone: 828-652-3858

Address: 90 W Court St Marion, NC 28752

Website: <https://mcdowellpubliclibrary.org/>

DETAILS: Public Library Services, Teen and Children's Programming, Education

McDowell Arts and Crafts Association (MACA)

CONTACT:

Phone: 828-652-8610

Address: 50 S Main St

Website: <https://www.mcdowellarts.org/>

DETAILS: A nonprofit for the arts. Supports local artisans. Community theater, children's programming, and more.

McDowell SAGE

CONTACT: <https://www.facebook.com/mcdowellssage/>

DETAILS: LGBTQ+ Resources and Support

East Marion IPHC En Espanol

CONTACT:

Phone: 828-559-2189

Address: 900 Baldwin Ave Marion NC 28752

Email: info@iglesiaeastmarion.org

Hours: Monday - Thursday 9:00 am - 9:00 pm

DETAILS: The mission of East Marion IPHC en Español is to follow Jesus's example of being salt and light to the world through breaking barriers and building educational bridges, language unity, health justice and promoting the importance of local food systems to young, old and everyone in between. Ephesians 4: 11-13.

SERVICES: Translation of documents, leaflets, flyers, contracts, etc., Interpreting at appointments, meetings, presentations, etc. (consecutive, simultaneous, whispered, and telephone interpreting), notary public, ESL morning & night classes (beginner, intermediate, advanced), GED/HiSet morning & night classes (Spanish and English), Spanish classes, computer classes (Spanish and English), Counseling in spanish, COVID-19 resources, MATCH services, FaithAction ID program, Generation of Creative Learning program, clothes closet, worship and praise service, Sunday School for children.

LifeWorks Program-Community Action Opportunities

CONTACT

Phone: 828-777-5142

Address: 316 Baldwin Ave Marion, NC 28752

Website: <https://communityactionopportunities.org/lifeworks-faq/>

Hours: 8:30-5pm

DETAILS: Life Works helps families increase their income by supporting them with education/training, helping them obtain full time, living-wage work while learning to manage their finances. Our team can work with you on everything from child care to career counseling, financial assistance to housing.

CRITERIA: 1-Individuals/families have to be living at or below 125% of the federal poverty guideline for their household size. A household is defined by all members who are related by blood or marriage living within one home. 2- At least one family member has to be ready for full-time, living wage work. 3-individuals have to be ready and able to work in partnership with their Life Works Coach long-term

Transportation

McDowell Transit

CONTACT:

Phone: 828-559-0744

Website: <http://mcdowelltransit.org/>

DETAILS: A federally and locally funded organization that provides free transportation services to the residents of McDowell County.

SCHEDULING APPOINTMENTS:

- Appointments for transportation services must be made by 10am the day before the service is rendered. Monday appointments must be made by 10am on Friday prior to Monday's appointment.
- All transportation requests will be scheduled on a first come, first served basis as capacity allows.
- All non-Medicaid appointments must be scheduled with McDowell Transit Dispatch by calling 828-559-0744. (Para Español 828-652-0727) When the office is closed, appointments can be made by leaving a voicemail message on line 2. Medicaid appointments must be scheduled with McDowell DSS or Managed Care Provider.
- Passengers will be picked up and dropped off at the locations specified when the appointment was made. If you need to be dropped off at another location, you must notify dispatch in advance.
- Passengers must be ready 60 minutes before appointment time for in-county transit

OUT OF COUNTY TRANSPORTATION:

- All out of county appointments must be scheduled with the doctor's office between 9am – 11am.
- West (Asheville, Black Mountain, Arden, etc): Monday, Tuesday, Wednesday
- East (Morganton, Hickory, etc): Thursday
- Other destinations are based on availability and scheduled on a first-come, first-served basis.
- Clients should be ready for pick-up no later than 7am. Riders will return when the last appointment has finished.
- All out of county trips must be canceled by 6am. Failure to do so will result in a "no show."

NO SHOW AND CANCELLATION POLICY:

- In-county trips must be canceled a minimum of two hours before the scheduled pick-up time. Any cancellation after this time will result in a "no show."
- If a passenger does not require transportation for their return trip, they must notify dispatch at least one hour prior to their return time. Failure to do so will result in a "no show."
- Passengers must be ready for the driver when the van arrives for pick-up. Transit policy requires drivers to wait (3) three minutes. If a passenger is not ready within three minutes, the driver will leave and the passenger will be documented as a "no show."
- Three (3) no-shows in a three-month period will result in a passenger being suspended for 30 days.
- All cancellations, including Medicaid trip cancellations, must be called in to McDowell Transit at 828-559-0744. Calls made outside of service hours must be left via voice mail on line 3.

MEDICAID

For Medicaid Clients requesting Medicaid-approved medical appointments:

- Direct Medicaid Clients must schedule rides by calling McDowell DSS at 828-659-0634.
- Managed Care Medicaid Clients must call their insurance provider to schedule rides.

Re-Entry Programs

Freedom Life Ministries

CONTACT:

Phone: 828-559-2224

Address: 130 North Logan Street Marion, NC 28752

Email: info@freedomlifeministries.org

Website: freedomlifeministries.org

HOURS: Monday-Friday 9am-5pm

DETAILS: Serves justice involved individuals and their families with programs designed to help clients begin a journey to a new life. Counseling, Case Management, Housing, and more.

Shelters and Housing Resources

Mission Ministries Alliance-Friendship Home (Women and Children)

CONTACT:

Phone: 828-659-6490

Website: <https://www.missionministriesalliance.org/>

Address: 124 Fleming Avenue Marion/804 State Street Marion

HOURS: 24/7

DETAILS: Shelter, housing, substance use treatment, Peer Support, Street Outreach. No referral needed.

Mission Ministries Alliance-M3 Center for Men and Overnight Shelter

CONTACT:

Phone: 828-659-3981

Address: 804 State Street, Marion 28752

Website: <https://www.missionministriesalliance.org/>

HOURS: Monday-Friday: 8:00am-5:00pm

DETAILS: Must be experiencing homelessness. Emergency overnight sheltering, food boxes, harm reduction, Peer Support and more.

Foothills Regional Commission (section 8)

CONTACT:

Phone: 828-351-2342

Address: 11 W Court St Rutherfordton North Carolina, 28139

Website: [Section 8](#)

HOURS: Monday-Friday 8:00am-5:00pm

DETAILS: Please visit our website for more information on eligibility, applications, local housing availability and for a map for the Foothills Regional Commission.

Gateway Home Repair Program

CONTACT:

Phone: 828-559-9273

Website: <https://gatewaywellnessfoundation.org/home-repair-application/>

Address: 74 North Garden Street Marion, NC 28752

DETAILS: Home Repairs for low income families in McDowell County. Contingent on available funding.

CAO Weatherization program

CONTACT:

Phone: 828-252-2495

Fax: 828-253-6319

Address: 25 Gaston St, Asheville NC 28801

Website: communityactionopportunities.org/weatherization

HOURS: Monday-Friday: 8:30 AM-5:00 PM

DETAILS: *Qualifications to Access:* Households living at/below 200 percent of the federal income guidelines are eligible for services. Families receiving Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Low Income Energy Assistance Program (LIEAP) or Crisis Intervention Program (CIP) during the prior 12 months from application for weatherization are categorically eligible. *Services Offered:* Weatherization services: including testing the safety and efficiency of the primary heating system; air sealing walls, floors and ceiling; installing ventilation fan; insulating attics, walls, floors, heating ducts, pipes and water heaters; installing vapor barriers; testing and installing smoke alarms and carbon monoxide detectors; replacing old energy-consuming refrigerators.

NC Homeowner Assistance Fund

CONTACT:

Phone: 1-855-696-2423

Website: <https://nchaf.gov/>

DETAILS: For qualified homeowners who are past due on mortgage and housing-related payments by at least 30 days, the fund offers: *Housing payment assistance for primary residence in North Carolina (for example, single-family home, townhome, condo or mobile home). *Assistance for mortgage reinstatement to catch up on late payments (first and second mortgages) or other housing-related costs due to a period of forbearance, delinquency or default. *Assistance covering other housing-related costs such as homeowner's insurance, flood insurance, mortgage insurance, homeowner's association dues/fees or delinquent property taxes to prevent foreclosure

VAYA Health-Permanent Supportive Housing

CONTACT:

Phone 1-800-962-9003, ext. 4560.(Ask for a Coordinated Entry referral – this is the name of the process that matches you to the best housing option. Staff will connect you to the resources you need.)

EMAIL: housingteam@vayahealth.com

DETAILS :PSH finds housing for people with a disability who are experiencing homelessness. PSH pays your rent and helps you stay in your home for good. Vaya has PSH programs in Alexander, Caldwell, Clay, Cherokee, Graham, Haywood, Jackson, Madison, Macon, McDowell, and Swain counties.

Supportive Housing Development Program-VAYA Health

CONTACT:

Phone: 1-800-962-9003

DETAILS: The Integrated Supportive Housing Program is managed by the N.C. Housing Finance Agency. The program provides interest-free loans for independent apartments where no more than 20 percent of the units are integrated and set aside for people with disabilities.

Low Income Apartments in McDowell County

Harrison Terrace
90 Harrison Terrace Drive
Marion, North Carolina, 28752
Call For Rent1-3 BR Affordable
(828) 559-2591

Heritage Hill Apartments
111 Crawford St
Marion, NC 28752
Call 828-652-1155

Phillips Ridge
200 McDowell High Dr.
Marion, North Carolina
Call For Rent1-3 BR Affordable
(980) 269-1534

California Arms Apartments
221 California Ave
Marion, NC 28752
Call (828) 652-8225

Capitol Hill Apartments
351 State St
Marion, North Carolina
Call For Rent1-4 BR Rent Assisted
(828) 652-4382

Spaulding Woods
838 Spaulding Woods Rd
Marion, NC 28752
828-652-7203

Legal Resources

Legal Aid of North Carolina Foothills Office

CONTACT:

Phone: 1-866-219-5262

Email: <https://legalaidnc.org/apply/>

Website: <https://legalaidnc.org/get-help/>

Address: 211 East Union St Morganton, NC 28655

HOURS: Apply by phone: 8:30 AM – 1:00 PM, Monday – Friday; 5:30 PM – 8:30 PM, Monday & Friday. Apply online: 1:00 PM – 4:30 PM, Monday – Friday.

DETAILS: Low-income people qualify according to federal standards. Services are free of charge. Cases include housing, eviction, housing discrimination, foreclosure, domestic violence & sexual assault, human trafficking, Affordable Care Act, Medicaid/Medicare, SNAP, SSDI, unemployment benefits, Veterans Affairs, consumer, debt collection, repossessions, and more.

Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

[Pisgah Legal](#)

CONTACT:

Phone: 828-253-0406

Address: 62 Charlotte St, Asheville, NC 28801

Website: <http://www.pisgahlegal.org/>

HOURS: Monday-Friday: 8:30am-5:00pm

DETAILS: Provides free civil legal aid to people who live in poverty; Helps more than 20,000 of the most vulnerable people in our communities annually to meet urgent needs such as: housing, safety from abuse, health care and income; Partners with dozens of other agencies to make sustainable change for people in crisis; Coordinates the services of approximately 300 pro bono attorneys in WNC; Improves systems and policies that impact the lives of thousands of low-income people. ACA Navigation and VITA Tax Services.

Area Hospitals

[Mission Health-McDowell](#)

CONTACT:

Phone:(828) 659-5000

Address:430 Rankin Dr, Marion, NC 28752

Website: Missionhealth.org

HOURS: Open 24/7

Urgent Care Centers

[McDowell Express Care-UNC Healthcare](#)

CONTACT:

Phone: 828-652-8727

Address: 2293 Sugar Hill Rd Suite D, Marion, NC 28752

HOURS: 8:00am-8:00pm M-S Sunday 2:00pm-8:00pm

COST: Insurance accepted. Financial assistance available

[Mission MyCare Now](#)

CONTACT:

Phone:828-213-4444

Address: 472 Rankin Dr Entrance #4, Marion, NC 28752

HOURS: Monday-Sunday: 7am-7pm

DETAILS:

- Walk-in, virtual, or nonemergency care
- After hours and weekend care available

[Lake James Urgent Care](#)

CONTACT:

Phone: 828-707-7272

Address: 1610 NC-126, Nebo, NC 28761

HOURS: Open 24/7

DETAILS: For Appointments please visit: lakejamesurgentcare.com

If you are scheduling an after-hours appointment (9 PM – 7 AM) please call prior: 828-707-7272

COST: Covid-19 Antibody Test From: \$75.00, CDL Physical Exam | DOT Medical Exam, From:

\$150.00, Rapid Covid-Test (add Flu test for \$25) From: \$50.00, Office Visit, From: \$95.00,

Telemedicine, From: \$45.00, Home/Mobile Visit From: \$250.00

Primary Care Offices

McDowell Family Practice

CONTACT:

Phone: 828-580-1750

Fax: 828-580-1751

Address: 20 S. Medical Court Marion, NC 28752

HOURS: Monday-Friday 7:00am-4:00pm

WNC Community Health Services & Mobile Unit

CONTACT:

Phone: 828-583-6733

Address: 136 Creekview Court Marion, NC 28752

Website: wncchs.org

DETAILS: Primary Care, Behavioral Health,

Substance Use Treatment, Immunizations.

Mobile Medical and Dental Unit. Most insurance

accepted, Sliding fee program available for

uninsured patients

Mission Health Center-Sugar Hill

CONTACT:

Phone: 828-652-7776

Address: 1633 Sugar Hill Road Marion, NC, 28752

HOURS: Monday-Friday: 8:00am-5:00pm

Hopscotch Health

CONTACT:

Phone: 828-398-0120

Address: 2845 Sugar Hill Rd Suite 10, Marion, NC 28752

Hours: Monday-Friday 8am-5pm

Details: Primary Care for Medicare patients and older adults

McDowell Medical Associates-Sugar Hill (UNC Health)

CONTACT:

Phone: 828-652-8727

Address: 2293 Sugar Hill Rd Marion, NC 28752

HOURS: 8:00am-5:00pm Monday-Friday

Old Fort Family Practice

CONTACT:

Phone: 828-668-6435

Address: 32 E Main St Old Fort, NC 28762

Hours: Monday-Friday 8:00am-5:00pm

Keys of Hope and Wellness

CONTACT:

Phone: 828-559-2180

Address: 176 N Logan Street Marion NC 28752

Facebook:

<https://www.facebook.com/keysofhopemedical/>Website: keysofhope.weebly.com

DETAILS: Holistic Primary Care

Marion Medical Clinic

CONTACT:

Phone: 828-559-1044

Address: 6E Medical Ct Suite 1 Marion, NC 28752

Website: Marion Medical Clinic

DETAILS: Primary Care. In person and telehealth appts available

Assisted Living Facilities

McDowell Assisted Living

CONTACT:

Phone: (828) 652-3033

Address: 5235 NC-226 S, Marion, NC 28752

HOURS: Monday-Sunday 6:00am-10:00pm

DETAILS: An Assisted Living facility in Marion that offers a variety of activities for their residents as well as meal preparation and socialization to maintain a healthy lifestyle. Common spaces indoors available for residents to socialize with peers. 24 hour on duty staff to assist with any emergencies and available staff to help with diabetes management along with mobility assistance.

Nebo Family Care Home

CONTACT:

Address: 405 Jack Corpening Road Nebo, NC 28761

Price & Availability: (855) 344-4048

General Info: (828) 659-1516

Fax: (828) 659-1516

DETAILS: Assisted living facility in McDowell County, Nebo, please call for pricing and more information.

Rocky Pass Family Care

CONTACT:

Phone: 828-652-7058

Address: 5349 NC-226, Marion, NC 28752

DETAILS: Assisted living facility in McDowell County, please call for pricing and more information.

Hospice and In Home Health Services

Medi Home Health and Hospice

CONTACT:

Phone: 828-733-3663

Address: 3616 Mitchell Ave Suite 10 Newland NC 28657

Website: <https://www.msahealthcare.com>

Email: clward@msahealthcare.com

DETAILS: Home Health, Hospice-in home Aid, and Direct Medical Equipment. MSA Home Health & Hospice is committed to caring for and educating patients, to live as independently as possible. Home Health care is appropriate whenever a person is homebound, but needs ongoing care. A specialized Hospice plan of care is provided to patients and their families who are facing life limiting illnesses.

CarePartners Hospice McDowell

CONTACT:

Phone: 8286597068

Address: 575 Airport Rd Marion, NC 28752

Website:

<https://missionhealth.org/services-treatments/hospice/locations/?fbclid=IwAR1Ff1ufQPhBo9JDxbyNqS9E5wSjjaoY9VlYulzZ747qbspJYzcYLEdlqzw>

DETAILS: Advanced Care Planning, Palliative Care, Homecare Hospice

Employment Resources

NCWorks McDowell

CONTACT:

Phone: 828-652-7131

Facebook <https://www.facebook.com/McDowell-NCWorks-1-2120680578171215>

Address: 316 Baldwin Ave. Marion NC 28752

HOURS: Monday-Thursday 8:30-5:00 Friday 8:30-12:00

DETAILS: Resume Writing, Job Search Assistance, Scholarship Assistance, Wifi/Computer Access. Interview skills, WIOA, OTJ training, TAA, Reentry Services, and Veteran Services.

Vocational Rehab

CONTACT:

Phone: 828-583-9500

Address: 451 N Main St Marion, NC 28752

Website: <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

HOURS: M-F 8:00am-5:00pm Closed every state holiday

DETAILS: The Division of Vocational Rehabilitation Services (DVRS) helps people with disabilities achieve their goals for employment and independence. If you have a disability that prevents you from achieving career success or independence in the community of your choice, DVRS can connect you to services and resources to help you meet your goals.

Manpower

CONTACT:

Phone: 828-652-8865

Email: marion.nc@manpower.com

Address: 2845 Sugar Hill Road Suite 13, Marion, NC 28752

Website: [Manpower](https://www.manpower.com)

HOURS: Monday-Friday 8:00am-5:00pm

PROMAN Staffing

CONTACT:

Phone: 828-659-9300

Address: 1835 N Main Street (On the 5 lane--across from the Budget Inn)

Website:

HOURS: Monday-Friday 8:00am-5:00pm

Two Hawk WIOA and WIOA Youth Services

CONTACT:

Phone: 910-734-3174

Address: 316 Baldwin Ave, Marion NC 28752

Website:

HOURS: 8-5pm

DETAILS: **Education Services** - Pay tuition, books, fees, required testing fees, required uniforms, tools, equipment, immunizations, physicals, supportive services. Transportation reimbursements. **Employment Services** - General career services - resume assistance, job search assistance, interviewing skills, assist with employment onboarding costs.

Education Resources

McDowell Technical Community College

CONTACT:

Phone: 828-652-6021

Website: <http://www.mcdowelltech.edu>

Address: 54 College Dr. Marion, NC 28752

HOURS: Monday-Thursday: 8:00am - 5:00pm Friday: 8:00am-4:30pm

DETAILS: Open Door Admissions-Go to main web page, under New Student & Orientation. Curriculum Programs, Continuing Education, Career and College Readiness (Adult High School and High School Equivalency), and Human Resource Development (employability skills). We also have two Early Colleges on our campus along with a large population of high school students through our Career and College Program. Both programs offer tuition-free college level courses to students while enrolled in high school.

McDowell Technical Community College-College and Career Readiness(CCR) & Human Resource Development Programs

CONTACT:

Phone: 828.659.6001

Address: 316 Baldwin Avenue, Marion, 28752

Website: <https://www.mcdowelltech.edu/>

HOURS: Monday-Friday: 8:30am to 5:00pm

DETAILS: Services: High School Equivalency, Adult High School, ESL, Resume Writing, Computer Literacy, Interview Skills, Employability Skills, OSHA training (within an HRD course), Adult Basic Education (Low level adult students) Other information: Our doors are open and ready to serve those who have education needs as well as preparation for the workforce. Classes offered on site and in various community locations

Two Hawk WIOA and WIOA Youth Services

CONTACT:

Phone: 910-734-3174

Address: 316 Baldwin Ave, Marion NC 28752

Website:

HOURS: 8-5pm

DETAILS: Education Services - Pay tuition, books, fees, required testing fees, required uniforms, tools, equipment, immunizations, physicals, supportive services. Transportation reimbursements.

Employment Services - General career services - resume assistance, job search assistance, interviewing skills, assist with employment onboarding costs.

McDowell County Schools Central Office

CONTACT:

Phone: 828-652-4535

Address: 344 S Main St Marion, NC 28752

Website: <https://www.mcdowell.k12.nc.us/>

DETAILS: The mission of McDowell County Schools is to deliver excellence in education where students are engaged in collaboration, communication, and innovation so that they graduate ready to achieve success and positively shape the future.

Youth Development and Child Care Services

McDowell Department of Social Services (Child Care Vouchers)

CONTACT:

Phone: 828-659-0690

Website: <http://www.mcdowellcountyncdss.org/>

HOURS: Monday - Friday 8:00 AM - 5:00 PM

DETAILS: Eligibility: In order to qualify for financial assistance for childcare, parents must meet certain income guidelines and parents must also have a need for childcare. Most parents receiving child care assistance are working and/or attending school full-time. The subsidy program can assist parents with the cost of child care for children from newborns through age 12. (Note: In some cases, children over age 12 may qualify for childcare assistance.)

McDowell County Schools Head Start and Early Head Start

CONTACT:

Phone: (828) 652-3229

Email: headstart2111@gmail.com

Address: 2111 Sugar Hill Road, Marion, North Carolina

Website: www.mcdowellheadstart.org

HOURS: Monday-Friday: 7:30am-5:30pm

DETAILS: A comprehensive early learning program that addresses education, nutrition, health, and social service needs of low-income children ages 3-5 and their families. Early Head Start is the infant/toddler program modeled after Head Start to serve low income pregnant mothers, infants, and toddlers the same way that Head Start serves preschoolers and their families.

Corpening Memorial YMCA

CONTACT:

Phone: 828-659-9622

Website: www.ymcawnc.org

Facebook: <https://www.facebook.com/CorpeningY>

Address: 348 Grace Corpening Dr. Marion, NC 28752

HOURS: M-Th 5 am-8 pm Fri 5 am-6 pm Sat 8 am-12 pm Sun. (Starting in Feb) 1-5 pm

DETAILS: Youth development, Youth Sports, Afterschool Care, Summer Camps. Scholarships Available.

NCCE-McDowell County Center -4H Programming

CONTACT:

Phone: 828-652-8104

Address: 41 S Garden St. Marion, NC 28752

Website: <http://www.mcdowelllem.com/>

HOURS: Monday-Friday: 8:30 am - 12:00 pm, 1:00-5:00 pm

DETAILS: Youth development, volunteer opportunities, community service, youth leadership, summer camps and programming. Scholarship opportunities available.

McDowell County Parks and Recreation Department

CONTACT:

Phone: 828-652-3001

Address: 25 Academy St, Marion, NC 28752

Website: <https://mcdowellparksandrecreationofficial.com/>

HOURS: Monday-Friday 8:30am-5pm

DETAILS: The mission statement of the McDowell County Parks and Recreation Department is to further enhance the quality of life for the citizens of McDowell County. The Parks and Recreation Department strives for the acquisition, development, conservation, and maintenance of a system of parks, recreation facilities and open areas for the enjoyment of everybody.

Summer in McDowell

Website: www.summerinmcdowell.com

DETAILS: Provides a list of free or low cost summer activities for families. Sponsored by the MATCH program.

Community Engagement

West Marion, Inc

CONTACT:

Phone: 828-317-9729

Email: paula@westmarion.org

Website: <https://www.westmarion.org/>

Facebook: <https://www.facebook.com/groups/1597175257243996>

DETAILS: The mission of the West Marion Community Forum, Inc., aka West Marion Inc, is to enhance the quality of life of our residents and overcome racial barriers by building bridges in McDowell County. We do this by showing compassion, advocating for policy and systems change, promoting economic development, sharing resources, empowering youth, and creating equitable outcomes for all.

SERVICES: West Marion Community Forum, Marion East Community Forum, Old Fort Community Forum, Men of McDowell, Health Equity Programming, Racial Equity Training and Education, People on the Move Old Fort.

HOURS: For a calendar of community forums and events check out the West Marion Community Forum Facebook Page: <https://www.facebook.com/groups/1597175257243996>

McDowell Partnership for Substance Use Awareness

CONTACT:

Phone: 828-559-2224 Ext 213

Website: <https://www.facebook.com/McDowellPSA>

Address: PO Box 1709 Marion, NC 28752

Hours: M-F 8 am-5pm

DETAILS: McDowell Partnership for Substance Awareness uses inclusion, advocacy, research, education, and partnership strength to facilitate change toward a healthier, more compassionate McDowell County where access to services is available to all residents without regard to history, religion, culture, race, economic status, gender identity or experiences. Our partnership is open and inclusive to service providers and residents who are engaged or have been touched by substance use disorder or underlying co-occurring conditions. Please contact us for questions or to receive notifications of events, activities or meetings in which we are involved. Every voice, every person, in McDowell County is important to our work and we encourage you to get involved.

Local Law Enforcement

Marion Police Department

CONTACT:

Phone: 828-652-5205

Emergency: 911

Address: 270 South Main St Marion NC

Hours: M-F 8am-5pm

Website: <https://www.marionnc.org/176/Police-Department>

DETAILS: The Police Department is committed to enhancing the quality of life for the citizens of Marion through proactive enforcement, patrol, and investigations within the City Limits.

McDowell County Sheriff's Department

CONTACT:

Phone: (828) 652-2235 Emergency: 911

Address: 593 Spaulding Rd Marion, NC 28752

Hours: Monday-Friday 8am-5pm

Website: <https://mcdowellsheriff.org/>

DETAILS: The McDowell County Sheriff's Office believes in the dignity and worth of all people. It is the duty of our office to safeguard lives and property while always respecting the people's constitutional rights.

Intellectual, Developmental, Physical Disability Resources

VAYA Health LME/MCO

CONTACT:

Phone(s): 1-(800) 849-6127 828-225-2785

Address: 200 Ridgefield Court, Suite 206, Asheville, NC 28806

Website: www.vayahealth.com

HOURS: 8:30am-5:30pm M-F

DETAILS: Services Offered: This is a local management entity (LME) serving 23 counties in Western North Carolina. This agency serves those people who have a mental illness, a developmental disability, or someone dealing with substance use issues. The toll-free phone number listed above can be accessed 24 hours, 7 days a week.

Vocational Rehab

CONTACT:

Phone: 828-583-9500

Address: 451 N Main St Marion, NC 28752

Website: <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

HOURS: M-F 8:00am-5:00pm Closed every state holiday

DETAILS: The Division of Vocational Rehabilitation Services (DVRS) helps people with disabilities achieve their goals for employment and independence. If you have a disability that prevents you from achieving career success or independence in the community of your choice, DVRS can connect you to services and resources to help you meet your goals.

Family Support Network/HOPE Group

CONTACT:

Phone: (828) 256-5202 Vickie Dieter

Website: www.fsnhope.org

Facebook: <https://www.facebook.com/groups/22931011447761>

DETAILS: Family Support Network/HOPE provides information, training and support for individuals with disabilities and their families in Alexander, Burke, Caldwell, Catawba, Lincoln and McDowell Counties.

NC Independent Living Rehabilitation Program

CONTACT:

Phone: 1-877-832-3832

Website:

<https://www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities>

DETAILS: The Independent Living Rehabilitation Program (IL) helps consumers live a more independent life. IL provides an alternative to living in a nursing home or other facility for eligible individuals.

Services are person-centered and may be provided directly, purchased or coordinated through other community resources. If the Independent Living program is unable to meet a person's needs, that individual may be referred to other partners for services as appropriate.

Services may include:

Guidance and counseling, Rehabilitation engineering, Home and vehicle modifications, Independent living skills training, Certain equipment purchases, Assistance with leisure activities, Personal assistance services, Service Animals for People with Disabilities, NC Independent Living Rehabilitation Program Brochure

Eligibility

You may be eligible for IL services if:

- You have a significant disability
- The disability severely limits your ability to live independently
- Our services will improve your ability to live independently
- The financial resources of eligible individuals will be considered for the delivery of some services provided under the IL program. Some services are available to eligible individuals without regard to their financial need

NC School for the Deaf

CONTACT:

Phone: (828) 432-5200

Video Phone: (828) 475-0832

Address: 517 W. Fleming Dr. Morganton, NC 28655

Website: ncsd.net

DETAILS: The North Carolina School for the Deaf is a day and residential program for students who are Deaf and Hard of Hearing (D/HH), situated in the beautiful foothills of North Carolina. NCSD holds dual accreditations from the Council of Educational Administrators for Schools for the Deaf (CEASD) and Advanced Education

Services for the Blind

CONTACT: Sandy Freeman

Phone: 828-659-0844

Fax: 828-652-9167

Email: sandy.freeman@dhhs.nc.gov

Address: PO Box 338 207 E. Court Street Marion, NC 28752

DETAILS: The Division of Services for the Blind provides services to people who are visually impaired, blind and deaf-blind to help them reach their goals of independence and employment.

Veterans Services

NCWorks

CONTACT: Patrick Hamber-Career Advisor-Veteran

Phone: 828-652-7131

Address: 316 Baldwin Ave Marion NC 28752

DETAILS: Employment counseling and career development for Veterans

McDowell County Veterans' Service Office

CONTACT:

Phone: (828) 659-0821

Address: 100 Spaulding Rd Marion, NC 28752

Website:

DETAILS: The McDowell County Veterans Services, located in Marion, NC, provides support for veterans of the US Armed Forces. Veteran Services connects veterans with several government agencies and nonprofit organizations at the federal, North Carolina state, and Marion level. These services include veteran benefits assistance, services for veterans with disabilities, and information about medical care, insurance, and education benefits. The U.S. Department of Veterans Affairs (VA) also provides veteran services in Marion.

You may contact Veterans Services for questions about:

Applying for military and veterans' benefits

Veterans Affairs Offices and Vet Centers

McDowell County VA Hospitals and health benefits

VA Burial services

McDowell County VFW and AMVETS posts

Emergency Assistance

Safelink Wireless-Lifeline

CONTACT:

Phone: 1-800-SafeLink

Website:

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

DETAILS :Lifeline is a federally-sponsored program that provides a discount on communication services to eligible individuals and families. Eligibility is determined by income and/or participation in state or Federal support programs. Through Lifeline, SafeLink subscribers are eligible to receive a mobile phone and a monthly discount on their service. SafeLink benefits are limited to one line per household. SafeLink Wireless is a service of TracFone Wireless, Inc., a Verizon company.

Affordable Connectivity Program

CONTACT:

Phone: Contact the ACP Support Center at (877) 384-2575.

Website: <https://www.affordableconnectivity.gov/how-to-apply/>

DETAILS: The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low income households pay for broadband service and internet connected devices.

Corpening Foundation

CONTACT

Phone: 828-659-9622

Address: 348 Grace Corpening Dr Marion NC

DETAILS: The Corpening Foundation can help McDowell residents with emergency needs such as car repairs, rental assistance, and utility assistance. Call the Corpening YMCA and ask to schedule an appointment with the Corpening Foundation

McDowell County Dread Disease

Details: This organization can help cover medical costs and assist with medication for certain medical conditions. For an application please contact the MATCH program at 828-659-5289.

Dental Resources

WNC Community Health Services-Mobile Dental Unit

Website: <https://www.wncchs.org/dental-care>

Hours: Varies

Contact: Call 828-583-6733 for available dates and appointments

Details: Dental Insurance and Medicaid Accepted. Sliding scale available for uninsured patients. Services: Preventive services (i.e., education, counseling and tartar removal),

Comprehensive diagnostic evaluation, Treatment planning, Restorative procedures (e.g., fillings), Surgical procedures (e.g., extractions)

Rutherford Health Center-Dental Clinic

Contact

Phone: 828-288-2881

Address: 187 West Main St Spindale NC 28601

Website <https://www.brchs.com/locations/blue-ridge-health-rutherford/>

Details: Federal Qualified Health Center. Accepts Medicaid and other types of dental insurance. Sliding scale available for uninsured patients. teeth Cleanings, Cavity Fillings, Gum Disease Treatment, Tooth Extractions, Crowns, Root Canals, X-Rays, School-Based Dental Services

Bakersville Dental Clinic

Contact

Phone: 828-537-5991

Address: 89 N Mitchell Ave Bakersville, NC 28705

Website: <https://www.mchp.care/dental>

Details: Medicaid and most dental insurances are accepted. A sliding fee scale based on income is offered to all uninsured patients. Comprehensive Diagnostic Evaluation, Dental X-rays, Regular teeth cleanings for adults and children, Deep teeth cleanings and treatment of gum disease, Dental Sealants and Fluoride treatments, Tooth Extraction, Root Canals, Crown/Bridges, Composite fillings/restorations, Dentures/Partials, Nitrous Oxide Sedation (A safe and effective means of managing pain and anxiety in dentistry).

Rutherford Health Clinic-Dental

Contact:

Phone: 828-288-2881

Address: 187 West Main St Spindale, Nc 28160

Website: <https://www.brchs.com/locations/blue-ridge-health-rutherford/>

Details: Medicaid and most insurance accepted. Offers sliding fee scale based on income. Teeth Cleanings, Cavity Fillings, Gum Disease Treatment, Tooth Extractions, Crowns, Root Canals, X-Rays, School-Based Dental Services

ECU Dental Clinic

Contact

Phone:

Address: 179 Hospital Drive Spruce Pine, NC 2877

Website: 828-765-0110

Details: Medicaid and other insurance plans are welcomed. Payment for services is due when services are rendered and may be made by cash or credit card. If you have dental insurance, we will assist you with your claim submission. Financial assistance may be available for uninsured patients. Comprehensive General Dentistry, Children's Dentistry, Oral Surgery – Extractions, Root Canals, Sealants and Tooth Colored Fillings, Crowns and Bridges Dentures and Partial Dentures, Implant Services, Periodontal Services and Cleanings Cosmetic Tooth Whitening, Digital Radiography, 3-D/Cone Beam Imaging

Dentists Accepting Medicaid

Note: This list is updated monthly. Dentists can stop taking new patients at any time.

WNC Community Health Services Dental Clinic

Website: <https://www.wncchs.org/dental-care>

Hours: Varies

Contact: Call 828-583-6733 for available dates and appointments

Rutherford Health Center-Dental Clinic

Contact

Phone: 828-288-2881

Address: 187 West Main St Spindale NC 28601

Website <https://www.brchs.com/locations/blue-ridge-health-rutherford/>

Bakersville Dental Clinic

Contact

Phone: 828-537-5991

Address: 89 N Mitchell Ave Bakersville, NC 28705

Website: <https://www.mchp.care/dental>

Rutherford Health Clinic-Dental

Contact:

Phone: 828-288-2881

Address: 187 West Main St Spindale, Nc 28160

Website: <https://www.brchs.com/locations/blue-ridge-health-rutherford/>

ECU Dental Clinic

Contact

Phone:

Address: 179 Hospital Drive Spruce Pine, NC 2877

Website: 828-765-0110

Biltmore Avenue Dentistry

Contact

Phone 838-216-9531

Address: 1 Hospital Dr #200, Asheville, NC 28801

Website <https://bafdentistry.com/>

Mountain View Family Dentistry

Contact

Phone: 828-294-1448

Address: 3055 NC 127 S Hickory, NC 28602

Website: <https://mtviewfamilydentistry.com>

Pet Resources

Free Spay and Neuter Vouchers

Contact:

Phone: 828-652-3355

Address: 145 East Court St Marion, NC

Details: McDowell County DSS offers free spay and neuter vouchers for those receiving SNAP, Medicaid, or low income wage earners.

Disability Application Assistance

McDowell Access to Care and Health-SOAR Program

Contact:

Phone: 828-659-5289

Address: 430 Rankin Dr Marion, NC

Details: The SOAR Program provides free assistance for those experiencing homelessness or are at risk of experiencing homelessness in accessing SSI/SSDI benefits

Fred Coats Attorney

Contact:

Phone: 828-659-2439

Address: 25 West Henderson Street, Marion, NC

Details: Local Attorney with over 35 years experience handling SSA and SSI claims. No win-No fee

Resources for Older Adults

McDowell County Senior Center-Marion

CONTACT:

Phone:

Address:

Hours:

Website

Details:

McDowell County Senior Center-Old Fort Branch

CONTACT:

Phone:

Address:

Hours:

Website

Details:

Food and Nutrition Resources

Grace Community Church	Food Pantry	5182 US 70 West, Marion	(828) 724-9599	First thursday of each month 2-3:30pm
Centro Unido Latino Americano (CULA)	Food Pantry	79 Academy Street, Marion	(828) 652-0727	Every other Thursday; Drive through pantry with premade boxes; 12 - 5 pm; Enter Hillcrest Rd
Dysartsville Christian Ministries	Food Pantry	174 Trinity Church Loop, Nebo	(828) 448-9054	Thursday 3:30 - 5:00 pm
St. John's Food Pantry	Food Pantry	339 S. Main St, Marion	(828) 652-4144	Friday 4:00 - 6:00 pm
Foothills Food Hub Crooked Creek Distr.	Food Distribution	Crooked Creek Fire Dept 4503 Bat Cave Road Old Fort	(828) 659-5289	Mondays, 4:00 - 5; Drive through pantry
Foothills Food Hub Jacktown Distr.	Food Distribution	608 Jacktown Rd Marion	(828) 659-5289	2nd & 4th Tuesdays, 4:00 - 5 Drive through pantry
West Marion, Inc	Food Distro	Addie's Chapel 201 Ridley St Marion		4th Thursdays 3:30-5pm
Providence UMC	Food Distro	83 Providence Rd Marion, NC 28752	(828)-738-3142	Thursdays 12pm until out
Clinchfield UMC	Food Distro	151 Ridge Rd Marion, NC 28752		Thursdays 11:00am-12:30pm
Loving Hearts Bear Closet	Hot Meal	337 Garden Creek Rd Marion NC 28752	(828) 803-8790	Pre Order by Calling Wed 2-4pm
YMCA Mobile Market - A.C. Bud Hogan Community Center	Produce Distribution	32 East Main St., Old Fort	(828) 775-7081	2nd and 4th Thursday 10:30-11:30am

Bounty & Soul (Black Mountain)	Food Distribution	205 NC 9, Black Mountain	(828) 419-0533	Tuesday, 11:00am -1:00pm; Curbside pickup; Please do not arrive early Friday, 4:00 - 6:00pm; Curbside pickup; Please do not arrive early
MANNA Food HelpLine	Toll-Free Phone Number	Monday - Friday, 9 am - 4 pm	1-800-820-1109	Information about Food and Nutrition Services (Food Stamps) and help finding food assistance

Despensas Públicas y Sitios de Comida

Iglesia - Grace Community Church	Despensa de Comida	5182 US 70 West, Marion	(828) 724-9599	Primer y Tercer miércoles, 3:30 - 4:30 pm
Mercado móvil de YMCA - Biblioteca de Marion	Distribución de Verduras y Frutas	90 W Court St, Marion	(828) 775-7081	Tercer martes, 1:00 - 2:00 pm
Mercado móvil de YMCA - Centro comunitario A.C. Bud Hogan	Distribución de Verduras y Frutas	32 East Main St., Old Fort	(828) 775-7081	Segundo y Cuarto jueves, 10:30 - 11:30am
Mercado móvil de YMCA - Iglesia Grace Community Church (Marion)	Distribución de Verduras y Frutas	5182 US-70, Marion	(828) 775-7081	Primer miércoles, 3:30 - 4:30pm
Iglesia - East Marion Pentecostal Holiness Church	Comida Caliente	900 Baldwin Ave, Marion		viernes, 7:00 - 9:00 pm; caldo o sopa caliente
Centro Unido Latino Americano (CULA)	Despensa de Comida	79 Academy Street, Marion	(828) 652-0727	Cada otro jueves; Servi-carro con cajas preparadas; 12 - 5 pm; Entrada por Hillcrest Rd
Iglesia - Dysartsville Christian Ministries	Despensa de Comida	174 Trinity Church Loop, Nebo	(828) 448-9054	jueves, 3:30 - 5:00pm
Despensa de Comida de St. John's	Despensa de Comida	339 S. Main St, Marion	(828) 652-4144	viernes 4:00 - 6:00pm

Bounty & Soul (Black Mountain)	Despensa de Comida	205 NC 9, Black Mountain	(828) 419-0533	martes, 11:00am -1:00pm; Recoger al lado de la acerca; Favor de no llegar antes viernes, 4:00 - 6:00pm; Recoger al lado de la acerca; Favor de no llegar antes
Foothills Food Hub Distribucion en Crooked Creek	Despensa de Comida	Crooked Creek Fire Dept 4503 Bat Cave Road Old Fort	(828) 659-5289	lunes, 4:00 - 5:30; Despensa de Servi-carro
Foothills Food Hub Distribucion en Jacktown	Despensa de Comida	608 Jacktown Rd Marion	(828) 659-5289	martes, 4:00 - 5:30; Despensa de Servi-carro
Distribución de Iglesia Livingstones Church (en asociación con FFH)	Despensa de Comida	97 Clay St, Marion, NC 28752	(828) 659-5289	viernes, 3:00 - 4:30 pm

FoodBox Delivery Program: Foothills FoodHub and MATCH

CONTACT: MATCH

Phone: 828-659-5289

Online Request Form: [Request a FoodBox](#)

DETAILS: Contact free foodbox delivery for **those with transportation barriers**. Deliveries are made on Tuesday or Friday, depending on address.

McDowell County DSS

CONTACT:

828-652-3355

145 East Court St.

Marion, NC 28752

HOURS: Monday-Friday 8am-5pm

DETAILS: Service: SNAP Benefits and App

[ePASS](#)

Foothills Health District (McDowell County Health Department)

CONTACT:

Phone: 828-652-6811

Address: 408 Spaulding Rd Marion, NC 28752

Website: <http://www.foothillshd.org>

FREE CHILDREN'S ACTIVITIES IN MCDOWELL COUNTY

Cross Mill Community Park

160-250 Granby Street

Marion, NC 28752

Eastfield Neighborhood Park

179 Perry Street

Marion, NC 28752

Marion Community Building

191 N. Main Street

Marion, NC 28752

(828) 652-3551

McDowell Public Library

90 West Court Street

Marion, NC 28752

(828) 652-3858

West Marion Community Park

201 Ridley Street

Marion, NC 28752

MCDOWELL COUNTY CLOTHING STORES AND BABY EQUIPMENT

Stores listed below have a wide variety of baby clothing, baby equipment, shoes, bags, toys, pants, shirts, coats, maternity clothing, bottle accessories, bedding, and much more.

Barefoot Baby

44 Depot Street

Marion, NC 28752

(828) 559-9131

Fabulous Finds Thrift Store

290 East Court Street

Marion, NC 28752

(828) 652-4843

The Closet Cleanout

15 North Main Street

Marion, NC 28752

(828) 559-0236

The Kids Closet

120 East Court Street

Marion, NC 28752

(828) 782-8787



Hope, Health, and Healing for Generations

