Resources for Alexander, Burke, Alexander, Caldwell, & Catawba Counties

Alexander County	
Christian Crisis Center **223 5th Avenue SW** **Taylorsville, NC 28681** **828-632-0022**	Food and nutrition services.
Burke County	
The Outreach Center | 828-439-8300 **510 E. Fleming Drive** **Morganton, NC 28655** **Program hours: Last Tuesday of each month: 5:00pm – 7:00pm** *****Walk in. First come, first served.**	Offers groceries to people and families in need. Also educates on nutrition to help people make healthier decisions.
Salvation Army Emergency Assistance **420-B West Fleming Drive** **Morganton, NC 28655** **828-430-8392** **Program Hours:** **Office: Tuesday – Friday – 9:00am – 4:00pm** **Food Pantry: Wednesday – Friday – 9:00am – 3:00pm** **Clothing Vouchers: Wednesday – Friday – 9:00am – 2:00pm** **Utility and Rent Assistance: Tuesday – Friday 9:00am – 3:00pm** *****Walk in. First come, first served.**	Offers a food pantry, clothing vouchers for Salvation Army Family Store, utility bill assistance, and rent payment assistance.
Burke United Christian Ministries **828-433-8075**	Offers financial help with late utility bills and rent, clothing, and a food pantry. Offers a soup kitchen.
Suzy Fitzgerald Shelter – Program ran by The Meeting Place Mission **828-433-7225 – only answered after 6:30pm**	Provides emergency shelter, food, and case management for women and children.
Men's Transitional Living - Program ran by The Meeting Place Mission **828-439-9921**	Offers transitional housing and case management services for men.
The Meeting Place Mission **828-432-5659**	Offers emergency shelter and transitional housing.
FACES: Program ran by The Meeting Place Mission **(FACES – Families Adjusting, Changing, and Evolving, Safely.)** **828-432-5659**	Offers transitional housing and case management services to families.
Pregnancy Care Center of Burke County | Burke County **302 S. Main St.** **Drexel, NC 28619**	Providing free Pregnancy Confirmation, Ultrasounds, Referrals, Counseling, education, and more.

Call: 828-437-4357 **Text: 828-432-6187**	
Blue Ridge Community Action **828-438-6255**	Limited Emergency Financial Help. Also offers several programs; including: Adult Day Care, Day Care, Home Weatherization, Home delivered meals, Head Start & Early Head Start, HAARP (Assistance with those who have inadequate or no heat/air system in home), Nutrition Programs for older adults, Affordable Rental Units, Workforce Development Programs, Foster Grandparents, and more programs offering assistance to reach self-sufficiency.
Meals on Wheels – Burke County **828-430-4147**	Delivers meals to homebound adults age 60 and over.
Caldwell County	
South Caldwell Christian Ministries **828-396-4000** ***Serving South Caldwell County**	Clothing and financial assistance
Yokefellow **828-754-7088** ***Serving Lenoir and North Caldwell County**	Assistance with food and clothing. Also has limited rent and utility assistance. Some fuel assistance.
Blue Ridge Community Action **828-433-8075**	Limited Emergency Financial Help. Also offers several programs; including: Adult Day Care, Day Care, Home Weatherization, Home delivered meals, Head Start & Early Head Start, HAARP (Assistance with those who have inadequate or no heat/air system in home), Nutrition Programs for older adults, Affordable Rental Units, Workforce Development Programs, Foster Grandparents, and more programs offering assistance to reach self-sufficiency.
Angel Food Ministries **828-758-5476**	Grocery pantry and financial support.
Dulatown Outreach Center, INC **828-758-2482** **www.dulatownoutreachcenter.com**	Offer services to working parents with young children, families with elderly parents needing day care assistance, children with learning disabilities, children who have encountered child abuse and neglect, a nutrition program to address the undernourished and hungry, as well as other human services.
Lenoir Emergency Outreach Shelter (LEOS) | Lenoir, NC **1129 West Ave.** **Lenoir, NC 28645** **828-726-3634**	Full time emergency shelter. Providing shelter, shower facilities, laundry room, kitchen and dining/living spaces. Provide goals plans/case management for residents. Provides assistance to men, women, and children. (individuals & families are assisted)
Shelter Home of Caldwell County **828-758-0888** **www.shelterhomecc.org**	Provides safe shelter, food, clothing, counseling, education, support, referrals, legal and human services, advocacy for victims of domestic violence, rape and sexual assault, as well as their children. Also provided are a 24-hour crisis line, support groups, and community education programs targeted at breaking the cycle of violence. The self-help program enables victims to establish and work toward

	achieving personal goals while living in a violence free environment with their children.
Caldwell Friends, INC **828-758-4683** **www.caldwellfriends.com**	Offers a one year period for at risk youth to have a caring/positive/stable individual to assist with needs and goals.
Communities in Schools **828-759-2852** **www.ciscaldwell.org**	Intervention program to target and meet needs of students in Caldwell County Schools to assist with community resources to assist with learning, staying in school, and preparing for life.
Department of Social Services – Caldwell County **828-426-8200** **2345 Morganton Blvd. Suite A** **Lenoir, NC 28645** **www.caldwellcountrync.org**	Locating childcare, financial assistance
Caldwell County Smart Start **828-426-4KIDS** **www.caldwellsmartstart.org**	Assist working parents pay for child care through DSS and Child Care Subsidy, improving the quality of child care facilities and family care homes.
Helping Hands Clinic **810 Harper Ave NW** **Lenoir, NC 28645** **828-754-8565** **www.helpinghandsclinic.org**	Serving the medical needs of the uninsured residents of Caldwell County. Provides free medical care and prescription medications to adults without health insurance or access to Medicaid or Medicare. All patients must be residents of Caldwell County. Please call for more information.
Caldwell Pregnancy Care Center **828-757-9555** **www.caldwellpregnancycare.org** **Hours: Tuesday – 9:00am – 7:00pm** **Wednesday – 9:00am – 5:00pn** **Thursday – 9:00am – 3:00pm**	Services include: Pregnancy test, education on prenatal development, adoption, abortion) Parenting classes, referrals to physicians, maternity homes and/or adoption agencies. Maternity clothing, baby clothing, and furnishings. Offers friendship and support. Also post abortion support.
Bethel Colony of Mercy **828-754-3781** **www.bethelcolony.org**	Offers substance abuse help and rehab in a faith based approach.
Crossroads Church/Storehouse Daily Bread **2075 Morganton Blvd.** **Lenoir, NC 28645** **828-612-6802** **Hours: Monday – 7:30am – 1:00pm**	Offers food pantry.
Catawba County	

Shelter of Hope Agency: Salvation Army | Hickory, NC **828-322-8061 ext. 65617**	Offers 90 day shelter and support services to homeless women, men, and children. Cold Weather Emergency Assistance: opens the dining area at 10:00 p.m. for those in need of overnight shelter when the evening temperature is 32 degrees or below.
Pregnancy Care Center of Catawba Valley | Catawba County **421 Main Ave. SW** **Hickory, NC 28602** **828-322-4272**	Offering free, confidential services for the county, such as free pregnancy testing, limited ultrasound, and education regarding options. Educational Classes, Community Referrals, Maternity/Infant Clothing and Baby Supplies, Abstinence Education, Support for Adoption, and Pregnancy loss support. Post abortion counseling available. Also offers male advocates and mens group,
Grace House | Hickory, NC **828-324-0025**	A day program for homeless and at-risk individuals providing case management, substance abuse referrals, recovery support, employment resources, assistance with disability applications, GED, and other personal needs.
Safe Harbor | Hickory, NC **www.safeharbornc.org** **Transitional Living: 828-855-9055** **New Day Programs: 828-639-4460** **NOW/MINnows: 828-855-9055** **Main Office: 828-326-7233 | 112 Second Avenue SE Hickory, NC 28602** **The Bridge Hotline: 828-455-3980 | Support for women to prevent trafficking and sexual exploitation**	Offers low cost furnished apartments for women and families working toward self-sufficiency, NOW (New Opportunities for Women) self-sufficiency program for women and children experiencing homelessness, including MINnows for preschool children in NOW. Also offers On Purpose, a variety of classes to support women in self-empowerment.
Family Guidance Center | Hickory, NC **www.fgcservices.com** Email: **familyguidance@fgcservices.com** Main: 828-322-1400 Crisis Line: 828-228-1787 (24 hours/day)	Offers a safe shelter for women. Offers 24 hour crisis assistance for domestic violence, sexual assault, information and counseling, hospital accompaniment, follow-up counseling, victim support groups and community education. (Treatment group is available for male abusers)
Sipe's Orchard Home | Hickory, NC **828-256-5056**	Transitional housing program for young ages 16-21 years old.
Shepherds Heart | Hickory, NC **828-256-0062**	Offers homeless community basic necessities and assist with connecting individuals to mainstream services. Also may have access to household items and furnishings.
Exodus Homes | Hickory, NC **www.exodushomes.com/program** **Main: 828-324-4870 | 828-324-7226**	Offers transitional and permanent supportive housing for people who are homeless and recovering from substance use issues, and people coming out of prison.
The Backpack Program | Catawba County **Amanda Freeland: 828-695-5648**	A collaborative program with Catawba DSS and ECCCM assisting students with food for the weekend.
The CornerTables | Newton, NC **828-464-0355**	Serves meals to anyone or family in need.
Hickory Housing Authority | Hickory, NC **Main: 828-328-5373** **Email: info@hickoryhousing.org**	Offers Conventional Public Housing, Section 8 Voucher Program, Section 8 Elderly Project Based Program, and other programs within the agency
Family Care Center of Catawba Valley | Hickory, NC **828-324-9917**	Offers transitional housing to families with dependent children.

Seniors Morning Out | Catawba County **828-495-5610 | Call for details**	Serving individuals age 60 and above with a hot nutritious meal at five locations within Catawba County from 8:30am – 12:30pm
Christ United Methodist Church **828-294-6858**	Offers a multitude of programs from addiction recovery to financial assistance.
Corinth Reformed Church **828-328-6196**	Offers limited utility and rental assistance.
Community Link | Catawba County **704-943-9516** ***Referrals will need to go through:** **Health Care for Homeless Veterans, VA Outreach Social Worker:** **704-638-9000 ext. 4133 or ext. 3466 for intake and/or referral.**	Serving homeless single female veterans, homeless veteran families, and veterans with substance abuse issues with supportive services and housing.
Hickory Soup Kitchen | Hickory, NC **828-327-4828**	Provides a nutritious midday meals for those in need.
Greater Hickory Cooperative Christian Ministry | Hickory, NC **31 1st Avenue SE** **Hickory, NC 280602** **Main: 828-327-0979** **Client Services: 828-323-7914** **Application process: Apply in person** **Program Hours: Monday and Wednesday – 8:00am – 4:30pm** **Tuesday and Thursday – 8:00am – 6:00pm** **Friday – 8:00am – 12:00pm**	Offers help with utility and rent payments. Offers a showering program for individuals who do not have access to hot water; including towel, face cloth, and toiletries. Provides clothing and household items (through a voucher system). GHCCM is the primary provider for free health care and free prescriptions to uninsured individuals. Offers specialty care, counseling, dental care, eye care, and in partnership with Lenoir-Rhyne University's PA Program, a weekly clinic for primary care.
Highways and Hedges Ministry | Conover, NC **3675 Herman Sipe Road** **Conover, NC 28613** **Main: 828-781-8095** **Program Hours:** **Office: Monday – Friday – 8:00am – 5pm (voice and text messages available anytime)** **Clothing Closet: Second & Fourth Monday – 3:00pm – 4:30pm** **Meal and message; with food, toiletries, and cleaning items: First and Third Monday – 5:00pm**	Offers meal with message, clothing closet, and indoor yard sale. Also delivers groceries, personal and household items to people without transportation. Helps with Rent/Utilities and other bills. Delivers free furniture and appliances. Also offers free firewood to those in need.
Our Father's Pavilion **828-327-0917**	A Sunday morning outreach gathering for the homeless on Union Square (downtown Hickory). They provide breakfast, a worship service, and assistance with food, clothing, blankets, tents, and personal items.
Eastern Catawba Cooperative Christian Ministry (ECCCM) | Newton, NC **Main: 828-465-1702** **245 East N Street** **Newton, NC 28658**	Offers temporary financial help for people in crisis. Crisis Intervention Program assist with utility bills for heating/cooling emergencies, Low Income Energy Assistance Program (LIEAP) offers help with heating bills. Clothing and household items may be

Program hours: **Monday – Thursday – 8:30am – 5:00pm**	purchased at minimal prices in thrift store. ECCCM also accepts and distributes donations for the homeless.
Salvation Army | Hickory, NC **www.salvationarmyhickory.org** **Main: 828-322-8061 ext. 256** **Crisis Help Center FAX: 828-322-2024** **Program Hours:** **Office: Tuesday – Friday – 9:00am – 4:00pm** **Food Pantry: Wednesday – Friday – 9:00am – 3:00pm** **Utility Bill & Rent Payment Assistance: Tuesday – Friday – 9:00am – 3:00pm** ****Walk in. First come, first served.**	Offers food pantry, clothing vouchers for Salvation Army Family Store, Utility Bill Assistance and rent payment assistance. *Assistance will depend on the availability of funding
Ridgeview Sunday Breakfast Program | Hickory, NC **828-294-4531**	Serves a hot breakfast every Saturday morning at the Sunny Valley Community Center in the Ridgeview neighborhood in Hickory.
Christian Community Outreach Ministries| Hickory, NC **www.ccomhickory.org** **Main: 828-328-1803** **FAX: 828-328-2804** ***By Appointment Only. Application Process: Call for Appointment**	Offers help with electric and water bills with disconnection notice. Does not pay entire amount due. Also offers counseling and outreach to people moving into the community. Also GED program through CVCC.
Sherrills Ford Community Food Pantry and Clothing Closet | Sherrills Ford, NC **Located at: Hopewell United Methodist Church** **828-478-9625**	Offers a food pantry and clothes closet.
Catawba County United Way | Catawba County **828-327-6851**	Provides free and confidential 24/7 referral for Health and Human Services in Catawba County by dialing a 3-digit phone number (2-1-1). Also provides funding for emergency and crisis financial assistance through local non-profits.
Catawba County Meals on Wheels | Catawba County **828-695-5610**	Serving homebound seniors age 60 and above a hot meal 3 days a week, along with 2 frozen meals delivered by community volunteers. For those not on Meals on Wheels routes, 20 frozen meals a month will be provided and delivered monthly by volunteers.
Catawba HOPE (Help Our People Eat) | Catawba County **www.catawbahope.wordpress.com** **Christine Cofer: 828-312-8298**	Community Gardens tended by volunteer individuals and organizations. Individuals who work in the gardens are allowed to take some of the produce. The bulk of produce goes to the Hickory Soup Kitchen, ECCCM, Kenworth Hall, The Corner Table, and other agencies/programs in Catawba County.
Habitat for Humanity | Catawba County **828-345-1256**	Builds homes in partnership with Catawba County residents in need of an affordable and decent place to live.
Your Neighbors Pantry | Conover, NC **706 1st Avenue South** **Conover, NC 28613** **828-464-1111 (Must call to make an appointment)**	Offers a food pantry for individuals age 50 and over. Monday, Tuesday, Thursday, 11:00 a.m. - 4:00 p.m. Seen by appointment only.
Department of Social Services (DSS) | Hickory, NC	Medicaid: Health insurance for people with low income and limited resources

3030 11th Avenue Drive SE **Hickory, NC 28602** **Hours: Monday – Friday – 8:00am – 5:00pm** **Application Process:** **Medicaid: Walk in or call to have application mailed** **Medicaid transportation and/or CAP services: Call or walk in to complete an assessment**	CAP Services: Offer care to stay at home instead of going to nursing facility Medicaid Transportation: Available to Medicaid recipients who need assistance getting to/from Medicaid-approved medical appointments/providers.
Western NC Association; Western NC Epilepsy Association | Hickory, NC **2345 23rd Avenue Drive NE** **Hickory, NC 28601** **www.catawbahope.wordpress.com** **Main: 828-312-8298 | 828-465-8985** **FAX: 828-465-8981** **Program Hours: Monday – Friday – 8:00am – 5:00pm** **Support group meetings are at: (Please call for times/dates)** **Corinth Reformed United Church of Christ** **150 16th Avenue NW** **Hickory, NC 28601**	Offers limited financial help for prescription medication and medical services for people experiencing epilepsy. Also offers support groups and makes referrals to other agency.
Covering Region (Alexander, Burke, Caldwell, & Catawba Counties)	
Mountain Grove Baptist Church | Granite Falls, NC **2485 Connelly Springs Road** **Granite Falls, NC 28630** **828-728-9557** **www.mountaingrove.org** **Hours:** **2nd & 4th Tuesday: 5:30pm – 7:30pm**	Food pantry for families and individuals in need no matter what county you reside in. No appointment or referral needed. ***Must complete application and have photo ID
SSVF; Veterans Services for the Carolinas; ABCCM; Asheville-Buncombe Community Christian Ministry | Asheville, NC **www.abccm.org** **24 Cumberland Ave** **Asheville, NC 28801** **Intake: 818-259-5314**	Homeless prevention program designed to help veterans and their families maintain their current housing if facing imminent eviction, or helping find new and affordable housing.
VA Charles George Veterans Affairs Medical Center | Asheville, NC **www.asheville.va.gov** **1100 Tunnel Road**	Offers case management and assistance to homeless/risk of homelessness veterans through a supportive living service with Section 8 Housing Choice Vouchers

Asheville, NC 28805 **Main: 828-298-7911 – ext. 1198**	
Foothills Homeless Veteran Stand Down and Unifour Veterans Helping Veterans **Larry McMullen: 828-320-2842** **Jim Starkey: 828-294-0184**	Assisting Homeless and at-risk veterans with case management, shelter, clothing, employment resources, mentor/support groups, and other necessities.
Partners Behavioral Health Management **1-888-235-HOPE (4673)**	Assist with connecting individuals and families affected by major mental illness, substance abuse, and intellectual and developmental disabilities to needed services.
Lifeline: Landline & Cellphone Discount Programs **Website:** **www.lifelinesupport.org** **Must go to website to sign up and find company/coverage for your area.**	Offers a free cell phone and airtime or a discounted home phone service to people who receive assistance (Food Stamps/EBT, Medicaid, Housing Assistance, SSI, etc..) and meet income limits.
Women's Resource Center **125 3rd St NE** **Hickory, NC 28603** **Main: 828-322-4272** **Email: director@wrchickory.org** **Open: Monday – Thursday 9:00am – 4:00pm** **(Programs offered at specific times, call for information)**	Assist women and families in the region offering to help those in need, in transition by offering encouragement to those seeking growth, giving hope and empowerment to women. Offering case management after unexpected job loss, domestic violence, or an illness, Transistions4Women offers help to women going through changes with case management, job support, and counseling, and offers a "Pantry with a Purpose" supplying basic needs like, feminine products, cleaning supplies, personal hygiene, and welcome home "basics". Wellness workshops are offered occasionally. Divorce, 12 Step programs, and emotional and pain management support groups are available as well.