

ALEXANDER COUNTY

Parent Helpbook

2022 Directory of Services for
Alexander County Families



a partner in the
smart start network



*Published by the Alexander County Partnership for Children and the
Alexander County Local Inter-Agency Coordinating Council*



Introduction



We understand that parenting young children today is quite a challenge, and many parents wonder what services are available to help them in this important role. The Parent Helpbook has been created to connect Alexander County families to the services they need to make sure their children are able to reach their fullest potential.

The Alexander County Partnership for Children's mission is to ensure that all children enter school healthy and ready to succeed. We are primarily funded through the state of North Carolina's Smart Start Initiative and the NC Pre-Kindergarten Program. Our services include technical assistance and training for early childhood education providers, childcare subsidies, childcare resource and referral services, parent education and support, and early literacy programming.

The Alexander County Local Interagency Coordinating Council (LICC) is a community-based advisory group comprised of local service providers and parents that work together to make sure that all families know about early intervention services. The role of LICC is to develop and distribute county specific public awareness and child find materials; support interagency partnerships and information sharing; promote parent and family involvement in all community events; and support community efforts that involve children with special needs and their families.

We hope that your family will find this Parent Helpbook to be a valuable resource as you continue on your parenting journey!

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Multi-Service Agencies in Alexander County

Alexander County Department of Social Services

828-632-1080

604 7th St SW, Taylorsville, NC 28681

Hours: Mon-Fri 8:00 AM to 5:00 PM

www.alexandercountync.gov/dss/

Administers federal, state, and county programs focused on improving the well-being and self-sufficiency of our citizens.

More Info on DSS Services:

- **E-Pass (Electronic Pre-Assessment Screening Service) Customer Service:** 888-622-7328

www.epass.nc.gov

A tool that lets you check on and apply for available benefits (SNAP, WIC, and Medicaid) online. Shows you the benefits for which you may be eligible, and the forms that will be required to apply. It can also help you decide if you want to apply for assistance.

- **SNAP (Supplemental Nutrition Assistance Program)**

Helps low-income people buy the food they need for good health. SNAP benefits are not cash. SNAP benefits are provided on an electronic card that is used like an ATM or bank card to buy food at most grocery stores.

- **Adult, Family, and Children's Medicaid**

Health insurance program for those whose income is below amounts set by the federal and state government. Eligibility varies by age, income, and disability. It helps with medical bills such as doctor fees, prescription drugs, and hospital charges.

- **Work First Benefits**

Assists individuals with children in the home to earn a cash payment while seeking employment or education. Former recipients qualify for one time Retention Services aid.

- **Utility/Crisis Assistance**

Provides funds for assistance with payment of rent, deposits, power/water bills, car repair, and more (varies by program). Programs include 200% Fund, Emergency Assistance, Benefit Diversion, and Low-Income Energy Assistance (LIEAP).

- **Child and Adult Protective Services**

Assesses or investigates reports of child abuse, neglect, or dependency. Works with the family to identify and correct the cause of child maltreatment. For adults 18 and older, investigates reports of adult abuse, neglect, or exploitation.

- **Foster Care Program**

A temporary living arrangement for abused, neglected, and dependent children who need a safe place to live when their parents or relatives cannot take care of them.

- **Medicaid Transportation**

Alexander County Department of Social Services schedules medical appointment transportation for those with Medicaid.

- **Subsidized Child Care**

Subsidized childcare program funded through state and federal dollars to assist parents with the cost of childcare.

Alexander County Health Department

828-632-9704

338 1st Ave SW, Taylorsville, NC 28681

Hours: Mon-Fri 8:00 AM to 5:00 PM

www.alexanderhealth.org/

Provides a variety of health and medical services on sliding fee scales, regardless of residency or citizenships status. Accepts Medicare and Medicaid. Spanish translation available.

- **Adult and Children's Health Clinics**

For adults, offers sick and well visits, limited medication management, STD clinic (prevention, testing, and treatment), women's health services (PAP smear, breast exams, pregnancy testing and prenatal care). For children, offers sick and well visits, physical exams, laboratory testing, vision and hearing screenings, and developmental testing.

- **Immunization Clinic**

Walk-ins welcome, no appointment needed.

Hours: Tues & Wed 1:00 PM to 4:30 PM, Fri 8:00 AM to 12:00 PM

- **Mental and Behavioral Health Counseling**

Outpatient mental and behavioral health counseling for children, adolescents, and adults.

Accepts insurance or offers services on a sliding fee scale.

- **Care Coordination for Children (CC4C)**

Care management program for children birth to 5 years of age that have, or are at risk for, chronic physical, developmental, behavioral, or emotional conditions that may need health or related services for an extended amount of time. Referrals are made for well visits, immunizations, and/or developmental screenings.

- **Women, Infants, and Children Program (WIC)**

Program for women and children (birth to 5 years) that provides breastfeeding support, nutrition education, food instruments, and cash-value vouchers for a variety of healthy foods and formula (only for birth to 12 months).

- **Children's Dental Clinic**

Phone: 828-632-9704 Ext 481

Hours: Mon-Thurs 8:00 AM to 5:00 PM

Provides a variety of dental services for children birth through 18 years. Insurance accepted: Medicaid, NC Health Choice, private insurance, or self-pay. Self-Pay will have a sliding fee scale based on income and number in household. Pay at time of service.

The Bridge Community

828-352-9579

54 E Main Ave, Taylorsville, NC 28681

PO Box 663, Stony Point, NC 28678

www.the-bridge-community.org

- **Medication Assistance**
Free medication assistance for uninsured qualifying individuals. Call for appointment.
- **Community Referrals and Vouchers**
Comprehensive knowledge of and partnership with a variety of local helping agencies to link people with crisis assistance, food, access to vision and healthcare, and more. Provides vouchers for clothing, household items, and transportation.
- **Emergency Housing and Food**
Temporary emergency shelter for homeless individuals and families during severe weather. Partners with local motels and restaurants to provide these services.
- **Free Community Events**
Health Fairs, Family Activity Days, and Back to School events that offer information, health services, food, children's activities, and free giveaways. Check website for dates and locations.

Salvation Army

Taylorsville Thrift Store

828-632-3832

226 W Gate Dr, Taylorsville, NC 28681

Hours: Mon-Sat 9:00 AM to 6:00 PM

www.facebook.com/Salvation-Army-Family-Store-Taylorsville-North-Carolina-1800755423485551/

<https://www.salvationarmycarolinas.org/>

Sells new and used clothing, furniture, and other household items at low cost with additional senior discounts. To qualify for the following, clients must call and speak with a Social Worker at:
Hickory Salvation Army Crisis Help Line: 828-322-2535

- **Bill Assistance**
Help with rent and utilities. Funds renew the first Tuesday of each month. Must have proof of bill or cutoff notice.
- **Clothing and Household Item Vouchers**
Persons who have had a "total loss" may qualify for outfit vouchers (up to 5 per family member) and household item vouchers. Can be redeemed at any Salvation Army Location.
- **Food Assistance-** when available.
- **Salvation Army Shelter of Hope**
Phone: 828-322-8061 or 828-324-6919 or 828-639-1641 for the Resident Manager
750 3rd Ave SE, Hickory, NC 28602
For men, women, and families. Doors open in winter at 3:30 PM, serves dinner at 5:00 PM and breakfast in the morning. Stays are time limited, typically 3 to 4 months. Residents must leave in the mornings. Clean linens and hygiene items are provided. A longer-term men's only transitional housing has also been added to help those who are leaving correctional facilities.

Car Seat Safety

Motor vehicle crashes are the number one cause of death among children ages 1 to 19. A properly used child safety seat is required if the child is less than 8 years old AND weighs less than 80 lbs. Children should ride in the back seat until they are at least 13 years old.

The most important tip:

Keep your child rear-facing as long as possible. It is the best way to keep him or her safe. According to the American Academy of Pediatrics, children should travel in a rear-facing car seat until at least 2 years of age. Stay rear facing until your child has outgrown the car seat by weight or height.

Children may be secured in a properly fitted seat belt at age 8 (regardless of weight) OR at 80 pounds (regardless of age), whichever comes first. However, keep your child in a booster seat until he or she is big enough that the seat belt fits properly. Placing the shoulder belt under a child's (or adult's) arm or behind the back is both dangerous and illegal.

To make sure your car seat is installed properly or to get information about how to possibly get a safe car seat for your child, contact Safe Kids Alexander County at 828-632-3799.

Safe Kids Alexander County is focused on achieving one common goal: keeping your child safe. Safe Kids Alexander County is a coalition representing various organizations and agencies whose collective mission is to reduce accidental injuries of children ages 0-18 years. This coalition sponsors free community events such as Safe Kids Day, car seat check events and Operation Medicine Drop events.

For information on our free community events and other safety information go to <https://www.facebook.com/safekidsalexander/> or call (828) 632-3799.



Alexander County Emergency Services

Alexander County Fire Department

www.alexandercountync.gov/departments/emergency-services/fire-marshal/

www.taylorsvillenc.com/fireDept.htm

Also responsible for inspections, investigations, education, and public presentations.

Locations:

- **Bethlehem Fire & Rescue Department**
Phone: 828-495-7411 7373 NC HWY 127, Taylorsville, NC 28681
- **Ellendale Volunteer Fire Department**
Phone: 828-632-2611 30 Ellendale Fire Dept. Rd, Taylorsville, NC 28681
- **Hiddenite Volunteer Fire Department**
Phone: 828-632-3856 PO Box 72, Hiddenite, NC 28636
- **Stony Point Volunteer Fire Department**
Phone: 704-585-2519 PO Box 146, Stony Point, NC 28678
- **Sugar Loaf Volunteer Fire Department**
Phone: 828-632-5690 3564 NC Hwy 16 North, Taylorsville, NC 28681
- **Taylorsville Central Alexander Fire Department**
Phone: 828-632-2060 173 Emergency St, Taylorsville, NC 28681
- **Vashti Volunteer Fire Department**
Phone: 828-632-4344 21 Vashti Fire Dept. Rd, Taylorsville, NC 28681
- **Wittenburg Volunteer Fire Department**
Phone: 828-632-6641 77 Wittenburg Rd, Taylorsville, NC 28681

Alexander County Emergency Communications

828-632-2911

29 W Main Ave, Taylorsville, NC 28681

Provides emergency communications services to other agencies in Alexander County including the Taylorsville Police Department, Alexander Emergency Medical Services, Alexander Rescue Squad, and eight volunteer fire departments. Make after hours reports to Child and Adult Protective Services through this number. If you need emergency assistance from Law Enforcement, Fire, EMS, or Rescue agencies, please dial 911.

Alexander Rescue Squad & EMS, Inc.

828-632-9410

197 Emergency St, Taylorsville, NC 28681

www.alexanderrescue.org/

Provides emergency services to Alexander County.

Alexander County Sheriff's Department

828-632-1111 or 911

91 Commercial Park Ave, Taylorsville, NC 28681

www.alexandersheriff.org

Provides law enforcement services to the citizens of Alexander County.

- **Detention Center**

Phone: 828-632-0304

Men's and women's jail located next to the Sheriff's office. Visitation is by scheduled appointments only. To schedule a visit, go to <https://www.iwebvisit.com/> and create a free account.

- **County Magistrate**

Phone: 828-632-3119

Located next to the Sheriff's office in the Detention Center. For citizens filing criminal charges such as assault, trespassing, larceny, undisciplined juvenile, etc.

Taylorsville Police Department

828-632-2218 or CALL 911

67 Main Ave, Taylorsville, NC

www.taylorsvillenc.com/policedept.htm

Provides law enforcement services within the town of Taylorsville limits.

NC Highway Patrol

828-632-4976

2390 NC Hwy 90 W, Taylorsville, NC 28681

www.ncdps.gov

Primary mission is to reduce collisions and make the highways of North Carolina as safe as possible.



Alexander County Government Services

Alexander County Courthouse

828-635-3113

29 W Main Ave, Taylorsville, NC 28681

Hours: Mon-Fri 8:00 AM to 5:00 PM

www.nccourts.gov/locations/alexander-county

District and Superior Court District 22A. Court begins promptly each day at 9:00 am. Houses the following additional services:

- **Clerk of Court**
Located in the lower level of the courthouse, for filing protection orders (domestic violence or other protection), filing for divorce, custody, or other non-criminal matters.
- **Juvenile Court Counseling Services**
Phone: 828-635-6470
Also located in the lower level of the courthouse. For filing juvenile charge. They also provide counseling, supervision, intervention, and referral services for children (and their families) facing juvenile charges.
- **Piedmont Mediation**
Mediation services for certain criminal charges, assigned by the District Attorney.

Alexander County NC License Plate Agency

828-632-4463

85 E Main Ave, Taylorsville, NC 28681

Hours: Mon-Fri 9:00 AM to 5:00 PM

www.alexandercountync.gov/departments/nc-license-plate-agency/

For registering motor vehicles, renewing annual license plates, transferring motor vehicle titles, and issuing handicap tags. Cash, checks, credit, or debit cards are accepted.

Taylorsville Driver's License Office

828-632-1159

2390 NC Hwy 90, Taylorsville, NC 28681

Hours: Mon-Fri 8:00 AM to 4:30 PM

For issuance and renewal of driver's licenses, ID cards, license written tests, license road tests, commercial vehicle services, and CDL written tests.

Alexander County Services Center

828-632-9332

151 W Main Ave, Taylorville, NC 28681

Hours: 8:00 AM to 5:00 PM

www.alexandercountync.gov/

Houses the Register of Deeds, County Planning and Development, Soil and Water, and Tax Office.

Alexander County Animal Services

828-632-1199

116 Waggin' Trail, Taylorsville, NC 28681

www.acpets.org/

Offers animal adoption, lost and found, rabies, and spay/neuter clinics.

Alexander County Senior Center

828-632-1717

730 7th St, Taylorsville, NC 28681

Hours: Mon-Thurs 8:00 AM to 5:00 PM, Fri 8:00 AM to 2:00 PM

www.alexandercountync.gov/senior-center/

Offers a variety of programs to older adults promoting education, social recreation, health and wellness, and partnering with a variety of agencies.

- **Classes**

Include but are not limited yoga, Tai Chi, dancing, painting, scrapbooking, and multiple games.

- **Resources**

There is a lending library of videos, books and periodicals, and internet access. There are also locations in Stony Point and Bethlehem.

- **Health Initiatives**

They offer various screenings, mammograms, flu shots, monthly blood pressure checks.

Alexander County Cooperative Extension Center

828-632-4451

376 1st Ave SW, Taylorsville, NC 28681

www.alexander.ces.ncsu.edu/

A nationwide educational network that advances agriculture, the environment, health, and well-being of communities through educational classes, events, literature, and 4-H Youth Development.

Academic/School Information

Early Head Start

828-635-1479

401 E Main St, Taylorsville, NC 28681

www.enolagroup.org/family-resource-centers

Comprehensive, community-based program serving families and children from birth to age three and women who are pregnant. Services Include:

- **In-Home Education**
- **Child Development Center**

Offers childcare services.

- **Other Services**

Developmental screenings, assistance with well-baby checks and medical follow-up as needed, immunization, and assistance in accessing dental, vision, and hearing screenings.

Alexander County Head Start

828-632-3809

700 Liledoun Rd, Taylorsville, NC 28681

www.alexander.k12.nc.us/headstart

Provides comprehensive early childhood education, health, nutrition and parent involvement services to low-income children and their families. For children ages 3-5 only, transportation provided.

Locations:

- **Stony Point Elementary School**
- **Wittenburg Elementary School**

NC Pre-K

828-632-3799

1565 NC Hwy 90 W, Taylorsville, NC 28681

PO Box 1661, Taylorsville, NC 28681

www.alexanderchildren.org

A state funded community-based pre-kindergarten program that works to provide high-quality early education to qualified four-year-olds. Does not provide transportation.

Locations:

- **First Baptist Church Child Development Center**
- **Hiddenite Elementary School**
- **Taylorsville Elementary School**
- **Bethlehem Elementary School**



FREE PRE-K

**Your child may be eligible for FREE
pre-kindergarten in Alexander County.**

**Your child must turn 4 years old
on or before August 31 of the current school year.**

**Stop by the Alexander County Partnership for Children's
office to pick up an application.**

Open: Monday – Thursday, 8am – 5pm

1565 NC Hwy 90 W

Taylorsville, NC 28681

(1 mile past Food Lion on Hwy 90)



www.alexanderchildren.org

**Call the Alexander County Partnership for Children
at 828-632-3799 for more information.**

Alexander County Schools

828-632-7001

700 Liledoun Rd, Taylorsville, NC 28681

www.alexander.k12.nc.us/

Children ages 3 and older receive free public and special education services as well as any needed educational therapies through the schools Exceptional Children's Department.

- **Alexander Central High School**
Phone: 828-632-7063 223 School Dr, Taylorsville, NC
- **Alexander Early College**
Phone: 828-632-8221 ext.301 230 Industrial Blvd, Taylorsville, NC 28681
- **East Alexander Middle School**
Phone: 828-632-7565 1285 White Plains Rd, Hiddenite, NC 28636
- **West Alexander Middle School**
Phone: 828-495-4611 85 Bulldog Ln, Taylorsville, NC 28681
- **Bethlehem Elementary**
Phone: 828-495-8198 7900 NC Hwy. 127, Taylorsville, NC 28681
- **Ellendale Elementary**
Phone: 828-632-4866 175 Ellendale Park Ln, Taylorsville, NC 28681
- **Hiddenite Elementary**
Phone: 828-632-2503 374 Sulphur Springs Rd, Hiddenite, NC 28636
- **Stony Point Elementary**
Phone: 828-585-6981 311 Stony Point School Rd, Stony Point, NC 28678
- **Sugar Loaf Elementary**
Phone: 828-632-2192 3600 NC Hwy. 16 N, Taylorsville, NC 28681
- **Taylorsville Elementary**
Phone: 828-632-3809 100 7th St SW, Taylorsville, NC 28681
- **Wittenburg Elementary**
Phone: 828-632-2395 7300 Church Rd, Taylorsville, NC 28681

Alexander Christian Academy

828-471-7826

PO Box 38, Hiddenite, NC 28636

www.alexanderchristianacademy.com/

Christ centered, private, non-denominational, independently supported life preparatory Christian academy. Please call for tuition rates.

Campus locations:

- **Bethlehem Campus: Pre-K through 8th grade**
3919 Icard Ridge Rd, Hickory, NC 28601
- **Hiddenite Campus: K through 8th Grade**
250 Hiddenite Church Rd, Hiddenite, NC 28636
- **Calvary Chapel Campus: High School**
61 C.I. Chapman Ct, Taylorsville, NC 28681

Millersville Christian Academy

828-352-9600

130 Millersville Church Rd, Taylorsville, NC 28681

www.millersvillechristianacademy.org

Private, Christian academy with a Christ-focused curriculum. Beginning in the 2021-22 school year they will accept kindergarten through 6th grade. Each subsequent year going forward at least one additional grade will be added. Admission requires an application, \$250 application fee, prior transcripts, interviews, and references. Please contact for tuition rates.

Catawba Valley Community College- Alexander Center

828-632-8221 (Taylorsville) or 828-327-7000 (Hickory)

345 Industrial Blvd, Taylorsville, NC 28681

www.cvcc.edu

http://www.cvcc.edu/about_us/buildings_centers/alexander_Center/index.cfm

CVCC is an innovative, comprehensive community college that fosters and promotes a multitude of learning experiences. Adult basic skills programs are free to adults who seek to improve skills or complete a high school diploma.

NC School for the Deaf

828-432-5200

517 W Fleming Dr, Morganton, NC 28655

www.ncsd.net/

A day/residential facility for the education of children who are deaf and hard of hearing. Located on a beautiful and historic 160-acre campus in Morganton.

Antioch Baptist Church

828-632-2929

580 Antioch Church Rd, Taylorsville, NC 28681

www.welcome2antioch.org/

AWPalmer@antioch580.org

Offers a tutoring program for students from Ellendale Elementary with homework needs.

East Taylorsville Baptist Church

828-632-2564

644 1st Ave Dr SE, Taylorsville NC 28681

www.easttaylorsville.com/tutoring/

Offers tutoring available through the church ministry.

Sulphur Springs Baptist Church

828-929-9144

116 Patterson Rd, Hiddenite NC 28636

Hours: Every Wed. 3:30 PM to 7:45 PM (only during the school year)

www.sulphurspringsbc.com/tutoring-ministry

Program for East Alexander Middle School students. Provides tutoring, dinner, and an optional adolescent geared small group church session. Applications available through the website.

Exceptional Children's Assistance Center (ECAC)

800-962-6817 or 704-892-1321

907 Barra Row, Suites 102 & 103, Davidson, NC 28036

www.ecac-parentcenter.org

A private non-profit parent organization which helps parents navigate the special education system, know their rights, and use their voice. Provides information, support, training, and resources to assist families caring for children with special needs from birth to age 26.

Alexander County Library

Main Branch (Taylorsville): 828-632-4058

77 1st Ave SW, Taylorsville, NC 28681

www.alexanderlibrary.org/

Bethlehem Branch: 828-495-8753

45 Rink Dam Rd, Hickory, NC 28601

Stony Point Branch: 828-632-4058

431 Ruritan Park Rd, Stony Point, NC 28678

Provides books, music, newspapers, magazines, public access computers, wireless internet hotspot, local history collection, online databases, online learning (with continuing education credits), educational programs for all ages, answers to questions, and opportunities for education, communication, and interaction.

NC Early Intervention Library

800-962-6817, ext. 13

www.beeearly.nc.gov

907 Barra Row, Suites 102 & 103, Davidson, NC 28036

As a service provider or parent of young children with and without special needs in North Carolina you have access to a large collection of print and video materials from each of these libraries by using this website.

Assistance: Food, Financial, & Other

Also see Alexander County Schools on page 13 for every elementary, middle, and high school in Alexander County which provides:

- Weekend food through the Rotary Backpack Program (or H.A.V.E.S pantry at ACHS)
- Free and Reduced School Lunch Program
- Clothing closet
- Emergency Financial Crisis Assistance
- NC Foundation for Public School Children Scholarships for eyeglasses, school supplies, clothing/shoes, some medications, **critical** dental services, hearing devices, some individual field trip fees, etc.
- Prevent Blindness North Carolina referrals to assist with vision services.
- Referrals to other helping services.

Please contact your child's school and speak with the School Social Worker, Counselor, or Nurse for assistance.

Also see Alexander Co. Department of Social Services on page 3.

Also see The Bridge Community on page 5.

Also see Salvation Army on page 5.

Food/Meals Pantries

957 Mobile Café

828-471-7070

First United Methodist Church Mission Campus

54 E Main Ave, Taylorsville, NC 28681

www.957mobilecafe.org/

www.facebook.com/957-Mobile-Cafe-1619287488308397/

957mobilecafe@gmail.com

A Food ministry that serves meals Mon. - Fri. as well as goes out into Alexander County communities each week and serves a meal to the less fortunate.

Hours: Mission Campus: Mon-Fri 11 AM to 1:30 PM

Stony Point Christian Ministry: Tues 12 PM to 1 PM

Christian Crisis Center: Wed 12 PM to 1 PM

Hiddenite Community Helpers: Thurs 3:30 PM to 5 PM

Christian Crisis Center

828-632-0022

215 5th Ave SW, Taylorsville, NC 28681

Hours: Mon-Fri 9:00 AM to 12:00 PM

Provides food once monthly for individuals and families who are in need in Alexander County.

Also provides financial crisis assistance for things such as rent, utility bills, and heating fuel.

Good Samaritan Food Pantry-Mt. Pisgah Lutheran Church

828-495-8251

9379 Hwy 127 N, Hickory, NC 28601

Hours: Mon 3:00 PM to 5:00 PM, Fri 1:00 PM to 3:00 PM

mtpisgah@charter.net

mtpisgahelca@gmail.com

Provides food and some hygiene supplies once monthly for individuals and families in need in Alexander County.

Hiddenite Community Helpers

828-320-5269

45 Fire Department Ct, Hiddenite, NC 28636

Hours: Tues & Thurs 4:00 PM to 6:00 PM

www.hiddenitehelpers.org/

Provides food and some hygiene supplies once monthly for individuals and families in need in Alexander County.

Stony Point Christian Ministry Center

704-585-6634

411 Ruritan Park Rd, Stony Point, NC 29678

Hours: Tue and Thurs 12:00 PM to 3:00 PM

Provides food once monthly for individuals and families in need in Alexander County. Clothes and housewares available at low cost.

Hickory Soup Kitchen

828-327-4828

110 2nd Street Pl SE, Hickory, NC 28602 or PO Box 1431 Hickory, NC 28603

Hours: Mon-Fri 7:00 AM to 1:00 PM

www.hickorysoupkitchen.org/

Provides hot meals, safe shower facilities, take-home groceries, and other various services.

Taylorsville Rotary Foundation

828-635-7889

409 E Main Ave, Taylorsville, NC 28681

www.taylorsvilleroatary.com

Sponsors School Backpack food program in Alexander County, as well as a Christmas shopping spree and gift cards for low-income students. **Contact your child's school for access.**

Cell Phone and Internet Assistance

Lifeline Assistance Program

800-234-9473

www.checklifeline.org/lifeline

Federal benefit program that offers free or low-cost smart phone, minutes, text, and data to qualifying individuals. Also partners with internet companies. You may qualify based on household income or if you or a member of your household participates in certain public assistance programs like Medicaid/Medi-Cal, Food Stamps/SNAP, or SSI.

Partnering Phone Plan Providers:

- **Assurance Wireless**
888-321-5880 toll-free
www.assurancewireless.com/Public/Welcome.aspx
- **Access Wireless**
www.accesswireless.com/lifeline/enroll
- **Safelink Wireless**
www.safelinkwireless.com

Partnering and Other Discount Internet Providers:

- **AT&T**
855-301-0355
www.att.com/internet/access/
Offers a \$10 monthly internet service with no deposit for recipients of SNAP, SSI, or other qualifying program/income. Also offers discounts through Lifeline Assistance Program.
- **CenturyLink**
800-244-1111 or for Spanish 800-201-4099
www.centurylink.com/aboutus/community/community-development/lifeline.html
Provides low-cost high speed broadband internet where available.
- **Spectrum Internet Assist**
www.spectrum.net/support/internet/spectrum-internet-assist/
Discount internet, where available, to qualifying low-income households.

Free Wi-Fi Hotspots in Alexander County

- **Alexander Co. Library:** 77 1st Ave. SW, Taylorsville, NC 28681
- **Alexander Co. Senior Center:** 730 7th St SW, Taylorsville, NC 28681
- **Alexander Co. Board of Education:** 700 Liledoun Rd. Taylorsville, NC 28681
- **Alexander Co. Administration Building:** 621 Liledoun Rd, Taylorsville, NC 28681

Students can access internet on Chromebooks at the following schools:

- **ACHS:** available in front parking area of auditorium and cafeteria (Teacher Parking Lot)
- **AEC:** available in the front parking area
- **BES:** available in the parking area adjacent to the walking track
- **EAMS:** available in the front parking lot of school (Building Entrance Area)
- **EES:** available in the front parking lot area as well as parking near the baseball field
- **HES:** available at both the front parking area and the rear parking area
- **SPES:** available at both the front parking area and rear area
- **SLES:** available in parking area closest to media location
- **TES:** available in parking area closest to 4-5 pod (near entrance to softball field) as well as parking area adjacent to cafeteria
- **WAMS:** available in parking area at back of building
- **WES:** available in the front parking area of building

Other Assistance

Alexander County Habitat for Humanity

Restore Thrift Shop

828-635-0832

176 Westgate Shopping Center, Taylorsville, NC 28681

Hours: Wed-Fri 9:00 AM to 6:00 PM, Sat 9:00 AM to 4:00 PM

www.hfh-nc-alex.huterra.com/

Sells new and gently used furniture, home accessories, building materials, and appliances, etc. to the public at a fraction of the retail price. Proceeds are used to build homes, community, and help locally and around the world.

Habitat House Ownership Program

828-635-7889

194 E. Main Ave, Taylorsville, NC 28681

www.alexhabitat.org

Habitat builds and rehabilitates simple, decent houses with the help of the potential homeowner (partner) families. Habitat houses are sold to partner families at no profit, financed with affordable, no-interest loans. Families are selected through an application process.

Blue Ridge Community Action

828-438-6255

800 N Green St, Morganton, NC 28655

Hours: Mon-Fri 8:30 AM to 5:00 PM

www.brcainc.org/

Offers free weatherization of home and replacement of heating and air units to those who meet income guidelines in order to help reduce energy costs.

American Red Cross

800-733-2767

Catawba Valley Chapter

828-322-4151

1375 Lenoir Rhyne Blvd, Hickory, NC 28602

www.redcross.org

www.redcross.org/nc/hickory

A humanitarian organization that provides emergency assistance, disaster relief, and education in the U.S.

Social Security and SSI Benefits

Hickory Office

888-877-1615 or

800-735-8262 (Hearing impaired call our toll-free TTY number)

1501 US Hwy 321 NW, Hickory, NC 28601

Hours: Mon-Fri 9:00 AM to 4:00 PM (In person meetings by appointment only.)

www.ssa.gov

United Way of Alexander County

828-234-2588

PO Box 232 or 54 E Main Ave, Taylorsville, NC 28681

www.unitedwayalexander.org/

Works to improve people's lives in the areas of education, income, and health by supporting local agencies and referring residents to helping resources.

Child Care

For Daycare Vouchers please see Alexander Co. Department of Social Services on page 3.

Alexander Central High School Child Development Center (CDC)

828-635-3404 or 828-632-7063 Ext 141

223 School Dr, Taylorsville, NC 28681

Baby Cougars program for children ages 3-5 years old only. Operates only during the school year,
Mon-Fri 7:30 am to 4:00 pm.

Alexander County Head Start

828-632-3809

700 Liledoun Rd, Taylorsville, NC 28681

www.alexander.k12.nc.us/headstart

Provides comprehensive early childhood education, health, nutrition and parent involvement services to low-income children and their families.

Alexander Early Head Start

828-635-1479

401 E Main Ave, Taylorsville, NC 28681

www.enolagroup.org/ehs-programs/child-development-centers

Ages 0-3 years old only. Early Head Start operates year-round Mon-Fri 7:30 to 1:30 (free for qualifying children). Wrap Care services available to these children for a fee from 1:30 pm to 5:00 pm. Early Learning Center provides childcare from 7:30 am to 5:00 pm.

Bethlehem Baptist Childcare

828-228-4171

850 Antioch Church Rd, Taylorsville, NC 28681

www.bethlehembc.org/childcare/

Ages 0-5 years old only. Operates year-round Mon-Fri 6:30 am to 6:00 pm.

Calling Kids Child Development Center (CDC)

828-632-1960

191 Ervin St, Hiddenite, NC 28636

Ages 6 weeks-12 years old. Operates year-round Mon-Thurs 6:30 am to 5:30 pm and Fridays 6:30 am to 4:30 pm. Offers part-time, full-time, and before and after school care.

First Baptist Child Development Center (CDC)

828 632-7859

321 W Main Ave, Taylorsville, NC 28681

www.taylorsvillefirstbaptist.com/-daycare.html

Ages 0-5 years old only. Operates year-round Mon-Fri 6:30 am to 6:00 pm.

Millersville Child Development Center (CDC)

828-635-0530

130 Millersville Church Rd, Taylorsville, NC 28681

www.millersvillebc.com/development.htm

Ages 0-5 years old only. Open year-round Mon-Fri 6:00 am to 6:00 pm.

MT Bethel UMC Child Development Center (CDC)

828-598-0121

9042 NC Hwy 127 N, Hickory, NC 28601

mtbethelumc.org/children-youth/child-development-center

Ages 6 weeks-5 years old only. Operates year-round Mon-Fri 6:00 am to 6:00 pm. Offers full-week, drop-off, temporary, and emergency care.

New Beginnings Child Enrichment Center

704-585-2380

4485 Old Mountain Rd, Stony Point, NC 28678 (Sloan Center Building)

www.nbcec.com/index.html

Ages 0-14 years old. Offers full and part-time care year-round Mon-Fri 6:00 am to 5:30 pm. Before and after school care available during the school year. \$25 application fee.

The Tot Spot Childcare Center

828-352-8795 or 828-381-8791

1591 Hwy 90 W, Taylorsville, NC 28681

www.thetotspot.me/

Ages 0-5 years old only. Operates year-round Mon-Fri 6:00 am to 6:00 pm.

Alexander County Schools Before and After School Care

828-632-3072 ext. 3660

www.alexander.k12.nc.us/domain/911

For elementary school aged children. Operates during the school year only, Mon-Fri 6:00 am to 7:45 am and 3:20 pm to 6:00 pm. \$25 application fee.

Locations:

- **Bethlehem Elementary School:** 828-495-4922
- **Ellendale Elementary School:** 828-632-0042
- **Hiddenite Elementary School:** 828-632-2505 Ext 3544
- **Stony Point Elementary School:** 704-585-6981
- **Taylorsville Elementary School:** 828-632-3072 Ext 3658
- **Wittenburg Elementary School:** 828-632-2395

NC Department of Health and Human Services Division of Child Development and Early Education

800-859-0829 or 919-527-6335

www.ncchildcare.nc.gov/general/mb_contact.asp

Provides information to help you make the best possible childcare choices. The Division records a variety of information on regulated facilities that you might find useful in your search.

Region 9 Child Care Resource & Referral

704-878-9980 or 877-670-8735

734 Salisbury Rd, Statesville, NC 28677

www.iredellsmartstart.org/region9.htm

www.region9ccrr.org

Free Resource and Referral service offers individual childcare referrals to help families choose the childcare program that best fits their needs. Provides up-to-date information about local childcare options, quality indicators, and steps to take when seeking care.

Children's Services

Alexander County Partnership for Children (Smart Start)

828-632-3799

1565 NC Hwy 90 W or PO Box 1661, Taylorsville NC 28681

www.alexanderchildren.org

A private non-profit organization that provides free services for families with children birth through age five in Alexander County. Current programs include a Lending Library and Resource Room, Circle of Parents Parent Support Group, Child Passenger Safety Seat Program, Child Care Resource and Referral Program, Dolly Parton's Imagination Library, and NC Pre-K.

Family, Infant, and Preschool Program (FIPP)

828-433-2661

300 Enola Rd, Morganton, NC 28655

www.fipp.org

Provides direct support to children and their families in Alexander, Burke, Caldwell, Catawba, and McDowell counties in Western North Carolina. Provides early intervention services, parent education, pregnancy support, and neonatal intensive care follow-up.

Pharos Parenting-Formerly SCAN of Iredell County

704-878-2227

1602 Davie Ave, Statesville, NC 28677

www.pharosparenting.org/programs-overview

The agency helps guide parents through the troubled waters of parenthood. Currently offering in-home support (Parent Aide), supervised visitation (Family Connections), parenting classes (Love and Logic and Triple P), in-home therapeutic support (Carolina's Child), and a reunification program (Coaching to Permanence).

≡ You know your child best! ≡

If you suspect your child has a developmental delay or disability, don't wait to ask for support!

If your child is under the age of 3 contact the Children's Developmental Services Agency at 828-433-5171.

If your child is 3 or older contact Alexander County Schools at 828-632-7001.

Services for Children with Disabilities

Local Interagency Coordinating Council (LICC)

Please call your local CDSA office to get current information about your county's LICC contacts:

919-707-5523

Comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family friendly.

Children's Developmental Services Agency (CDSA)

828-433-5171

145-A W Parker Rd, Morganton, NC 28655

www.beeearly.nc.gov

Provides early intervention services for children who have developmental disabilities or delays, ages birth to 3.

Children's Neurotherapy Services

www.cnsclinic.com/

Contracts with the Children's Developmental Service Agencies (CDSA) to provide Community Based Rehabilitative Services (CBRS) as well as Occupational, Physical and Speech Therapy to children under 3 years of age.

- **Granite Falls**

Phone: 828-212-0256

4012 Hickory Blvd, Granite Falls, NC 28630

- **Hickory**

Phone: 828-267-1688

1087 13th St SE, Hickory, NC 28602

BEGINNINGS for Parents of Children Who are Deaf

800-541-4327

156 Wind Chime Ct, Suite A, Raleigh, NC 27615

www.ncbegin.org/raleigh@ncbegin.org

Provides emotional support and access to information as a central resource for families with deaf or hard of hearing children, age birth through 21.

Early Intervention Program for Children Who Are Deaf or Hard of Hearing

828-432-5352

www.ncdhhs.gov/assistance/hearing-loss/early-intervention-for-deaf-hard-of-hearing

Offers services to children (up to age three) who are deaf, hard of hearing, or deaf/blind.

Itinerant professionals provide family-centered intervention services concentrating on language and communication skill development to establish a smooth transition to the local education agency.

Governor Morehead Preschool

828-433-2980

517 W Fleming Dr, Morganton, NC 28655

www.govenormoorehead.net

Provides a variety of services for infants, toddlers, and preschoolers with visual impairments. Services may be delivered in homes, childcare centers, and classrooms.

Exceptional Equestrians

828-433-2291

300 Enola Rd, Morganton NC 28655

A therapeutic horseback riding program for adults and children with disabilities. Also provides volunteer opportunities for adults and youth to assist in providing services.

TEACCH Center (Charlotte site serves Alexander Co.)

704-563-4103

5701 Executive Center Dr, Suite 108, Charlotte, NC 28212

www.teacch.com/

Services for individuals on the Autism Spectrum, includes diagnostic evaluations, individual intervention services, support groups, parent mentors, parent teaching sessions education and training such as workshops for parents, teachers, and other professionals.



Developmental Milestones

Developmental Milestones are skills such as taking a first step, smiling for the first time, and waving “bye bye” Children reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.). These milestones provide a guide for typical child development and can help parents and caregivers to recognize a concern in development.

To learn more about developmental milestones visit:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

or

Download the “Milestone Tracker” app from your app store.



Content source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

Child Advocacy Centers

Children's Advocacy and Protection Center of Catawba County

828-465-9296

4360 County Home Rd, Conover, NC 28613

www.catawbacountycapc.org/capc/

Child advocacy center for Catawba County for child victims of sexual or severe physical abuse. Works with the multidisciplinary team that includes DSS, law enforcement, and the District Attorney's office. Services include forensic interviews, medical examination, counseling, court advocacy, and a support group for non-offending parents/caretakers.

Dove House Children's Advocacy Center

704-883-9814

2407 Simonton Rd, Statesville, NC 28687

PO Box 825, Statesville, NC 28687

www.dovehousecac.org/

Child advocacy center for Alexander and Iredell Counties for child victims of sexual assault or abuse. Works with the multidisciplinary team that includes DSS, law enforcement, and the District Attorney's office. Services include forensic interviews, medical examination, court advocacy, and resource referral.

Robin's Nest

828-754-6262

1051 Harper Ave SW, Lenoir, NC 28645

www.robinsnestcac.org/

Child advocacy center for Caldwell County for child victims of sexual or severe physical abuse. Works with the multidisciplinary team that includes DSS, law enforcement, and the District Attorney's office. Services include forensic interviews, medical examination, counseling, court advocacy, and resource referral.

Children's Activities

Organizations/Clubs

Alexander County 4-H

828-632-4451

376 1st Ave SW, Taylorsville, NC 28601

www.alexander.ces.ncsu.edu/categories/4-h-youth-development/

www.alexander.ces.ncsu.edu/alexander-4-h-clubs-and-groups/ (List of local groups)

Alexander County YMCA

828-632-9699

260 Black Oak Ridge Rd, Taylorsville, NC 28681

PO Box 10, Taylorsville, NC 28681

www.ymcanwnc.org/locations/alexander-county-family-ymca/

Offers great group exercise programs and a comprehensive wellness center, as well as a wide range of youth development programs.

Boy Scouts of America (Troop 274)

828-632-4257

279 Main Ave Dr, Taylorsville, North Carolina

www.facebook.com/pg/BoyScoutTroop274/about/?ref=page_internal

Girl Scouts

828-328-2444

208 Union Square NW, Suite 101, Hickory, NC 28602

www.girlscoutsp2p.org/

Parks

Bethlehem Park

187 Bethlehem Park Ln, Taylorsville, NC 28681

East Alexander Park

201 East Alexander Park Ln, Hiddenite, NC 28636

Ellendale Ruritan Park

Ellendale School Rd, Taylorsville, NC 28681

Dusty Ridge Park

360 Dusty Ridge Access Rd, Taylorsville, NC 28681

Jaycee Park

Jaycee Park Loop, Taylorsville, NC 28681

Matheson Park

828-632-2218

Matheson Park Ln, Taylorsville, NC 28681

<http://www.taylorsvillenc.com/mathesonPark.htm>

Riverbend Park

828-256-9157

6700 NC Hwy 16 N, Conover, NC 28613

www.catawbacountync.gov/county-services/parks/riverbend-park/

Rink Dam Boat Dock

828-632-7937

3210 Rink Dam Rd, Taylorsville, NC 28681

<https://www.facebook.com/pages/Rink-Dam-Boat-Dock/108235292551453>

Rocky Face Park

828-632-1093

3451 Rocky Face Church Rd, Hiddenite, NC 28636

www.rockyfacepark.com/

Salem Park

4000 Hwy 16 S, Taylorsville, NC 28681

Suncrest Water Park

828-632-2731

6806 All Healing Springs Rd, Taylorsville, NC 28681

www.suncrestwaterpark.net/

Taylorsville Beach Scuba & Marina

828-632-7649

420 Taylorsville Beach Ct, Taylorsville, NC 28681

www.lakehickoryscuba.com/

A full-service dive center, marina, and boat shop.

Taylorsville Town Park

32 Town Park Ave, Taylorsville, NC 28681

Athletics/Sports/Dance/Gymnastics**Alexander County Parks and Recreation Department**

828-632-1104

151 West Main Ave, Taylorsville, NC 28681

<http://alexandercountync.gov/departments/parks-and-recreation/>

Recreation activities for boys and girls ages 3 and up (ages vary by sport). Offers football, volleyball, cheerleading, tee ball, soft ball, baseball, basketball, and soccer. Teams operate in Bethlehem, Ellendale, Hiddenite, Stony Point, Sugarloaf, Taylorsville, and Wittenburg.

Brushy Mountain Sports Park

828-635-7766

2491 Lambert Fork Rd, Taylorsville, NC 28681

www.bmmspark.com/

Brushy Mountain Golf Course

828-632-4804

300 Golf Course Ln, Taylorsville, NC 28681

www.brushymountaingolf.com/

Pollard's Raceway Park (Go-Carts)

828-632-0966

74 Bandit St, Taylorsville, NC 28681

www.facebook.com/Pollard-Raceway-Park-167993826652070/

A family friendly racetrack with fun for all ages.

Statesville Fitness & Activity Center

704-878-3944

1875 Simonton Rd, Statesville, NC 28625

www.statesvillenc.net/resident/fitnessamp;activitycenter/tabid/105/default.aspx

A facility dedicated to helping citizens live healthy lifestyles.

Special Olympics of North Carolina

800-843-6276

2200 Gateway Centre Blvd, Suite 201, Morrisville, NC 27560

www.sonc.net

Provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics North Carolina- Alexander County

Amy Pruett- Local Program Coordinator

alexander@sonc.net

<https://sonc.net/local-programs/alexander-county/>

Walkin' Roll Activities League, Inc.

828-228-0616

PO Box 334, Claremont, NC 28610

www.walkinroll.org/

Supports and nurtures individuals with developmental disabilities by providing team building opportunities through T-Ball, bowling, swimming, dancing and other group activities.

Foothills Equestrian Center

828-381-0473

531 Starnes Ln, Taylorsville, NC 28681

www.foothillswweb.com/

Provides riding lessons, boarding, leasing, clinics, and parties.

Lake Pointe Equestrian Center

704-996-6074

2998 Teague Town Rd, Taylorsville, NC 28681

www.lakepointeec.com

Lessons, leasing, parties, homeschool programs, and summer camps.

All That Dance

828-638-8527

1st Ave SW, Taylorsville, NC 28681

www.allthatdancetay.wixsite.com/allthatdance

Fine Arts dance studio offering classes in ballet, tap, jazz, hip hop, lyrical, liturgical, and modern dance for ages 3 years old and up.

Parallel Dance Collaborative

704-500-6623

120 7th St SW, Taylorsville, NC 28681

www.facebook.com/paralleldancecollaborative/

Foothills Gymnastics Training Center

828-328-3794

920 29th Ave NE, Hickory, NC 28601

www.foothillsgymnastics.com/

Offers gymnastics, cheerleading, tumbling, dance, and martial arts classes.

Kristie Phillips Athletic Center (KPAC)

704-872-2888

2809 Amity Hill Rd, Statesville, NC

PO Box 997, Troutman, NC 28166

www.kpacgymnastics.com

Offers competitive gymnastics, recreational gymnastics, cheerleading and dance.

Arts/Science/History

Hiddenite Arts and Heritage Center (Lucas Mansion)

828-632-6966

316 Hiddenite Church Rd, Hiddenite, NC 28636

www.hiddenitearts.org/

A non-profit organization, serving the people of Northwest North Carolina by providing quality arts and cultural heritage programming that is accessible for all.

Studio 3 Music School

Music Director: 828-381-0007, **Administrator:** 828-352-3526

54 E Main Ave, Taylorsville, NC 28681

PO Box 383, Taylorsville, NC 28681

www.studio3nc.com/

[www.Facebook.com/studio3nc](https://www.facebook.com/studio3nc)

Provides a true music education through the study, practice and performance of music, helping students to move toward confident possession of their gifts and skills as accomplished musicians.

Emerald Hollow Mine

828-635-1126

484 Emerald Hollow Mine Dr, Hiddenite, NC 28636

www.emeraldhollowmine.com

Find rare gemstones in the rough.

Hickory Museum of Art

828-327-8576

243 3rd Ave NE, Hickory, NC 28601

hickoryart.org/

General admission to Hickory Museum of Art is FREE.

Catawba Science Center

828-322-8169

243 3rd Ave NE or PO Box 2431, Hickory, NC 28603

www.catawbascience.org/

Murray's Mill Historic Site

828-241-4299

1489 Murray's Mill Rd, Catawba NC 28609

www.catawbahistory.org/murrays-mill

A national historic district located in Catawba, NC.

Farms/Orchards

Deal Orchards Inc.

828-632-2304

7400 NC Hwy 16 N, Taylorsville, NC 28681

www.dealorchards.com

Farmers' Daughter

828-312-8137

2150 Friendship Church Rd, Taylorsville, NC 28681

www.thefarmersdaughternc.com/

A strawberry and mixed vegetable farm.

Perry Lowe Orchards

336-921-3123 or 828-632-7913

8741 NC Hwy 16 N, Moravian Falls, NC 28654

www.perryloweorchards.com/

Sugarloaf Orchards

828-635-7477

7415 NC Hwy 16 N, Taylorsville NC, NC 28681

www.ncagr.gov/ncproducts/ShowSite.asp?ID=102197

Camps

Hickory Cove Bible Camp

828-632-2987

170 Ferguson Ln, Taylorsville, NC 28681

www.hickorycove.org/

Offers Christian oriented camps, retreats, and events for children and adults.

Dental Care

Also See Alexander County Health Department on page 4.

Apple Valley Family Dentistry

828-632-7008

167 1st Ave SW, Taylorsville, NC 28681

www.facebook.com/applevalleyfamilydentistry/

A general dentistry office.

Carolina Dental Care Center (Dr. Smith, DMD)

828-635-8510

556 NC Hwy 16 S, Taylorsville, NC 28681

www.carolinadentalcarecenter.com

Provides dental work using the newest techniques and technologies available in dentistry.

Dr. William Hackney

828-632-9515

285 NC Hwy 16 S, Taylorsville NC 28681

www.hackneydental.com/

Dental practice that offers various dental procedures and practices.

Taylorsville Family Dentistry (Dr. Boone Groce, DMD)

828-352-7557

310 NC Hwy 16 S, Taylorsville, NC 28681

www.taylorsvillefamilydentist.com

A general dentistry office.

Taylorsville Pediatric Dentistry

828-635-9200

167 1st Ave SW , Taylorsville, NC 28681

www.taylorsvillepediatricdentistry.com

Pediatric dentistry office.

Domestic Violence Services

Shelter Home of Caldwell County

Domestic Violence Program of Alexander County

Office: 828-635-8850, Crisis Line: 828-635-8881

Shelter: 828-758-0888,

54 E Main Ave, Taylorsville, NC 28681

www.shelterhomecc.org/

The Shelter Home of Caldwell County (SHCC) provides emergency and support services for victims/survivors of domestic violence, rape and sexual assault and their children. They operate an emergency shelter located in Caldwell County. They also offer court advocacy, peer support groups, case management, Domestic Violence Assessment for victims and children, resource and referral, and community education.

Family Guidance Center

24/7 Domestic Violence Hotline: 828-228-1787

24/7 Sexual Assault Hotline: 828-302-6952

17 Hwy 70 SE, Hickory NC 28602

www.fgcservices.com/

Provides a range of specialized services to victims of domestic violence, rape, and sexual assault as well as their families. They operate an emergency shelter for victims and children of domestic violence in Catawba County. They also offer victim support groups, therapy, case management, court advocacy/accompaniment, and a treatment group for abusers.

My Sister's House

704-872-3403

www.facebook.com/My-Sisters-House-of-Iredell-County-146420412287/

A program of 5th Street Ministries, My Sister's House is a shelter located in Iredell County for women and children fleeing domestic or sexual violence. Counselors and advocates work directly with individuals, providing hospital and court advocacy, peer support and case management services.

Employment and Job Training

Bridgette's Staffing

828-635-6323

499 E Main Ave, Taylorsville, NC 28681

www.bridgettesstaffing.com/

A full-service employment agency that offers temp to hire employees, temporary employees, and permanently staffed employees.

Employment Security Commission- (NC Div. of Employment Security)

Call Center: 888-737-0259 for help by telephone.

des.nc.gov/des for online services.

Government agency that assists with various unemployment issues.

Goodwill Industries

Career Connections Center Catawba County

828-466-2346

837 Conover Blvd W, Conover, NC

Hours: Mon-Fri 8:00 AM to 5:00 PM

www.goodwillnwc.org/catawba-county-career-center/

Provides virtual and in-person assistance with job searches, applications, resumes, interviews, skills training, GED readiness, and re-entry services for former offenders.

I-CARE Family Support Services

CSBG Building Opportunities for Self-Sufficiency

704-872-8141

1415 Shelton Ave, Statesville, NC 28677

Hours: Mon-Fri 8:00 AM to 5:00 PM

www.icare-inc.org/family-support-services

Provides assistance to low income families and individuals to become self-sufficient. Assistance and training include: financial management, job readiness, education, employment, and housing. Participation is contingent upon space availability and enrollment.

Locations:

- **Alexander County Department of Social Services** 828-632-1080
Hours: Tues & Thurs 9:00 AM to 11:30 AM
- **CVCC Alexander Center for Education** 828-632-8221
Hours: Tues 1:30 PM to 4:00 PM

NC Works

Caldwell Site

828-759-4680

1909 Hickory Blvd, Lenoir, NC 28645

Hours: Mon-Thurs 8:00 AM to 4:30 PM; Fri 8:00 AM to 12:00 PM; Call for appointment

Iredell Site

704-878-4241

133 Island Ford Rd, Statesville, NC 28625

Hours: Mon-Fri 8:00 AM to 4:30 PM (Closed 2nd Fri of each month at 12:00 PM) Call for appointment.

Catawba Site

828-466-5535

403 Conover Station, SE Suite C, Conover, NC 28613

Hours: Mon-Thurs 8:00 AM to 4:30 PM; Fri 8:00 AM to 12:00 PM; Call for appointment.

www.ncworks.gov

A one-stop online and in-person resource for job seekers and employers in NC. Job seekers can search for jobs, create resumes, and find educational training. Employers can find candidates, post jobs, and search labor market information.

Unemployment Career Center

604 7th St SW, Taylorsville, NC 28681

(Located inside the Department of Social Services.)

Provides a computer and printer to assist with job seeking and filing for unemployment benefits.

Vocational Rehabilitation Services

Hickory Office

828-322-2921 or 855-820-1113

1261 10th Ave Ln SE, Hickory, NC 28602

Hours: Mon-Fri 8:00 AM to 5:00 PM; Must call for appointment.

www.ncdhhs.gov/divisions/dvrs

Provides counseling, training, education, transportation, job placement, assistive technology, and other support services to people with disabilities.

Housing: Assistance and Emergency

Western Piedmont Council of Governments- Regional Housing Authority (Alexander, Burke, and Caldwell County Section 8/HUD Housing)

828-322-9191

1880 2nd Ave, Hickory, NC 28601

Hours: Mon-Fri 8:15 AM to 5:00 PM

www.wpcog.org/

Provides Low Income and Section 8 housing programs.

Rent Subsidized Housing

Crest Knolls & Ridgeway Apartments

828-632-8206

16 Crest Knolls St SE, Taylorsville, NC 28681

Rental Assistance: Rent charged on a sliding fee scale based on income.

Mountainwood Apartments

828-632-9380

100 2nd Ave NW, Taylorsville, NC 28681

Rental assistance: Rent charged on a sliding fee scale based on income.

Milstead Woods Apartments

828-632-2805

15 Milstead Woods Ct, Taylorsville, NC 28681

Have units set aside for renting based on a tiered income system.

Shelters/Emergency

Also see The Bridge Community for temporary housing assistance on page 5.

Also See Salvation Army for an emergency shelter on page 5.

Emergency Shelters for Victims of Domestic Violence also see page 37.

5th St. Ministries

704-872-4045

1421 Fifth St, Statesville, North Carolina 28687

www.fifthstreetministries.com

Offers a night shelter, transitional housing, community soup kitchen, nursing clinic, and clothing closet.

Kwanzaa Family Inn

828-758-2621

1631 Old N Rd, Lenoir, NC

www.facebook.com/KwanzaaFamilyInnWomensShelter28645/

A homeless shelter and transitional home for women and their minor children. Residents do not have to leave during daytime hours; minimal daily fees.

Family Care Center of Catawba Valley

828-324-9917

2875 Highland Ave NE, Hickory, NC 28601

www.familycare-center.org/

Provides transitional and emergency housing for families with dependent children along with physical, emotional, social, and educational services to assist families in the transition to becoming self-sufficient.

Campgrounds**Linney's Mill and Campground**

704-592-2075

4635 Linney's Mill Rd, Union Grove, NC 28689

www.linneysmill.com/

A family business producing stoneground corn mill and grits, and offering campsites, renting weekly.

Love Valley Camping

919-349-3541

160 Henry Martin Trail, Statesville, NC 28625

townoflovevalley.com/camping

Love Valley is nestled in the foothills of the Brushy Mountains northeast of Taylorsville. It is a town all its own, away from the hustle of the city life, with a leisurely atmosphere of an old western community. Love Valley's downtown invites visitors to ride into town on the dirt road, hitch their horses to the hitching rails, stroll along the boardwalk and visit. Parking is available for visitors, by car or motorcycle, as well. From Easter to Halloween, the town host events including rodeos, horse and wagon parades, concerts, and a chili cook-off. Multiple campgrounds are located within the town of Love Valley. All campgrounds support Horse Trailer parking.

Moravian Falls Family Campground and Cabin Rentals

336-667-6150

536 Falls Rd, Moravian Falls, NC 28654

www.moravianfallscampground.com

Unique camping and cabin rentals located on Moravian Creek and Waterfalls. Family owned and operated business includes hot showers, full hookups, tent sites, fishing pond, and camp store.

Immigrant & Latinx Resources

Centro Latino of Hickory

828-330-0477

984-212-3288 Immigration Services

2259 12th Ave NE, Hickory, NC 28601

PO Box 104, Hickory, NC 28603

www.centrolatinohickory.com/

Catawba County Hispanic Ministry that provides homework assistance and literacy instruction for at-risk students from grades K- 5, interpreters, job postings, food pantry, referral to: health care, immigration services, and government agencies. They also have an accredited representative to help with all types of immigration needs.

La Coalición-Latin American Coalition

704-531-3848 Ext 4

4938 Central Ave, Charlotte, NC 28205

www.latinamericancoalition.org/

Provides an immigrant welcome center, worker center, legal immigration center, and more.

The following has been adapted from a handout created by La Coalición:

¡Conozca sus Derechos!

Como Protegerse Y Proteger A Su Familia Durante Las Redadas Migratorias

Que Puedo hacer?

1. Si un oficial viene a su casa NO ABRA LA PUERTA!
2. Preguntele al official si tiene una orden de arresto. Puede decir "Do you have a warrant?" Pidale al oficial que le muestre la orden de arresto poniendola por debajo de la Puerta.
3. Cuando tenga la orden, busque si tiene: su nombre, direccion, y una firma. **Usted no tiene que abrir la Puerta si no le muestran una orden valida.**
4. Si la orden autoriza su arresto pero no la inspeccion de su casa, usted puede salir de su casa para encontrarse con el oficial pero no los deje entrar.

¡Conozca sus Derechos!

Si inmigración o la policía lo detiene:

- Pase la tarjeta abajo que esta en Ingles al agente y guarde silencio.
- **La tarjeta explica que usted quiere ejercer su derecho a no contestar preguntas sin consultar un abogado.**

----- **To
To Whom it May Concern:**

Please be informed that I am choosing to exercise my right to remain silent and the right to refuse to answer your questions. If I am detained, I request to contact an attorney immediately. I am also exercising my right to refuse to sign anything until I consult with my attorney.

Thank You

Legal Services

Legal Aid of NC

828-437-8280 or 1-800-849-5195
211 E Union St, Morganton, NC 28655
www.legalaidnc.org

Provides free legal help to low-income North Carolinians in **civil cases** involving **basic human needs** like safety, shelter, income, and more. They do not handle divorce, criminal defense, immigration, or traffic cases.

Attorneys

All of the following provide a variety of legal services in and around Alexander Co.

Beale, Kevin, Attorney at Law

828-632-8833
22 W Main Ave, Taylorsville, NC 28681

Benbow, Davidson, and Martin PC

828-632-2268
35 E Main Ave, Taylorsville, NC 28681
www.statesvillelaw.com

Campbell, Robert E.

828-632-3977
340 NC Hwy 16 S, Taylorsville, NC 28681
www.robertcampbell.com

Davis, Mark T., Attorney at Law

828-632-9293
441 W Main Ave, Taylorsville, NC 28681

Groff, Melissa Attorney at Law

828-632-2000
163 Main Ave Dr NE, Taylorsville, NC 28681
grofflawfirm.com

Harbison & Brzykcy, Attorneys at Law

828-632-4264
PO Box 400 or 70 E Main Ave, Taylorsville, NC 28681
www.alexanderlawyers.com

Hedrick, Edward L., Attorney at Law

828-455-2507

22 W Main Ave, Taylorsville, NC 28681

www.edhedrickattorney.com

Ralston, Benton, Byerley, & Moore, PLLC

171 Main Ave Dr, Taylorsville, NC 28681

828-635-0098

www.rbbmlaw.com

Taylor, Kimberly S., Attorney at Law

828-635-0312

415 Hwy 16 S, Taylorsville, NC 28681

PO Box 1237, Taylorsville, NC 28681

www.kimberlystaylor.com

Provides legal service: mediation, family law, personal injury, criminal defense, autism issues and criminal family law.

Organizations**Guardian ad Litem Program**

704-832-6621

203 Constitution Ln, Statesville, NC 28677

www.gald22a.weebly.com

Provides specially trained advocates, appointed by a judge, who fight for the rights of children during the most vulnerable time of their young lives. There is a trusted adult empowered to ensure that each child is well cared for, able to find a safe, loving, and permanent home.

North Carolina Bar Association

1-919-677-0561

8000 Weston Pkwy, Cary, NC 27513

www.ncbar.org

Provides legal services and lawyer referral service.

North Carolina Bar Lawyer Referral Service

919-828-4620 or 800-662-7660

www.ncbar.gov/public-resources/lawyer-referral-service/

North Carolina Department of Justice/Attorney General

919-716-6400

Main Campus

114 W Edenton St, Raleigh, NC 27603

www.ncdoj.gov

Handles consumer complaints about fraud, scams, robo calls, crime prevention, environmental protection, and internet safety.

NC Department of Insurance's Consumer Services Division

855-408-1212

Albemarle Building

325 N Salisbury St, Raleigh NC 27603-5926

www.ncdoi.com/Consumer

Answers your questions about insurance-related issues involving auto, health, homeowners/renters, liability, life/annuities, disability, Medicare supplement, long-term care, dental, vision, hospital, accident, specified disease, and other coverages.

NC Department of Labor

919-807-2796 or 800-NC-LABOR

4 W Edenton St, Raleigh, NC 27601

www.nclabor.com

Handles administrative rules regarding workplace safety, wage and hours laws, and discrimination.

Office for Civil Rights U.S. Department of Health and Human Services

Sam Nunn Atlanta Federal Center, Suite 16T70

61 Forsyth St, SW Atlanta, GA 30303-8909

Customer Response Center: 800-368-1019

Fax: 202-619-3818

TDD: 800-537-7697

Email: ocrmail@hhs.gov

www.hhs.gov/ocr/index.html

www.ocrportal.hhs.gov/ocr/smartscreen/main.jsf (Complaint portal)

Office for Civil Rights (OCR) enforces federal civil rights laws, conscience and religious freedom laws, the Health Insurance Portability and Accountability Act (HIPAA) Privacy, Security, and Breach Notification Rules, and the Patient Safety Act and Rule, which together protect your fundamental rights of nondiscrimination, conscience, religious freedom, and health information privacy. Contact them to file a complaint.

U.S. Department of Education- Office of Civil Rights

800-421-3481

400 Maryland Ave SW, Washington, DC 20202-1100

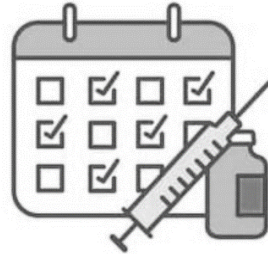
www.ed.gov/about/offices/list/ocr/complaintintro.html.

It is the mission of the Office for Civil Rights is to ensure equal access to education and to promote educational excellence throughout the nation through vigorous enforcement of civil rights. Programs or activities that receive ED funds must provide aid, benefits or services in a nondiscriminatory manner in an environment free from discriminatory harassment that limits educational opportunities. You may file a complaint with OCR using OCR's electronic complaint form at the following website: <http://www.ed.gov/about/offices/list/ocr/complaintintro.html>.

IMMUNIZATIONS

Let's keep our kids safe!

North Carolina law requires every child to have a basic series of immunizations. In order for child care centers and schools to maintain compliance with the immunization laws, it is necessary to have a copy of an updated immunization record or immunization card endorsed by a registered nurse, physician, or clinic within 30-days of enrollment on file at the child care center or school. If a child is exempt from vaccination because of medical condition or religious objection, this should be noted on the immunization certificate and supported in the child's file with documentation from the physician or religious authority.



All children in North Carolina are required to be vaccinated against:

Diphtheria	Hepatitis B	Hib Disease	Measles
Meningococcal	Mumps	Pertussis (whooping cough)	
Pneumococcal	Polio	Rubella	
Tetanus	Varicella (chickenpox)		

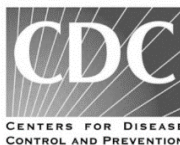
The CDC also recommends children be vaccinated against the following diseases, although immunization against these diseases is not required for children in North Carolina:

Hepatitis A	Influenza	Rotavirus	Human Papillomavirus
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For more information, call 1-800-CDC-INFO (1-800-232-3646) or visit www.cdc.gov/vaccines/parents. You may also call Alexander County Health Department at 828-632-9704.

American Academy
of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

Medical Care

Also see Alexander Co. Health Department on page 4.

General/Family Physicians

Catawba Valley Family Medicine

828-632-7076 or After-Hours Physician: 828-324-0258

50 Macedonia Church Rd, Suite A, Taylorsville, NC 28681

www.cvmgonline.org/our-practices/taylorsville-family-medicine/

Care for individuals' various medical needs.

Bethlehem Family Practice

828-495-8226

174 Bolick Ln #202, Taylorsville, NC 28681

www.cornerstonehealth.com/facility-listing/bethlehem-family-practice

Care for individuals' various medical needs.

Family Care Center- Iredell Health System

828-632-9736

1668 NC Hwy 16 S, Taylorsville, NC 28681

www.iredellhealth.org/locations/Family-Care-Center-Taylorsville.aspx

Care for individuals' various medical needs.

Davis Medical Group-Stony Point Family Medicine

704-585-9373

35 Ruritan Park Rd, Stony Point, NC 28678

www.davismedicalgroup.com/davis-medical-group/new-pp-location/davis-medical-group-family-medicine-stony-point-1130.com

A patient-centered primary care provider.

Kintegra Family Medicine

704-874-3316 or 704-838-1234

1022 Shelton Ave, Statesville, NC 28677

www.kintegra.org/kintegra-family-medicine-statesville/

Primary medical care for children and adults on a sliding fee scale; accepts most major insurance. Also offers a pharmacy, medication assistance, and behavioral counseling and medication management. Spanish interpretation is available.

Pediatricians/Child Specialists**Piedmont Pediatrics**

704-838-8245 or After-Hours Nurse Line: Outside of normal business hours, please call UNC Health link Nurse Line at 1-888-267-3675.

129 Sherlock Dr, Statesville, NC 28625

www.phcpediatrics.com

Specializes in well-child visits, preventive care, immunizations and more for children from birth through age 18.

Statesville Children's Clinic

704-872-9595

518 Brookdale Dr, Statesville, NC 28677

www.gfhs.info/statesville-childrens-clinic/

A community sponsored, family-centered provider of health care, health education and preventive care services without regard for the ability to pay.

Catawba Pediatrics

828-322-2550

240 18th St Circle SE, Unifour Medical Commons, Hickory, NC 28602

www.catawbapediatrics.net/

Provides pediatric care to newborns through adolescents in Hickory, North Carolina and the surrounding areas.

The Child Health Center, PA

828-322-4453, After Hours Emergency Telephone: 828-315-5000

1455 25th Ave Dr NE, Hickory, NC 28601

www.thechildhealthcenter.com

Pediatric care from birth through college age.

Unifour Pediatrics

828-328-1118

PO Box 1347, Conover, NC 28613

3411 Graystone Place SE, Conover, NC 28613

www.unifourpediatrics.com

Provides comprehensive pediatric care, serving the health care needs of patients from infants up through age 21.

Hospitals

Catawba Valley Medical Center

828-326-3000

810 Fairgrove Church Rd SE, Hickory, NC 28602

catawbavalleymedical.org/

Hospital that offers a full range of medical services and specialties.

Frye Regional Medical Center

828-315-5000

420 N Center St, Hickory, NC 28601

www.fryemedctr.com

Hospital that offers a full range of medical services and specialties.

Davis Regional Medical Center

704 873-0281

218 Old Mocksville Rd, Statesville, NC 28625

www.davisregional.com/davis-regional-medical-center/default.aspx

Hospital that offers a full range of medical services and specialties.

Iredell Memorial Hospital

704-873-5661

557 Brookdale Dr, Statesville, NC 28677

www.iredellhealth.org/

Hospital that helps individuals with a variety of medical needs.

Forsyth Medical Center

336-718-5000

3333 Silas Creek Pkwy, Winston Salem NC, 27103

www.novanthealth.org/forsyth-medical-center.aspx

Hospital that offers a full range of medical services and specialties.

Wake Forest Baptist Medical Center

336-716-2011

Medical Center Blvd, Winston-Salem, NC 27157

www.wakehealth.edu

Hospital that offers a full range of medical services and specialties.

Wilkes Regional Medical Center

336-651-8100

1370 W D St, North Wilkesboro, NC 28659

PO Box 609, North Wilkesboro, NC 28659

www.wilkesregional.com

Hospital that offers a full range of medical services and specialties.

Urgent Care

Mountain View Urgent Care

828-270-3604 (Taylorsville)

828-330-2103 (Mountain View)

828-330-2103 (Morganton)

1: 2872 S NC Hwy 127, Hickory, NC 28602

2: 60 2nd Ave SW, Taylorsville, NC 28681

3: 1101 N Green St, Morganton, NC 28655

4: 1366 Hwy 16 S, Newton, NC 28658

Hours: Mon-Sat 9:00 AM to 9:00 PM, Sun 10:00 AM to 6:00 PM; closed for lunch 1:00 PM to 2:00 PM.

www.urgentcareofmountainview.com/

Treats a variety of illnesses and injuries in the urgent care setting.

Chiropractors

Holland Family Practice (Dr. Tyler Holland)

828-352-9151

92 Main Ave Dr, Taylorsville, NC 28681

www.drtylerhfc.com

Main Avenue Chiropractic

828-635-7377

12 W Main Ave, Taylorsville, NC 28681

www.mainavechiro.com

Taylorsville Chiropractic Clinic (Dr. Mark Freeman)

828-632-0044

365 Liledoun Rd, Taylorsville, NC 28681

www.taylorsvillechiropracticclinic.com

Richard Williams Chiropractic

828-598-0371

174 Bolick Ln, Suite 102, Taylorsville, NC 28681

www.richardwilliamschiropractic.com/

Orthopedists**Carolina Orthopedic Specialists (EmergeOrtho) (Other locations as well)**

828-635-8430

50 Macedonia Church Rd, Taylorsville, NC 28681

www.carolinaortho.com/

Comprehensive orthopedic care for the spine, joints, hand, feet and ankles.

Health Insurance

Also see Alexander Co. Department of Social Services on pages 3-4.

Healthcare.gov

800-318-2596

www.healthcare.gov

Health insurance marketplace to find health coverage that fits your budget and meets your needs. A federal government website managed by the U.S. Centers for Medicare & Medicaid Services.

Health Choice/Health Check
NC Division of Medical Assistance

919-855-4100

2501 Mail Service Center, Raleigh, NC 27699-2501

www.dma.ncdhhs.gov/medicaid/get-started

Offers different ways that may help pay for some or all of the cost of health care. Each program helps people and families with certain health needs and is income based.

Other Medical Resources

AIDS Leadership Foothills Area Alliance (ALFA) & AIDS Support Group

828-322-1447 or 800-473-1447

1120 Fairgrove Church Rd, SE, Suite 28, Hickory, NC 28602

www.alfainfo.org/

Answer questions and helps people infected or affected by HIV to connect with community resources and services throughout a nine-county service area – Alexander, Alleghany, Ashe, Burke, Caldwell, Catawba, Lincoln, Watauga and Wilkes.

North Carolina Poison Control Center

800-222-1222 or 911

www.aapcc.org/

Supports poison control centers in their efforts to prevent and treat poison exposures. Poison centers offer free, confidential, expert medical advice 24 hours a day, seven days a week through the Poison Help line.

Medication Assistance

Also see Bridge Community on page 5.

Needy Meds

1-800-503-6897

www.needymeds.org/

A national non-profit organization that maintains a website of free information on programs that help people who cannot afford medications and healthcare costs.

North Carolina Drug Card

www.northcarolinadrugcard.com/index.php

Prescription assistance program.

Medication Assistance Program (MAP)

NC Department of Health and Human Services

919-855-4800

2001 Mail Service Center, Raleigh, NC 27699-2001

www.ncdhhs.gov/assistance/low-income-services/medication-assistance-program

Provides access to free prescription drugs for uninsured, low-income individuals.

NC Med Assist

704-536-1790

www.medassist.org/

A nonprofit pharmacy program providing access to lifesaving prescription medications, patient support, advocacy and related services to poor, vulnerable, and uninsured North Carolina residents.

Prescription Assistance 360

888-331-1002

www.prescriptionassistance360.org

For uninsured Americans who cannot afford their prescribed medications.

Rx Assist

1-401-729-3284

www.rxassist.org/

info@rxassist.org

Online comprehensive database of medication assistance programs.

Rx Advocates

1-844-259-6053

www.get.patientassistanceprograms.com/?gclid=CPuC64qh3tQCFUcbaQodyEQPXA

A nationwide advocacy service that helps individuals to apply for Patient Assistance Programs offered by pharmaceutical companies.

PAP Advocates

1-800-970-4183

www.papadvocates.com/?gclid=CMO5rZuh3tQCFR64wAodBu8BVQ

A nationwide advocacy group for patients in need of lowering their monthly prescription medication costs.

Local Pharmacies

Bethlehem Pharmacy

828-495-8258

9471 NC Hwy 127, Hickory, NC 28601

www.stores.healthmart.com/Bethlehempharmacy/stores.aspx

Full-service pharmacy and pharmacy services to serve all of your prescription and health care needs.

Lowry Drug Advanced Health and Wellness Center

704-873-2247

750 Hartness Rd, Statesville, NC 28677

www.lowrydrug.com/shop/

Full-service pharmacy with a state-of-the-art compounding laboratory to serve all of your prescription needs.

Office Practice of Pharmacy

828-632-8591

24 Commerce Dr, Taylorsville, NC 28681

www.officepracticeofpharmacy.com/

info@officepracticeofpharmacy.com

Provides pharmacy services to meet prescription needs.

Operation Medicine Drop Box (Alexander County Sheriff's Department)

828-632-1111

91 Commercial Park Ave, Taylorsville, NC 28681

www.ncdoi.com/osfm/safekids/operation%20medicine%20drop.aspx?sec=omd

Provides citizens a convenient and safe way of disposing unneeded and unwanted medications from their homes, thereby reducing the possibility for accidental or intentional misuse.

Peoples Drug

828-632-2271

255 NC Hwy 16 S, Taylorsville, NC 28681

www.stores.healthmart.com/peoplesdrugstorepharmacy/stores.aspx

Provides pharmacy services to meet prescription needs.

Town & Country Drugs

828-632-2278

53 E Main Ave, Taylorsville, NC, 28681

www.townandcountrysync.com/

Provides pharmacy services to meet prescription needs. Provides citizens a convenient and safe way of disposing unneeded and unwanted medications.

Mental Health Care

Also See Alexander Co. Health Department on page 4.

Also See Kintegra Family Health on page 49.

National Suicide Prevention Lifeline

800-273-8255

www.suicidepreventionlifeline.org/

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Counseling and Support Associates, PC

828-244-5725

121 East Main Ave, Taylorsville, NC 2881

www.casaatlkn.com/casa-taylorsville/

Counseling to adults, couples, adolescents, and children. Also offers individual and group substance abuse counseling, DWI-specific assessments and treatment, and the Positive Changes Batterer Intervention Program (an NC certified program for perpetrators of domestic violence). Accepts Alexander Co. Medicaid and most major insurance companies. Telehealth services available.

Crossroads Counseling Center

828-327-6633

858 2nd St NE #101, Hickory, NC 28601

www.crossroadscounseling.org/

Provides counseling for individuals, families, couples, and groups. Conducts Formal Psychological Evaluations and Autism Testing as well as Psychiatric Services. Telehealth and telephonic visits available. Accepts Alexander Co. Medicaid and most major insurance companies.

Easter Seals UCP

704-871-0934 ext. 913 or 1-800-662-7119

913 Carolina Ave N, Statesville, NC 28677

www.easterseals.com/NCVA

Individual, family and/or group therapy, crisis intervention, psychiatric evaluation, and medication management. Also provides service to adults with severe and persistent mental health needs and intellectual and developmental disabilities.

Family NET

828-695-6500

3030 11th Ave Dr SE, Hickory, NC 28602

www.catawbacountync.gov/county-services/social-services/family-net-clinical-services/about-family-net/

Provides mental health, medication management, and substance abuse services to children and adolescents.

Jodi Province Counseling Services

336-818-0733

1260 College Ave, Suite 1, Wilkesboro, NC 28697

www.jodiprovincecs.com/

Outpatient mental health agency who offers evidence-based therapies and works closely with many human service entities and various practitioners to provide the best care possible for our patients.

McNiel Family Counseling

704-641-4515

5860 US Hwy 64-90, Taylorsville, NC 28681

www.mcnielfamilycounseling.com

Promotes secure, loving, and healthy interactions within families through nurturing, supportive, and playful therapeutic interventions. Provides school-based counseling in Alexander Co., and services in office or in home. Accepts Alexander Co. Medicaid and most major insurance companies.

New Directions

www.newdirectionscs.com

Offers therapy/counseling for individuals, groups, couples, families, teens, child play therapy, EMDR (Eye Movement Desensitization and Reprocessing for treatment of traumas), comprehensive psychological evaluations, 24/7 emergency services for established clients. Accepts Alexander Co. Medicaid, United Healthcare, and most major insurance companies.

Locations:

- **Lenoir**
Phone: 828-754-6087 315 Wilkesboro Blvd NE, Suite 1A, Lenoir, NC 28645
- **Hickory**
Phone: 828-267-1740 201 Government Ave SW, Suite 305, Hickory, NC 28602

RHA Health Services

828-848-2515

393 3rd Ave SW, Taylorsville, NC 28681

www.rha.org/

RHA Behavioral Health Services specializes in the treatment of alcoholism, opioid addiction, mental health and substance abuse and dual diagnosis. Provides intensive in-home services, medication management, and school-based counseling in Alexander County Schools. Accepts Alexander Co. Medicaid. Uninsured may qualify for State Funds to receive services. Does NOT accept private insurance.

- **Comprehensive Psychological Evaluation**
RHA partners with **Mentor Behavioral Healthcare** to provide a variety of formal evaluations that can be conducted at the Taylorsville office.
- **Mobile Crisis - RHA Health Services**
888-573-1006
Mobile Crisis offers 24/7/365 intensive, on-site intervention to people of all ages who are experiencing a crisis due to mental health disturbances, developmental disabilities, or addiction. Professionals come to the home, work, school or wherever in the community the crisis occurs.

Turning Point Family Services

800-311-7072

542 Brookdale Dr, Statesville, NC 28677

www.turningpointfamilyservices.org/

Offers individual and family counseling, medication management, intensive in-home services, foster care services. Telehealth visits available. Accepts Alexander County Medicaid and most major insurance companies.

Intensive, Inpatient, and Residential Programs

Baptist Children's Homes of NC, Inc.

336-474-1200 or NC 800-476-3669 (Administrative Office)

www.bchfamily.org/help

Faith-based organization that provides a variety of programs and services for children and families, including wilderness camps, equine therapy, cottage home care (for individuals with behavioral issues or intellectual and developmental disabilities), foster care, emergency care, teen mothers, and more. Multiple locations throughout North Carolina. Sliding fee scales offered for direct referral (meaning parents or caretakers can contact and refer directly).

Children's Hope Alliance

704-872-4157 or 1-800-395-2591

156 Frazier Loop, Statesville, NC 28677

www.childrenshopealliance.org/

Offers foster care, adoption & post adoption services, intensive in-home and intensive family preservation services, parenting workshops & classes, residential services, substance abuse treatment, formal psychological evaluations, outpatient individual and family therapy, and school-based counseling (offered in Iredell Statesville Schools only).

Daymark Recovery Services

www.daymarkrecovery.org/

Offers outpatient mental health and substance abuse treatment for children, adolescents, and adults. Services vary by location, but typically include individual counseling, medication management, intensive in-home, and more. Accepts Medicaid and most major insurance companies, sliding fee scales available for uninsured patients.

- **Wilkes Center**
Phone: 336-667-5151 1400 Willow Ln, West Park C61-2, North Wilkesboro, NC 28659
- **Iredell Center**
Phone: 704-873-1114 518 Signal Hill Dr Ext, Statesville, NC 28625
- **Caiyalynn Burrell Child Crisis Center**
Phone: 877-277-8873 277 Biltmore Ave, Asheville, NC 28801
Facility-Based Crisis Service for children and adolescents, ages 6-17, provides an alternative to hospitalization for an eligible child or adolescent who has escalated behavior due to a mental health, intellectual or development disability or substance use disorder and requires treatment in a 24-hour residential facility.

Mission Children's Hospital

828-213-1740

www.missionhealth.org/services-treatments/pediatrics/developmental-and-behavioral-medicine/

- **Pediatric Psychiatry Unit**

Phone: 828-213-4055

509 Biltmore Ave, Asheville, NC 28801

For children ages 4-11 years and young people ages 12-18 suffering from severe emotional disturbances or mental illness. They receive intensive supervision, short-term help with medications, evaluation of additional medical problems and therapy. The region's only designated inpatient facility for young psychiatric patients. Referrals preferred from a physician.

- **Olson Huff Center**

Phone: 828-213-1780

11 Vanderbilt Park Dr, Asheville, NC 28801

Conducts diagnostic services, medical treatments, therapy and behavioral services for infants, children and adolescents who have difficulties with development, behavior and learning. We also provide support and guidance for families and caregivers of children with special needs. Referral must be made by a physician.

Sipe's Orchard Homes

828-256-3310

4431 County Home Rd, Hickory, NC 28613

www.sipesorchardhome.org/transitionalliving/

Residential program for both male and female youth ages 16-21 who do not have the financial, academic, emotional, or behavioral skills necessary for independent living. This program is designed to provide residents with the tools and practice needed to gain successful independence.

Old Vineyard Behavioral Health Services

855-234-5920

3637 Old Vineyard Rd, Winston-Salem, NC 27104

www.oldvineyardbhs.com/services/treatment-programs/adolescents/

Adolescent Inpatient Program for teens ages 12 to 17 who are in crisis, treatment designed for intensive psychiatric conditions where the likelihood of harm — to self or others — is significant. Accepts Medicaid, Medicare, and most major insurance companies.

Youth Villages

828-268-7200

895 State Farm Rd, Bldg 500, Ste 505, Boone, NC 28607

www.youthvillages.org

Intensive in-home treatment programs provide help for troubled teenagers, children and families in their own homes at times convenient for the families through the Intercept and MST programs. Their YV LifeSet is an intensive community-based program that works with 16–21-year-olds (especially those exiting foster care) in transitioning to successful adulthood by helping them to establish relational permanency, housing, mental and physical health, career and employment, life skills and education.

Other

J. Iverson Riddle Developmental Center

Center for Early Communication & Learning

828-438-6503 or 828-433-2731

300 Enola Rd, Morganton, NC 28655

www.ncdhhs.gov/divisions/dsohf/j-iveron-riddle-developmental-center

Provides services to individuals with intellectual developmental disabilities who are at least 18 years of age with Complex behavioral challenges and/or medical conditions with clinical treatment needs, who meet the ICF-IID level of care for whom community resources have been explored and appropriate community-based services are not available.

Vaya Health

1-877-492-2785 or 1-800-893-6246

825 Wilkesboro Blvd SE, Lenoir, NC 28645

www.vayahealth.com/

Works with providers in 23 counties to provide care coordination, support, and referral services for clients with intellectual and developmental disabilities, mental health, and substance abuse issues.

Substance Abuse Treatment

Addiction Recovery Medical Services (ARMS)

704-872-0234 (After Hours Crisis Line: 704-878-8121)

31 E Main St, Taylorsville, NC 28681

Hours: Mon-Thurs 5:00 AM to 12:00 PM (New Patient Walk-Ins Mon-Wed 5:00 AM to 9:30 AM)

Fri: 5:00 AM to 11:30 AM

Sat: 6:30 AM to 9:30 AM

Sun: 7:30 AM to 8 AM (invitation only)

www.armscanhelp.com

Outpatient Substance Abuse Treatment Program usually consists of individual, group, and family therapy and education. Treatment and detox for opioid, cocaine, methamphetamine, benzodiazepine, and alcohol use disorders. Provides medication management using methadone and buprenorphine. Accepts Medicaid and other insurances; fees based on individual needs.

The Cognitive Connection

828-327-6026

929 15th St NE, Hickory, NC 28601

www.thecogcon.com/

Comprehensive substance abuse treatment that offers Medication Assisted Treatment, individual and family counseling, group therapy, peer support, Cognitive Behavioral Intervention, employment support, and DWI services. Accepts Medicaid and offers a sliding fee scale or assistance through grants.

McLeod Addictive Disease Center

Hours: Mon-Fri 5:00 AM to 12:00 PM; Sat-Sun 6:00 AM to 9:00 AM

www.mcleodcenter.com

Provides substance abuse and behavioral health treatment through outpatient medication assistance treatment (MAT) and case management, and residential treatment for substance abuse and DWI.

Locations for MAT:

- **Lenoir**
Phone: 828-610-2740 222 Morganton Blvd, Lenoir, NC 28645
- **Hickory**
Phone: 828-464-1172 1170 Fairgrove Church Rd, Hickory, NC 28601
- **Statesville**
Phone: 704-871-2992 636 Signal Hill Dr Ext, Statesville, NC 28625

Bethel Colony of Mercy

828-754-3781 or 828-754-9987

1675 Bethel Colony Rd, Lenoir, NC 28645

www.bethelcolony.org/

Provides a free residential Christian approach to treating substance abuse and alcoholism for male and female adults.

Alcoholics Anonymous

www.aa.org/

www.meetings.intherooms.com/meetings/search?latitude=35.922395&longitude=-81.169933&proximity=100

An international fellowship of men and women who have had a drinking problem. It is non-professional, self-supporting, multiracial, apolitical, and available almost everywhere.

Narcotics Anonymous (at Taylorsville Presbyterian Church)

866-801-6621

279 W Main Ave Dr, Taylorsville, NC 28681

www.findrecovery.com

Meetings are open-format. Speakers vary.

Safe Sleep



Creating a safe sleep environment means you are minimizing your baby's risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

Here are the basic guidelines*:

- Use a firm sleep surface, such as a waterproof mattress in a safety-approved crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers in baby's sleep area.
- Keep soft objects, toys, and loose bedding out of the sleep area.
- Do not smoke or let anyone smoke around infants.
- Make sure nothing covers the baby's head.
- Always place infants on their backs to sleep for naps and at night.
- Put infants to sleep in light clothing, such as a one-piece sleeper, and do not use a blanket.
- Infants should NEVER sleep in an adult bed, on a couch, or on a chair, alone or with anyone else.
- Tummy time is important for building strong arm and neck muscles, but only when your baby is awake and supervised.

For more information:
Contact the Consumer Product Safety Commission
1-800-638-2272
Or
www.cpsc.gov

Parenting Groups/Classes

Alexander County Partnership for Children (Smart Start)

828-632-3799

1565 NC Hwy 90 W or PO Box 1661, Taylorsville NC 28681

www.alexanderchildren.org

Circle of Parents offers a friendly supportive environment, led by parents and caregivers of children ages 0-5, to openly discuss successes and challenges of raising children.

Alexander Early Head Start

828-635-1479

401 E Main Ave, Taylorsville, NC 28681

www.enolagroup.org/ehs-programs/child-development-centers

Provides parenting support through parenting classes, in home visiting, workshops, playgroups and activities for families with children birth to age 3.

Autism Society of NC: Alexander County Chapter

800-442-2762

www.autismsociety-nc.org

Provides support to families that helps to improve the lives of individuals with autism and their families, and educates communities.

Family Support Network- HOPE Network

828-256-5202

PO Box 11395, Hickory, NC 28603

www.fsnnc.org

Provides parent-to-parent support, information and referral, support groups, workshops, and social activities for families with children (birth –age 22) who have disabilities or special needs and their services providers.

Life Connections of the Carolinas D-A-S-H

980-999-3274

E-mail: info@lifeconnections.us

www.lifeconnections.us/

Life Connections of the Carolinas offers life skills programs and coaching to Alexander County residents through their DASH programs. There is no cost for services.

- **Strengthening Families** is an evidence-based educational program for youth 6-11 or 12-17 that incorporates parents and siblings to create a stronger and healthier family.

- **DASH Mentoring** provides youth ages 7-17 and their families with a natural support mentoring experience. Our approach is based on a “youth initiated mentoring” model which links kids with positive adults already in their life.

MOPS (Mothers of Preschoolers)

www.mops.org

Location of Meetings:

Dudley Shoals Baptist Church

828-396-7300

1882 Dudley Shoals Rd, Granite Falls, NC 28630-8424

<http://www.dudleyshoalsbaptistchurch.org>

First United Methodist Church

828-526-6684

311 3rd Ave NE, Hickory, NC 28601

<http://www.mops.org/groups/first-united-methodist-hickory>

Lakeview Baptist Church

4080 N Center St, Hickory, NC 28601

www.lakeviewbaptistchurch.net

NC Mothers of Multiples (MOM)

Catawba Valley Mothers of Multiples

www.ncmom.org/

A non-profit support group for mothers of twins, triplets and higher order multiples in the Catawba Valley and surrounding areas.

Triple P – Positive Parenting Program Online

www.triplep-parenting.com/nc-en/about-triple-p/positive-parenting-program/

Triple P or Positive Parenting is an approach to parenting that gives parents tools and strategies to raise their child in an environment that is safe, loving and predictable. Triple P's positive parenting allows parents to decide what is important to them. It doesn't tell parents *how* to raise their children, but gives them the confidence and skills to build good relationships with their child, set boundaries and rules, and follow up with consequences that aren't harmful.

Pregnancy Help

Caring Hearts Pregnancy Center

Office: 828-632-1680

24/7 Hotline: 800-712-HELP (4357)

PO Box 164 or 135 7th St SW, Ste A, Taylorsville, NC 28681

Hours: Tues-Thurs 9:00 AM to 6:00 PM

www.caringheartspc.com/

A faith-based non-profit organization that provides free and confidential services to expectant parents or parents of young children. Services include pregnancy tests, ultrasounds, pregnancy counseling, adoption referrals, material support (diapers, clothes, bottles etc.), parent training, fatherhood program, and other resource referrals.

Florence Crittenton Services

704-372-4663

3350 Holabird Ln, Charlotte, NC 28208

www.fcsnc.org/

Multiple residential programs for pregnant women, mothers enrolled in DSS custody, or non-pregnant young women aged 16-21 enrolled in DSS custody. They provide counseling, parenting classes, life skill classes, vocational and educational programs and more for residents.

For Love of Baby

828-446-6705

E-mail: laura@forloveofbaby.com

www.facebook.com/forloveofbaby/

A pregnancy care center for families during pregnancy, labor and birth, and after birth, and help parents get to know their baby. Offering doula services, childbirth education, breast-feeding classes and support, in-home support, pregnancy and after baby fitness. Serving Alexander and surrounding counties.

La Leche League

Lori Barklage 828-994-2220

Marie and Twannettes Bakery Cafe

31 N College St, Newton, NC

www.llofnc.org/

Support group helps mothers breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Planned Parenthood

336-768-2980

3000 Maplewood Ave, Ste 112, Winston-Salem, NC 27103

704-536-7233

4822 Albemarle Rd #103 and #104 & 106, Charlotte, NC 28205

www.plannedparenthood.org/1

Providers of high-quality, affordable health care, and the nation's largest provider of sex education.

Transportation

Also see Alexander Co. Department of Social Services-Medicaid Transportation on page 3.

Greenway Public Transportation

828-632-1112

PO Box 459, Conover, NC 28613

www.mygreenway.org/

Administrative office

621 Liledoun Rd, Taylorsville, NC 28681

1515 4th St SW, Conover, NC 28613

Provides cost effective and efficient transportation services to the public.

Vision Services

Also see Alexander County Schools General Assistance on pages 13 and 16.

Also see Alexander Co. Department of Social Services-Services for the Blind on page 3.

Bethlehem Eye Care

828-495-1234

304 Rink Dam Rd, Taylorsville, NC 28681

Optometrist

Family Vision Center

828-632-4566

545 NC Hwy 16 S, Taylorsville, NC

Optometrist

McKinnon Eye Clinic

828-632-9005, 704-873-1463

#1: 399 3rd Ave SW, Taylorsville, NC 28681

#2: 1835 Davie Ave, Suite 413, Statesville, NC 28677

Specializes in ophthalmology with one physician.

National Vision

704-872-0509

1116 Crossroads Dr, Statesville, NC 28625 (Inside Walmart)

Low-cost eyeglasses for children and adults; additional vouchers available.

NC Eye Bank

336-765-0932

3900 Westpoint Blvd, Suite F, Winston-Salem, NC 27103

www.miraclesinsight.org

kgrijalva@miraclesinsight.org

Helps to restore sight to men, women, and children around the world. We work with hospitals, hospices and other facilities to recover corneal tissue from those who have chosen to donate organs, tissues and eyes upon their passing.

North Carolina Lions Foundation, Inc.

828-478-2135 or 800-662-7401

7050 Camp Dogwood Dr, Sherrill's Ford, NC 28673

PO Box 39, Sherrill's Ford, NC 28673

www.nclionsinc.org

A nonprofit organization working closely with community-based North Carolina Lions Clubs, offering a camp and retreats for the blind and visually impaired, support and mobility canes, and low vision aids. Also, Local Lions Clubs help people in financial need with the cost of glasses, exams, and surgeries.

Prevent Blindness North Carolina

919-755-5044

4011 West Chase Blvd, Ste 225, Raleigh, NC 27607

www.nc.preventblindness.org

Delivers direct service programs designed to preserve sight through screening, publications, safety, education, information, and referral through volunteer efforts. PBNC's mission is to reach people before blindness strikes.

Other Helpful Resources

Generations United

25 E St NW 3rd Floor, Washington, DC 20001

202-289-3979

www.gu.org

Improving the lives of children, youth, and older adults through intergenerational collaboration, public policies, and programs. Serves as a resource for grandparents parenting grandchildren.

North Carolina Assistive Technology Programs

828-433-2431

200 Enola Rd, Morganton, NC 28655

www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

The North Carolina Assistive Technology Program (NCATP) is a state and federally funded program that provides assistive technology services statewide to people of all ages and abilities. NCATP leads North Carolina's efforts to carry out the federal Assistive Technology Act of 2004 by providing device demonstration, short-term device loans, and reutilization of assistive technology. We promote independence for people with disabilities through access to technology.

Trading Post

828-632-4533

184 NC Hwy 16 N, Taylorsville, NC 28681

www.facebook.com/tradingpostproduce/

Offers wholesale and retail produce.

Enroll your child in
IMAGINATION LIBRARY!



Children receive one FREE children's book
in the mail each month until their 5th birthday!

**Dolly Parton's Imagination Library
is now in Alexander County!**

Register Here!

<http://www.smartstart.org/dpil-registration>

