

AREA RESOURCES

Dorcas Ministries Programs

dorcascary.org

187 High House Rd, Cary

919-469-9861

Crisis Financial Assistance, Emergency Housing, Food Pantry, Training Center, Scholarships, Classes.

HOMELESS RESOURCES

Experiencing a Housing Crisis? Wake County's "Coordinated Entry" helps you connect with area shelters and emergency housing services. Visit wake.nc.networkofcare.org and click on the link for "emergency shelter."

Oak City Cares: A "one stop shop" for coordinated services, including: housing; health, mental health & substance abuse care; employment; laundry, showers, computers, meals on weekends.

1430 S. Wilmington St., Raleigh **984-344-9599**

The Women's Center: Day shelter, meals, basic needs. 112 Cox Ave., Raleigh. **919-829-3711**

Cornerstone Center: Laundry, showers, social services, job help, ID cards. 220 Snow Ave Raleigh. **919-508-0777**

Raleigh Rescue Mission: Men, women, families. Assists those ready to make a year-long commitment to move from homelessness to new life. 314 E. Hargett St., Raleigh. **919-828-9014**

The Caring Place: Transitional housing program for homeless working families. **919-462-1800**

Emergency Overnight Shelters

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

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

Interact: Women and children escaping domestic violence. 24 hr. Crisis Line: **919-828-7740**

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

Urban Ministries of Durham: 410 Liberty St., Durham. Men, women & families. **919-682-0538**

FINANCIAL

Wake County Human Services: 220 Swinburne Ave., Raleigh. Energy Assistance/Rent. **919-212-7000**

White Oak Foundation: 1621 White Oak Church Rd., Apex. Call for an appointment. **919-362-6799**

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**

FOOD and CLOTHING

Food Stamps: Western Wake Co. Human Services, 111 James Jackson, Cary. **919-461-4613** or epass.nc.gov

White Oak Food Pantry: 1621 White Oak Church, Apex, Mon, Wed 1-3pm. **919-362-6799**

Hope Pantry: 821 Buck Jones, Raleigh, Mon 10-2, Wed 4-7pm. **919-532-0620**

The Point Church Pantry: 1503 Walnut St., Cary Saturdays 11-noon. **919-537-9533**

Life Church: 305A Ashville, Cary. Mon-Tues 9am-2pm, Sun 12-12:30pm. **919-615-1122**

Grace Pantry: 9043 Chapel Hill Rd, Cary. Wed 12-1:30pm. **919-467-9159**

White Plains Food Ministry: 313 SE Maynard Rd., Cary Thursdays 4-5:30pm. **919-467-9394**

St. Mary's AME: 600 S. Salem St., Apex Tues, Fri, 10:30am-12pm. **919-362-0076**

Oak City Cares: Meals on weekends. 1430 S. Wilmington Street, Raleigh. **984-344-9599**

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**

For more area resources call 2-1-1 or go to: wakenetworkofcare.org

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MEDICAL and DENTAL

Advance Community Health at Dorcas Plaza: All medical/dental needs. *Whsi.org* **919-833-3111**

Alliance Medical Ministry: Must be working & not insured. 101 Donald Ross Dr., Raleigh. **919-277-0505**

NeighborHealth: Raleigh. All medical needs. Sliding scale. *Neighborhealthcenter.org* **984-222-8000**

NC Missions of Mercy: Free dental clinics across NC. **919-234-4037**

Open Door Clinic & Pharmacy: 1390 Capital Blvd., Raleigh. Call for appt. **919-832-0820**

UNC School of Dentistry: Full service dental clinic. **919-597-3997**

Wake Smiles: Serves low-income, uninsured adults with referral. See website. *Wakesmiles.org*

Wake Tech Dental Hygiene: Some fees apply. **919-747-0126**

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**

Monarch Behavioral Health Urgent Care: Walk-in clinic. 319 Chapanoke Rd, Raleigh. 919-703-2845

NAMI: Support services for those affected by mental illness. *Nami-wake.org* **919-848-4490**

Triangle Family Services: Counseling services for all needs. *tfsnc.org* **919-821-0790**

DRUG AND ALCOHOL RECOVERY

Healing Transitions: FREE residential drug and alcohol recovery program. Raleigh. **919-838-9800**

Southlight: Inpatient and outpatient drug/alcohol treatment. Raleigh. **919-787-6131**

Triangle Alano Club: AA, NA and other 12 Step Recovery Meetings, Dorcas Plaza, High House Rd., Cary

TROSA: FREE residential drug and alcohol recovery program. Durham. **919-419-1059**

FINANCIAL COUNSELING

Triangle Family Services: Classes and counseling, foreclosure prevention. *tfsnc.org* **919-821-0790**

White Oak Foundation: Financial counseling, home-buyer education, foreclosure prevention. **919-362-7699**

LEGAL SERVICES

Legal Aid of North Carolina: Call or apply on-line **919-828-4647** or *ww2.legalaidnc.org*

Apex Immigration Services: Legal clinic 2nd/4th Fridays. Call for an appointment. **919- 589-5231**

Family Resource Center: Legal, health, emergency services. 203 E. Moore St, Apex. **919-924-3260** or **589-5307**

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*

NC Works Career Center: Full service employment center. 1830 Tillery, Raleigh. *ncworks.gov* or **919-715-0111**

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**