

AREA RESOURCES

Dorcas Ministries Programs dorcas-cary.org **187 High House Rd, Cary 919-469-9861**

- **Crisis Financial Assistance, Food Pantry, Training Center, Scholarships, Classes.** See website.

HOUSING

EMERGENCY SHELTERS

- **Wake County Coordinated Intake** Hotline for info on area shelters. **919-861-1195**
- **Cornerstone Homeless Multi-Service Center.** Laundry, showers, traveler's aid, social services, employment services and more. 220 Snow Ave Raleigh. **919-508-0777**
- **Wilmington Street Men's Shelter** 1420 South Wilmington St., Raleigh. Men 18+. **919-857-9428**
- **Raleigh Rescue Mission** 314 East Hargett St, Raleigh. Men, women & families. **919-828-9014**
- **Durham Rescue Mission** Men – 1201 E Main St. Women & families – 507 E Knox St. **919-688-9641**
- **Urban Ministries of Durham** 410 Liberty St., Durham. Men, women & families. **919-682-0538**
- **Salvation Army** 215 South Person St., Raleigh. Women and children only. **919-834-6733**
- **Helen Wright Center** 401 W. Cabbarus St., Raleigh. Women only. **919-833-1748**
- **The Women's Center** 112 Cox Ave., Raleigh. Day shelter. Lunch M/W 11:30 – 12:30 **919-829-3711**
- **Wake Interfaith Hospitality Network** Homeless working families. Call for an appt. **919-832-6024**
- **Interact** Women and children escaping domestic violence. 24 hr Crisis Line: **919-828-7740**

TRANSITIONAL HOUSING: 3 months temporary housing and case management for working families.

- **Pan Lutheran Ministries** Transitional and re-housing programs. **919-212-8607**
- **Triangle Family Services** Re-housing programs. **919-821-0790**
- **The Caring Place** Transitional housing program for working families. **919-462-1800**

FINANCIAL

- **Wake County Human Services** 220 Swinburne Ave., Raleigh. Help w/ heating/cooling. **919-212-7000**
- **First Presbyterian** Must be working or have proof of disability. Call Tues. for an appt. **919-833-4070**
- **Sacred Heart Church** 16 N. Dawson St., Raleigh. Call for an appt. **919-865-8973**
- **Doorstep Ministries** 228 W. Edenton St., Raleigh. Call Monday morning. **919-832-9530**
- **White Oak Foundation** 1621 White Oak Church Rd., Apex. Call for an appointment. **919-362-6799**
- **United Way Hotline** for other agencies **1-888-892-1162**

FOOD and CLOTHING

- **Food Stamps: Wake Co. Human Services** 220 Swinburne Ave., Raleigh **919-212-7000** or epass.nc.gov
- **The Point Church Pantry** 1503 Walnut St., Cary Saturdays 11-noon **919-537-9533**
- **White Plains Food Ministry** 313 SE Maynard Rd., Cary Thursdays 4-5:30 **919-467-9394**
- **Urban Ministries Food Pantry** 1390 Capital Blvd., Raleigh Mon-Fri 9am- 1pm **919-834-4707**
- **Catholic Parish Outreach** Food and Clothing. With written referral. Mon-Sat 10am-1pm **919-873-0245**
- **Shepherd's Table** Hot meals. 121 Morgan St., Raleigh Mon-Fri 11am – noon **919-931-2010**
- **With Love From Jesus** Food, clothing. 421 Chapanoke Rd., Raleigh Tu/W/F/Sa 10-noon **919-233-8010**
- **First Baptist of Raleigh** Clothing. 99 N. Salisbury St. Wed 10-11:30, Thurs 1-2:30 **919-832-4485**

HEALTHCARE

MEDICAL

- **Advance Community Health** Clinics to address all medical/dental needs. *Whsi.org* **919-833-3111**
- **Open Door Clinic & Pharmacy** 1390 Capital Blvd., Raleigh. Call for appt. **919-832-0820**
- **Alliance Medical Ministry** Must be working & not insured. 101 Donald Ross Dr, Raleigh **919-277-0505**

MENTAL HEALTH

- **Wake County Crisis Stabilization Center** 24-hour mental health assessment and referrals. No appointment needed. 107 Sunnybrook Rd., Raleigh **919-250-1260/1-800-510-9132**
- **NAMI** Support services for those affected by mental illness. *Nami-wake.org* **919-848-4490**

RECOVERY

- **Healing Transitions.** FREE residential drug and alcohol recovery program. Raleigh. **919-838-9800**
- **TROSA,** FREE residential drug and alcohol recovery program. Durham. **919-419-1059**
- **Hope-Believe.** FREE residential drug and alcohol recovery program. **919-682-0538, ext 232**
- **Triangle Alano Club:** AA, NA and other 12 Step Recovery Meetings, Dorcas Plaza, High House Rd.

DENTAL

- **Advance Community Health.** Dental care for adults and children. **919-833-3111**
- **NC Missions of Mercy,** Free dental clinics across NC. **(919) 234-4037**
- **North Carolina Baptist Dental Bus** Free mobile dental clinics. See website. *Baptistsonmission.org*
- **Wake Tech Dental Hygiene** Some fees apply. **919-747-0216**
- **Wake Smiles** Serves low-income, uninsured adults with referral. See website. *Wakesmiles.org*

FINANCIAL COUNSELING

- **Triangle Family Services** Classes and counseling, foreclosure prevention. *tfsnc.org* **919-821-0790**
- **Consumer Education Counseling** Free credit counseling. **866-635-7121**

LEGAL SERVICES

- **Legal Aid of North Carolina** Call or apply on-line **919-828-4647** or ww2.legalaidnc.org
- **Centro Para Familias Hispanas (Hispanic Family Center)** legal, medical job resources **919-873-0094**

EDUCATION and TRAINING

- **Wake Tech Community College** *FREE* ESL and GED Classes. *FREE* Human Resource Development classes for unemployed/under-employed. Hundreds of training programs. *Waketech.edu*
- **Step Up Ministry** Job readiness for entry-level employment. Register online. *stepupministry.org*
- **Resources for Seniors** Help with aging related issues. Cary Senior Center at Bond Park. **919-462-3983**
- **Dress for Success** Job readiness program and career clothing closet for women. **919-286-2128**
- **Kramden Institute** Computer skills training. **919- 293-1133**
- **Childcare Resources** Help finding childcare for children birth to age 5. **855-328-5933**
- **Vocational Rehab** Employment services for those with disabilities. **919-855-4800**

United Way Hotline Information on other area resources. 211 or 1-888-892-1162