Healthy Families
Catawba Valley™
*Children's Hope Alliance*

# Community Resources Guide 2026

children's hope
ALLIANCE

**CLICK BELOW TO VIEW COUNTY INFORMATION:**

Burke County
Caldwell County
Catawba County
Iredell County
McDowell County

304-D West Union Street | Morganton, NC 28655 | 828-460-5698

# 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!**

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## 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.

*Names and photo have been changed for the family's protection, but their story is very real.*

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# Burke County Resources

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The Burke County Resources Guide
is only available online.

Please **CLICK HERE** to view.

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# Caldwell County Resources

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304-D West Union Street | Morganton, NC 28655 | 828-460-5698

# Caldwell County
# Community Resource Guide

## Created & Distributed by the Caldwell County Child Collaborative

**Last Updated 8-24-26**


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| | ADDITIONAL RESOURCES |

- Caldwell Housing
- Mental Health Toolkit
- Military Family Resources
- Cald. Co. Schools Quick HUB for Families
- Caldwell County Child Collaborative Brochure

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|

## Behavioral Health / Infant-Children / Medical / Mental Health / Substance Abuse / Teen Pregnancy Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| A Caring Alternative www.caringalternative.com | P 828-437-3000<br>F 828-437-4999 | 617 South Green St, Suite 300<br>Morganton, NC 28655 | • Individual, family and group therapy<br>• Intensive In Home<br>• Therapeutic foster care |
| Alexander Youth Network http://www.alexanderyouthnetwork.org/ | P 855-362-8470 (admissions)<br>Email intake@alexanderyouthnetwork.org<br>P 704-366-8712 (main campus)<br>Email info@alexanderyouthnetwork.org. | **Main Campus:**<br>6220 Thermal Rd<br>Charlotte, NC 28211 | • Therapeutic Foster Care<br>• Psychiatric Residential Treatment Facility |
| Alignment Behavioral Consulting www.alignmentbehavioral.com | P 828-778-1690 | 7 Georgia Ave.<br>Weaverville, NC 28787 | • Child Psychiatry |
| AMOREM www.amoremsupport.org | P 828-754-0101<br>F 828-757-0402 | 902 Kirkwood Street, NW<br>Lenoir, NC 28645 | • Palliative and Hospice Care<br>• Individual and Group counseling services on grief-related topics |
| Aspire Psychiatry https://www.aspirepsychiatry.com/ | P 828-544-5101 | 222 West Union St.<br>Morganton, NC 28655 | • Medication Management<br>• Psychotropic genetic testing<br>• Therapy Services<br>• Transcranial magnetic stimulation<br>• Takes Medicaid |
| A Way Out | | College Avenue Baptist Church<br>1201 College Ave SW<br>Lenoir, NC 28645 | • Alcoholics Anonymous program<br>• In-person discussion<br>• Mondays 7:30-8:30pm |
| Baptist Children's Home of NC www.bchfamily.org | P 1-800-476-3669 | P.O. Box 338<br>Thomasville, NC 27360 | • Residential Care, Emergency Care, Wilderness Camp, Transitional Living, Family Care, Teen Mothers, Clarification/value Change, After Care, Family Foster Care, College Outreach Ministry, Community Outreach Ministry, Fancy Finds Upscale Resale Shop, Weekday |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | | Education, Developmental Disabilities Ministry (DDM), Equine Services, NC Baptist Aging Ministry (NCBAM), Orphan Reach, and Retreats & Conferences |
| Bethel Colony<br>www.bethelcolony.org | P 828-754-3781<br>F 828-754-5370<br>Men's Campus<br>Email:<br>bcoffice@bethelcolony.org<br>Women's Campus<br>Email:<br>bcwoffice@bethelcolony.org | Men's Campus<br>1675 Bethel Colony Rd<br>Lenoir, NC 28645<br>Women's Campus<br>1181 Camp Carolwood Rd<br>Lenoir, NC 28645 | • Currently serving men & women<br>• Substance, Drug/Alcohol Abuse<br>• Psychotropic Medication<br>• Christian Residential Inpatient |
| Breathe Wellness Counseling<br>www.breathewellnesscounseling.com | P 828-523-8181 | 88 S. Main St.<br>Granite Falls, NC 28630 | • Virtual therapy services only |
| Caldwell Council on Adolescent Health<br>www.ccah.online | P 828-757-9020<br>Email<br>ccahlenoir2019@gmail.com | 506 Wilkesboro Blvd. NE<br>Suite 200<br>Lenoir, NC 28645 | • Adolescent Pregnancy Prevention Programs<br>• Adolescent Parenting Program |
| Caldwell County Department of Social Services<br>www.caldwellcountync.org/social-services | P 828-426-8200<br>F 828-426-8398 | 2345 Morganton Blvd Ste A<br>Lenoir, NC 28645 | • Support and protection of children, older adults and disabled from abuse, neglect, and exploitation<br>• Adolescent Parenting Program, Adoption, Case Management, Child Care Assistance, Emergency Assistance, Family Medicaid, Food Stamps, Foster Care & Home Licensing, Guardianship, Work First Family Assistance |
| Caldwell County Health Department<br>www.caldwellcountync.org/health-department | P 828-426-8400<br>F 828-426-8450 | 2345 Morganton Blvd Ste B<br>Lenoir, NC 28645 | • Dental clinic, Health checks, Health education, Child health, Prenatal care, WIC Nutrition Program |
| Caldwell County Smart Start<br>www.caldwellsmartstart.org | P 828-426-5437<br>F 828-426-4329<br>Email:<br>team@caldwellsmartstart.org | 143 Cedar Valley Rd Ste 111<br>Hudson. NC 28638 | • Resource to support parents, families and childcare providers in caring for children Birth to age 5<br>• Dolly Parton's Imagination Library |
| Caldwell Early Head Start<br>tina.pearson@enolagroup.org | P 828-757-8632 | 111 Fairview Dr NW<br>Lenoir, NC 28645 | • Childcare at no cost for eligible families with children birth to 3 years of age<br>• Preschool classes for 3-5 years of age<br>• In-Home education services for families |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | | with children birth - 3 years<br>• Group socializations (play groups) for children birth -5 years of age |
| Caldwell House<br>www.thecaldwellhouse.com | P 828-754-5148<br>F 828-757-3858<br>Email<br>contact@thecaldwellhouse.com | 951 Kenham Pl SW<br>Lenoir, NC 28645 | • Residential substance abuse inpatient therapy for men |
| Caldwell Pregnancy Care Center<br>www.caldwellpregnancy.com | P 828-757-9555<br>Text 828-394-4470<br>Hotline<br>1-800-712-4357 | 210 Ridge Street Lenoir<br>Lenoir, NC 28645<br><br>Contact Page | • All services free and confidential<br>• Pregnancy tests<br>• Educational classes (parenting, prenatal care)<br>• Baby layettes, informational aids<br>• Peer counseling, abstinence program, post abortion support<br>• Community referrals (adoption, church, community, housing, legal, clinical) |
| Care House (Baptist Children's Home)<br>www.bchnc.org/carehouse | P 828-757-0700<br>F 828-757-0721<br>Email<br>carehouseinfo@bchfamily.org | 1120 Taylorsville Road<br>Lenoir, NC 28645 | • Teen Mothers Residential Program |
| Children's Neurotherapy Services<br>www.cnsclinic.com | P 828-212-0256<br>F 828-212-1433<br>Email<br>help4kids@cnsclinic.com | 4012 Hickory Blvd<br>Granite Falls, NC 28630 | • Occupational therapy<br>• Physical therapy<br>• Speech/Language therapy |
| Conflict Resolution Center<br>www.theconflictresolutioncenter.org | P 828-397-2566 | 218A Main Ave. East<br>Hildebran, NC 28637 | • Serve Catawba, Caldwell & Burke<br>• Promote respectful communication and offer conflict resolution<br>• Serve at-risk youth with behavioral problems<br>• Restorative Circles, Truancy, Teen-Court<br>• District Court Program & Medicaid Appeal Program<br>• Men- Domestic Violence Intimate Partner violence program (meets weekly)<br>• Women- Turning Points classes for women charged with using violence in an intimate partner relationship |
| Crossroads Counseling<br>www.crossroadscounseling.org | P 828-327-6633<br>F 828-327-3385 | 255 18th St SE<br>Hickory, NC 28602 | • Individual, family & group therapy<br>• Marital/couples therapy<br>• Education and Skill Groups<br>• Diagnostic Assessments<br>• Psychiatric services<br>• Autism Spectrum Testing |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Danielle Kiziah (Licensed Mental Health Counselor) Private Practice | | Book a session online. | • CBT, solution-focused strategies, mindfulness and family-systems perspectives.<br>• Anxiety, LGBTQIA+, Relationship Issues, Depression, ADD/ADHD, OCD, Family Issues, Stress Management, Anger Management, Panic Disorders, Cultural & Ethnic Issues, & Grief/Loss<br>• Individual, Family, Child or adolescent and Couples Therapy available. |
| Enola Group: Caldwell Early Head Start www.enolagroup.org/ehs-programs | P 828-757-8632 | 111 Fairview Dr NW<br>Lenoir, NC 28645 | • Promote positive prenatal outcomes for women who are pregnant<br>• Early childhood education<br>• Family support services<br>• Health, nutrition and prenatal supports<br>• Parent and child playgroups<br>• Community activities & field trips<br>• Transportation assistance |
| The Falls Pediatrics www.caldwellmemorial.org/locations/profile/falls-pediatrics/ | P 828-757-5050<br>F 828-757-5051 | 4355 Hickory Blvd - Suite 2<br>Granite Falls, NC 28630 | • Specialized healthcare, diagnostics and treatments for both well and sick visits for the junior members of your family. |
| The Falls Pediatric PLUS Urgent Care www.unchealth.org/care-services/locations/the-falls-pediatrics-plus-urgent-care-the-falls-pediatrics-a-division-of-caldwell-memorial-hospital | P 828-757-5040<br>F 828-757-5041 | 4355 Hickory Blvd #3<br>Granite Falls, NC 28630 | • Unexpected illness or injury<br>• Walk-in urgent care clinic for children and youth |
| Family, Infant and Preschool Program (FIPP) & Center for the Advanced Study of Excellence (CASE) www.fipp.org | P 828-433-2661 | 300 Enola Road<br>Morganton, NC 28655 | • Early childhood intervention program (birth to age 5)<br>• Promote growth and development of young children by supporting families and building caring communities.<br>• Early intervention, parent education, pregnancy supports, neonatal intensive care follow-up. |
| Family Support Network/Hope www.fsnhope.org | P 828-256-5202<br>P (Spanish): 828-449-9927 | FSN/Hope<br>POBox 11395<br>Hickory, NC 28603 | • Support for families who have children with all types of special health care needs and disabilities.<br>• Facebook Link<br>• YouTube Channel |
| Focus Behavioral Health Services | P 828-439-8191<br>F 828-439-2622 | **Physical Address:**<br>207 Queen Street Morganton, NC 28655-3341 | • Residential Services<br>• Day Treatment Services<br>• Intensive In Home |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | **Mailing Address:**<br>PO Box 3624<br>Morganton, NC 28680-3624 | • Outpatient Therapy |
| Helping Hands Clinic<br>www.helpinghandsclinic.org | P 828-754-8565<br>F 828-754-8567 | 810 Harper Ave NW Lenoir, NC 28645 | • Free medical care and prescription meds to adults without health insurance or access to Medicaid or Medicare. |
| Hope & Growth Counseling<br>https://www.hopeandgrowthcounseling.com/ | P 828-330-9249 | 136 South Sterling St.<br>Morganton, NC 28655 | • Virtual and in-person counseling<br>• Individual therapy, play therapy & Child-parent therapy<br>• Takes medicaid |
| HOPE for Caldwell<br>*(formerly Drug-Free Caldwell, formerly Lazarus Project)* | P 828-426-8423<br>828-729-4219<br>Contact:<br>Jordan Jefferies-James<br>jjefferies-james@caldwellcountync.org | 2345 Morganton Blvd SW B, Lenoir, NC 28645 | • Facebook: https://www.facebook.com/DrugFreeCaldwell/<br>• To prevent and reduce substance use by improving the Health and Opportunities through partnership & education.<br>• Meet every third Thursday monthly at the Cald. Co. Health Dept. 3rd floor conference room at 4pm. |
| Jonas Hill Hospital & Clinic<br>caldwellmemorial.org | **Outpatient Clinic:**<br>P 828-394-6720<br>F 828-394-6721<br>**Inpatient Adult Psychiatric Unit**:<br>P 828-394-6722<br>F 828-394-6723 | 407 Mulberry Street SW<br>Lenoir, NC 28645 | • Individual therapy for children, adolescents, and adults<br>• Psychiatric evaluation & medication management<br>• In-person and / or virtual<br>• Inpatient adult psychiatric hospitalization serving 18-65 years of age |
| Kintegra Family Medicine | **Happy Valley**<br>P 828-754-6850<br>F 828-757-3214<br>**Collettsville**<br>P 828-754-2409<br>F 828-754-2418 | **Happy Valley**<br>1345 NC Hwy 268<br>Lenoir, NC 28645<br>M-F 8-5<br>**Collettsville Med. Ctr.**<br>4330 Collettsville Rd<br>Collettsville, NC 28611<br>M-F 8-12 & 1-5 | • General Primary Physician Care<br>• Mental & Behavioral Health Services<br>• Dental Health (limited)<br>• Smoking cessation<br>• Substance abuse |
| Lifeworks<br>www.lifeworksnc.com | P 828-433-9190<br>Email<br>lifework@bellsouth.net | 205 East Union Street<br>Morganton, NC 28655 | • Individual, couples and family counseling for children, adolescents and adults<br>• Psychological and achievement testing |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Mentor Behavioral Healthcare | P 828-268-2172<br>Email mentorbhc@gmail.com | 249 Wilson Dr #5<br>Boone, NC 28607 | • Diagnostic assessments |
| Mulberry Pediatrics www.unchealth.org/care-services/locations/mulberry-pediatrics-a-division-of-caldwell-memorial-hospital-laurel-park-medical-pavilion | P 828-757-5509<br>F 828-757-5538 | 906 College Ave. SW Suite C<br>Lenoir, NC 28645 | • General primary care for children and adolescents<br>• M-F 8:00am - 5:00pm |
| New Directions Counseling Services http://www.newdirectionscs.com/ | P 828-754-6087 (Lenoir)<br>P 828-267-1740 (Hickory) | 315 Wilkesboro Blvd NE #1A<br>Lenoir, NC 28645<br><br>201 government Ave SW<br>Hickory, NC 28602 | • Family therapy<br>• Child/play therapy<br>• Outpatient individual treatment (adults/teens)<br>• Diagnostic assessments |
| NC Division of Services for the Blind www.ncdhhs.gov/dsb/contacts/swbcontacts.htm | P 828-426-8316<br>F 828-426-8398 | 2345 Morganton Blvd Ste A<br>Lenoir, NC 28645 | • School social workers refer students as needed to Vocational Rehabilitative Services for the Blind |
| NC Early Intervention Infant-Toddler Program (NC ITP) www.beearly.nc.gov | P 919-707-5520<br>F 919-870-4834 | 5605 Six Forks Road<br>Raleigh, NC 27699-1916 | • Birth to 3 years with developmental delays or an established condition.<br>• Referral Form |
| NC Early Learning Sensory Support Program (NC ELSSP) www.dpi.nc.gov | P 984-236-2100 | 6301 Mail Servie Center<br>Raleigh, NC 28699-6301 | • State services provider for young children with vision and/or hearing impairments.<br>• Birth - 5 years |
| NC Medicaid Ombudsman ncmedicaidombudsman.org | P 877-201-3750<br>Email info@ncmedicaidombudsman.org | | • Program to help North Carolina Medicaid beneficiaries understand the Medicaid program.<br>• Help for people with Medicaid who have trouble getting access to health care.<br>• Free, confidential support and education about the rights and responsibilities people have under NC Medicaid |
| Nurturing http://caldwellcommittee.t | P 828-757-8632<br>F 828-757-8633 | 609 Harper Ave SW<br>Lenoir, NC 28645 | • 12 classes per year<br>• Nurturing Parenting Model |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| ripod.com/index.html# | | | • Parents & children ages Birth -5<br>• Once a week for 12 consecutive weeks with dinner provided |
| Olsen Huff Center | P 828-213-1740<br>F 828-213-1785 | 11 Vanderbilt Park Dr<br>Asheville, NC 28803 | • Medical Consultations and Follow-up Care<br>• Psychology Consultations<br>• Child/Family Therapy<br>• Developmental Therapies and Audiology Services<br>• Autism Program<br>• Complex ADHD Program<br>• Psychopharmacology Consultations<br>• Cerebral Palsy Clinic<br>• Fetal Alcohol Spectrum Clinic<br>• Feeding/Swallowing Program<br>• Constraint-Induced Motor Therapy<br>• Neuro-Developmental Follow-Up Program |
| Our Children's Place of Coastal Horizons www.ourchildrensplace.com | P 919-904-4286<br>Contact Page | PO Box 13073<br>Durham, NC 27709 | • Serves North Carolina children of incarcerated parents<br>• Facebook |
| PLUS Urgent Care Offices | | Various Locations<br>www.caldwellwaitimes.com | • Non-emergency care outside scheduled office hours<br>• Visit www.caldwellwaitimes.com for locations, hours and online scheduling |
| Rachel Rogers Counseling https://www.rachelrogerscounseling.com/ | | 628 Harper Ave. Suite D<br>Lenoir, NC 28645 | • Virtual and/or in-person<br>• Does not currently take Medicaid |
| RESTART www.caldwellcountync.org/418/RESTART | P 828-426-8542<br><br>Email: restart@caldwellcountync.org | 2345 Morganton Blvd<br>Lenoir, NC 28645 | • Substance Abuse Recovery<br>• Recovery Housing<br>• Medication Assistance Treatment options<br>• Assistance for detox, rehabilitation, in-patient treatment<br>• Free medical testing for HIV, HepatitisC and pregnancy<br>• Access to Peer Support Specialists to walk hand in hand with you on your own personal recovery journey |
| RHA Behavioral Health | P 828-394-5563 | 2415 Morganton Blvd SW<br>Lenoir, NC 28645 | • Intensive In Home<br>• Medication Management<br>• Outpatient Therapy<br>• Partial Hospitalization Programs<br>• Drug/Alcohol Addiction Treatment |
| Robin's Nest Child Advocacy Center www.robinsnestcac.org | P 828-754-6262 | 1051 Harper Ave<br>Lenoir, NC 28645 | • Serves child victims of sexual and severe physical abuse |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Shelter Home of Caldwell County www.shelterhomecc.org | P 828-758-0888<br>Email director@shelterhomecc.org | | • Domestic violence, rape/sexual assault, child/court advocacy, support groups/classes |
| Smart Start www.caldwellsmartstart.org | P 828-426-5437<br>F 828-426-4329<br>Email: team@caldwellsmartstart.org | 143 Cedar Valley Rd Ste 111<br>Hudson. NC 28638 | • Resource to support parents, families and childcare providers in caring for children Birth to age 5<br>• Dolly Parton's Imagination Library<br>• Baby Essentials bus in front of the United Way building on the 3rd Wed. of each month |
| Solutions of Hickory http://www.solutionsofhky.com/ | P 828-328-4313<br>F 828-328-4820<br>Email: info@solutionsofhky.com | 326 2nd Ave NW<br>Hickory, NC 28601 | • Counseling Services<br>• Psychological Evaluations<br>• Speech/Language Services<br>• Tutoring<br>• Outpatient Therapy |
| The Counseling Group https://thecounselinggroup.com/ | P 828-322-9130<br>F 828-322-7890<br>Email: contact@thecounselinggroup.com | 215 Church St. NW<br>Lenoir, NC 28645<br>and<br>106 3rd Ave NE<br>Hickory, NC 28601 | • Individuals, couples, families and business services<br>• Crisis Response for companies after a major accident and/or fatality |
| The Relatives Crisis Center (AYN) www.TheRelatives.org. | P 704-377-0602 | 1100 East Blvd.<br>Charlotte, NC 28203 | • For runaways and teens in crisis, open 24/7 |
| Thrive Counseling and Wellness https://lknthrive.com/ | P 704-360-3049<br>Email: info@lknthrive.com | 1270 25th Street Place SE, Suite 3<br>Hickory, NC 28602 | • Individual therapy, child and adolescent therapy, & family counseling<br>• Addiction counseling<br>• 24/7 Crisis Line<br>• Takes medicaid<br>• M-F 9am - 6pm |
| United Way | P 828-758-9300 | 304 N. Main St<br>Suite 404 & 406<br>Lenoir, NC 28645 | • Baby Essentials bus in front of the United Way building on the 3rd Wed. of each month (in cooperation with Caldwell Co. Smart Start) |
| Universal Mental Health www.umhs.net | P 828-759-2228<br>F 828-759-0159<br><br>Toll Free:<br>1-800-875-8835 | 839 Wilkesboro Blvd<br>Lenoir, NC 28645 | • Diagnostic Assessments<br>• Intensive In Home<br>• Medication Management<br>• Outpatient Therapy<br>• Residential Services<br>• Substance Abuse Services<br>• Mental Health Services<br>• I/DD & Early Intervention Services<br>• Supported Employment Services (VR) |
| VAYA | P 828-759-2160<br>Crisis 24/7:<br>1-800-849-6127 | | • Regional Mental Health Resources<br>• Comprehensive Care Centers<br>• Housing & Employment Initiatives |

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | | • Training and Outreach<br>• Substance Use Resources & Education<br>• Crisis Teams<br>• Family Partners<br>• Peer Support<br>• Care Coordination |
| Wisdom Path<br>www.wisdompathnc.com | P 828-475-6544 | 220 West Union St.<br>Morganton, NC 28655<br>wisdompathnc@gmail.com<br><br>M-F 8-5<br>*Saturday and evenings by appointment.* | • Child & adult evaluations<br>• Indiv. & group outpatient therapy<br>  ○ 2 therapists specialized in children/adolescents<br>• Community mental health based activities |
| Youth Villages<br>www.youthvillages.org | P 828-268-7200<br>919-210-9229<br>F 828-268-7203 | 895 State Farm Road, Bldg 500 suite 506<br>Boone, NC 28607 | • Intercept (to prevent or limit the need for foster care)<br>• Lifeset (helping young adults make a successful transition to adulthood)<br>• MST (therapy for at-risk teens with anti-social behavior)<br>• High Fidelity Wraparound (family-driven process for problem-solving for youth & their families)<br>• Intensive In-Home Services |

# Education / Prevention / School-age Resources

| | | | |
|---|---|---|---|
| Baptist Children's Home of NC<br>www.bchfamily.org | P 1-800-476-3669 | P.O. Box 338<br>Thomasville, NC 27360 | • Residential Care, Emergency Care, Wilderness Camp, Transitional Living, Family Care, Teen Mothers, Clarification/value Change, After Care, Family Foster Care, College Outreach Ministry, Community Outreach Ministry, Fancy Finds Upscale Resale Shop, Weekday Education, Developmental Disabilities Ministry (DDM), Equine Services, NC Baptist Aging Ministry (NCBAM), Orphan Reach, and Retreats & Conferences |
| Caldwell County Child Collaborative<br>www.sites.google.com/a/caldwellschools.com/caldwell-county-child-c | P 828-728-8407 ext 140176 (Collaborative Secretary, Claricea Mitchell)<br><br>Email: | Caldwell County Education Center<br>1914 Hickory Blvd<br>Lenoir, NC 28645 | • Support access to community-based, individualized, strengths-based, and family driven services that integrate the cultural and ethnic characteristics of the families. |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| ollaborative/?usp=sharing | clmitchell@caldwellschools.com | | • Serve as a resource to children, families and their teams in resolving questions, eligibility for services and identifying service gaps.<br>• Meeting virtually via Zoom or in-person at the Education Center. First Thursdays monthly at 9:30am |
| Caldwell Friends /www.caldwellfriends.com/ | P 828-758-4683 | 918 West Ave SW, Ste 206<br>Lenoir, NC 28645 | • Will match an at-risk youth with an approved adult mentor |
| Caldwell Committee for Healthy Families | Shelley Triplett, Executive Director<br>P 828-205-1962 | Lenoir Housing Education Center<br>323 Harrington St Apt 4<br>Lenoir, NC 28645 | • Prevention of child abuse and neglect through education and awareness projects.<br>• Facebook |
| Caldwell Council on Adolescent Health www.ccah.online | P 828-757-9020<br>Email ccahlenoir2019@gmail.com | 506 Wilkesboro Blvd. NE<br>Suite 200<br>Lenoir, NC 28645 | • Adolescent Pregnancy Prevention Programs<br>• Adolescent Parenting Program |
| Caldwell County Department of Social Services www.caldwellcountync.org/social-services | P 828-426-8200<br>F 828-426-8398 | 2345 Morganton Blvd Ste A<br>Lenoir, NC 28645 | • Support and protection of children, older adults and disabled from abuse, neglect, and exploitation<br>• Adolescent Parenting Program, Adoption, Case Management, Child Care Assistance, Emergency Assistance, Family Medicaid, Food Stamps, Foster Care & Home Licensing, Guardianship, Work First Family Assistance |
| Caldwell County Library www.ccpl.us | P 828-757-1270<br>F 828-757-1413 | 120 Hospital Ave NW<br>Lenoir, NC 28645 | • Books, periodicals, videos, tapes and computers for use by Cald. Co. residents |
| Communities in Schools www.ciscaldwell.org | P 828-929-2247 | 313 Ridge Street NW<br>Lenoir, NC 28645 | • Connecting community resources with schools to help students learn, stay in school and prepare for life.<br>• Serves students in grades 6-12 at all four of the CCS Middle Schools and three traditional high school settings<br>• Workforce Development and High School Pathway Guidance<br>• Family Financial Support<br>• All services are free |
| Conflict Resolution Center www.theconflictresolutioncenter.org | P 828-397-2566 | 218A Main Ave. East,<br>Hildebran, NC 28637 | • Serve Catawba, Caldwell & Burke<br>• Promote respectful communication and offer conflict resolution<br>• Serve at-risk youth with behavioral problems<br>• Restorative Circles, Truancy, Teen-Court |

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | | • District Court Program & Medicaid Appeal Program |
| Department of Juvenile Justice | P 828-757-1351 | 208 Mulberry St NW<br>Lenoir, NC 28645 | • Undisciplined Youth (petitions by parents)<br>• Court order services and supports |
| Family Support Network/Hope<br>www.fsnhope.org | P 828-256-5202<br>P (Spanish):<br>828-449-9927 | FSN/Hope<br>POBox 11395<br>Hickory, NC 28603 | • Support for families who have children with all types of special health care needs and disabilities.<br>• Facebook Link<br>• YouTube Channel |
| Focus Behavioral Health Services | P 828-439-8191<br>F 828-439-2622 | **Physical Address:**<br>207 Queen Street<br>Morganton, NC<br>28655-3341<br>**Mailing Address:**<br>PO Box 3624<br>Morganton, NC<br>28680-3624 | • Residential Services<br>• Day Treatment Services<br>• Intensive In Home<br>• Outpatient Therapy |
| His Humble Hands<br>HHHDenice@gmail.com | P 828-639-0802 | 1873 Greasy Creek Rd<br>Lenoir, NC 28645 | • Food Pantry first and third Sat. 10-2<br>• Fresh Produce Tuesdays after 2<br>• Homeless Outreach<br>• Disaster Response<br>• General Community Support |
| NCWorks Career Planning and Placement Center<br>https://www.cccti.edu/CPPC/Default.asp#page=page-1 | www.ncworks.gov | | • Provides citizens with employment and training opportunities, career exploration and planning, and support services |
| Olsen Huff Center | P 828-213-1740<br>F 828-213-1785 | 11 Vanderbilt Park Dr<br>Asheville, NC 28803 | • Medical Consultations and Follow-up Care<br>• Psychology Consultations<br>• Child/Family Therapy<br>• Developmental Therapies and Audiology Services<br>• Autism Program<br>• Complex ADHD Program<br>• Psychopharmacology Consultations<br>• Cerebral Palsy Clinic<br>• Fetal Alcohol Spectrum Clinic<br>• Feeding/Swallowing Program<br>• Constraint-Induced Motor Therapy<br>• Neuro-Developmental Follow-Up Program |
| Parents and Adolescents Coming Together (PACT)<br>http://caldwellcommittee.tripod.com/index.html# | P 828-757-8632<br>F 828-757-8633 | 609 Harper Ave SW<br>Lenoir, NC 28645 | • Parents and youth ages 12 to 18<br>• 12-week sessions in evening with meal<br>• Referral form link:<br>https://www.caldwellschools.com/cms/lib/NC01811136/Centricity/Domain/34/new_PACT_Referral_Form1.doc |
| South Caldwell | P 828-396-4000 | 5 Quarry Rd | • Emergency Food/Clothing Assistance |

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Christian Ministries | P 828-396-4020<br>F 828-3130703 | Granite Falls, NC 28630 | • Emergency Financial Assistance<br>• School supplies assistance |
| The Relatives Crisis Center (AYN) www.TheRelatives.org. | P 704-377-0602 | 1100 East Blvd.<br>Charlotte, NC 28203 | • For runaways and teens in crisis, open 24/7 |
| VAYA | | | • Regional Mental Health Resources<br>• Comprehensive Care Centers<br>• Housing & Employment Initiatives<br>• Training and Outreach<br>• Substance Use Resources & Education<br>• Crisis Teams<br>• Family Partners<br>• Peer Support<br>• Care Coordination |
| Western Piedmont Council of Government www.wpcog.org | P 828-322-9191 | 1880 2nd Avenue NW<br>Hickory, NC 28601 | • Financial services<br>• Area Agency on Aging<br>• Project C.A.R.E.<br>• Economic Development<br>• Section 8 Housing Program<br>• Transportation/Workforce Development |

# Community / Emergency / Shelter Resources

| | | | |
|---|---|---|---|
| America Red Cross www.catawbavalleyarc.org | P 828-754-4161<br>F 828-757-0966 | 1144 Morganton Blvd SW<br>Lenoir, NC 28645 | • Emergency assistance |
| Baptist Children's Home of NC www.bchfamily.org | P 1-800-476-3669 | P.O. Box 338<br>Thomasville, NC 27360 | • Residential Care, Emergency Care, Wilderness Camp, Transitional Living, Family Care, Teen Mothers, Clarification/value Change, After Care, Family Foster Care, College Outreach Ministry, Community Outreach Ministry, Fancy Finds Upscale Resale Shop, Weekday Education, Developmental Disabilities Ministry (DDM), Equine Services, NC Baptist Aging Ministry (NCBAM), Orphan Reach, and Retreats & Conferences |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Blue Ridge Community Action: Northside Children's Learning Center www.brcainc.org | P 828-758-4290<br>F 828-759-0299 | 1440 Blowing Rock Blvd<br>Lenoir, NC 28645 | • Services for low-income families<br>• Child care<br>• Community services<br>• Weatherization<br>• Adult day care<br>• Foster grandparents<br>• Circles (group to eliminate poverty)<br>• Affordable rental housing<br>• Home delivered meals |
| Caldwell County Sheriff's Department www.caldwellcountync.org/sheriff | P 828-758-2324<br>F 828-757-8685 | 2351 Morganton Blvd SW<br>Lenoir, Nc 28645 | |
| Department of Juvenile Justice | P 828-757-1351 | 208 Mulberry St NW<br>Lenoir, NC 28645 | • Undisciplined Youth (petitions by parents)<br>• Court order services and supports |
| His Humble Hands HHHDenice@gmail.com | P 828-639-0802 | 1873 Greasy Creek Rd<br>Lenoir, NC 28645 | • Food Pantry first and third Sat. 10-2<br>• Fresh Produce Tuesdays after 2<br>• Homeless Outreach<br>• Disaster Response<br>• General Community Support |
| Lenoir Housing Authority www.lenoirhousing.org | P 828-758-5536<br>F 828-758-5696 | 431 Vance Street<br>Lenoir, NC 28645 | • Clean, safe, affordable public housing<br>• Online Housing Application |
| Lenoir Police Department www.cityoflenoir.com | P 828-757-2100<br>F 828-757-2103 | 1035 West Ave<br>Lenoir, NC 28645 | |
| NCWorks Career Planning and Placement Center https://www.cccti.edu/CPPC/Default.asp#page=page-1 | www.ncworks.gov | | • Provides citizens with employment and training opportunities, career exploration and planning, and support services |
| Salvation Army www.salvationarmycarolinas.org/hickory/ | P 828-496-2370 | 4370 Hickory Blvd<br>Granite Falls, NC 28630 | • Emergency assistance with bills, burn-out victims, food and heart/diabetic medications.<br>• Mon-Tues 9-5 |
| Shelter Home of Caldwell County www.shelterhomecc.org | P 828-758-0888<br>Email director@shelterhomecc.org | | • Domestic violence, rape/sexual assault, child/court advocacy, support groups/classes |
| South Caldwell Christian Ministries | P 828-396-4000<br>P 828-396-4020<br>F 828-3130703 | 5 Quarry Rd<br>Granite Falls, NC 28630 | • Emergency Food/Clothing Assistance<br>• Emergency Financial Assistance<br>• School supplies assistance |
| The Relatives Crisis | P 704-377-0602 | 1100 East Blvd. | • For runaways and teens in crisis, open 24/7 |

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Center (AYN) www.TheRelatives.org. | | Charlotte, NC 28203 | |
| Western Piedmont Council of Government www.wpcog.org | P 828-322-9191 | 1880 2nd Avenue NW Hickory, NC 28601 | • Financial services<br>• Area Agency on Aging<br>• Project C.A.R.E.<br>• Economic Development<br>• Section 8 Housing Program<br>• Transportation/Workforce Development |
| Yokefellow www.yokefellow.org | P 828-754-7088<br>F 828-754-7158 | 202 Harper Ave Lenoir, NC 28645 | • Emergency assistance to low income residents of Cald. Co.<br>• Food pantry (M, T, Th, F: 9-12 & 1-4)<br>• Thrift Store (M, T, Th, F: 9-4 & Sat 9-1) |

# Food Assistance

| | | | |
|---|---|---|---|
| Blue Ridge Community Action: Northside Children's Learning Center www.brcainc.org | P 828-758-4290<br>F 828-759-0299 | 1440 Blowing Rock Blvd Lenoir, NC 28645 | • Services for low-income families<br>• Child care<br>• Community services<br>• Weatherization<br>• Adult day care<br>• Foster grandparents<br>• Circles (group to eliminate poverty)<br>• Affordable rental housing<br>• Home delivered meals |
| Colliers UMC colliersumcworship @gmail.com | (828)758-1658 | 2625 Clarks Chapel Rd Lenoir, NC 28645 | • Food pantry beside the church is stocked on Wednesdays and Sundays (first come ~first served) |
| First Baptist Church, Whitnel Food Distribution Ctr | | 1201 Connelly Springs Rd Lenoir, NC 28645 | |
| Happy Valley Food Pantry | | | • 2nd Saturdays at Happy Valley Medical Center Bldg 9:00 - 10:30am |
| Highway to Hedges Ministry www.highwaystohedgesministry.com | P 828-572-2185<br><br>Email: highway2hedges@gmail.com | 1002 North Main St. NW Lenoir, NC 28645 | • Warming Station for the Homeless<br>• Homeless assistance |
| His Humble Hands HHHDenice@gmail.com | P 828-639-0802 | 1873 Greasy Creek Rd Lenoir, NC 28645 | • Food Pantry first and third Sat. 10-2<br>• Fresh Produce Tuesdays after 2<br>• Homeless Outreach |

# Caldwell County Community Resources

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| | | | • Disaster Response<br>• General Community Support |
| Kings Creek Food Pantry | | | • 3rd Saturdays at the Kings Creek Ruritan Bldg 9:00 - 10:30am |
| Lenoir Soup Kitchen | P 828-758-1411 | 1113 college Ave SW<br>Lenoir, NC 28645 | • Meal assistance<br>• M-F 11-noon for lunch<br>• Sundays 4-4:45 for dinner |
| Love Walk Ministries | P 828-754-3336<br>Email: newpassion@bellsouth.net | 602 NW Main Street<br>Lenoir, NC 28645 | • Call for next steps<br>• Facebook |
| Mountain Grove Baptist Church www.mountaingrove.org | P 828-728-0557 | 2485 Connelly Springs Rd<br>Granite Falls, NC 28630 | • Food pantry for families in any county.<br>• 2nd & 4th Tuesdays 5:00-7:00 |
| Mt. Olivet UMC Food Pantry | P 828-754-4109 | Collettsville Rd<br>Lenoir, NC | • 3rd Satrudays 9-12 |
| Pay It Forward Food Pantry@ Fairview Presbyterian Church | P 828-572-4441 | 2058 Harper Ave<br>Lenoir, NC 28645 | • 2nd & 4th Thursdays 11am - 1:30pm |
| Poovey's Chapel Baptist Church Food Pantry www.foodpantries.org/li/pooveys-chapel-baptist-church-food-pantry | P 828-728-7210 | 2822 Pooveys Chapel Road<br>Hudson, NC 28638 | • Food and clothing assistance<br>• Last Saturday of every month at 3pm<br>• Facebook |
| Salvation Army www.salvationarmycarolinas.org/hickory/ | P 828-496-2370 | 4370 Hickory Blvd<br>Granite Falls, NC 28630 | • Emergency assistance with bills, burn-out victims, food and heart/diabetic medications.<br>• Mon-Tues 9-5 |
| South Caldwell Christian Ministries | P 828-396-4000<br>P 828-396-4020<br>F 828-3130703 | 5 Quarry Rd<br>Granite Falls, NC 28630 | • Emergency Food/Clothing Assistance<br>• Emergency Financial Assistance<br>• School supplies assistance |
| Storehouse Daily Bread Ministry / Crossroads | P 828-612-6802 | 4079 Lower Cedar Valley Rd<br>Hudson, NC 28638 | • Food pantry for families in Cald. Co.<br>• Mondays 7:30am - 1:00pm |
| United Way of Cald. Co. | P 828-758-9300 | 304 N. Main St<br>Suite 404 & 406<br>Lenoir, NC 28645 | • Flyer for Teachers<br>• Caldwell Food Resource List<br>• Long-Term Recovery Group Flyer |
| Whitnel First Baptist Food Pantry | P 828-754-3240 | 201 Connelly Springs Rd<br>Lenoir, NC 28645 | • Call for times |

| Resources/ Websites | Numbers/Email | Address | Types of Services Available |
|---|---|---|---|
| Yokefellow<br>www.yokefellow.org | P 828-754-7088<br>F 828-754-7158 | 202 Harper Ave<br>Lenoir, NC 28645 | • Emergency assistance to low income residents of Cald. Co.<br>• Food pantry (M, T, Th, F: 9-12 & 1-4)<br>• Thrift Store (M, T, Th, F: 9-4 & Sat 9-1) |

# Current Food Resource List

## SUPPORT GROUPS

| | | | |
|---|---|---|---|
| Caldwell County Autism Society | 828-256-1566 | | |
| Family Support Network | 1-800-822-3477 or 828-757-8632 ext 400 | | |
| Foothills Area Brain Injury Support Group | 828-758-0463 (Pam Gilbert) | | |

## TRANSPORTATION

| | | | |
|---|---|---|---|
| Greenway Public Transportation | P 828-464-9444 | | • Flyer<br>• Map of Caldwell County Pick-Up Area |

## Additional Resources

| |
|---|
| Caldwell County Child Collaborative |
| Caldwell County Housing |
| Caldwell County Schools - Quick HUB for Families |
| Mental Health Toolkit |

Healthy Families
Catawba Valley™
*Children's Hope Alliance*

# Catawba County Resources

children's hope
ALLIANCE

304-D West Union Street | Morganton, NC 28655 | 828-460-5698

# 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.ymcacv.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/hopewellsf/

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/

Healthy Families
Catawba Valley™
*Children's Hope Alliance*

# Iredell County Resources

children's hope
ALLIANCE

304-D West Union Street | Morganton, NC 28655 | 828-460-5698

# 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.

**DISCLAMIER**: 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 toy 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/

**Mooresville 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 my 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 brough 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.communitybaptistchurchmtmourne-mooresville.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/

**Mooresville Kindness Closet**

266 North Broad Street, Mooresville, NC 28115 (901)-827-7591

Located at the storage facility at Mooresville Chrisitan 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: mooresvillekindnesscloset@gmail.com

https://www.mooresvillekindnesscloset.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 house 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: leighannd@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:**

| **Mooresville** | | | |
|---|---|---|---|
| **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**<br>523 Brookdale Drive, Statesville, NC | (828)-322-5915 | www.intergratedcarehickory.com/ | Adults |
| **Life Stance Health**<br>276 Old Mocksville Road, Statesville, NC | (704)-360-3637 | https://lwscounseling.com | Adults |
| **Kevin Denny**<br>119 West Water Street, Suite C, Statesville, NC | (704)-763-0851 | Not Available | Children<br>Adults |
| **Little Gerald Services**<br>215 south Tradd Street, Statesville, NC | (980)-223-2547 | https://lgservicesnc.org | Children<br>Adults |
| **AHSAT Counseling & Consulting**<br>333 Brookdale Drive, Statesville, NC | (704)-879-1976 | https://ahsatcc.com | Children<br>Adults |
| **McLeod Addictive Disease Center**<br>636 Signal Hill Drive Extension, Statesville, NC | (704)-871-2992 | https://mcleodcenter.com | Adults |
| **PQA Healthcare**<br>518 Signal Hill Drive Extension, Statesville, NC | (336)-356-2600 | https://pqahealthcare.com | Adults |
| **Piedmont Medication Center**<br>1316 Davie Avenue, Suite D, Statesville, NC | (704)-873-7624 | https://piedmontmedication.com | Children |
| **Statesville Therapy** | (704)-325-9654 | https://statesvilletherapy.com | Children<br>Adults |

| | | | |
|---|---|---|---|
| 221 South Center Street #116, Statesville, NC | | | |

**Medication Assisted Treatment**

| **Mooresville** | | | |
|---|---|---|---|
| **Treatment Center** | **Phone** | **Website** | **Serving** |
| **Carolina Pain & Weight Loss** 131 Welton Way, Suite A, Mooresville, NC | (704)-360-4564 | https://carolinapainandweight.com | Adults |
| **Eleanor Health** 123 Professional Park Drive, Suite 101, Mooresville, NC 28117 | (704)-749-9560 | https://eleanorhealth.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 |

| **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.**<br>105 County Home Road, Dobson, NC | **(336)-386-8511** | **https://hopevalleytreatment.org** | **Adults** |
| **Path of Hope Inc.**<br>1675 East Center Street, Lexington, NC | **(336)-248-8914** | **https://apathofhope.org** | **Adults** |
| **Phoenix Counseling**<br>2505 Court Drive, Gastonia, NC | **(704)-842-6359** | **https://phoenixcc.us** | **Adults** |

**Sober living:**

| Sober Living Facility | Phone | Website | Serving |
|---|---|---|---|
| **Oxford House**<br>Have locations in Mooresville, Statesville, and throughout NC | (800)-689-6411 | https://oxfordhosue.org | Adults |
| **Integrated Care of the Greater Hickory**<br>523 Brookdale Drive, Statesville, NC | (828)-322-5915 | www.integratedcarehickory.com/ | Adults |
| **The Foundry House**<br>Statesville, NC | (704)-902-7498 | https://foundryofhope.org | Adults |
| **The Kings Daughters Ministry**<br>Stanley, NC | (704)-263-4204 | https://kdonline.org | Adults |
| **Recovery Ventures**<br>Swannanoa, NC | (828)-686-0354 | https://recoveryventures.org | Adults |
| **Safe Harbor**<br>Hickory, NC | (828)-326-7233 | https://safeharbornc.org | Adults |
| **Sober Living America**<br>Charlotte, NC | (877)-430-0086 | https://soberlivingamerica.org | Adults |

**Support Groups**

| Alcoholics Anonymous | | | |
|---|---|---|---|
| **Location** | **Day** | **Time** | **Type** |
| **Mooresville** | | | |
| **Big Book Thumpers**<br>Williamson Chapel UMC<br>575 Brawley School Road | Monday-Saturday | 6:45AM | Big Book<br>Open Discussion |
| **Mooresville Group**<br>Central United Methodist Church<br>214 North Academy Street | Sunday | 8:30AM | Open Discussion |
| **Mooresville Group**<br>Central United Methodist Church<br>214 North Academy Street | Monday, Wednesday, Thursday, Saturday | 7:00PM | Open Discussion |
| **Mooresville Group**<br>Central United Methodist Church<br>214 North Academy Street | Tuesday | 7:00AM | Open Discussion |
| **Mooresville Group**<br>Central United Methodist Church<br>214 North Academy Street | Friday | 11:59AM | Open Discussion<br>Speaker |
| **Statesville** | | | |
| **Easy Does it Statesville Group**<br>Intergroup House<br>432 West Bell Street | Friday<br>Sunday | 8:00AM<br>9:00AM | Open Discussion |
| **Weekdays Live**<br>Intergroup House<br>432 West Bell Street | Sunday, Monday, Tuesday, Thursday, Friday | 11:30AM | Open Discussion |
| **Hard to Swallow Group**<br>Saint John's Lutheran<br>740 North Center Street | Friday | 7:00PM | Big Book<br>Open Discussion |
| **Stony Point** | | | |
| **Midway Group**<br>Stony Point ARP Church<br>447 East Lackey Farm Road | Friday | 8:00PM | Open Discussion |

| Narcotics Anonymous | | | |
|---|---|---|---|
| Location | Day | Time | Type |
| **Mooresville** | | | |
| **A New Beginning Group**<br>Bridge Church of the Nazarene<br>2940 Charlottle Highway, Mooresville, NC | Tuesday, Thursday, Saturday, Sunday | 7:30PM | Open Discussion |
| **Statesville** | | | |
| **End of the Road**<br>Grace Baptist Church<br>719 Club Drive, Statesville, NC | Monday, Friday | 8:00PM | Open Discussion |

| Recovery Support Groups | | | |
|---|---|---|---|
| **Location** | **Day** | **Time** | **Types** |
| **Mooresville** | | | |
| **NAMI Family Support**<br>Mooresville Public Library<br>304 South Main Street, Mooresville, NC 28115 | Every 1st Wednesday of the month | 6:30PM-8:00PM | Support group for a loved one struggling with addiction<br>Open Discussion |
| Statesville | | | |
| **NAMI Family Support**<br>Fifth Street Ministries<br>1421 Fifth Street<br>Statesville, NC 28677 | Every 1st Saturday of the month | 2:00PM-3:30PM | Support group for a loved one struggling with addiction<br>Open Discussion |
| **NAMI Connection Recovery Support Group**<br>Fifth Street Ministries<br>1421 Fifth Street<br>Statesville, NC 28677 | Every 3rd Saturday of the Month | 2:00PM-3:30PM | Anyone going through recovery<br>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 ages1-3 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: leighannd@hoic.org

https://www.hoic.org/Rainbow-Kidz

**Iredell County Partnership for Young Children: Statesville**

734 Sailsbury 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/

# VETRANS

**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, NCn28117 (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

Healthy Families
Catawba Valley™
*Children's Hope Alliance*

# McDowell County Resources

children's hope
ALLIANCE

304-D West Union Street | Morganton, NC 28655 | 828-460-5698

# 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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# 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<br>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: iIndividual 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: rhahealthservices.org

HOURS: 8am-5pm M-F

DETAILS: Referral not needed. Services offered: Enhanced services: SAIOP, IIH, 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://rhahealthservices.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.mcdowellem.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.com
Website: 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/mcdowellsage/
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

Phillips Ridge
200 McDowell High Dr.
Marion, North Carolina
Call For Rent1-3 BR Affordable
(980) 269-1534

Capitol Hill Apartments
351 State St
Marion, North Carolina
Call For Rent1-4 BR Rent Assisted
(828) 652-4382

Heritage Hill Apartments
111 Crawford St
Marion, NC 28752
Call 828-652-1155

California Arms Apartments
221 California Ave
Marion, NC 28752
Call (828) 652-8225

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 1Marion, 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=IwAR1Ff1ufQPhBo9JDXbyNqS9E5wSjiaoY9VlYuIzZ747qbspJYzcYLEdlgzw

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
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 and open and ready to serve that 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.mcdowellem.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 ofmanaging 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<br>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

Healthy Families
Catawba Valley™
*Children's Hope Alliance*

# Hope, Health, and Healing for Generations

children's hope
ALLIANCE

304-D West Union Street | Morganton, NC 28655 | 828-460-5698