

## AREA RESOURCES

## RECURSOS del AREA

### **Dorcas Ministries Programs                      *dorcascary.org*                      187 High House Rd, Cary**

**APPLY on-line for Financial & Food Assistance & Training (*aplicacion en linea para asistencia*).....919-469-9861**

### **HOMELESS RESOURCES (recursos para personas sin hogar)**

**Are you homeless? Call HouseWake Access Hub (*linea emergencia para personas sin hogar*).....919-443-0096**

**Oak City Cares:** center for homeless services: healthcare, laundry, showers, computers, weekend meals. 1430 S. Wilmington St., Raleigh (**centro para personas sin hogar: lavanderia, duchas, servicios medicos y sociales**) .....984-344-9599

**The Women's Center:** day services for women. 400 S. West St., Raleigh (**centro para mujeres sin hogar**) .....919-829-3711

**Cornerstone Center:** Laundry, showers, services, ID cards 220 Snow Ave. Raleigh (**lavanderia, duchas, cartas de ID**).....919-508-0777

**Raleigh Rescue Mission:** Men, women, families. 314 E. Hargett St., Raleigh (**refugio de emergencia**) .....919-828-9014

**The Caring Place:** housing program for working families (**refugio de emergencia para familias**).....919-462-1800

**Emergency Overnight Shelters (*refugios de emergencia durante la noche*)**

**Wilmington Street Shelter:** 1420 South Wilmington St., Raleigh. Men only. 18+ (**hombres**)..... 919-857-9428

**Helen Wright Center:** 401 W. Cabbarus St., Raleigh. Women only (**mujeres**)..... 919-833-1748

**Interact:** Women and children escaping domestic violence. 24 hr (**victimias de violencia domestica**) .....919-828-7740

**Durham Rescue Mission:** Men **919-688-9641**. Women & families (**familias**) .....919-688-9641

**Urban Ministries of Durham:** 410 Liberty St., Durham. (**todas personas**) .....919-682-0538

### **FINANCIAL (asistencia financiera)**

**Wake Co Human Services:** 220 Swinburne, Raleigh. Energy Assistance/Rent (**asistencia financiera: electricidad y renta**)....919-212-7000

**White Oak Foundation:** 1621 White Oak Church Rd., Apex. Call for an appt (**asistencia financiera y comida**) .....919-362-6799

**First Presbyterian:** Must be working or have proof of disability. (**asistencia financiera para trabajadores**) .....919-833-4070

**Sacred Heart Church:** 16 N. Dawson St., Raleigh. (**asistencia financiera**)..... 919-865-8973

**Western Wake Crisis Ministry** for Apex and Holly Springs residents.....919-362-0657

### **FOOD and CLOTHING (comida y ropa)**

**Food Stamps:** W. Wake Co. Human Services, 111 James Jackson, Cary *epass.nc.gov* (**estampillas de comida**).....919-461-4613

**White Oak Food Pantry:** 1621 White Oak Church, Apex (**despensa de comida**)..... 919-362-6799

**Hope Pantry:** 1809 Garner Station Rd, Raleigh (**despensa de comida**) .....919-662-8019

**The Point Church Pantry:** 1503 Walnut St., Cary (**despensa de comida**)..... 919-467-9159

**Life Church:** 305A Ashville, Cary (**despensa de comida**).....919-615-1122

**Grace Pantry:** 9043 Chapel Hill Rd, Cary (**despensa de comida**).....919-468-4590

**White Plains Food Ministry:** 313 SE Maynard Rd., Cary (**despensa de comida**).....919-467-9394

**St. Mary's AME:** 600 S. Salem St., Apex (**despensa de comida**) .....919-362-0076

**Urban Ministries Food Pantry:** 1390 Capital Blvd., Raleigh (**despensa de comida**) .....919-256-2181

**Catholic Parish Outreach:** Food and Clothing. With written referral (**despensa de comida y ropa**).....919-873-0245

**Shepherd's Table:** Hot meals. 121 Hillsborough St., Raleigh (**comidas calientes**) .....919-931-2010

**With Love from Jesus:** Food, clothing. 421 Chapanoke Rd., Raleigh (**despensa de comida y ropa**) .....919-233-8010

**First Baptist of Raleigh:** Clothing. 99 N. Salisbury St. (**despensa de ropa**) .....919-832-4485

## MEDICAL and DENTAL (medico y dental)

<b>Advance Community Health:</b> medical, dental, mental health ( <b>medico, dental y salud mental</b> ).....	919-833-3111
<b>Alliance Medical Ministry:</b> For employed w/o insurance. 101 Donald Ross Dr., Raleigh. ( <b>medico para trabajadores</b> ).....	919-277-0505
<b>NeighborHealth:</b> Raleigh. All medical needs. ( <b>medico</b> ).....	984-222-8000
<b>Open Door Clinic &amp; Pharmacy:</b> 1390 Capital Blvd., Raleigh. ( <b>medico y farmacia</b> ).....	919-832-0820
<b>UNC School of Dentistry:</b> Full service dental clinic. ( <b>dental</b> ) .....	919-597-3997
<b>Wake Smiles:</b> Serves low-income, uninsured adults with referral. See website. <i>Wakesmiles.org</i>	
<b>Wake Tech Dental Hygiene:</b> Some fees apply. ( <b>dental</b> ) .....	919-747-0126

## MENTAL HEALTH (salud mental)

<b>Wake Co. Crisis Stabilization Ctr:</b> 24 hr mental health. 107 Sunnybrook Rd, Raleigh ( <b>emergencia de salud mental</b> )....	919-250-1260
<b>Monarch Behavioral Health Urgent Care:</b> 319 Chapanoke Rd, Raleigh. ( <b>emergencia de salud mental</b> ) .....	919-703-2845
<b>NAMI:</b> Support services for those affected by mental illness. ( <b>servicios de apoyo para familias</b> ) .....	919-848-4490
<b>Triangle Family Services:</b> Counseling services for all needs. ( <b>servicios de salud mental</b> ) .....	919-821-0790

## DRUG AND ALCOHOL RECOVERY (rehabilitacion de drogadiccion y alcoholismo)

<b>Healing Transitions:</b> Residential addiction recovery program. Raleigh. ( <b>refugio y programa de adiccion</b> ) .....	919-838-9800
<b>Southlight:</b> Addiction treatment. Raleigh. ( <b>refugio y programa de adiccion</b> ) .....	919-787-6131
<b>Triangle Alano Club:</b> AA, NA and other 12 Step Recovery Meetings, Dorcas Plaza, High House Rd., Cary	
<b>TROSA:</b> FREE residential drug and alcohol recovery program. Durham. ( <b>refugio y programa de adiccion</b> ) .....	919-419-1059

## FINANCIAL COUNSELING (consejeria financiera)

<b>Triangle Family Services:</b> Debt counseling, financial advising.....	919-821-0790
<b>White Oak Foundation:</b> Financial counseling, home-buyer education .....	919-362-7699

## LEGAL SERVICES (servicios legales)

<b>Legal Aid of North Carolina:</b> Call or apply on-line <i>www.legalaidnc.org</i> ( <b>aviso legal, aplicacion en linea</b> ).....	919-828-4647
<b>Apex Immigration Services:</b> (aviso legale de inmigracion) .....	919-589-5231
<b>Hispanic Family Resource Center:</b> 203 E. Moore St, Apex. ( <b>centro de servicios hispanos</b> ) .....	919-924-3260
<b>Centro Para Familias Hispanas:</b> Legal, medical, job resources. ( <b>centro de servicios hispanos</b> ).....	919-873-0094

## EDUCATION and TRAINING

<b>Wake Tech Community College:</b> English, GED and many other classes (clases de ingles y otras clases).....	<i>waketech.edu</i>
<b>NC Works Career Center:</b> Employment center. 1830 Tillery, Raleigh. <i>ncworks.gov</i> ( <b>servicios de empleo</b> ).....	919-715-0111
<b>Step Up Ministry:</b> Job readiness and placement. Register online. ( <b>programa de empleo aplicacion en linea</b> ).....	<i>stepupministry.org</i>
<b>Resources for Seniors:</b> Cary Senior Center at Bond Park. ( <b>recursos para mayores</b> ).....	919-462-3983
<b>Dress for Success:</b> Job readiness and clothing program for women. ( <b>programa de empleo para mujeres</b> ).....	919-286-2128
<b>Kramden Institute:</b> Computer skills training. ( <b>cursos de computadora para ninos y adultos</b> ).....	919-293-1133
<b>Childcare Resources:</b> Help finding childcare for children birth to age 5. ( <b>recursos de cuidado para ninos</b> ) .....	855-328-5933
<b>Vocational Rehab:</b> Employment services for those with disabilities. ( <b>empleo para personas discapacitadas</b> ) .....	919-855-4800