

R.I.C.'s Market
Foundation
Spring 2025



Journal

INTRODUCTION

IN 2017, we lost our first Treasurer, Delores Dock, to lung and breast cancer. Delores was my mother, and she was a significant reason why we began our fight for social and food justice. Throughout my childhood, she maintained a garden and loved helping with ours even after she became too ill to live in her own home. Unfortunately, she experienced firsthand the challenges of accessing healthy, affordable food and the impact it had on her health and that of her community.

Since 2020, we have raised funds to help cancer patients improve their access to healthy meals. We are excited to announce that, in addition to providing ongoing financial support, we are now offering three free Cancer Support Health and Wellness Classes.

These classes aim to enhance overall health and well-being by providing engaging and informative sessions on healthy cooking, nutritional information, and general wellness. Specifically tailored for individuals diagnosed with cancer and their caregivers, our classes will empower participants with the knowledge and skills needed to make informed decisions about their diet and lifestyle, ultimately improving their health and quality of life.

Furthermore, we will address the effects of alcohol and substance abuse on cancer patients and survivors, offering healthy alternatives to support their journey toward wellness.

We hope this journal will serve as a lasting resource for all.

Sincerely,
Angela Gray
Founder/Chairman
R.I.C.'s Market Foundation
www.ricsmarket.org

Table of Contents

1. Class Recipes.....	4
◦ Grits with Sautéed Spinach and Tomatoes.....	5
◦ Sautéed Chicken with Sweet Potato and Collard Greens.....	6
◦ Chicken and Vegetable Soup.....	7
2. Kitchen Tips.....	8
◦ Kitchen Conversions.....	9
◦ Seasonings.....	10
◦ Sauces.....	11
◦ Types of Onions.....	12
3. Herbs.....	13
◦ Nourishing Herbs.....	14
4. Nutrition Notes.....	15
◦ MyPlate Food Groups.....	16
◦ Health Talk.....	17
◦ Grits.....	20
◦ Chicken.....	21
5. Self-Care Journal.....	22
◦ Worksheets.....	23
◦ Notes.....	48
◦ Mecklenburg County Public Health Community Resource Guide..	56

Class Recipes

Grits with Sautéed Spinach and Tomatoes

Ingredients:

- 1 cup quick-cooking grits
- 4 cups water
- 1 teaspoon salt
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 pint cherry tomatoes, halved
- 4 cups fresh spinach leaves
- Salt and pepper to taste

Instructions:

1. Cook the Grits:

- a. In a large pot, bring the water and salt to a boil.
- b. Gradually add the grits, stirring constantly.
- c. Reduce heat to low and cook, stirring frequently, until thickened and creamy (about 5-7 minutes for quick-cooking grits).

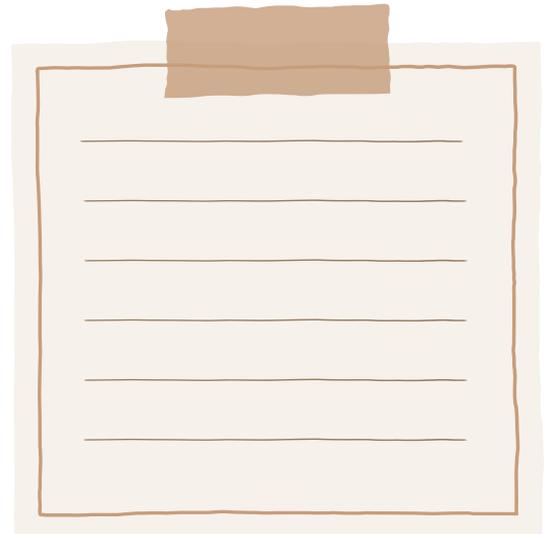
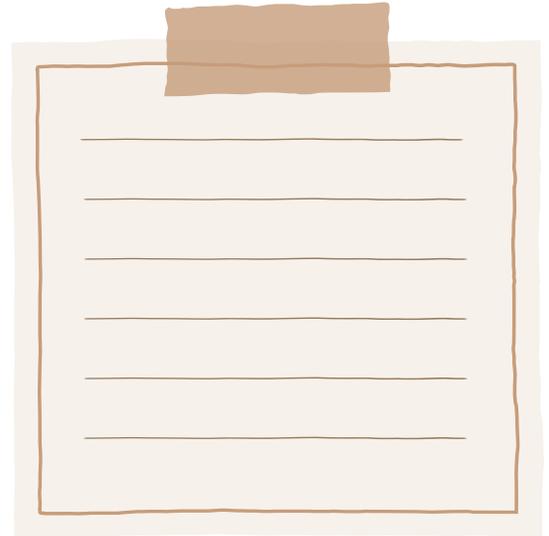
2. Sauté the Spinach and Tomatoes:

- a. In a large skillet, heat the olive oil over medium heat.
- b. Add the minced garlic and cook until fragrant, about 1 minute.
- c. Add the cherry tomatoes and cook until they start to soften, about 2-3 minutes.
- d. Add the spinach leaves and cook until wilted, about 2-3 minutes more.
- e. Season with salt and pepper to taste.

3. Serve:

- a. Spoon the grits onto plates or into bowls.
- b. Top with the sautéed spinach and tomatoes.
- c. Enjoy!

Chef's Notes



Sautéed Chicken with Sweet Potato and Collard Greens

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 large sweet potatoes, peeled and cut into small cubes
- 1 bunch collard greens, stems removed and leaves chopped
- 2 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Prepare the Chicken:

- a. Season the chicken breasts with salt, and pepper.
- b. In a large skillet, heat 1 tablespoon of olive oil over medium-high heat.
- c. Add the chicken breasts and cook for 6-7 minutes on each side, or until fully cooked and the internal temperature reaches 165°F (74°C).
- d. Remove the chicken from the skillet and set aside.

2. Cook the Sweet Potatoes:

- a. In the same skillet, add another tablespoon of olive oil.
- b. Add the sweet potato cubes and cook for about 10-12 minutes, stirring occasionally, until they are tender and golden brown.

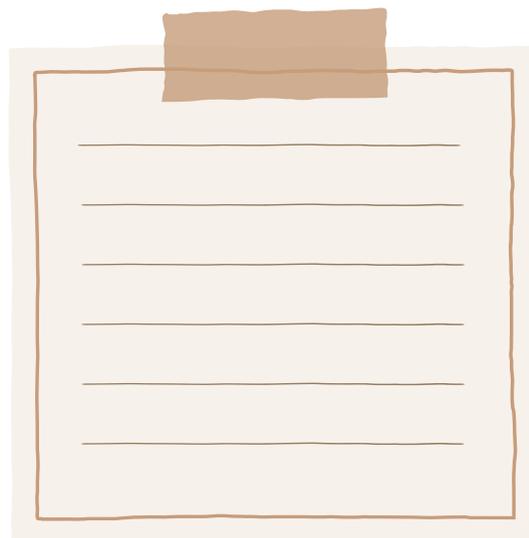
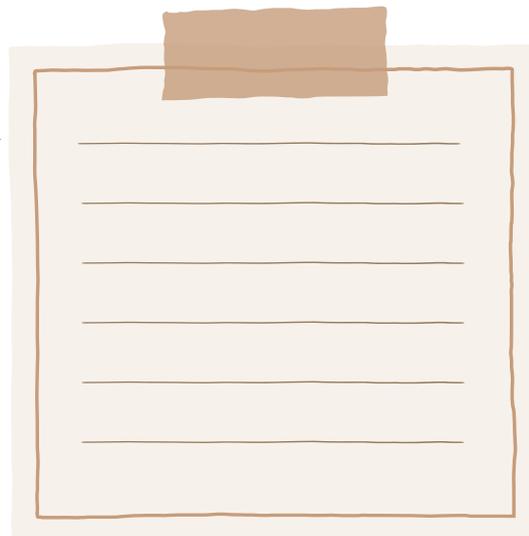
3. Sauté the Collard Greens:

- a. Add the minced garlic to the skillet with the sweet potatoes and cook for 1 minute until fragrant.
- b. Add the chopped collard greens and cook, stirring occasionally, until wilted, about 5-7 minutes.
- c. Season with salt, and pepper.

4. Combine and Serve:

- a. Return the cooked chicken breasts to the skillet to reheat and mix with the sweet potatoes and collard greens.
- b. Plate the dish.

Chef's Notes



Chicken and Vegetable Soup

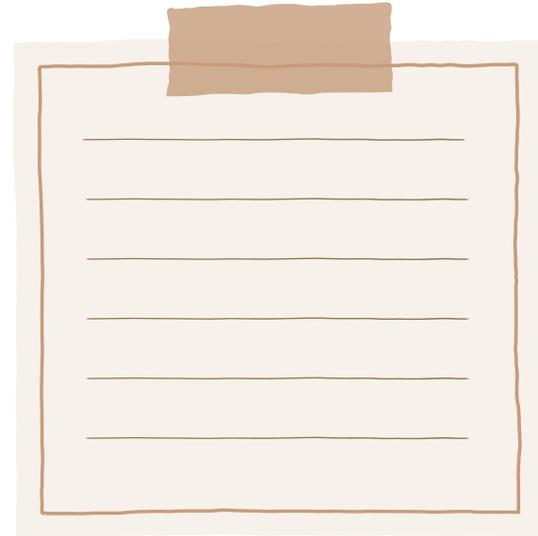
Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 boneless, skinless chicken breasts, cubed
- 6 cups vegetable broth
- 1 can (14.5 oz) diced tomatoes
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste

Instructions:

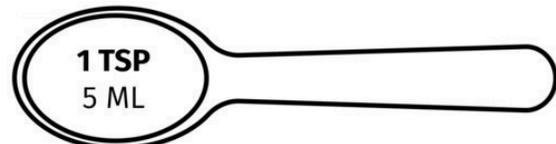
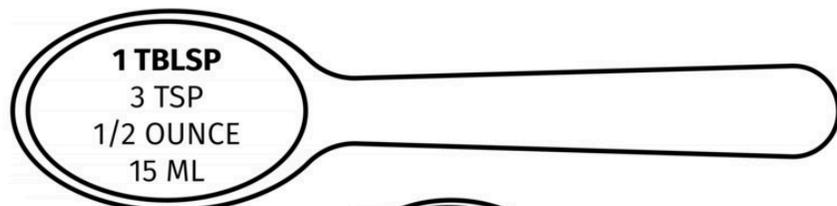
1. *Sauté the Vegetables:*
 - a. In a large pot, heat the olive oil over medium heat.
 - b. Add the chopped onion and cook until softened, about 5 minutes.
 - c. Add the minced garlic and cook for another minute until fragrant.
 - d. Stir in the carrots, and celery. Cook for about 5 minutes, stirring occasionally.
2. *Cook the Chicken:*
 - a. Add the cubed chicken breasts to the pot and cook until they are no longer pink on the outside, about 5 minutes on medium high.
3. *Add the Broth and Tomatoes:*
 - a. Pour in the chicken broth and add the diced tomatoes, dried thyme, and bay leaf.
 - b. Bring the soup to a boil, then reduce the heat and let it simmer for about 20 minutes, or until the vegetables are tender and the chicken is cooked through.
 - c. Season with salt and pepper to taste.
4. *Finish the Soup:*
 - a. Remove the bay leaf and discard it.
5. *Serve:*
 - a. Ladle the soup into bowls.

Chef's Notes



Kitchen Tips

KITCHEN CONVERSIONS



Seasonings

Taco Seasoning

2T chili powder
1 1/2 tsp paprika
2 tsp cumin
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp cayenne
2 tsp salt
1/2 tsp pepper
1/4 tsp oregano

Chili Seasoning

1/2 tbsp chili powder
1 1/2 tbsp cumin
1 tbsp garlic powder
1 tbsp cayenne
1 tbsp salt
1/4 tsp pepper
1/2 tsp oregano

Cajun Seasoning

2 1/2 tbsp paprika
1 tbsp onion powder
2 tbsp garlic powder
1 tbsp cayenne
2 tbsp salt
1 tbsp pepper
1 tbsp oregano
1 tbsp thyme

Garlic Herb Seasoning

2 tbsp garlic powder
1 tbsp onion powder
1 tbsp dried parsley
1 tsp dried rosemary
1 tsp dried thyme
1 tsp dried oregano
1/2 tsp salt
1/4 tsp black pepper

Fajita Seasoning

1 tsp chili powder
2 tsp paprika
2 tsp cumin
1 tsp onion powder
2 tsp garlic powder
1/4 tsp cayenne
1/2 tsp kosher salt
1/2 tsp pepper
1 tsp sugar

Old Bay Seasoning

1 tbsp paprika
1 tsp onion powder
1 tsp garlic powder
1 tsp cayenne
2 tbsp celery salt
1 tsp pepper
1/4 tsp mustard seed
1/8 tsp ginger
1/8 tsp all spice
1/8 tsp nutmeg
3 bay leaves

Italian Seasoning

4 tbsp basil
1/2 tbsp onion powder
1 tbsp garlic powder
2 tbsp rosemary
1 tsp sage
1 tsp marjoram
2 1/2 tbsp oregano
2 tbsp thyme

Sauces

Avocado Sauce

1/2 avocado
1/2 cup water
lemon juice just for taste

Mustard Sauce

1 tbsp mustard
1 tbsp water
1/2 tbsp maple syrup

Tomato Sauce

1 tbsp tomato paste
1 tbsp water
1 tsp molasses
1 tsp dried basil

BBQ Sauce

1 tbsp tomato paste
1 tbsp water
1/2 tbsp molasses
1/2 tbsp smoked paprika
1/2 tsp liquid smoke

Sweet & Sour Sauce

1 tbsp vinegar
1 tbsp maple syrup
1 tbsp water
1 tsp tomato paste

Yogurt & Dill Sauce

2 tbsp plain yogurt
1 tsp dill
1 tsp garlic powder

Types of Onions

White Onion

has a sweeter, milder flavor,
can be used raw in salsa,
very good in stir fry



Red Onion

has the mildest flavor, most
often used raw great in
guacamole, perfect for
pickling

Green Onion

usually used as a raw garnish
and topping; tastes great
grilled or roasted



Shallot

has a delicate, subtle flavor,
great in dressings or as a
garnish

Yellow Onion

has the deepest flavor, best
used in cooking, great in
soups and sauces



Sweet Onion

has a lovely sweeter flavor
and is good for frying or
roasting with other veggies

Herbs

Gentle Nourishing Herbs

1. Detox & Liver Support (for chemo, drugs, alcohol, and toxins)

- a. Milk Thistle (*Silybum marianum*) – Liver protector & regenerator
- b. Dandelion Root (*Taraxacum officinale*) – Supports liver, kidneys, and digestion
- c. Burdock Root (*Arctium lappa*) – Blood cleanser, detoxifier

2. Immune & Cellular Repair (for chemo, radiation, and overall resilience)

- a. Reishi Mushroom (*Ganoderma lucidum*) – Adaptogen, immune modulator
- b. Astragalus (*Astragalus membranaceus*) – Boosts immunity, supports energy
- c. Nettle (*Urtica dioica*) – Nutrient-dense, replenishes minerals

3. Nervous System & Emotional Healing (for trauma, anxiety, and cravings)

- a. Oatstraw (*Avena sativa*) – Nourishes nerves, calms cravings
- b. Lemon Balm (*Melissa officinalis*) – Anxiety relief, mood support
- c. Passionflower (*Passiflora incarnata*) – Helps with withdrawal symptoms, promotes rest

4. Digestive & Nutritional Support (for gut health, nausea, and appetite loss)

- a. Ginger (*Zingiber officinale*) – Anti-nausea, digestive aid
- b. Slippery Elm (*Ulmus rubra*) – Soothes mucous membranes, helps with ulcers
- c. Marshmallow Root (*Althaea officinalis*) – Gut healing, relieves dryness from chemo

Practical Application: How to Use These Herbs

- Teas & Infusions – Gentle and easy for absorption
- Tinctures & Capsules – Faster and more concentrated
- Nutritive Herbal Powders – Mixed into smoothies or soups for extra nourishment
- Herbal Baths – Oatstraw, lemon balm, or chamomile for emotional grounding

Nutrition Notes



Explore the MyPlate Food Groups



Fruits

Focus on whole fruits

[Learn more](#)



Vegetables

Vary your veggies

[Learn more](#)



Grains

Make half your grains whole grains

[Learn more](#)



Protein Foods

Vary your protein routine

[Learn more](#)



Dairy

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

[Learn more](#)

Hand-drawn brown rectangular box with a smaller brown rectangle at the top center. Inside the box are six horizontal lines for writing.

Health Talk

Nutrition and Cancer

- Antioxidant-rich foods (fruits, vegetables) help reduce oxidative stress which can lead to cancer.
- Adequate protein supports immune function and muscle maintenance.
- Avoiding processed foods and excess sugar reduces inflammation.

Nutrition and Substance Abuse

- Individuals suffering from substance abuse are at risk for malnutrition, vitamin deficiencies and even organ damage.
- Balanced diets restore essential nutrients and improve mental health.
- Omega-3s and healthy fats help brain function.
- Hydration and gut health support detoxification and overall well-being.

Using Fresh Herbs as Part of Your Nutrition

Similar to other plants that we eat daily, herbs and spices also offer many health promoting chemicals. They can fight inflammation, damage to our tissues and cells and prevent growth of cancerous cells.

- Cinnamon - anti-inflammatory, flavorful
- Garlic - promotes prevention of cancer
- Ginger - helps with nausea and supports digestion
- Turmeric - anti-inflammatory and prevention of tumors
 - Peppermint - helps with digestion

Healthy Food Substitutes

Cancer Prevention/Treatment

- More leafy greens instead of processed carbs
- Fresh berries as a sweet treat
- Including lean protein such as salmon, ground turkey, chicken breast instead of red meat and pork
- Limiting processed foods such as chips, baked goods, pizza
- Substituting with nuts, homemade granola, and fresh baked sourdough bread

Substance Abuse Recovery

- Eating a balanced diet that includes protein, a vegetable and carbohydrates to prevent weight loss.
- Including healthy fats like peanut butter, olive oil, and sunflower seeds in your diet to promote brain function and mental clarity.
- Hydrating through plenty of fruit and vegetables to replace electrolytes.

Healthy Diet

A balanced diet will provide essential nutrients for energy, growth and disease prevention.

Each diet should include:

- Carbohydrates – whole grains, fruits and starchy vegetables

- Lean protein – lean meats, beans

Healthy fats – avocado, nuts, seeds, plant oils

Hydration

Fresh fruit and vegetables overall

Cancer Prevention & Treatment

This diet should include:

- Limit processed foods, red meats and sugar intake

- Lean protein – lean meats, beans

- Healthy fats – avocado, nuts, seeds, plant oils

- Hydration

- Fresh fruit and vegetables overall

- Cruciferous vegetables (broccoli, cauliflower, brussel sprouts, leafy greens, berries)

Substance Abuse

This diet should include:

- Nutrient dense, whole foods - Limit processed foods, added sugar

- Healthy fats for brain health – avocado, nuts, seeds, plant oils, salmon

- Hydration

- Fresh fruit and vegetables for essential vitamins and minerals

- Mutiple balanced meals to prevent malnutrition

Grits		Stone-Ground	Quick (Regular)	Instant	Hominy
Description		Whole dried corn kernels coarsely ground between stones	Medium grind, cooks faster than stone-ground	Precooked and dehydrated, requires only boiling water	Corn kernels soaked in lime or lye solution, then ground
Texture		Coarse, toothsome	Medium	Fine	Smooth
Cooking Time		45 minutes - 1 hour	5-10 minutes	5 minutes	30-45 minutes
Flavor		Rich corn flavor	Mild corn flavor	Least flavorful	Mild, slightly tangy
		Health Benefits			
High in Fiber		Highest			
Easy to Digest			x		
Rich in Nutrients*		Iron, B Vitamins, Magnesium, Phosphorus & Zinc	B Vitamins, Iron & folate	B Vitamins & Iron	Processing makes nutrients more bioavailable
Whole Grains		x			
Energy		Sustained	Quick Boost	Quick Boost	Sustained
Gluten-Free		x	x	x	x
Low in Fat		x	x	x	x
Processed		least		most	
Antioxidants		modest	modest	least	higher
<i>*Not complete list</i>					

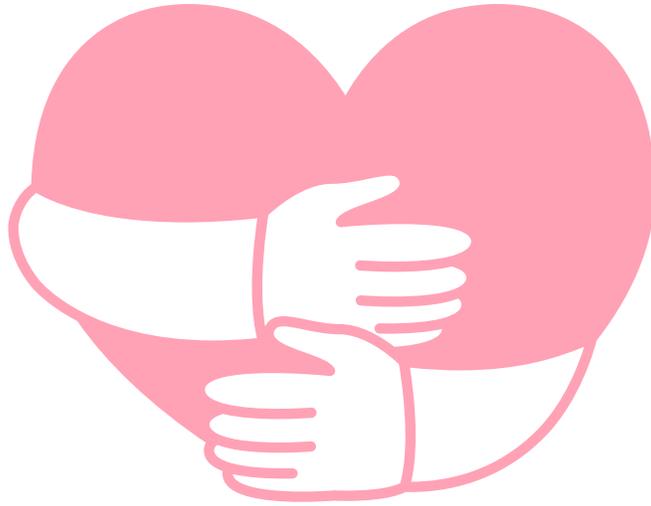
Chicken



Which is Healthier?

It Depends

- White Meat is
 - Lower in Fat
 - Slightly higher in Niacin, a B vitamin that helps convert food to energy
 - May promote weight loss or weight maintenance
- Dark Meat
 - Higher in myoglobin
 - More iron & zinc
 - Twice as many healthy omega-3 fatty acids
 - cheaper



Self-Care

JOURNAL

*Taking The Time To Do Things To
Help You Live Well While Improving Your
Body, Heart, Mind & Soul*

Personal Goals

DATE: _____

PRIORITIES:

NOTES:

Wellness Goals

DATE: _____

BODY

 _____ _____ _____ _____

HEART

 _____ _____ _____ _____

MIND

 _____ _____ _____ _____

SOUL

 _____ _____ _____ _____

NOTES:

Bucket List

DATE: _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES:

Self-Care Ideas

- 1) Meditation
- 2) Stay Hydrated – 8 Glasses Of Water Daily
- 3) Daily Hygiene Regiment
- 4) Eat Organic Fruits and Vegetables
- 5) Use Positive Affirmations/Speak Them Out Loud
- 6) Journal Writing
- 7) Walks In Nature
- 8) Read Positive And Inspirational Articles
- 9) Take A 10-15 Minute Nap
- 10) Check In With A Friend
- 11) Turn Off Electronics In The Evening
- 12) Watch A Movie You Loved As A Child
- 13) Read A Chapter In A Book That Inspires You
- 14) Take A Bubble Bath
- 15) Give Yourself A Facial
- 16) Tidy Up Your Space
- 17) Set Goals
- 18) Keep A Gratitude Journal
- 19) Start An Exercise Routine
- 20) Try New Recipes
- 21) Take A Yoga Class
- 22) Quit An Unhealthy Habit
- 23) Find A Mentor
- 24) Get Sunshine
- 25) Try A New Creative Hobby
- 26) Set Healthy Boundaries In Your Relationships
- 27) Wake Up Early
- 28) Get 7-8 Hours Sleep Each Night
- 29) Practice Deep Breathing
- 30) No Social Media
- 31) Give Yourself A Mani/Pedi
- 32) Get A Massage
- 33) Compliment Yourself In The Mirror
- 34) Do Something You Love
- 35) Create A Nightly Routine
- 36) Plan An Adventure
- 37) Go To A Meet-Up
- 38) Plan Your Upcoming Week
- 39) Meal Prep For The Week
- 40) No Alcohol/Smoking
- 41) Remove Toxins From Your Diet
- 42) Create A Mantra
- 43) Go Out For Coffee
- 44) Buy Yourself New Underwear
- 45) Help A Friend With Something
- 46) Take Yourself Out On A Date
- 47) Watch A Favorite Movie
- 48) Dance To Your Favorite Song
- 49) Diffuse Essential Oils
- 50) Stretch
- 51) Light Your Favorite Candle
- 52) Try A DIY Project
- 53) Clean To Your Favorite Music
- 54) Listen To A Podcast
- 55) Adult Coloring Books
- 56) Listen To Relaxing Music
- 57) Drink Herbal Tea
- 58) Make A Vision Board
- 59) Watch The Sunrise/Sunset
- 60) Hug A Good Friend
- 61) Buy Yourself Flowers
- 62) Have A Smoothie
- 63) Monitor Your Thoughts
- 64) Take A Long Drive
- 65) Express Your Feelings/Emotions
- 66) Get Your Hair Done

Daily Self-Care Checklist

Morning

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Afternoon

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Evening

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Any Time

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Self-Care Checklist

WEEK OF:

Activity

M T W T F S S

	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

NOTES:

Self-Care Calendar

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Select A Self-Care Activity And Fill In Each Day Of The Month

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

NOTES:

Sleep Tracker

MONTH: _____

DAY	HOURS SLEPT	NOTES/DREAMS
1	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
2	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
3	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
4	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
5	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
6	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
7	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
8	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
9	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
10	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
11	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
12	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
13	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
14	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
15	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
16	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
17	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
18	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
19	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
20	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
21	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
22	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
23	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
24	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
25	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
26	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
27	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
28	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
29	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
30	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____
31	1 2 3 4 5 6 7 8 9 10 11 12 13 14	_____

Dream Journal

DATE: _____

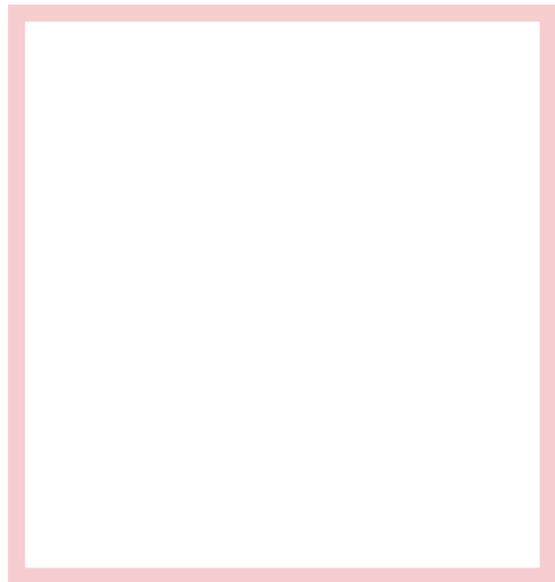
TYPE OF DREAM

- RECURRING LUCID
- NIGHTMARE
- SYMBOLIC
- EUPHORIC/FANTASY
- REALISTIC
- OTHER

DESCRIPTION OF DREAM

MY EMOTIONS

SKETCH



PEOPLE/PLACES

MY INTERPRETATION

Mood Tracker

YEAR: _____

	J	F	M	A	M	J	J	A	S	O	N	D
1	<input type="checkbox"/>											
2	<input type="checkbox"/>											
3	<input type="checkbox"/>											
4	<input type="checkbox"/>											
5	<input type="checkbox"/>											
6	<input type="checkbox"/>											
7	<input type="checkbox"/>											
8	<input type="checkbox"/>											
9	<input type="checkbox"/>											
10	<input type="checkbox"/>											
11	<input type="checkbox"/>											
12	<input type="checkbox"/>											
13	<input type="checkbox"/>											
14	<input type="checkbox"/>											
15	<input type="checkbox"/>											
16	<input type="checkbox"/>											
17	<input type="checkbox"/>											
18	<input type="checkbox"/>											
19	<input type="checkbox"/>											
20	<input type="checkbox"/>											
21	<input type="checkbox"/>											
22	<input type="checkbox"/>											
23	<input type="checkbox"/>											
24	<input type="checkbox"/>											
25	<input type="checkbox"/>											
26	<input type="checkbox"/>											
27	<input type="checkbox"/>											
28	<input type="checkbox"/>											
29	<input type="checkbox"/>											
30	<input type="checkbox"/>											
31	<input type="checkbox"/>											



Happy, Joyful,
Silly, Great



Calm, Peaceful
Zen, Relaxed



Depressed, Sad
Gloomy, Lonely



Tired, Unmotivated
Bored, Sick



Angry, Frustrated
Anxious, Annoyed



Neutral, Normal
Good, Unexciting

Water Tracker

MONTH: _____

1								16								
2								17								
3								18								
4								19								
5								20								
6								21								
7								22								
8								23								
9								24								
10								25								
11								26								
12								27								
13								28								
14								29								
15								30								
								31								

APRIL

journal prompts

1. What are three values that guide your life?
2. If you could design your perfect day, what would it look like?
3. What are three short-term goals you want to accomplish this month?
4. Write about a habit you want to cultivate for a healthier lifestyle.
5. Take a few deep breaths and write about the sensations you feel.
6. Close your eyes and imagine your ideal future.
7. Reflect on how journaling has helped you grow or change over time.
8. Describe what makes you unique from everyone else.
9. Describe a stress-relieving activity you can do today.
10. Describe a meal you recently enjoyed.
11. Write about a small, spontaneous moment of joy or laughter today.
12. Describe an area in your life you'd like to simplify or declutter.
13. List three ways you can disconnect from screens today.
14. Describe a moment when you realized you've grown as a person.
15. Reflect on today's journaling session. What insights have you gained?
16. Take a moment to write a thank you note to yourself.
17. Reflect on a regret you have.
18. Write about a comforting memory from your past.
19. Recall a moment when you couldn't stop laughing.
20. What are your go-to ways of coping with difficult emotions?
21. Reflect on the difference between feeling lonely and enjoying solitude.
22. What are some triggers for your stress?
23. Write about a time when you felt motivated.
24. If your current mood were a type of weather, what would it be?
25. Describe a scene from today that caught your eye.
26. Describe a recent conversation that challenged your beliefs.
27. Describe a spontaneous moment that turned into a fun adventure.
28. Share a movie that left a lasting impression on you recently.
29. Describe a seasonal tradition or activity you enjoy the most.
30. What makes your home feel like a sanctuary?

MAY

journal prompts

1. Write about someone you encounter regularly who inspires you.
2. Write about a recent emotion that has been weighing on you.
3. Recall a moment today when you were fully present and mindful.
4. How have you been taking care of yourself lately?
5. Reflect on your core values. Are you living in alignment with them?
6. Reflect on the boundaries you have set in your life.
7. What are three intentions you have for the week ahead?
8. What is something you need to let go of in order to move forward?
9. Write freely without editing and allow your emotions to flow.
10. Close your eyes and imagine a place that brings you peace.
11. Spend time outdoors and write about the nature encounter.
12. Write from the perspective of someone you've had a conflict with.
13. What unique talents do you have that the world needs more of?
14. What brings you the most joy and fulfillment in life?
15. Write down three empowering affirmations to repeat daily.
16. In what areas of your life are you not being true to yourself?
17. Describe a goal that scares you a little.
18. How have you grown since the beginning of the year?
19. Describe a spontaneous outing you'd like to have this month.
20. If you were a flower or plant, what would you be?
21. In what areas of your life do you see signs of growth this month?
22. Find a quiet spot outdoors and write about the peace you discover.
23. List three aspects of yourself you want to understand better.
24. How did someone's generosity touch your life today?
25. What aroma or smell uplifted your mood today?
26. What quiet moment or pause did you savor today?
27. What song or music brought you comfort or energy?
28. What meaningful conversation or connection did you have today?
29. What about your health are you thankful for?
30. Who can you express gratitude to for being a listening ear?

JUNE

journal prompts

1. What cozy item or space brought you comfort?
2. What exercise made you feel alive and strong?
3. How did technology connect you with something positive?
4. End your day by listing three moments today that you are thankful for.
5. How did you find peace and serenity as you prepared for sleep?
6. What insight from today are you most grateful for?
7. Write about a conversation that touched your heart today.
8. Describe a delicious treat that satisfied your cravings today.
9. What bedtime ritual or practice helps you relax and unwind?
10. What aspect of your health are you most thankful for today?
11. Describe the beauty of the evening sky that you witnessed today.
12. How did you show kindness to others today?
13. What are you looking forward to that brings you excitement?
14. What moment of solitude did you cherish today?
15. What new opportunity or possibility opened up for you today?
16. What accomplishment during your workday are you proud of?
17. Reflect on a challenge I faced today and how I overcame it.
18. Write about a person who has positively impacted my life
19. Describe a place I'd love to visit someday.
20. If today was a chapter in my autobiography, what would it be titled?
21. What are some things I can do to bring more positivity?
22. If I could meet any historical figure, who would it be and why?
23. If I could have dinner with anyone, who would it be and why?
24. What are three things I've learned about myself this week?
25. Describe a recent moment of awe and what sparked that feeling.
26. What are some things I can do to bring more laughter into my life?
27. Write about a skill or talent I'd like to develop further.
28. If I could create my own business, what would it be?
29. Write about a time when I felt completely free.
30. Reflect on a time when I had to make a tough decision.

JULY

journal prompts

1. Write about a favorite mantra that inspires you.
2. Describe a dream I've had recently and its potential meanings.
3. What are some qualities I admire in others.
4. If I could learn any new language, which one would I choose?
5. Describe a favorite childhood book and how it shaped your perspective.
6. If I could travel back in time to any period, when and where would I go?
7. If you could create a holiday or celebration, what would it be called?
8. What is something you've always wanted to learn but haven't yet?
9. If you could have a day of unlimited time, what project would you pursue?
10. Describe a recent "aha" moment when something suddenly clicked.
11. Write a list of things that make you feel alive.
12. If you could travel to any fictional world, where would you go?
13. Write about a song that brings back strong memories for you.
14. What is a question you've been pondering lately?
15. Write about a time when I coped well with stress.
16. Plan a self-care routine for the next time I feel anxious.
17. Write about a situation where I need to let go and trust the process.
18. Describe your favorite season and what do you love most about it?
19. What qualities do you value in a friendship?
20. Create a playlist of songs that reflect your current mood.
21. What is your dream job?
22. Describe a family tradition that is important to you.
23. Describe a new healthy habit you want to incorporate into your routine.
24. List three things you appreciate about your closest friends.
25. How do you prioritize tasks and manage your time effectively?
26. Reflect on a recent success or milestone.
27. Reflect on a favorite summer memory from your past.
28. Describe a summer scent that brings back nostalgic memories for you.
29. List three outdoor activities you want to try.
30. Plan an art project or creative endeavor.
31. Reflect on the first half of the year.

AUGUST

journal prompts

1. What is one self-care practice I can prioritize this week?
2. List five things that always lift my mood when I'm feeling down.
3. Reflect on a challenge I overcame recently.
4. What is one small change I can make to improve my physical health?
5. Reflect on a time when I felt proud of taking care of myself.
6. List three people who inspire me to be healthier and happier.
7. What is one fear I can let go of to improve my mental health?
8. What are three small acts of kindness I can do for others this week?
9. Reflect on the progress I've made in my well-being journey.
10. What is one negative habit I can work on replacing with a positive one?
11. Reflect on a mistake I made recently and what I learned from it.
12. Write about a quote that inspires me to live a more fulfilling life.
13. Reflect on a time when I felt truly connected to a friend or loved one.
14. Write about a time when I surprised myself with my own resilience.
15. Reflect on a time when I gave myself permission to rest and recharge.
16. Write a list of "I am" statements that empower and uplift me.
17. What small act of self-love can I do for myself today?
18. Write about a time when I overcame self-doubt.
19. Describe a moment when I stood up for myself and my needs.
20. Write about a compliment I received recently and how it made me feel.
21. What are three things I can do to cultivate a more positive self-image?
22. What does self-love mean to me, and how can I practice it daily?
23. What are three words I want to carry with me into tomorrow?
24. Reflect on a recent news story or event that caught my attention.
25. Write about a memory from my past that surfaced today.
26. What are three things I'm looking forward to in the coming days?
27. What is one thing I did today that made me proud of myself?
28. What is one thing I learned today, big or small?
29. What does it mean to live a meaningful life to me?
30. Write about a passion or dream that I have been neglecting.
31. What are three questions about life or existence that I often ponder?

Daily Self-Care Checklist

Morning

- 5-Minute Meditation
- Drink A Glass of Water
- Wash Your Face
- Enjoy Some Caffeine
- Eat A Healthy Breakfast
- Say An Affirmation
- Shower & Brush Your Teeth
- Plan Your Day

Evening

- Make A Healthy Dinner
- Drink More Water
- Turn Off Electronics
- Read A Chapter In A Book
- Enjoy A Treat
- Take A Bubble Bath
- Cleanse & Moisturize Your Face
- Brush & Floss Your Teeth
- Get 7-8 Hours Sleep

Afternoon

- Write In Your Journal
- Put On A Face Mask
- 30-Minute Walk
- Drink More Water
- Eat A Healthy Lunch
- Read A Positive Article
- Take A Short Nap
- Check-In With A Friend

Any Time

- Tidy Up Your Space
- Work On Manifesting
- Try Something New
- Keep A Gratitude Journal
- Set Goals
- Start An Exercise Routine
- Try New Recipes
- Find A Mentor
- Quit An Unhealthy Habit

Daily Self-Care Checklist

Morning

- 5-Minute Meditation
- Drink A Glass of Water
- Wash Your Face
- Enjoy Some Caffeine
- Eat A Healthy Breakfast
- Say An Affirmation
- Shower & Brush Your Teeth
- Plan Your Day

Evening

- Make A Healthy Dinner
- Drink More Water
- Turn Off Electronics
- Read A Chapter In A Book
- Enjoy A Treat
- Take A Bubble Bath
- Cleanse & Moisturize Your Face
- Brush & Floss Your Teeth
- Get 7-8 Hours Sleep

Afternoon

- Write In Your Journal
- Put On A Face Mask
- 30-Minute Walk
- Drink More Water
- Eat A Healthy Lunch
- Read A Positive Article
- Take A Short Nap
- Check-In With A Friend

Any Time

- Tidy Up Your Space
- Work On Manifesting
- Try Something New
- Keep A Gratitude Journal
- Set Goals
- Start An Exercise Routine
- Try New Recipes
- Find A Mentor
- Quit An Unhealthy Habit

Daily Self-Care Checklist

Morning

- 5-Minute Meditation
- Drink A Glass of Water
- Wash Your Face
- Enjoy Some Caffeine
- Eat A Healthy Breakfast
- Say An Affirmation
- Shower & Brush Your Teeth
- Plan Your Day

Evening

- Make A Healthy Dinner
- Drink More Water
- Turn Off Electronics
- Read A Chapter In A Book
- Enjoy A Treat
- Take A Bubble Bath
- Cleanse & Moisturize Your Face
- Brush & Floss Your Teeth
- Get 7-8 Hours Sleep

Afternoon

- Write In Your Journal
- Put On A Face Mask
- 30-Minute Walk
- Drink More Water
- Eat A Healthy Lunch
- Read A Positive Article
- Take A Short Nap
- Check-In With A Friend

Any Time

- Tidy Up Your Space
- Work On Manifesting
- Try Something New
- Keep A Gratitude Journal
- Set Goals
- Start An Exercise Routine
- Try New Recipes
- Find A Mentor
- Quit An Unhealthy Habit

Weekly Self-Care Checklist

Physical Body

M T W T F S S

Hydrate - 8 Glasses Of Water

Practice Good Hygiene

Eat Healthy Organic Foods

Get Some Exercise

Enjoy A Little Sunlight

7-8 Hours Sleep Night

Emotional Heart

M T W T F S S

Set Healthy Boundaries

Monitor Your Thoughts

Express Your Creativity

Create A Healthy Support System

Write In Your Journal

Use Affirmations Or Mantras

Mind & Soul

M T W T F S S

Start A Meditation Practice

Read Positive Articles/Books

Set Goals

Find A Mentor

Try A New Hobby

Spend Time In Nature

Weekly Self-Care Checklist

Physical Body

M T W T F S S

Hydrate - 8 Glasses Of Water

Practice Good Hygiene

Eat Healthy Organic Foods

Get Some Exercise

Enjoy A Little Sunlight

7-8 Hours Sleep Nightly

Emotional Heart

M T W T F S S

Set Healthy Boundaries

Monitor Your Thoughts

Express Your Creativity

Create A Healthy Support System

Write In Your Journal

Use Affirmations Or Mantras

Mind & Soul

M T W T F S S

Start A Meditation Practice

Read Positive Articles/Books

Set Goals

Find A Mentor

Try A New Hobby

Spend Time In Nature

Week In Review

WEEK OF: _____

Overall Feelings For The Week:

This Week I Was Grateful For:

Highlights Of The Week:

Other Notes:

Rate My Week:



Challenges:

The Week's Accomplishments:

Next Week I Am Excited About:

Positive Lesson Learned:

Monthly Reflection

MONTH: _____

Memories From The Month:

This Month I Was Grateful For:

Highlights Of The Month:

Other Notes:

Rate My Month:



Challenges:

The Month's Accomplishments:

Next Month I Am Excited About:

Positive Lesson Learned:

Mecklenburg County Public Health Community Resource Guide

Abuse & Neglect	56
Child Care.....	57
Children, Youth & Families	57
Clothing & Household Goods	61
Dentistry	62
Disabled Adults	63
Financial Assistance	63
Food	64
General Medicine	65
HIV Resources	65
Housing	67
Intensive Home Visitations	68
Jobs & Employment	68
Legal Services	69
Mental Health/Substance Use	69
Nutritional Health	72
Pregnancy	73
Refugee Immigrant Services	73
Senior Care	73
Specialty Care	74
Transportation	76

Mecklenburg County Public Health – Community Resource Guide

ABUSE & NEGLECT			
Name	Location	Hours	Brief Description
Mecklenburg County Child Protective Services 24-hour HELP line: 980-31-HELPS (43577) General inquiries: 980-314-7700	Main Office: 301 Billingsley Rd. Charlotte, NC Community Resource Center: 3205 Freedom Dr. Charlotte, NC	Monday – Friday: 8:00 – 5:00	Report Child Abuse, Neglect, Human Trafficking
Mecklenburg County Adult Protective Services 704-336-CARE (2273)	Main Office: 301 Billingsley Rd. Charlotte, NC Community Resource Center: 3205 Freedom Dr. Charlotte, NC	Monday – Friday: 8:00 – 5:00	Protective services for disabled adults, 18 years of age or older who are alleged to be abused, neglected, or exploited and in need of protection.
Mecklenburg County Community Support Services (CSS) 704-336-3210	3205 Freedom Dr. Ste. 2000 Charlotte, NC	Monday – Friday: 8:00 – 5:00	Adult Services: Crisis Counseling, Individual Therapy, Support Groups, Case Management, Personal Advocacy, Family Law Information Clinic Children’s Services: Assessment, Individual and Group Counseling, Case Management, Advocacy, Crisis Counseling
NOVA (New Options for Violent Actions) 704-336-4344 704-399-5878 (En Espanol)	2732 Rozzelles Ferry Rd. Charlotte, NC 832 East 4 th St. Rm 4000 Charlotte, NC	Tues, Thursday, Saturday Call for information	Educational Program for Perpetrators of Domestic Violence
Reporting/ Investigation – DSS 704-336-3000	301 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Conducts Investigations, Family Assessments, In- Home Case Management, and Administers Foster Care and Adoption Services.

Mecklenburg County Public Health – Community Resource Guide

Safe Alliance 704-332-9034	601 E. 5 th St. #400 Charlotte, NC	Monday – Friday: 8:00-5:00	Sexual Assault/Domestic Violence Victim Assistance: 704-336-4126 24/7 Crisis Hotline: 704-332-2513 Sexual Trauma Resource Center: 704-332-9034 Sexual Trauma Crisis Line: 704-375-9900
---	--	-------------------------------	---

CHILD CARE

Name	Location	Hours	Brief Description
Charlotte Care Services, Inc. 704-335-0501	310 E. Blvd. #7 Charlotte, NC	Monday – Friday: 9:00-5:00	Providing Families with Child Care
Childcare Resources, Inc. 704-376-6697	4600 Park Rd. Suite 400 Charlotte, NC	Monday – Friday: 8:00-5:00	Early Education Child Care with Subsidies Available
NC Division of Child Development and Early Education 919-814-6300	2201 Mail Service Center Raleigh, NC	Call for information	Child Care Resources. File Complaints. Child Care Referrals.

CHILDREN, YOUTH, & FAMILIES

Name	Location	Hours	Brief Description
100 Black Men of Charlotte 704-375-7300	740 W. 5th St. #206 Charlotte, NC	Monday – Friday: 8:00-5:00	Education & Mentoring for Young African Americans
A Child's Place 704-343-3790	601 E. 5th St. #230 Charlotte, NC	Monday – Friday: 9:00-4:00	Support for Homeless Children
After School Enrichment Program CMS schools 980-343-3000	CMS schools	Monday – Friday: 8:00-5:00	After School Programs for Students
Alexander Youth Network 704-366-8712	6220 Thermal Rd. Charlotte, NC	Monday – Friday: 8:30-5:00	Mental Health Services
Amigos de Cristo - Huntersville Presbyterian Church 704-892-8566	201 S. Old Statesville Rd. Charlotte, NC	Tuesday: 4:30-6:00	Tutoring for Latino/Hispanic Children K-5
Bethlehem Center of Charlotte 704-375-1417	2705 Baltimore Ave. Charlotte, NC	Monday-Friday 8:00-5:00	Early Childhood Development Programs, Out of School Time Enrichment Programs, and Scholarship Funds

Mecklenburg County Public Health – Community Resource Guide

Big Brothers Big Sisters of Greater Charlotte 704-910-1301	3801 E. Independence Blvd. #101 Charlotte, NC	Monday – Friday: 8:00-5:00	Mentoring Program
Boys and Girls Club 704-523-0394	904 Marsh Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	After School & Summer Camp Programs
Boy Scouts of America 704-333-5471	1410 E. 7th St. Charlotte, NC	Monday-Friday 8:45-5:00 Saturday: 10:00 – 4:00	Activities and Programs Outside School Hours for Young Boys
Bright Hopes, Inc. 704-535-2759	PO Box 42427 Charlotte, NC	Monday – Friday: 8:00-5:00	Improving School Attendance
Care Coordination for Children (CC4C) 980-314-9340	2845 Beatties Ford Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Help with Finding Medical Care, Transportation, Child Care, and/or Financial Aid, etc. Children 0-5 Years Old
Charlotte Center for Balanced Living 704-378-1390	2125 Southend Dr. #452 Charlotte, NC	By Appointment	Therapies for Anxiety, Depression, Disordered Eating, Relationship Issues, Self-Esteem, Etc.
Child Proof Advice 704-364-9817	4036 Bannockburn Pl. Ste. I Charlotte, NC	Sunday – Saturday: 8:30-5:30	Programs for Caregivers to Improve the Safety of their Child
Child Support Enforcement 704-432-9300	5800 Executive Center Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Help with Child Support
Children’s Developmental Services Agencies (CDSA) 704-336-7100	3205 Freedom Dr. Ste. 7500 Charlotte, NC	Monday – Friday: 8:00-5:00	Serve Children with Special Needs
CMS Parent University 980-343-3000	Smith Family Center 1600 Tyvola Rd. Charlotte, NC	Monday-Friday 8:00-5:00	Help Parents Become Full Partners in Child's Education
Community Care Partners of Greater Mecklenburg 704-512-5555	4701 Hedgemore Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Care Management for Medicaid Access II Patients
Council for Children’s Rights 704-372-7961	601 E. 5 th St. #510 Charlotte, NC	Monday – Friday: 8:30-5:00	Help Children with Mental Health Needs, Unmet Health Needs, Involvement with Juvenile Court, History of Violence, Custody Issues.
Exceptional Children's Assistance Center 704-892-1321	907 Barra Row #102/103 Davidson, NC	Monday – Friday: 8:00-5:00	Children with Disabilities

Mecklenburg County Public Health – Community Resource Guide

Big Brothers Big Sisters of Greater Charlotte 704-910-1301	3801 E. Independence Blvd. #101 Charlotte, NC	Monday – Friday: 8:00-5:00	Mentoring Program
Boys and Girls Club 704-523-0394	904 Marsh Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	After School & Summer Camp Programs
Boy Scouts of America 704-333-5471	1410 E. 7th St. Charlotte, NC	Monday-Friday 8:45-5:00 Saturday: 10:00 – 4:00	Activities and Programs Outside School Hours for Young Boys
Bright Hopes, Inc. 704-535-2759	PO Box 42427 Charlotte, NC	Monday – Friday: 8:00-5:00	Improving School Attendance
Care Coordination for Children (CC4C) 980-314-9340	2845 Beatties Ford Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Help with Finding Medical Care, Transportation, Child Care, and/or Financial Aid, etc. Children 0-5 Years Old
Charlotte Center for Balanced Living 704-378-1390	2125 Southend Dr. #452 Charlotte, NC	By Appointment	Therapies for Anxiety, Depression, Disordered Eating, Relationship Issues, Self-Esteem, Etc.
Child Proof Advice 704-364-9817	4036 Bannockburn Pl. Ste. I Charlotte, NC	Sunday – Saturday: 8:30-5:30	Programs for Caregivers to Improve the Safety of their Child
Child Support Enforcement 704-432-9300	5800 Executive Center Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Help with Child Support
Children’s Developmental Services Agencies (CDSA) 704-336-7100	3205 Freedom Dr. Ste. 7500 Charlotte, NC	Monday – Friday: 8:00-5:00	Serve Children with Special Needs
CMS Parent University 980-343-3000	Smith Family Center 1600 Tyvola Rd. Charlotte, NC	Monday-Friday 8:00-5:00	Help Parents Become Full Partners in Child's Education
Community Care Partners of Greater Mecklenburg 704-512-5555	4701 Hedgemore Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Care Management for Medicaid Access II Patients
Council for Children’s Rights 704-372-7961	601 E. 5 th St. #510 Charlotte, NC	Monday – Friday: 8:30-5:00	Help Children with Mental Health Needs, Unmet Health Needs, Involvement with Juvenile Court, History of Violence, Custody Issues.
Exceptional Children's Assistance Center 704-892-1321	907 Barra Row #102/103 Davidson, NC	Monday – Friday: 8:00-5:00	Children with Disabilities

Mecklenburg County Public Health – Community Resource Guide

Family Outreach and Counseling Center 704-509-9917	200 W. Sugar Creek Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Children with Mental Health Disabilities
Florence Crittenton Services 704-372-4663	1300 Blythe Blvd. Charlotte, NC	Call for appointment	Prenatal Care, Adoption and Parenting Support Services, & Substance Use Treatment and Intervention.
Genesis Project 1 704-596-0505	5108 Reagan Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Programs that Address Poverty, Addiction, Oppression, & Abuse
Girl Scouts Hornet's Nest Council 704-731-6500	7007 Idlewild Rd. Charlotte, NC	Monday-Friday 9:00-5:00	Activities and Programs Outside School Hours for Young Girls
Girl Talk Foundation, Inc. 704-999-8520	809 Hill St.-C Charlotte, NC	Monday – Friday: 8:00-5:00	Programs to Empower Young Girls
Girls on the Run 704-376-9817	801 E. Morehead St. #201 Charlotte, NC	Monday – Friday: 8:00-5:00	Experienced Based Curriculum for Girls that Incorporates Running
La Leche League of North Carolina 423-991-1899	Earthfare 12235 N. Community House Rd. Charlotte, NC	3 rd Saturday: 10:00 AM	Questions about Breastfeeding
The Learning Collaborative 704-377-8076	3241 Sam Drenan Rd. Charlotte, NC	Monday – Friday: 8:00-2:00	Preparing Children for School
LifeSpan Creative Campus Center City 704-333-7109	601 N. Graham St. Charlotte, NC	Call for information	Educational Activities
Little Smiles 704-200-9322	17748 Kings Point Dr. Cornelius, NC	Monday-Friday 9:00-5:00	Help Children in Hospitals
Make a Wish Foundation 704-339-0334	217 E. Tremont Ave. Charlotte, NC	Monday – Friday: 8:00-5:00	Children with Life-Threatening Illnesses
Pat's Place Child Advocacy Center 704-335-2760	901 E. Blvd. Charlotte, NC	Monday – Friday: 8:00-5:00	Healing from Sexual Abuse
Police Activities League 704-336-2102	1330 Spring St. Charlotte, NC	Call for information	Enhance Lives of Youth and Young Adults
Project One Scholarship Fund 704-241-4994	2438 Hassell Pl. Charlotte, NC	Call for information	Scholarship and Tools for College Success
Renfrew Center 800-736-3739	6633 Fairview Rd. Charlotte, NC	Call for an appointment	Treatment of Anorexia, Bulimia, Binge Eating Disorder, and Other Related Mental Illnesses.
Safe Kids Charlotte Mecklenburg 704-208-6428	PO Box 3286 MEB 3	Various Events and Times	Preventing Childhood Injury

Mecklenburg County Public Health – Community Resource Guide

TEACCH Center 704-563-4103	5701 Executive Center Dr. #108 Charlotte, NC	Monday – Friday: 8:30-5:00	Children with Autism
Teen Health Connection 704-381-8336	3541 Randolph Rd. #206 Charlotte, NC	Monday – Friday: 8:00-5:00	Health Services for Teens
The Compassionate Friends 704-315-6913	8015 Ballantyne Commons Pkwy. Charlotte, NC	3rd Tuesday of each month: 7:00 PM	Support Groups for those Grieving the Loss of a Child
Time Out Youth 704-344-8335	3800 Monroe Rd. Charlotte, NC	Monday – Tuesday: 3:00-6:30 Wednesday & Friday: 3:00-8:30	LGBTQ Center
Triple P (Positive Parenting Program) 980-314-9128	618 N. College St. Charlotte, NC	Call for information	Gives Parenting Tips for Big and Small Problems of Family Life

CLOTHING & HOUSEHOLD GOODS

Name	Location	Hours	Brief Description
Assistance League of Charlotte 704-525-5228	3405 S. Tryon St. Charlotte, NC	Tuesday, Thursday, Friday, Saturday: 10:00-4:00	Food & Clothing for Children and Families
Beds for Kids 980-422-1192	2519 S. Tryon St. Charlotte, NC	Monday-Friday: 8:00-4:30	Provides Kids with Beds & Other Needed Furniture.
Crisis Assistance Ministry 704-371-3001	500A Spratt St. Charlotte, NC	Monday – Friday: 8:00-5:00	Assistance for People in Financial Crisis
Dress for Success 704-525-7706	500 Clanton Rd. Suite A Charlotte, NC	Monday – Friday: 9:00-5:00	Empower Women by Providing a Network of Support, Professional Attire, and Development Tools to help Women Thrive in Work and Life
Goodwill Industries 704-372-3434 704-394-6017	Headquarters: 5301 Wilkinson Blvd. Charlotte, NC Multiple Locations	Monday-Friday: 8:00-4:30 Outlet open until 9pm	20 Stores in Surrounding Mecklenburg County
Lydia's Loft 704-948-7797	203 N. Old Statesville Rd. Huntersville, NC	Tuesday & Thursday: 9:00-4:00 Wednesday: 4:00-7:00 Saturday: 9:00-12:00	Clothing & Household Items Free of Charge to Those in Need

Mecklenburg County Public Health – Community Resource Guide

Matthews Help Center 704-847-8383	119 N. Ames St. Matthews, NC	Monday – Saturday: 10:00-5:00	Donated Clothing and Household Items Provided at No Cost to Qualifying Individuals
Salvation Army 704-544-8540	1011 Central Ave. Charlotte, NC 11328 E. Independence Blvd. Charlotte, NC 8500 Pineville-Matthews Rd. Charlotte, NC	Monday-Saturday: 10:00-7:00	Family Store
DENTISTRY			
Name	Location	Hours	Brief Description
Dental Resource Guide	List of low cost, no cost, or sliding scale dental clinics in Mecklenburg County: https://www.mecknc.gov/HealthDepartment/CommunityHealthServices/Pages/CRG.aspx		
Emergency Dentists 980-272-4043	Locator for 24/7 emergency dental clinics: https://www.emergencydentistsusa.com/charlotte-nc/		
Insure Kids Now	Dentist locator for your child: https://www.insurekidsnow.gov/coverage/nc/find-a-dentist/index.html		
Mecklenburg County Health Department Children’s Dentistry Program 980-314-9600	CMC – Biddle Point 1801 Rozzelles Ferry Rd. Charlotte, NC	Monday – Friday: 7:00-5:30	Dentistry Services for Children 17 Years Old and Younger Accepts Medicaid

Mecklenburg County Public Health – Community Resource Guide

DISABLED ADULTS			
Name	Location	Hours	Brief Description
ARC – Mecklenburg County 704-332-4535	3900 Park Rd. Ste. C Charlotte, NC	Call for information	Serves Individuals with Intellectual and Developmental
Community Alternative Program – Disabled Adults (CAP-DA) 704-336-4674	249 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Allows Disabled Adults to Receive Services in their Home. An Alternative to a Nursing Home.
Disability Rights and Resources 704-537-0550	5801 Executive Center Dr. #101 Charlotte, NC	Monday – Friday: 8:00-5:00	Advocacy-Based, Consumer-Controlled, Community-Embedded Center that Advocates with and Serves as Mentors for People with Disabilities
First in Families 704-536-6661	4530 Park Rd Ste. #300 Charlotte, NC	Call for information	Fulfill the Needs and Life Goals of Families with Disabilities
Independent Living for People with Disabilities 704-568-8804	5501 Executive Center Dr. #101 Charlotte, NC	Call for information	Counseling, Rehabilitation Engineering, Home/Vehicle Modifications, Independent Living Skills Training, Assistance, Etc.
FINANCIAL ASSISTANCE			
Name	Location	Hours	Brief Description
Crisis Assistance Ministry 704-371-3001	500A Spratt St. Charlotte, NC	Monday – Friday: 8:00-5:00	Emergency Assistance
Good Fellows Club 704-333-5040	700 Parkwood Ave. Charlotte, NC	Call for information	Emergency Assistance for Families throughout the Year
Goodfriends 704-820-6008 704-890-8930	1307 W Morehead #207 Charlotte, NC	Call for information	Monetary Assistance Referral needed
Matthews Help Center 704-847-8383	119 N. Ames St. Matthews, NC	Monday - Friday: 9:00 – 4:00	Financial Crisis Assistance Food Pantry, Thrift Shop, Community Referrals
Work First/TANF 704-336-3000	301 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Cash Assistance Medicaid coverage

Mecklenburg County Public Health – Community Resource Guide

FOOD			
Name	Location	Hours	Brief Description
Charlotte Area Fund 704-372-3010	901 N. Tryon St. Charlotte, NC	Monday – Friday: 8:00-5:00	Emergency Food Case Management
Dilworth Soup Kitchen at First Christian Church 704-334-3771	1200 East Blvd. Charlotte, NC	Monday: 11:30-12:30	Lunch served every Monday
Food and Nutrition Services (EBT card) - DSS 704-336-3000	301 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Provides Financial Assistance for Food
Friendship Trays 704-333-9229	2401-A Distribution St. Charlotte, NC	Monday-Friday 8:00-2:00	Delivers Balanced Meals to Elderly and Infirm community members in home
Harvest Center 704-335-1616	2225 Freedom Dr. Charlotte, NC	Monday – Friday: 8:00-4:00	Food Community Support Community Referrals
Loaves and Fishes 704-523-4333	Provides Food for 20 Emergency Food Pantries throughout Mecklenburg County List of Food Pantries: http://www.loavesandfishes.org/food-pantries/		
Urban Ministry Center 704-347-0278	945 N. College St. Charlotte, NC	Monday – Friday: 8:30-4:30	Food Every Day Services for Homeless Substance Abuse Services

Mecklenburg County Public Health – Community Resource Guide

GENERAL MEDICAL			
Name	Location	Hours	Brief Description
Free & Low-Cost Clinics Phone Numbers Vary	See Link Below for List of Free & Lost Cost Clinics: Free and Low-Cost Clinics		
HIV RESOURCES			
Name	Location	Hours	Brief Description
Amity Medical Group – East Charlotte 704-208-4134	6010 E. WT Harris Blvd. Charlotte, NC	Monday-Friday: 8:00-5:00	HIV medical care, PrEP
Amity Medical Group – South Charlotte 704-208-4134	10508 Park Rd., #130 Charlotte, NC	Monday-Friday: 9:00-6:00	HIV medical care, PrEP
Atrium Health – Infectious Disease Myers Park 704-446-4490	1350 S. Kings Dr. #600 Charlotte, NC	Monday-Friday: 8:00-5:00	HIV medical care, medical case management
Bradley-Reid Corporation 704-333-5686	5700 Executive Center Dr. #221 Charlotte, NC	Monday-Friday: 9:00-5:00	Medical case management
Carolinas CARE Partnership 704-531-2467	5855 Executive Center Dr. Charlotte, NC	Monday-Friday: 8:00-5:00	Housing assistance for people living with HIV, HIV testing, Medical case management
Charlotte Community Health Clinic 704-316-6561	8401 Medical Plaza Dr. #300, Charlotte, NC 5301 Wilkinson Blvd. Charlotte, NC	Monday, Tuesday, Thursday: 7:30 - 5:00 Wednesday: 7:30 - 6:00 Friday: 8:00 - 5:00	PrEP
Charlotte Health Initiative / Eastowne Family Physicians 704-413-1705	4115 The Plaza, Charlotte, NC	Monday-Friday: 9:00-5:00	HIV medical care, medical case management; PrEP
CREW (Community Resources for Empowerment & Wellness) 704-432-7233	3205 Freedom Dr. #2000 Charlotte, NC	Monday-Friday: 8:00-5:00	Substance use services for people living with HIV
C.W. Williams Community Health Center 704-393-7720	3333 Wilkinson Blvd. Charlotte, NC	Monday, Tuesday, Thursday: 8:00 – 8:00 Wednesday: 8:00 – 6:00 Friday: 8:00 – 1:00	PrEP; Marketplace enrollment; HIV medical care and case management for women and youth

Mecklenburg County Public Health – Community Resource Guide

ID Consultants & Infusion Care Specialists 704-331-9669	4539 Hedgemore Dr. #100 Charlotte, NC	Monday-Friday: 8:15-5:00	HIV medical care, medical case management
Mecklenburg County Public Health – HIV testing Call: 704-432-8378 Text: 704-591-6674	2845 Beatties Ford Rd. Charlotte, NC 249 Billingsley Rd. Charlotte, NC	Monday, Tuesday, Thursday, Friday: 8:00-11:00 & 1:00-4:00 Wednesday: 10:00-1:00 & 3:00-6:00	HIV/STD testing
Mecklenburg County Public Health – HMAP Enrollment Assistance 980-314-9322	2845 Beatties Ford Rd. Charlotte, NC	Monday-Friday 8:00-5:00	Help enrolling in HIV Medication Assistance Program
Mecklenburg County Public Health – Medical Case Management 980-314-9296	2845 Beatties Ford Rd. Charlotte, NC	Monday-Friday 8:00-5:00	Medical case management
Mecklenburg County Public Health – Ryan White Part A Program 980-314-1611	3205 Freedom Dr. #9000 Charlotte, NC	Monday-Friday 8:00-5:00	Funds HIV medical and support services
Novant Infectious Disease Specialists 704-316-5330	1900 Randolph Rd. #216 Charlotte, NC	Monday-Friday 8:00-4:30	HIV medical care
Quality Comprehensive Health Center 704-394-8968	3552 Beatties Ford Rd. Charlotte, NC	Monday-Friday 8:00-5:00	HIV testing, PrEP, HIV medical care, medical case management, support groups
RAIN (Regional AIDS Interfaith Network) 704-372-7246	601 E. 5th St. #470 Charlotte, NC	Monday-Friday 9:00-5:00	PrEP navigation, Support group for youth living with HIV, HIV testing, Medical case management, Marketplace enrollment, Counseling for HIV: weekly substance use and trauma groups
Rosedale Assistance & Opportunities (RAO) 704-948-8582	321 West 11th St. Charlotte, NC	Monday-Tuesday: 8:00-4:00 (closed for lunch 12:15 - 1:30)	HIV medical care, Patient navigation; PrEP, HIV testing
Rosedale Infectious Diseases 704-948-8582	103 Commerce Centre Dr. #103 Huntersville, NC	Monday-Thursday: 8:00-5:00 (closed for lunch 12:15-1:15) Friday: 8:00-1:00	HIV medical care, Patient navigation; PrEP, HIV testing

HOUSING: APARTMENTS			
Name	Location	Hours	Brief Description
Charlotte Housing Authority 704-336-5183	Use the following link to find apartment housing based on selected criteria: http://cha-nc.org/find-housing/apartments		
HOUSING: RESOURCES			
Name	Location	Hours	Brief Description
Angel House Maternity Home 704-392-6270	2000 Newland Rd. Charlotte, NC	Call for information	Housing/Food for Pregnant Women
Charlotte Family Housing 704-335-5488	300 Hawthorne Ln. Charlotte, NC	Monday – Friday: 9:00- 5:00	Homeless Families
Charlotte Housing Authority 704-336-5183	400 E. Blvd. Charlotte, NC	Monday-Friday 8:00-5:00	Housing Information
Charlotte Rescue Mission 704-333-4673	907 W. 1st St. Charlotte, NC	Monday – Friday: 8:00-4:30	Housing for People Battling Addiction
Community Link 704-943-9490	601 E. 5th St. #220 Charlotte, NC	Monday – Friday: 8:00-5:00	Supportive Housing Services
Habitat for Humanity 704-376-2054	3815 Latrobe Dr. Charlotte, NC	Monday-Friday: 8:00-5:00 Saturday: 8:00-12:00	Christian Ministry that Builds Homes for Low Income Families
The Harvest Center 704-392-4981	5415 Airport Rd. Charlotte, NC	Call for information	Housing while Teaching Self Improvement and Accountability
Hope Haven 704-372-8809	3815 N. Tryon St. Charlotte, NC	Monday – Friday: 8:00-4:30	Housing for People Battling Addiction
Homeownership Center 704-342-0933	4601 Charlotte Park Dr. #350 Charlotte, NC	Call for information	Affordable Housing
Men's Shelter of Charlotte 704-334-3187	1210 N. Tryon St. Charlotte, NC	24/7	Homeless Men
My Sister's House 704-200-2807	3239 Beatties Ford Rd. Charlotte, NC	Call for information	Emergency Housing for Single Women
Safe Alliance 704-332-9034	601 E. 5th St. Charlotte, NC	Monday, Wednesday: 9:00-6:00 Tuesday, Thursday: 9:00-7:30 Friday: 9:00-12:00	Battered Women
Salvation Army Center of Hope 704-348-2460	534 Spratt St. Charlotte, NC	Call for information	Homeless Women & Children

Mecklenburg County Public Health – Community Resource Guide

Samaritan House 704-333-0110	611 Fortune St. Charlotte, NC	Monday-Sunday: 9:00 AM-9:00 PM	Homeless Men and Women After Hospital or Emergency Room Stay
Supportive Housing Communities 704-335-9380	2120 N. Davidson St. Charlotte, NC 2314 St. Johns Church Rd. Charlotte, NC	Call for more information	Housing for People with Disabilities and recovering from Substance Abuse
Urban Ministry Center 704-347-0278	945 N. College St. Charlotte, NC	Monday – Friday: 8:30-4:30	Help for the Homeless

INTENSIVE HOME VISITATIONS

Name	Location	Hours	Brief Description
Care Ring 704-375-0172	601 E. 5 th St. #140 Charlotte, NC	Monday-Friday: 8:00-5:00	Nurse-Family Partnership for First Time Birth – Low Income
Safe Journey and Adolescent Parenting Program 704-335-0601	601 E. 5 th St. #300 Charlotte, NC	Call for information	Parenting Program for Teen Mothers
Smart Start Healthy Families 704-336-5074	249 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Promoting Healthy Pregnancy and Parenting Skills – Primarily Medicaid

JOBS AND EMPLOYMENT

Name	Location	Hours	Brief Description
Charlotte Works 704-206-1350	11301 Carmel Commons Blvd. Charlotte, NC	Monday, Tuesday, Thursday, Friday: 8:00 – 5:00 Wednesday: 8:00 AM – 8:00 PM	Workshops, Coaching, etc. for Job Seekers
Urban League of Central Carolinas 704-373-2256	740 W. 5 th St. Charlotte, NC	Monday – Friday: 9:00-4:00	Job Placement & Help with GED
Goodwill Industries 704-372-3434	5301 Wilkinson Blvd. Charlotte, NC	Monday-Friday: 8:00-4:30	Career Help and Training
Work First Family Assistance 704-336-3000	301 Billingsley Rd. Charlotte, NC 3205 Freedom Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Provides Parents with Short-Term Training and Other Services to Help Them Become Employed.

LEGAL SERVICES			
Name	Location	Hours	Brief Description
Council for Children’s Rights 704-943-9609	601 E. 5 th St. Ste 510 Charlotte, NC	Monday – Friday: 8:30 – 5:00	Represents children in high conflict custody cases. Assist children who are facing suspension and expulsion from CMS, ensuring that these children get due process at these disciplinary hearings.
Legal Services of the Southern Piedmont 704-376-1600	1431 Elizabeth Ave. Charlotte, NC	Monday – Friday: 8:30 – 5:00	Provides legal assistance in civil matters to low-income persons in the Charlotte area and in west-central North Carolina.
Legal Aid of North Carolina – Charlotte Office 704-971-2621	1431 Elizabeth Ave. Charlotte, NC	Call for information	Provides legal assistance in civil matters (non-criminal matters) to eligible, low-income clients who have problems with their basic needs.
Mecklenburg County Bar 704-375-8624	2850 Zebulon Ave. Charlotte, NC	Call for information	Serve the public and Bar members in improving and preserving the administration of justice.
MENTAL HEALTH/SUBSTANCE USE			
Name	Location	Hours	Brief Description
Access Family Services 704-521-4977	920 Blairhill Rd. Ste 101 Charlotte, NC	Call for information	Mental Health & Substance Abuse
Al-Anon 704-523-1159	2810 Providence Rd. #A4 Charlotte, NC	Monday – Friday: 9:00 – 1:00 (Office Hours)	Support Groups for People who are Affected by Someone’s Drinking
Alcoholics Anonymous 704-332-4387 (24-hour hotline) 704-377-0244 (office)	1427 Elizabeth Ave. Charlotte, NC	Monday – Friday: 8:00-7:00	Men and Women Sharing Their Experiences With Each Other to Recover from Alcoholism. Free of Charge.
Anuvia Prevention and Recovery Center 704-376-7447	100 Billingsley Rd. Charlotte, NC	Monday-Thursday: 7:30 AM-9:00 PM Friday: 7:30-4:00 Sunday: 9:00-5:00	Substance Abuse Comprehensive Outpatient Treatment, Intensive Outpatient Treatment – Accepts Medicaid and Uninsured
Behavioral Health Charlotte (Atrium Health) 704-444-2400	501 Billingsley Rd. Charlotte, NC	24/7	Behavioral Health Services – Accepts Medicaid

Mecklenburg County Public Health – Community Resource Guide

Buddy Kemp Cancer Support Center 704-384-5223	242 S. Colonial Ave. Charlotte, NC	Monday – Friday: 8:30-4:30	Assisting Families through Cancer Diagnosis
Cardinal Innovations Healthcare Solutions 704-939-7700 980-938-4100 Or 1-800-939-5911 (access line for services)	550 Caldwell St. Ste. 1500 Charlotte, NC 10150 Mallard Creek Rd., Ste. 400 Charlotte, NC	Monday – Friday: 8:30-5:00	Mental Health, Intellectual, and Developmental Disabilities, and Substance Use/Addiction for Medicaid Patients and Uninsured
Carolina’s Creative Counseling 704-332-3634	4415 Monroe Rd. #100 Charlotte, NC	Call for information	Quality Clinical Care for Families and Individuals in Crisis
Cascade Services 704-336-4844	5800 Executive Center Dr. Suite 101 Charlotte, NC	Monday-Friday: 8:00-5:00	Services for Substance Abuse Recovery, Disabilities and Mental Health
Carolinas Medical Center Mercy Horizons 704-304-5248	2001 Vail Ave. Charlotte, NC	Call for information	Inpatient and Outpatient Drug Rehab. Accepts Medicaid.
Center for Prevention Services 704-375-3784	1117 E. Morehead St. Charlotte, NC	Monday – Friday: 8:00-5:00	Preventative Services for Schools, Organizations and Groups. Preventative Services for Family and Teen Drug and Alcohol Abuse.
Charlotte Rescue Mission – Dove’s Nest 704-333-4673 ext. 113	2855 West Blvd. Charlotte, NC	24/7	Recovery Program for Women and Families
Charlotte Rescue Mission – Rebound 704-333-4673 ext. 501	907 W. 1 st St. Charlotte, NC	Monday-Thursday: 8:00-4:30	Men’s Recovery Program
Charlotte Treatment Center 704-697-0044	3315 Wilkinson Blvd. Charlotte, NC	Monday-Friday: 5:00-1:30 Saturday-Sunday: 6:00 AM-8:00 AM	Methadone Treatment
Charlotte Vet Center 704-549-8025	2114 Ben Craig Dr. #300 Charlotte, NC	Monday & Tuesday: 7:00-6:30 Wednesday: 7:00AM-7:00PM Thursday & Friday: 8:00-4:30 Sunday (Every 2 nd of each month): 8:00-4:30	Individual Counseling for Veterans & Support Groups

Mecklenburg County Public Health – Community Resource Guide

Dilworth Center for Chemical Dependency 704-372-6969	2240 Park Rd. Charlotte, NC	Monday, Wednesday, Friday: 9:00-5:00 Tuesday/Thursday: 9:00-9:15	Chemical Dependency Treatment Program
InnerVision Inc. 704-377-5042	415 E. 4 th St. Charlotte, NC 1000 Baxter St. Charlotte, NC	Monday – Friday: 8:00-5:00	1:1 & Group Therapy, Rehabilitation, Substance Abuse Services, Peer Support, Employment Services
KinderMourn 704-376-2580	1320 Harding Pl. Charlotte, NC	Call for an appointment	Grief Counseling
McLeod Addictive Disease Center 704-332-9001	515 Clanton Rd. Charlotte, NC	Monday-Friday: 8:30 AM-9:00 PM Saturday: 9:00-12:00	Inpatient and Outpatient Treatment. Has Methadone Clinic.
Mental Health America of Central Carolinas 704-365-3454	3701 Latrobe Dr. #140 Charlotte, NC	Call for information	Promotes Mental Wellness. Offers Supplemental Programs for People with Mental Health Concerns or Parents of Children with Mental Health Concerns. Conducts Public Education Trainings.
Mecklenburg County Crisis (CriSyS) (Mobile Crisis Team) 704-566-3410	N/A	24/7 hotline	Immediate Crisis Support
Monarch Behavioral Health Services 704-525-3255	5700 Executive Center Dr. #110 Charlotte, NC	Monday-Thursday: 8:00-6:00 Friday: 8:00-5:00	Open Access, Outpatient Therapy, Medication Management, Peer Services, Assertive Community Treatment Team, Residential Services, Intensive In Home Services
Narcotics Anonymous 704-366-8980	2028 Woodland Dr. Charlotte, NC	Call for information- multiple locations	Support Groups for Anyone Struggling with Addictions
Novant Health Behavioral Health Services 800-786-1585	Presbyterian Medical Center	24/7	Intensive Outpatient Services
SABER Treatment Program at Urban Ministry Center 704-347-0278	945 N. College St. Charlotte, NC	Call for information	Substance Abuse Treatment for Homeless Men

Mecklenburg County Public Health – Community Resource Guide

Safe Alliance 704-332-9034	601 E. 5th St. #400 Charlotte, NC	Monday/Wednesday: 9:00-6:00 Tuesday/Thursday: 9:00-7:30 Friday: 9:00-12:00	Sexual Assault/Domestic Violence
Thompson Child & Family Focus 704-376-7180	769 N. Wendover Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Psychiatric Residential Treatment Facility (PRTF), Intensive In-Home Services, WRAP services, community-based coaching for young adults, counseling, case management services for children, adolescents, and families, and therapeutic foster care.

NUTRITIONAL HEALTH

Name	Location	Hours	Brief Description
Bethesda Health Center 704-596-5606	133 Stetson Dr. Charlotte, NC	Tuesday – Thursday: 9:00 – 5:00	Health Education (nutrition, Zumba and other topics)
School Health 980-314-9550	Remote	Call for information	The School Health Nutritionist provides nutrition education and medical nutrition therapy for pre-school and school aged children in Charlotte Mecklenburg Schools. Referral accepted through Medical providers and School Health Nurses.
Women, Infants, and Children (WIC) 704-336-6500	5624 Executive Center Dr. Charlotte, NC 3205 Freedom Dr. Charlotte, NC 2845 Beatties Ford Rd. Charlotte, NC	Monday – Thursday: 7:45-12:00, 1:00-7:00 Friday: 7:45-12:00, 1:00-5:00 Monday – Friday: 8:00 -12:00, 1:00-5:00 Monday, Thursday: 7:45-12:00, 1:00-5:00 Tuesday, Wednesday: 7:45-12:00, 1:00-7:00 Friday: 8:00 – 12:00, 1:00 – 5:00	Provides Basic Nutritional Services to Eligible Clients.

PREGNANCY			
Name	Location	Hours	Brief Description
Pregnancy Care Management 980-314-9358	2845 Beatties Ford Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Care Management Services for High Risk Women during Pregnancy and Two Months after Delivery
REFUGEE/IMMIGRANT SERVICES			
Name	Location	Hours	Brief Description
International House 704-333-8099	1817 Central Ave., Suite 215 Charlotte, NC	Monday – Friday: 9:00-5:00	Direct services to international community in Charlotte
Latin American Coalition 704-531-3848	4938 Central Ave. #101 Charlotte, NC	Monday-Friday: 9:00-5:30	Empower the Charlotte’s Latino community
Refugee Health 704-314-9470	2845 Beatties Ford Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Health Exams/Communicable Disease Screenings
Refugee Public Assistance 704-336-3000	301 Billingsley Rd. Charlotte, NC 3205 Freedom Dr. Charlotte, NC	Monday-Friday: 8:00-5:00	Refugee Cash Assistance/Refugee Medical Assistance
SENIOR CARE			
Name	Location	Hours	Brief Description
Adult Care and Share 704-567-2700	6709 Idlewild Rd. Charlotte, NC	Monday – Friday: 7:00-6:00	Adult Day Care Center/Day Health Center
Blessed Assurance 704-845-1359	13001 Idlewild Rd. Matthews, NC	Monday – Friday: 6:00 AM - 6:00 PM	Adult Day/Health Care Services
Congregate Meal Program 704-432-1111 or 704-336-3144	301 Billingsley Rd. Charlotte, NC 3205 Freedom Dr. Charlotte, NC	Monday – Friday: 9:00-2:00 Multiple locations	Hot, Nutritious Meals Served at 18 Dining Sights for Eligible Adults
Home Delivered Meals 704-336-3000	301 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Home Delivered Meals
The Ivey 704-909-2070	6030 Park South Dr. Charlotte, NC	Monday – Friday: 7:30-5:30	Memory Wellness Day Center
Levine Senior Center 704-846-4654	1050 DeVore Ln. Matthews, NC	Monday-Wednesday: 8:00-7:00 Thursday-Friday: 8:00-4:00	Senior Center
Loving Care Adult Day Care/Day Health Inc. 704-391-3720	7917 Moores Chapel Rd. Bldg. 4 Charlotte, NC	Call for information	Adult Day Care

Mecklenburg County Public Health – Community Resource Guide

Loving Touch Adult Day Health Care Center, Inc. 704-331-2776	1302 Beatties Ford Rd. Charlotte, NC	Monday – Friday: 7:30-5:30	Structured Activities and Daily Nursing Supervision
Mount Olive Adult Day Care 704-527-7342	10016 Garth Wood Rd. Charlotte, NC	Call for information	Adult Day Care
North Mecklenburg Senior Center of Charlotte Mecklenburg Senior Centers, Inc. 980-314-1127	102 Gilead Rd. Huntersville, NC	Call for information	Senior Center
Tyvola Center of the Charlotte Mecklenburg Senior Centers, Inc. 980-314-1320	2225 Tyvola Rd. Charlotte, NC	Monday-Friday: 8:30-4:30	Senior Center
University Adult Day Care/Day Health 704-510-0030	1324 John Kirk Dr. Charlotte, NC	Monday – Friday: 7:00-5:30	Adult Day Care

SPECIALTY CARE

Name	Location	Hours	Brief Description
Achieve Therapy Services 704-708-8314	2301 Crown Point Executive Drive, Suite E Charlotte, NC	Monday – Thursday: 8:00-6:00 Friday: 8:00-5:00	Speech, Occupational, and Physical Therapy. Accepts Medicaid.
Allegro Foundation 704-364-4063	419 Ardmore Rd. Charlotte, NC	Monday-Friday: 9:00-5:00	Creating New Techniques to Teach Children with Disabilities and Enhance their Quality of Life
American Cancer Society 704-552-6147	1901 Brunswick Ave. #100 Charlotte, NC	Monday – Friday: 8:00-4:30	Help with the Challenges of Dealing with Cancer
Arise and Shine Therapy, Inc. 704-778-7192	3727 Rose Lake Dr. #103 Charlotte, NC	Monday – Friday: 9:00- 5:00	Occupational Therapy, Physical Therapy, and Speech Therapy. Accepts Medicaid.
Carolinas Rehabilitation – Wendover Pediatric Therapy 704-304-0621	427 Wendover Rd. Charlotte, NC	Monday – Thursday: 7:30-6:00 Friday: 7:30-3:00	Physical, Occupational, & Speech Therapy.
Carr Speech Services 704-594-1464	N/A		Speech Therapy. Works with Spanish-speaking Children. Accepts Medicaid.
Charlotte Speech and Hearing 704-523-8027	741 Kenilworth Ave. #100 Charlotte, NC	Monday – Thursday: 8:00-6:00 Friday: 8:00-12:00	Hearing Services & Speech and Language Services. Sliding Fee Scale.

Mecklenburg County Public Health – Community Resource Guide

Charlotte United Christian Academy 704-537-0331	7640 Wallace Rd. Charlotte, NC	Call for information	School for Children with Mild, Moderate, and Severe Disabilities
Child and Family Development 704-332-4834 704-541-9080	4012 Park Rd. #200 Charlotte, NC 10516 Park Rd. Charlotte, NC	Monday – Thursday: 8:00-6:00 Friday: 8:00-5:00	Occupational, Physical, & Speech Therapy. Accepts Medicaid.
Cyzner Institute 704-326-8260	7022 Sardis Rd. Charlotte, NC	Call for information	Day School, Applied Behavioral Analysis, Occupational Therapy, Speech Therapy, & Case
Early Bird Developmental Services 704-846-0262	212 W. Matthews St. #105 Matthews, NC	Call for information	Occupational, Physical, & Speech Therapy. Early Intervention. Feeding/Swallowing
Early Intervention Services – Children’s Developmental Services Agency (CDSA) 704-336-7130	3205 Freedom Dr. Charlotte, NC	Monday – Friday: 8:00-5:00	Provides support for families to help children from birth to age 3 who have developmental delays or who are at risk for delays to grow and learn to the best of their potential. Services include: Case Management
First Steps Pediatric Therapy 704-256-4281	2711 Randolph Rd. Charlotte, NC	Monday – Friday: 8:00- 5:00	Speech, Occupational, and Physical Therapy. Accepts Medicaid.
Hospice and Palliative Care 704-375-0100	1420 East Seventh St. Charlotte, NC	Call for information	Help Cope with a Life-Limiting Illness or Condition
KidSpeak Speech and Language Services, Inc. 704-540-3777	6911 Shannon Willow Rd. #700 Charlotte, NC	Monday – Friday: 8:00-5:30 Saturday: 8:00-4:00	Speech & Language Therapy, Screenings, Speech Evaluations, Auditory Verbal Therapy, & Spanish Therapy Services. Accepts Medicaid.
KidsRein 704-900-0145	3225 Cal Bost Rd. Midland, NC	Appointment only	Therapeutic Horseback Riding. Scholarships Available.
Kinetic Kids, Inc. 704-807-5699	1016 Euclid Ave. Charlotte, NC	Monday – Friday: 8:00- 7:00 Saturday: 10:00-7:00	Occupational Therapy, Physical Therapy, Speech Therapy & Art Therapy. Affordable Care & Accepts Medicaid.

Mecklenburg County Public Health – Community Resource Guide

Leukemia and Lymphoma Society 704-998-5012	4530 Park Rd. #240 Charlotte, NC	Monday – Friday: 8:00-5:00	Support for Leukemia/Lymphoma Patients
Little Wonders 123 704-752-1616	5113 Piper Station Dr. #103 Charlotte, NC	Monday – Friday: 6:00- 6:00	Pediatric Occupational Therapy.
Lupus Foundation 704-716-5640	4530 Park Road #302 Charlotte, NC	Call for information	Improve Quality of Life for Anyone with Lupus
Mecklenburg County Health Department CAP/C Program 704-336-4674	249 Billingsley Rd. Charlotte, NC	Monday – Friday: 8:00-5:00	Services for Medically Fragile Children under 21 who are at Risk for Institutional Care
Mecklenburg Social Worker for the Blind	5832 Executive Center Dr. #100 Charlotte, NC	Call for information	Services for the Blind
Metrolina Association for the Blind 704-372-3870	704 Louise Ave. Charlotte, NC	Call for information	Improve Quality of Life for the Blind
Pediatric Boulevard 704-821-0568	2814 Gray Fox Rd. Indian Trail, NC	Monday – Friday: 8:00- 6:30	Child Daycare, Aquatic Therapy, Occupational Therapy, Physical Therapy, Speech Therapy, Swallowing Therapy. Accepts Medicaid.
Pediatric Theraplay, Inc. 704-258-1724	P.O. Box 480462 Charlotte, NC 28269	Call for more information	Speech, Physical, and Occupational Therapy. Accepts Medicaid.
Speech W.I.S.E. 704-847-0186	3315 Springbank Ln. #206 Charlotte, NC	Monday – Friday: 8:00- 5:00	Speech Therapy
Terrific Talkers 704-541-3737	11535 Carmel Commons Blvd. #100 Charlotte, NC	Monday: 9:00-5:30 Tuesday, Wednesday, Thursday: 8:00-5:30 Friday: 10:00-3:00	Quality Speech and Language Therapy Services for Children 18 months to 18 years
TRANSPORTATION			
Name	Location	Hours	Brief Description
American Red Cross 704-347-8278	2425 Park Rd. Charlotte, NC 28203	Monday – Friday: 7:30-5:00	Assists Residents to and from Critical Medical Appointments
Charlotte Area Transit (CATS) System 704 -336-7433	600 East 4 th St. Charlotte, NC	Call for information	Door-to-Door Transit Services within Charlotte City Limits

Mecklenburg County Public Health -Community Resource Guide

DSS Mecklenburg Transportation System 704-336-3000	301 Billingsley Road Charlotte, NC 3205 Freedom Dr. Charlotte, NC	Monday -Friday: 8:00-5:00	Transportation for Eligible Individuals to Medical Destinations
Shepherd's Center 704-365-1995	3115 Providence Rd. Charlotte, NC	Monday -Thursday: 9:00-2:00 (Referrals)	Provides Transportation to Medical Appointments, and to the Grocery Store, Bank, etc.

988 Lifeline and NC Peer Warmline If this is a life-threatening emergency, call 911 and ask for a CIT (Crisis Intervention Team) Officer. They have special training.

988 Suicide & Crisis Lifeline The 988 Suicide & Crisis Lifeline provides free, private support. It's available 24 hours a day, 7 days a week. Anyone who is depressed, going through a hard time, needs to talk or is thinking about hurting themselves can get help. The Lifeline is available to everyone—you can call for yourself or a loved one who may need crisis support. Connect with a counselor who will listen, offer support and provide resources nearby: Call 988 or (800) 273-8255 For the Veterans Crisis Line, press 1. For support in Spanish, press 2. (Para español, oprima dos.) LGBTQI+ young people, press 3. Everyone else, stay on the line or press 0. You will be connected with a caring and qualified counselor ready to support you. Text 988 (for Spanish: text AYUDA to 988) Chat online Get help if you are Deaf, Hard of Hearing, or have hearing loss What to Expect 988 is not the police. It is not the same as calling 911. Your identity is private. 988 cannot share what you say with anyone—including hospitals, parents or the police— unless someone's life is in immediate danger or a vulnerable person is being abused. You do not have to answer any questions you don't feel comfortable answering. You will never be asked your immigration status. Learn more about what to expect when you contact 988 and get answers to frequently asked questions. NC Peer Warmline The NC Peer Warmline (855-PEERS-NC) is staffed by certified peer support specialists. They have personal experiences with mental health or substance use issues, so they have real knowledge of how to cope. They can talk about anything that's going on with you—no topic too big or too small. The Peer Warmline is free and available 24 hours a day, 7 days a week (English only). Call 855-PEERS-NC (855-733-7762).

Thank You to our Partners!!



*\$100 Million+ Invested in Our Community
for 75 Years & Counting*



**RCMI CENTER
FOR HEALTH
DISPARITIES
RESEARCH**

