

<u>Area Of Need:</u>	<u>Facility:</u>	<u>Contact:</u>	<u>Services:</u>	<u>Requirements:</u>
Primary Care:				
	AGAPE Community Health Clinic- FQHC 120 W. Martin Luther King Drive Washington, NC	P: (252) 940-0602	<ul style="list-style-type: none"> • Primary Care • Dental Health • Prescription Assistance 	Sliding Fee Scale for uninsured Walk-In's Welcome
	CEMA 1201 Carolina Avenue Washington, NC	P: (252) 975-1111	<ul style="list-style-type: none"> • Primary Care • Urgent Care Services • Drug Screenings • DOT Physicals 	
	Coastal Family Practice 820 W. Main Street Belhaven, NC	P: (252) 943-0056	<ul style="list-style-type: none"> • Primary Care 	
	Urgent Care Down East 1412 Carolina Avenue Washington, NC	P: (252) 495-8997	<ul style="list-style-type: none"> • Primary Care for Medicaid and Uninsured • Urgent Care Services • Drug Screenings 	Competitive prices for uninsured
	Vidant Family- Aurora 151 3rd Street Aurora, NC	P: (252) 322-4021	<ul style="list-style-type: none"> • Primary Care • Closed Wednesdays 	
	Vidant Family- Belhaven* 216 Haslin Street Belhaven, NC	P: (252) 943-6144	<ul style="list-style-type: none"> • Primary Care 	Walk-In's welcome
	Vidant Family- Belhaven* 243 Allen Street Belhaven, NC	P: (252) 944-2218	<ul style="list-style-type: none"> • Primary Care • Closed Wednesdays 	
	Vidant Family- Belhaven* 161 E. Water Street Belhaven, NC	P: (252) 943-6114	<ul style="list-style-type: none"> • Primary Care • Closed Thursdays 	

Vidant Family- Chocowinity 740 Bragaw Lane Chocowinity, NC	P: (252) 946-9562	<ul style="list-style-type: none"> • Primary Care
Vidant Family- Washington 501 W. 15th Street Washington, NC	P: (252) 975-2667	<ul style="list-style-type: none"> • Primary Care
Vidant Internal Medicine 1380 Cowell Farm Rd Washington, NC	P: (252) 946-2101	<ul style="list-style-type: none"> • Primary Care

**Specialized Health
Care:**

Beaufort County Public Health Department 1436 Highland Drive Washington, NC	P: (252) 946-1902	<ul style="list-style-type: none"> • Prenatal Care • Family Planning Services and Contraceptive • Breast and Cervical Cancer Control Program • STD Screenings & Treatment • Childhood and Adult Immunizations 	<p>Sliding Fee Scale for uninsured</p> <p>Must Qualify</p> <p>Free for Anyone</p>
Vidant OBGYN 1210 Brown Street Washington, NC	P: (252) 975-1188	<ul style="list-style-type: none"> • Prenatal Care • Women's Health 	Medicaid and Privately Insured Clients
Vidant Urology 1202 Brown Street Washington, NC	P: (252) 946-0136		
Vidant Women's Care 1204 Brown Street Washington, NC	P: (252) 946-6544	<ul style="list-style-type: none"> • Primary Care for Women • Women's Health 	Medicaid and Privately Insured Clients

Vidant Orthopedics 1207 Highland Drive Washington, NC				P: (252) 946-6153	
Washington Pediatrics 1206 Brown Street Washington, NC				P: (252) 946-4134	<ul style="list-style-type: none"> • Pediatric Primary Care • Asthma Clinic • Psychological Clinic • Nutrition Counseling
Behavioral Health:					
Alliance for Healthy Communities Vidant Health				Lisa Mills, RN P: (252) 833-8213	<ul style="list-style-type: none"> • Chronic health concern with secondary mental health concern • Significant mental health concerns Grant funded program. Accepts referrals.
Arc of Beaufort County Autism Now 1534 W. 5 th Street Washington, NC				P: (252) 945-4414	<ul style="list-style-type: none"> • Promotes the basic human rights of individuals with intellectual and developmental disabilities
Center for Family Violence Prevention 150 E. Arlington Blvd Greenville, NC				P: (252) 758-4400 Help Line: (252) 752-3811 www.c4fvp.org	<ul style="list-style-type: none"> • Counseling for DV Victims and Families • Outpatient Therapy • Supervised child visitation and exchange • Children's Counseling • GREAT Abuser Treatment Program • Hispanic Outreach Program • CATCH/Teen Program Insurance not accepted for outpatient therapy. <u>GREAT</u> - 26 week curriculum designed to teach nonviolent ways of relating to others. Insurance not accepted, fees may apply. <u>Hispanic</u> - Assistance for Hispanic victims of DV through cultural competency. Interpreters available.

		CATCH- curriculum for kids 10-21yo who have experienced DV. Covers Social Media Safety and Bullying as well.
Dixon Social Interactive Services, Inc 671 Washington Square Mall Washington, NC	P: (252) 948-3714	<ul style="list-style-type: none"> • Anxiety/Phobias, Depression ADHD, Conduct Disorders, • Developmental Behavioral Pediatrics • Mental Illness + Substance Abuse • Factitious Disorders, Personality Disorders • Sex Offender Therapy • PTSD • Eating Disorders, OCD
DREAM 216 Stewart Parkway Washington, NC	P: (252) 946-0585 Emergency: (252) 402-3293	<ul style="list-style-type: none"> • Comprehensive Clinical Assessment • Individual, Marriage, and Family Therapy • Substance Abuse Services • Medication Management • DWI Services • Community Support Team-Adults • Intensive In-Home Services-Child/Adolescents • Day Treatment-Child/Adolescents

Spanish Interpreters Available
Sliding Fee Scale for uninsured

Spanish Interpreter Available
Sliding Fee Scale for uninsured

		<ul style="list-style-type: none"> • Triple P Positive Parenting 	
Integrated Family Services 2269 Statonsburg Rd Greenville, NC	P: (252) 439-0700 Crisis: 1-866-437-1821	<ul style="list-style-type: none"> • Mobile Crisis Management • Psychiatric Services • Intensive In-Home Services • Therapeutic Foster Care • Mental Health • Evaluations 	Programs to assist uninsured clients
LifeQuest, Inc 230 E. 8th Street Washington, NC	P: (252) 975-8080	<ul style="list-style-type: none"> • Outpatient Enhanced Services: • Psychosocial Rehabilitation 	
Michael Doughtie Child & Family Services 211 N. Market St. Washington, NC	P: (252) 714-3201	<ul style="list-style-type: none"> • Anxiety/Phobias, Depression • ADHD, Conduct Disorders, • Developmental Behavioral Peds • Eating Disorders, OCD • PTSD • Sex Offender Therapy • Sexual & Gender Identity Disorders 	Walk-In's Welcome
New Hope Counseling Services 122 S. Harvey St Washington, NC	P: (252) 833-4047	<ul style="list-style-type: none"> • Bipolar Disorder • Anxiety/Phobias, Depression • Attachment Disorders • PTSD 	Sliding Fee Scale for uninsured

Pamlico Counseling 408 E. 11th Street Washington, NC P: (252) 975-2027	<ul style="list-style-type: none"> • Anxiety/Phobias, Depression • ADHD • Bipolar Disorder • Eating Disorders, OCD • Personality Disorders • PTSD 	Sliding Fee Scale for uninsured
Passages Counseling Services 323 W. 2nd Street Washington, NC P: (252) 975-3111	<ul style="list-style-type: none"> • Abuse Recovery • Drug/Alcohol Addiction, Substance Abuse • Marriage Counseling • Depression/Anxiety 	
PORT Human Services 1379 Cowell Farm Rd Washington, NC P: (252) 975-8852	<ul style="list-style-type: none"> • Criminal Justice/Court Ordered Services • Psychosocial • Rehabilitation Program • Community Intervention Center 	
Real Crisis Intervention 155 N. Market Street, Suite 225 Washington, NC P: (252) 946-0294 24-hr Crisis Line: (252) 758-4357	<ul style="list-style-type: none"> • 24-hour Counseling and Referrals • Walk-in and Off-site crisis team response services • Rape Victim Advocacy 	
Family Wellness Center Highland Drive Washington, NC P: (252) 215-9011	<ul style="list-style-type: none"> • Individual, child, family, marriage therapy • School-based therapy (k-12) • Anger Management, medication management • ADHD testing, IQ testing • Sexual & Gender Identity Disorders 	Sliding Fee Scale for uninsured

		<ul style="list-style-type: none"> Wellness services for weight loss, acupuncture Eating Disorders, OCD Sleep enhancement therapy, therapeutic massage
Trillium 1308 Highland Drive Washington, NC	P: (252) 946-3666 Emergency: 1-877-685-2415	<ul style="list-style-type: none"> Care Coordination Mental Health and Substance Abuse Counseling Permanent Supportive Housing
Other Healthcare:		
Belton Hearing Aid Centers 1255 Highland Drive Washington, NC	P: (252) 495-8190	<ul style="list-style-type: none"> Free hearing screenings at certain times
Carolina Therapy Connection 611 E. 12 th Street Washington, NC	P: (252) 341-9944	<ul style="list-style-type: none"> Multi-disciplinary team of pediatric Occupational, Speech and Physical therapists provide screening, assessment, consultation, and treatment, working in these areas: <ul style="list-style-type: none"> Autism Spectrum Disorders Asperger's Syndrome Pervasive Developmental Disorder (PDD) ADD & ADHD Sensory Processing Disorder Learning Disability Developmental Delay Downs Syndrome Cerebral Palsy <p>Can file: Medicaid Medcost Aetna BCBS NC Health Choice Cigna * As of 4/1/2016</p> <p>Does take referrals.</p>

		Neuromuscular Disorders Behavioral and Emotional Disorders Language Delay Hearing Loss
Miracle Ear 149 N. Market Street Washington, NC	P: (252) 495-6226	<ul style="list-style-type: none"> • Free hearing screenings
Speech Language Pathologist Beaufort County Schools 321 Smaw Rd Washington, NC	P: (252) 946-6593	<ul style="list-style-type: none"> • Speaking/speech problem assistance School aged children
Occupational Therapy Plus, INC 139 W. 3 rd Street Washington, NC	P: (252) 975-1992	<ul style="list-style-type: none"> • Pediatrics with developmental disabilities/delays • Geriatrics • Hand therapy • Home Health • Hospital outpatient rehabilitation Accepts most insurances as well as Care Credit
Emergency Needs:		
211	P: 211 www.nc211.org	<ul style="list-style-type: none"> • Food, housing • Childcare, Education services • Crisis counseling • Substance abuse counseling
American Red Cross 135 N. Market Street Washington, NC	P: (252) 946-4110	<ul style="list-style-type: none"> • Immediate One-Time Assistance for fire/disaster victims • Army Emergency Relief

Salvation Army 112 E. 7th Street Washington, NC P: (252) 946-2523	<ul style="list-style-type: none"> • Comprehensive Emergency Assistance: Food, rent, clothing, utilities • Lodging fire/disaster victims • Thrift Store • Food and Toy assistance at Christmas
United Way 1385 John Small Ave Washington, NC (In building with NCWorks) Sally Love P: (252) 975-6209	<ul style="list-style-type: none"> • Referrals to local agencies and 211

Food Assistance:

Beaufort County Dept. Social Services 632 W. 5th Street Washington, NC P: (252) 975-5500	<ul style="list-style-type: none"> • SNAP (Food Stamps) • Congregate & Home Delivered Meals • Crisis Intervention Program (heating/cooling) 	Must Qualify Must Qualify Must Qualify
WIC Program Beaufort County Health Department 1436 Highland Drive Washington, NC Lynn House P: (252) 946-1902	<ul style="list-style-type: none"> • Nutrition Education for pregnant women and children ages 0-5 yo • Provides vouchers to assist with food, baby food, formula • Breastfeeding Peer Counselor 	Must Qualify Must Qualify Must Qualify

Food Pantries:

1st Church of Christ 520 E. 10th Street Washington, NC	P: (252) 946-5236	<ul style="list-style-type: none"> Food Distributions 2nd Sat each month (11am-12pm) 	Each person/family can only be served once a month
Athen's Chapel Church of Christ 35 Della Wallace Rd Bath, NC	P: (252) 927-5401	<ul style="list-style-type: none"> Food Distributions 1st Sat each month (10:30-11:30am) 	Each person/family can only be served once a month
Bread Of Life Food Pantry St John's MB Church Aurora, NC	P: (252) 322-7289	<ul style="list-style-type: none"> Food Distributions 1st Sat each month (9-12) 	
Daily Bread Ministries Haw Branch Rd Chocowinity, NC	P: (252) 946-5083	<ul style="list-style-type: none"> Food Distributions 4th Sat each month (11:30-12:15pm) 	
Deeper Life Ministries 4470 Hwy 264 W. Washington, NC	P: (252) 946-4400	<ul style="list-style-type: none"> Food Distributions every Wed (9:00-11:00am) 	
Eagle's Wings Food Pantry 932 W. 3rd Street Washington, NC	Ann-Marie Montague P: (252) 975-1138	<ul style="list-style-type: none"> Emergency Food Services Food Distributions on Tues AM (Other than 5th) Home Bound Food Deliveries Mobile Food Pantry Distributions 4th Sat each month <ul style="list-style-type: none"> Snowden School, Aurora 9:30-10:30 Haw Branch Church, Chocowinity 11:30-12:15 	Each person/family can only be served once a month Must Qualify, Interview Required Medically Fragile Individuals

ISAIAH 58 Food Pantry Harvest Church 2020 15th Street Washington, NC	P: (252) 833-4894	<ul style="list-style-type: none"> Food Distributions 3rd Sat each month 	Basic ID and utility bill for address verification
Macedonia Church of Christ 1678 Swamp Rd Washington, NC	P: (252) 844-6396	<ul style="list-style-type: none"> Food Distributions 3rd Wed each month (9:00-1:30pm) 	Basic ID required
Martha's Project 857 W. Main Street Belhaven, NC	P: (252) 943-2124	<ul style="list-style-type: none"> Food Distribution 4th Fri each month Clothing and Household Items 	
Mt. Gilead Outreach Food Bank 223 W. Main Street Belhaven, NC		<ul style="list-style-type: none"> Food Distribution Fridays 12-2pm Heating Assistance 	
Refugee Tower Church Food Pantry 611 E. 6th Street Washington, NC	P: (252) 362-1294	<ul style="list-style-type: none"> Food Distribution every Thur and Fri (12:00-5:00pm) 	
St. John's Church of Christ 2240 St. John Church Rd. Washington, NC	P: (252) 975-3700	<ul style="list-style-type: none"> Food Distribution 4th Sat each month 	
St. Vincent de Paul Pantry Mother of Mercy Catholic Church 114 W. 9th Street Washington, NC	P: (252) 946-2941	<ul style="list-style-type: none"> Food Distributions each Wed (10-11am) Assistance with medication, rent, utilities 	Basic ID required Interview required for assistance
Soup Kitchens:			
First United Methodist Church Fellowship Hall 200 block of Van Norden St Washington, NC		<ul style="list-style-type: none"> Soup Kitchen 2nd Sat of each month (11am-1pm) 	Free Fellowship Meal

Maranatha 7th day Adventist Soup Kitchen 501 E. 6th Street Washington, NC	P: (252) 975-1138	<ul style="list-style-type: none"> • Soup Kitchen every Saturday 1:30pm
Zion Soup Kitchen 114 W. Martin Luther King Drive Washington, NC	P: (252) 975-1978	<ul style="list-style-type: none"> • Soup Kitchen M-F (11-11:30am)

Other Assistance:

House of Hope 15th Street Church of God 336 E. 15th Street Washington, NC	P: (252) 946-7771	<ul style="list-style-type: none"> • Clothing Ministry Tues only, 9-12pm
Tideland EMC www.tidelandemc.com	P: (252) 943-3046	<ul style="list-style-type: none"> • Utility Assistance Must Qualify

Shelters:

The Anchor House Ayden, NC Human Trafficking	P: (252) 751-0411 Hotline: 1-888-3737-888	<ul style="list-style-type: none"> • Shelter for male victims of sex trafficking age 12-18yo 	Males 12-18 yo
Beaufort, Martin, Bertie Shelter Home Call for Locations	P: (252) 792-1883	<ul style="list-style-type: none"> • Shelter for 6 boys and 5 girls ages 7-17 (for 90 days) 	Children 7-17yo
Coastal Women's Shelter New Bern, NC	P: (252) 638-4509	<ul style="list-style-type: none"> • Women's Domestic Violence Shelter • Court Advocacy • DV Counseling • Support Groups 	Women and children
Greenville- Community Crossroads Manhattan Ave Greenville, NC	P: (252) 752-0829	<ul style="list-style-type: none"> • Housing men, women, families; Take-In 6-8pm • Stable Solutions Program • Shelter Plus Program • Solid Ground Program 	Must prove homelessness Must have ID Must pass breathalyzer nightly

New Directions Greenville, NC	P: (252) 758-4400 Help Line: (252) 752-3811 www.c4fvp.org	<ul style="list-style-type: none"> • Temporary safe house for abused women and their children • Case Management • Counselling, Support Groups • Food, Clothing • Advocacy, Community Referrals
Religious Community Services New Bern, NC	P: (252) 633-2767	<ul style="list-style-type: none"> • Housing men, women, families
Ruth's House Domestic Violence Shelter Washington, NC	P: (252) 940-0007 Help Line: (252)946-0709	<ul style="list-style-type: none"> • Women's Domestic Violence Shelter • DV Counseling • Court Advocacy • Community Education and Outreach Women and children
Safe Harbor Domestic Violence Shelter Greenville, NC	P: 864-467-1177 Help Line: 1-800-291-2139	<ul style="list-style-type: none"> • Women's Domestic Violence Shelter • Dating Violence • Education Program • Transitional Housing • Order of Protection Assistance • Community Education and Outreach Women and children
Zion Shelter 114 W. Martin Luther King Drive Washington, NC	P: (252) 975-1978	<ul style="list-style-type: none"> • Men's Shelter, Take-In 9:30-11:00pm Men Only
Housing Assistance:		
Habitat for Humanity	P: (252) 946-0683 (252) 944-4971	<ul style="list-style-type: none"> • Builds homes for low income families with Must Qualify

			purchase at greatly reduced cost	
Martin County Community Action Washington Square Mall Washington, NC	P: (252) 946-0016	<ul style="list-style-type: none"> • Assist with weatherization and home repairs • Low Income housing assistance 	Must Qualify	
Metropolitan Housing 114 W. Martin Luther King Drive Washington, NC	P: (252) 940-0602	<ul style="list-style-type: none"> • Low Income housing assistance 	Must Qualify	
Mid-East Regional Housing Authority 415 East Blvd, Suite 140 Williamston, NC	P: (252) 789-4927	<ul style="list-style-type: none"> • Low income housing assistance • Section 8 	Must Qualify	
Washington Housing Authority 204 W. 9th Street Washington, NC	P: (252) 946-0008	<ul style="list-style-type: none"> • Low Income housing assistance • Section 8 • Family Self-Sufficiency Program • Homeownership Program 	Must Qualify	
Employment Assistance:				
Blind Center/Division of Services for the Blind 218 N. Harvey Street Washington, NC	P: (252) 946-6208	<ul style="list-style-type: none"> • Vocational Rehabilitation and job placement for visually impaired • Teach independent living skills to visually impaired 	Visual Impairment	
Blue Arbor 731 W. 15th Street Washington, NC	P: (252) 946-1588 www.bluearbor.com	<ul style="list-style-type: none"> • Staffing Agency 		

Beaufort County NCWorks Career Center 1385 John Small Ave Washington, NC	P: (252) 946-3116 www.ncworks.gov	<ul style="list-style-type: none"> • Job Search and Development • Resume Building
Executive Personnel Group 1604 Carolina Ave Washington, NC www.executivepersonnelgroup.com	P: (252) 946-7119	<ul style="list-style-type: none"> • Staffing Agency
Martin County Community Action Washington Square Mall Washington, NC	P: (252) 946-0016	<ul style="list-style-type: none"> • Addresses needs for disabled, elderly, and low income • Job Counseling
Mega Force Staffing 360 Cherry Run Center Washington, NC	P: (252) 975-3150 www.megaforce.com	<ul style="list-style-type: none"> • Staffing Agency
Professional Staffing Solutions 2289 W. 5th Street, Suite 200 Washington, NC www.prostaffingsolutions.com	P: (252) 940-0070 -	<ul style="list-style-type: none"> • Staffing Agency
Vocational Rehabilitation Washington Plaza Shopping Center Washington, NC	P: (252) 946-0051	<ul style="list-style-type: none"> • Disability and vocational assessment • Employment Training and Placement • Counseling • Can Assist with medical expenses <p>Prior Authorization</p>
Education Opportunities/ Assistance:		
Beaufort County Community College Hwy 264 E. Washington, NC	P: (252) 946-6194	<ul style="list-style-type: none"> • Offers various programs. • Basic skills, job readiness, job skills training

		<ul style="list-style-type: none"> • GED • College for Kids (summer) 	
Beaufort County Cooperative Extension 155 Airport Road Washington, NC	Louise Hensley P: (252) 946-0111	<ul style="list-style-type: none"> • Consumer shopping skills • Budgeting Meal Planning • Family Record Keeping • Conservation Practices 	
Beaufort County Public Health Department 1436 Highland Drive Washington, NC	P: (252) 946-1902	<ul style="list-style-type: none"> • Childbirth Education Classes (English/Spanish) • Diabetes Self-Management Classes • Miscellaneous Classes and Presentations 	
Family Resource Center Mother of Mercy Catholic Church 114 W. 9th Street Washington, NC	P: (252) 946-2941	<ul style="list-style-type: none"> • Educational and Job programs 	
Literacy Volunteers of Beaufort County 1385 John Small Ave Washington, NC (In building with NCWorks)	P: (252) 974-1812	<ul style="list-style-type: none"> • Free, confidential, 1-on-1 tutoring sessions • Help prepare for GED, ASVAB, NC driver's License, US Citizenship test • U.S. citizenship 	Illegal Adults
Purpose of God Annex 1015 E. 6th Street Washington, NC	P: (252) 974-1484	<ul style="list-style-type: none"> • GED Assistance • Employment Skills and Job Preparedness • On-The-Job Training ages 18-55yo 	Mon-Thur 9:30-2:00
St. John's Church of Christ 2240 St. John Church Rd. Washington, NC	P: (252) 975-3700	<ul style="list-style-type: none"> • Budgeting & Finance 	

Transportation:**Beaufort Area Transit (BATS)**

1534 W. 5th Street
Washington, NC

P: (252) 946-5778

- Human services and general transportation

Fares based on distance traveled.
Requires 24hr notice.

Phone Assistance:**Assurance Wireless**

135 N. Market Street
Washington, NC

P: 1-855-990-8763

- 250 Free phone minutes & texting

Must Qualify

SafeLink Wireless Cell Phones

1-800-977-3768

www.safelinkwireless.com

- Government's Lifeline support program

One per household

Lifeline Program

www.lifelinesupport.org

- Provides monthly discounted landline or wireless phone services to low-income households.

If you participate in other federal or state assistance programs, you are eligible.

Childcare Assistance:**Beaufort County Community College**

Hwy 264 E.
Washington, NC

P: (252) 946-6194

- Childcare Assistance for Students

Must Qualify

Beaufort County DSS

632 W. 5th Street
Washington, NC

P: (252) 975-5500

- Childcare Assistance Program

Must Qualify

Beaufort/Hyde Partnership For Children

979 Washington Square Mall
Washington, NC

P: (252) 975-4647

- Childcare Referral Specialist to help assure quality childcare

After School/Summer Programs:**Adventure Zone Kids**

Tommi Bridgeman

School aged children

Washington Assembly Of God 2029 Hwy 264 W Washington, NC	P: (252) 946-6619	<ul style="list-style-type: none"> • Summer Enrichment Program • Before/After school program 	
Boys & Girls Club 1028 N. Bridges Street Washington, NC	Malveta Collins P: (252) 975-9311	<ul style="list-style-type: none"> • After School Program • Summer Program 	
John Cotton Tayloe 910 Tarboro Street Washington, NC	Patricia Tyson 252-946-3350	<ul style="list-style-type: none"> • After School Program • Summer Enrichment Program 	School aged children
Purpose of God Annex 1015 E. 6th Street Washington, NC	P: (252) 974-1484	<ul style="list-style-type: none"> • After School Program • Homebound Student Program • Summer Program 	Students ages 6-15yo
Unity Christian Academy 1501 Haw Branch Rd Chocowinity, NC	P: (252) 946-5083	<ul style="list-style-type: none"> • After School Program • Summer Enrichment Program 	
Elderly Support:			
Beaufort County Dept. Social Services 632 W. 5th Street Washington, NC	P: (252) 975-5500	<ul style="list-style-type: none"> • Adult Protective Services • Medicaid Fraud • In-home daily living assistance 	
Grace Martin Harwell Senior Center 310 W. Main Street Washington, NC	P: (252) 975-9368	<ul style="list-style-type: none"> • Provides many events, programs, activities to enhance quality of life. 	55+
MidEast Commission on Aging 1385 John Small Ave Washington, NC	P: (252) 974-1835	<ul style="list-style-type: none"> • Family Care-Giver Support: Provide direct support and services for the elderly • Long Term Care Ombudsman Programs 	

		<ul style="list-style-type: none">• Adult Protective Services (elder abuse)• Reverse Mortgages• Medicare Fraud		
	Center for Family Violence Prevention 150 E. Arlington Blvd, Suite D Greenville, NC 27858	P: (252) 758-4400	<ul style="list-style-type: none">• Elder Abuse Program	
Parenting Support:				
	Beaufort County Public Health Department 1436 Highland Drive Washington, NC	P: (252) 946-1902	<ul style="list-style-type: none">• WIC Services<ul style="list-style-type: none">• Breastfeeding Peer Counselor• Care Coordination For Children• Pregnancy Care Management• Childbirth Education Classes (English and Spanish)• Car Seat Installations and Inspections• Childhood Immunizations• Healthy Beginnings Program• Safe Sleep Campaign (pac-n-play for clients who need safe sleep space for baby)	Must Qualify Medicaid Clients Medicaid Clients WIC Clients
	Beaufort/Hyde Partnership For Children 979 Washington Square Mall	P: (252) 975-4647	<ul style="list-style-type: none">• Car Seat Installations and Inspections• Pre-K Screenings	Must Qualify

Washington, NC		<ul style="list-style-type: none"> • Parents as Teachers Program • FREE Playgroups in Belhaven, Pinetown, Aurora, and Washington • Lending Library • Toys For Tots Intake 	Ages 2-5 Must Qualify
BMH Regional Library 158 N. Market Street Washington, NC	P: (252) 946-6401	<ul style="list-style-type: none"> • Playgroup • Tutoring 	Hours: Mon, Wed, Fri 9am-5pm
Children's Home Society 	1-800-862-3978 www.chsnc.org	<ul style="list-style-type: none"> • Adoption Services 	
Coastal Pregnancy Center 1312 John Small Ave, Suite 2002-A Washington, NC	Susie Rollins P: (252) 946-8040	<ul style="list-style-type: none"> • Free Pregnancy Tests • Counseling & Supportive Services • Parenting Classes, Baby and Maternity Items (including pac-n-play upon completion of classes) • Adoption Referrals 	
Cornerstone Family Worship Center 1914 W. 5th Street Washington, NC	P: (252) 946-6109	<ul style="list-style-type: none"> • Family Understanding Nurturing Program • Dinner is served, transportation provided 	Preschool, pre-adolescents, adolescents
Family Connects 198 NC HWY 45 N Plymouth, NC 27962	P: (252) 793-1806 1-844-508-3971	<ul style="list-style-type: none"> • Specialized Registered Nurse provides no-cost postpartum and newborn home visits (including breastfeeding) 	Serves all residents of Beaufort, Hyde, Bertie, and Chowan
Family Resource Center Mother of Mercy Catholic Church 114 W. 9th Street	P: (252) 946-2941	<ul style="list-style-type: none"> • Parenting Classes • After school tutoring • Piano Lessons 	

Family Resource Center Mother of Mercy Catholic Church 114 W. 9th Street Washington, NC	P: (252) 946-2941	<ul style="list-style-type: none"> • Parenting Classes • After school tutoring • Piano Lessons • Basketball Lessons 	
Higher Heights Human Services 148 Avon Ave Washington, NC	Janae Johnson P: (252) 946-6390	<ul style="list-style-type: none"> • Prenatal support centered in local high schools • Support Group, Job Training 	Teen moms
Hopeful Beginnings Vidant Medical Center Greenville, NC	P: (252) 847-8263	<ul style="list-style-type: none"> • Support Group helps postpartum mothers cope 	Up to 1 year after delivery
Purpose of God Annex 1015 E. 6th Street Washington, NC	P: (252) 974-1484	<ul style="list-style-type: none"> • Tuff Luv Camp 	For students facing suspension

Mentorship:

Pamlico Pals 310 W. Main Street Washington, NC	P: (252) 946-0185	<ul style="list-style-type: none"> • Governor's 1-on-1 volunteer program 	Matches troubled youth with mentors via referrals from the court system
Purpose of God Annex 1015 E. 6th Street Washington, NC	P: (252) 974-1484	<ul style="list-style-type: none"> • Project New Hope • Advocacy Services 	For adults with criminal backgrounds
YoungLife PO Box 1682 Washington, NC	P: (252) 402-5088	<ul style="list-style-type: none"> • Faith-based mentorship program • Meets every Mon night during the school year 	
YoungLives PO Box 1682 Washington, NC	Shelia Tanner P: (252) 402-5088	<ul style="list-style-type: none"> • Mentoring and support for teen moms 	

Support Groups:

Alcoholics Anonymous of Northeastern NC	P: (252) 975-6113 Hotline: 1-800-338-1849	<ul style="list-style-type: none"> • Open Big Book Study- Thursday 8pm 	
--	---	---	--

District 92		
Belhaven- Sidney Fellowship Group Freewill Baptist Church 5580 Sidney Rd, Belhaven		
Belhaven- Easy Does It Group White Plains Church Ministry 748 Edward St Belhaven, NC	<ul style="list-style-type: none"> • Open Speaker- Saturday 8pm 	Anyone can attend, but ask that only those with alcohol problem participate in discussion.
Celebrate Recovery Harvest Church 2020 15th Street Washington, NC	P: (252) 833-4894 <ul style="list-style-type: none"> • Addiction support group 	Any kind of addiction
Chocowinity- Grateful Group Trinity Episcopal Church 182 NC Hwy 33 East Chocowinity, NC	<ul style="list-style-type: none"> • Open Speaker- Friday 8pm 	Anyone can attend, but ask that only those with alcohol problem participate in discussion.
Diabetes Support Group Grace Martin Harwell Senior Center 310 W. Main Street Washington, NC	P: (252)-975-9368	55+
Down East Area of Narcotics Anonymous - Keep It Simple Westbrooke Housing Authority 100 Manual Drive Washington, NC (Behind Classic Auto-Body on Hwy 264 W)	<ul style="list-style-type: none"> • Sunday 8pm P: (252) 975-6113	

**Washington- Beaufort
County Group**

Westbrooke Housing Authority
100 Manual Drive
Washington, NC

P: (252) 975-6113

(Behind Classic Auto-Body on Hwy 264 W)

- Open Speaker- Monday 8pm*
- Closed Discussion- Tuesday Noon
- Living Sober Discussion- Wednesday 6pm
- Open Speaker- Saturday Noon*
- Beginners Discussion- Sunday 3pm

*Anyone can attend, but ask that only those with alcohol problem participate in discussion.

Legal Aid:

Legal Aid NC

607 Broad Street
New Bern, NC

P: (252) 637-9502

- Free legal assistance in areas of civil law,
- problems of elderly, advanced directives

Low Income