



Carteret County Resource Guide For Students & Families

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CARTERET COUNTY EMERGENCY ASSISTANCE

<p>Beaufort Elks Lodge 400 Miller Farm Rd. Morehead City 252-726-4472 *Call for assistance</p>	<p>Catholic Charity Services St. Egberts Catholic Services 252-726-3559 *3rd Wed every month 10a-1p *Rental & utility assistance (must be established account) *No deposits at all *Rental assistance: copy of lease & W-9 form from landlord w/ tax ID # on it *Utility assistance: bring current bill</p>
<p>Carteret County Department of Social Services 252-728-3181 210 Craven St, Beaufort Office Hours: Mon-Fri 8a-5p *Ask for a service intake worker or emergency assistance *Clothing vouchers to various thrift stores *Martha's Mission Food Pantry vouchers *Rental Deposits & Utilities Deposits (water, electric, rent) (w/child under 18 or disabled child) *Financial Assistance, economic services, energy assistance, Medicaid, Adult Services, Families and Child Services, Foster Care, Crisis Intervention, Child Protective Services. *TANF/Workfirst Family Assistance Program *SNAP/Food Stamps *After hours emergency: 252-728-8400 *Spanish translation services avail/ <i>Se Habla Espanol</i> www.carteretcountync.gov/144/Social-Services</p>	<p>Carteret County Domestic Violence Program 252-728-3788 P.O. Box 2279, Morehead City *Families in imminent danger *Must have no contact w/abuser *Case management, counseling, clothing, supplies *Emergency homeless shelter, food pantry, minority outreach, Court/Hospital Advocacy, Elder Abuse, furniture assistance *Spanish translation services avail/ Se Habla Espanol www.carteretdomesticviolence.com</p>
<p>Carteret County Rape Crisis Program 252-504-3668 3722 Bridges St, Suite 201, Morehead City Crisis Line 252-725-4040 *Assistance to survivors of sexual assault & abuse *Transportation *Court preparations and accompaniment www.carteretcountync.gov/460/Rape-Crisis</p>	<p>Coastal Community Action 252-223-1630 or 252-223-1670 303 McQueen Avenue, Newport Office Hours: Mon-Fri 8a-5p *Back rent, past due bills, deposits *Carteret County Only *HUD/ Section 8 housing, Head Start, Self-Sufficiency Program, Family Services, Weatherization, Senior Services, Emergency shelter and Food Assistance *Assistance w/transportation for seniors to appointments www.coastalca.org</p>

<p>ePASS www.epass.nc.gov (online) to obtain the following benefits:</p> <ul style="list-style-type: none"> *Food Benefit Services Application *Medical Benefit Services Application *Energy Assistance Application *Water Assistance Application *WorkFirst Cash Assistance Program Application *Heating/Cooling Crisis Intervention Program Application <i>*En Espanol-Spanish website available</i> 	<p>Family Promise Family Homeless Shelter 252-222-0019 1500 Arendell St Morehead City Office Hours: Mon-Thurs 9a-5p & Fri 9a-2p</p> <p>Application</p> <ul style="list-style-type: none"> *Adults need to be vaccinated *Must complete application & background check *Provides residents with access to phones, internet, and social service agencies <p>https://familypromisecarteret.org/</p>
<p>First United Methodist Church 252-726-7102 900 Arendell St, Morehead City Hours: Mon-Fri 8a-5p</p> <ul style="list-style-type: none"> *Leave message for Senior Pastor to call *Assistance in Rent, Utilities, Expenses, Food, Temporary Shelter, and Water bills *Approved on a case by case basis *Email: office@fumcmhc.org 	<p>Hope Mission 252-240-2359 1410 Bridges St, Morehead City Office Hours: Tues- Thurs 9a-10:30a</p> <ul style="list-style-type: none"> *NO DEPOSITS *Back rent assistance & back utility assistance *Emerg Financial Assistance: Tues & Thurs: in person: bring bill w/ ID *Applications for assistance (utility, medical, rent). Must check in by 10:30am *Must be resident of Carteret County *Single man homeless shelter- no children *Soup Kitchen, Meals on Wheels, Homeless Services, Recovery Homes, Thrift Store <p>www.hmcm.org info@hopemissionnc.org</p>
<p>Loaves and Fishes Counseling Center 252-838-9035 Emergencies: 252-732-4812 1730 Live Oak St, Beaufort Office Hours: Mon-Fri 8a-4p</p> <ul style="list-style-type: none"> *Food Pantry Mon 10a-1p *Clothing vouchers *Furniture/household item vouchers <p>Thrift Store 252-504-0123 1700 & 1710 Live Oak St, Beaufort Mon-Sat 10a-445p</p>	<p>One Harbor Church 252-422-2899 1605 Fisher St Morehead City Office Hours: Tues-Thurs 9a-4p & Fri: 9a-12p</p> <ul style="list-style-type: none"> *Go to website and sign up for benevolence mission: <p>https://oneharborchurch.com/morehead-city/</p>

<p>Salvation Army 252-726-7147 2800 Bridges Street, Morehead City Office Hours: Mon-Fri 8:30a-11:30a & 1p-430p</p> <p>*Ask to speak to social/case worker *No Deposits *1st Mo Rent Assistance *Monthly bills/financial (electric, water, rental assistance): call to make appt *Bring in ID, copy of bill or lease agreement (must have your name on it) *Mortgage assistance: bring mortgage statement *Food pantry (open all day) *Clothing/household items vouchers (stop issuing @3p each day) *Spanish translation services avail/ Se Habla Espanol www.salvationarmycarolinas.org/moreheadcity/home</p>	<p>St. James United Methodist Church (Matthew 25) 252-223-4727 1007 Orange St, Newport Hours: Mon & Thurs 9a-11a</p> <p>*Newport Residents Only *Must come in person to confirm residency & need *1 time/year www.matthew25fund.org</p>
<p>St. Peter's United Methodist Church 252-726-2175 111 Hodges St. Morehead City *Usually request community service hours are done in return for services rendered</p>	<p>United Way 2-1-1 Dial: 2-1-1 or 1-888-892-1162 *Basic needs (food, housing, transportation, utilities), health care, employment & income support services, mental health & substance abuse www.unitedwaync.org/nc211</p>
<p>White Oak Ecumenical Outreach Ministries 910-326-1855 (Hem of His Garment) 730 W. Corbett Ave, (Hwy 24), Swansboro Office Hours: Tue-Fri 9a-1p</p> <p>*No deposits of any kind *Rental assistance: bring lease *Electric/water assistance: bring bill *Need valid NC drivers license, photo ID, and proof of address *Western Carteret County Residents Only www.woeom.com</p>	

HEATING/ENERGY ASSISTANCE

<p>Department of Social Services 210 Craven Street Beaufort 252-728-3181 210 Craven St, Beaufort Office Hours: Mon-Fri 8a-5p</p> <p>*Low Income Energy Assistance Program (LIEAP): one-time payment to help pay heating bills. Time frame to apply: December 1-March 31. Apply in person at DSS or apply online at www.epass.nc.gov *Low Income Energy Assistance (LIHWAP): temporary emergency program that helps families afford water & wastewater services. Households that have had their water services disconnected or are in danger of losing it can apply. Apply in person at DSS or apply online at www.epass.nc.gov www.carteretcountync.gov/144/Social-Services</p>

CARTERET COUNTY HUD OFFICE

HUD/Section 8 Housing: Coastal Community Action 252-223-1630
 303 McQueen Ave, Newport

[HUD Application Printable](#)

To access the online fillable version of the application go to:

<https://coastalca.org/Housing-Choice-Vouchers>

**Go to Printable Forms (right). Go to HUD App Fillable. Complete this form and it will be immediately sent to HUD.*

***ONCE YOU APPLY FOR HUD HOUSING, YOU NEED TO START APPLYING WITH EACH HOUSING LOCATION TO GET YOUR NAME ON EACH HOUSING LOCATIONS WAIT LIST: ESSENTIALLY, THERE ARE TWO WAIT LISTS: HUD'S WAIT LIST & EACH HOUSING DEVELOPMENTS WAIT LIST**

PUBLIC HOUSING RESOURCES

<p>Beaufort Housing Authority 252-728-3226 716 Mulberry St, Beaufort Office Hours: Mon-Thurs 8a-4p (Closed 12-1) & Fri 8a-12p</p> <p>Application</p> <p>*No vouchers accepted *Not emergency housing <i>*Applications only accepted in person</i> *Must provide proof of income all residents *Credit & Criminal Background Check *Need SS Card & Birth Certs, Picture ID, marriage/divorce/separation documents *All names/addresses past 5 yrs phone/fax employers and case workers Income based housing / 1,2,3,4,5 bedroom apts</p> <p>https://www.beauforthousingnc.com/</p>	<p>Carteret Court Apts 252-728-2679 510 Carteret Ave, Beaufort Office Hours: Mon-Fri 9a-3p</p> <p>Application *Section 8 Vouchers Accepted *Applications only accepted in person *1,2, 3 bedroom apts *Security Deposit of one month rent including utility allowance due *Criminal background check *No drug related evictions w/in 3 years- rejected until past due paid in full *Landlord reference *Need drivers license, soc security card, and birth cert *Credit report: debt to utility company unless paid w/ proof of payment from utility company & no non discharged bankruptcies *Income based housing/ no pets unless ESA or Service Animal Documented</p> <p>carteret-court@cmc-nc.com</p>
<p>Crystal Coast Apts 252-726-8042 2109 Mayberry Loop Rd, Morehead City Office Hours: Mon-Fri 9a-6p</p> <p>Waiting List Application</p> <p>*Sec 8 Voucher only avail for 3 units *2 & 3 bedroom apts *Water, sewer, and garbage is included *Must apply in person at office *Income based rent *Need birth cert & soc sec cards *No application fee</p> <p>https://www.crystalcoastapartments.com</p>	<p>Eastern Carolina Regional Housing Authority 252-726-4401 2204 Bay St, Morehead City Applications taken in person only Tues & Thurs 8a-11a & 1p-3p By appt only / Office Hours: Mon-Fri 7a-5p Macon Court Apts: 2112 Bay St, Morehead City Kings Terrace Apts: 386 Macon Ct Morehead City Bayview Homes Public Housing: 1300 Bay St Morehead City</p> <p>Application Application packet income worksheet *No Vouchers Accepted *Income based *Also operates low rent housing in Angier, Beulaville, Clayton, Clinton, Goldsboro, Havelock, Jacksonville, Magnolia, and Roseboro (when applying at MHC- can apply for other locations at the same time on the same application).</p>

LOW INCOME HOUSING RESOURCES

<p>Beaufort Manor Apts 252- 728-5702 1300 Beaufort Manor Dr, Beaufort <u>Office Hours: Mon & Thur 830a-430p</u> Application</p> <p><i>*Section 8 Vouchers Accepted</i> <i>*Income restricted</i> <i>*1, 2, 3 bedroom apts</i> <i>*No pets</i> <i>*\$25 for criminal & credit check per person over 18</i></p>	<p>Blue Point Bay Apts 252-222-0015 201 Old Murdoch Rd, Newport <u>Office Hours: Mon, Wed & Fri 9a-12p and 1p-4p</u> Application</p> <p><i>*Section 8 Vouchers Accepted</i> <i>*Income restricted</i> <i>*2 & 3 bedroom apts</i> <i>*Water, Sewer, and Trash Included</i> <i>* Low Income Housing Tax Credit</i> Blue-point-bay@remnantmgmt.com blue-point-bay@pmc-nc.com</p>
<p>Brentwood Village Apts 252-728-4557 208 Brentwood Dr, Beaufort <u>Office hours: Mon-Fri 9a-3p</u> *Make appt to complete application Application must be completed in office *No HUD/Section 8 <i>*Income based rent / 1,2 bedroom apts</i> <i>*Criminal background check</i> <i>*\$25 fee</i></p>	<p>Eastport at the Park 252-838-9370 506 Campen Dr, Beaufort <u>Office hours: Mon, Wed & Fri 9a-12p and 1p-4p</u> Application</p> <p><i>*Section 8 Vouchers Accepted</i> <i>*Housing tax credit accepted / Income based</i> <i>*2 & 3 bedrooms</i> <i>*Pets allowed</i> <i>*Water, Sewer, and Trash Included</i> <i>*Handicap Accessible Units Available</i> www.remnantmgmt.com</p>
<p>Elm Green Apts 252-223-1266 100 Elm Green Loop Rd, Newport <u>Office Hours: Mon-Thurs 9a-4p</u> Application</p> <p><i>*Section 8 Vouchers Accepted</i> <i>*2 & 3 bedroom apts</i> <i>*No pets</i> <i>*Handicap Accessible Units Available</i> <i>*Criminal background check & Credit report</i> <i>*Interpretation services available</i> <i>*Security deposit: 1st months rent due</i> <i>*Nonrefundable \$20 fee for app</i> <i>*No drug related evictions last 3 years</i> <i>*Low Income Housing Tax Credit</i> elm-green@cmc-nc.com</p>	<p>Westwood Square Apts 252-247-4666 403 Brooks St, Morehead City <u>Office Hours: Mon, Wed & Fri 9a-3p</u> Application</p> <p><i>*Section 8 Vouchers Accepted (only 5 units available)</i> <i>*1 & 2 bedroom apts / USDA -RD program</i> <i>*No pets / Handicap Accessible Units Available</i> <i>*Security Deposit \$250</i> <i>*Nonrefundable \$20 fee for application</i> <i>*Criminal & credit background checks</i> <i>*No drug related evictions w/in last 3 years</i> westwood-square@cmc-nc.com</p>

POTENTIAL HOUSING OPPORTUNITIES

<p>Beaufort Towne Apts 252-728-2940 200 Glenda Dr, Beaufort <u>Office Hours Mon-Fri 8a-5p</u> *Pets allowed/\$10/month pet rent *\$250 deposit</p>	<p>Brookside Apts 252-808-2774 408 Brooks St Morehead City</p>
<p>Compass Landing Apts 252-542-5496 900 Old Fashioned Way, Newport *1,2,3 bedroom apts</p>	<p>Country Club Apts 252-726-2389 4600 Country Club Rd Morehead City *Pets allowed</p>
<p>Haven at Wild Dunes 252-421-5207 133 Wildwood Rd Newport</p>	<p>Oak Lane Apts 252-726-2151 3101 Bridges St, Morehead City</p>
<p>The Preserve at Carteret Place 252-499-9780 4005 Galantis Dr. Morehead City</p>	<p>The Retreat at Carteret Place 910-670-7245 3839 Galantis Dr Morehead City</p>
<p>The Vinings at Wildwood 1 Haven at Wild Dunes 252-421-5207 33 Wildwood Rd Newport *Pets allowed: \$300/1st pet; \$150/2nd pet/Pet rent / \$10 per pet monthly</p>	<p>Tower Apts 252-223-4278 353 Howard Blvd. Newport *Utilities Included / 1,2,3 bedroom apts/mobile homes *No pets</p>
<p>Woodbriar & Shoreline Apts 252-726-7924 2720 Bridges St, Morehead City</p>	<p>Willow Rentals, LLC 252-223-6002 1038 Chatham Street Newport *1,2,3 bedroom mobile homes</p>
<p>Winward Dunes 252-247-7545 Salter Path</p>	<p>Woodbriar Condos 252-726-7924 2720 Bridges St. Morehead City</p>
<p>35 North Apts 252-499-9141 541 N. 35 Street Morehead City *1,2 bedroom apts</p>	

REALTY COMPANIES

Cannon & Gruber Realtors 252-726-6600 509 Atlantic Beach Causeway https://www.cannongruber.com/	Chalk & Gibbs 252-726-3167 1006 Arendell St Morehead City *Various apt complexes www.Chalkandgibbs.com
Gull Isle Realty 252-726-0427 611 Atlantic Beach Causeway Atlantic Beach https://www.gullislerealty.com/	Mary Cheatham King 252-518-5222 5113A US-70 Morehead City www.marycheathamking.com
Spectrum Rental Properties 252-247-7610 515 Atlantic Beach Causeway Atlantic Beach https://www.spectrumproperties.com/	Taylor Cook Realty 910-326-4959 400 Glancy St Swansboro http://taylorcookrealty.com/

PRIVATE LANDLORDS

Beth Henderson 252-725-4330	Darvene Montford 252-725-3210 252-725-1554
Ginny Wooten 336-662-5980	Gregory Stewart 252-728-9845
Mac Murdoch 252-726-5546	Phuc Andy Nguyen 252-241-8871
Progressive Properties 252-635-0073	Rod Gilbrath 252-223-4813
William Green 252-723-2686	Veronica Harris 910-322-7244

OTHER WAYS TO LOOK FOR POTENTIAL RENTALS

www.zillow.com	www.realtor.com
www.trulia.com	www.craigslist.com
www.homes.com	www.apartments.com
www.forrent.com	www.rent.com

CARTERET COUNTY MOBILE HOME PARKS

Apple Park 252-726-2014 1200 N 20th St Morehead City	Atlantic Mobile Park 252-247-6690 247 Old Airport Rd, Newport
Bay Meadows 252-240-1212	Beachfront RV Resort 252-354-6400 100 Eastview Dr. Emerald Isle
Beaufort Waterway RV Park Office 252-728-4500 327 Core Creek Rd Beaufort www.beaufortwaterwayrvpark.com	Boardwalk RV Park 252-354-2220 201 Islander Dr Emerald Isle
Bogue Pines 252-726-4902 2896 NC-24 Newport	Bogue Sound RV Resort 252-393-8123 1204 Cedar Point Blvd
Ballou MHP 252-726-2138 Morehead City	By the Beach RV Park 919-896-0789 401 Henderson Blvd. Atlantic Beach
Cedar Creek Resort 252-223-5234 684 Roberts Rd Newport	Coastal Mobile Estates 252-726-5151 204 Mobile Dr, Atlantic Beach
Croatan 252-726-8712 W. Ft. Macon Rd, Atlantic Beach	Doc's MHP 252-223-6002 1038 Chatham St, Newport
Down East 252-808-2255 Harkers Island Rd, Beaufort	Dutch Treat 252-726-4639 Highway 24, Newport
Eagle's Nest 252-223-3710 Nine Foot Rd, Newport	Evergreen 252-222-0575
EZ Breeze 252-223-6622	Glenn Grove MHP 252-726-3086 3100 Evans St Morehead City
Goose Creek Resort 252-393-2628 350 Red Barn Rd, Newport	Greenhill 252-223-1131
Holiday Trav-L Park Resort 252-354-2250 9102 Coast Guard Rd Emerald Isle	Hunting Estates 252-223-3880 852 Maston Town Rd Newport
Indian Summer RV Park 252-354-2373 1951 Salter Path Rd Indian Beach	Island Harbor Marina 252-354-2373 510 W Marina Dr Emerald Isle
Lighthouse Way 252-223-6677 Roberts Rd, Newport	Mann's 252-223-5646 Newport
MFP 252-777-1012 884 Roberts Rd Unit 38, Newport	Mark Sheehy 252-223-5402 Newport

Oceanfront Court 252-247-3614 1570 Salter Path Rd. Salter Path	Osprey Landing RV Resort 949-280-7956 678 NC Hwy 58 Cedar Point
Oyster Point Campground 252-638-5628 Forest Rd 181 Newport	Paradise Bay 252-247-5478 1444 Salter Path Rd, Indian Beach
Page Place RV Park 252-393-2418 308 VFW Rd. Cedar Point	Roberson's 252-223-5820
Springfield Gardens 252-223-9866	Sunset Pines 252-223-5295 Newport
The Landing RV Park 252-622-6603 212 Styron's Creek Rd Sealevel	Triple S Marina Village 252-247-4833 1511 Fort Macon Rd Atlantic Beach
Waters Edge RV Park 252-247-0494 1463 NC 24 Newport	Waterway RV Resort 850 Cedar Point Blvd Cedar Point 252-393-8715
Weep N Oaks MHP James Grady Newport 252-342-7473	Whispering Pine RV Campground 25 Whispering Pines Rd. Newport 252-240-4666
Willis MHP 3004 Bridges Street Morehead City 252-726-2836	Willow Lake Newport 252-223-6002
Vacation Village , Cedar Point Blvd, Cedar Point 252-393-2571	

CARTERET COUNTY HOTELS/MOTELS/EXTENDED STAY

Bask Hotel 252-499-9200 814 Shepard St, Morehead City	Bogue Inlet Motel 252-354-3406 120 Bogue Inlet Dr, Emerald Isle
Days Inn by Wyndham 252-393-9000 1184 North Carolina Hwy 58 Cape Carteret	Econo Lodge Crystal Coast 252-247-2940 3410 Bridges St, Morehead City
Edgewater Motel 252-726-9868 1706 Arendell St Morehead City	Garnet Inn & Suites 252-701-1007 3100 Arendell St, Morehead City
Hampton Inn 252-240-2300 4035 Arendell St, Morehead City	Holiday Inn Express & Suites 252-247-5001 5063 Executive Dr, Morehead City
Hostess House Courtyard 252-223-6020 6741 Hwy 70, Newport	Islander Hotel & Resort 252-354-3464 102 Islander Dr, Emerald Isle
Oak Grove Motel 252-247-3533 1305 Salter Path Rd, Salter Path	Oceanview Inn 252-354-2755 122 Fairview Dr, Emerald Isle
Palm Suites 252-247-6400 602 W Fort Macon Rd, Atlantic Beach	Salter Path Inn 252-247-3533 1305 Salter Path Rd
Sand Dollar Motel 252-726-4106 101 Henderson Blvd Atlantic Beach	The Inn @ Pine Knoll Shores 252-247-4155 511 Salter Path Rd, Atlantic Beach
Waterway Inn 252-393-8027 160 Cedar Point Blvd, Cedar Point	Windjammer Inn 252-247-7123 103 Salter Path Rd, Pine Knoll Shores

CARTERET COUNTY CAMPGROUNDS

Camp Ocean Forest 252-354-3454 100 Fairview Dr, Emerald Isle	Cedar Creek Resort 252-728-0447 288 Guthrie Dr, Harkers Island
Cedar Point Campground 252-638-5628 391 Vfw Rd, Cedar Point	Coastal Carolina Campground 252-474-7999 216 Clark Ln, Beaufort
Dogwood Family Campground 252-777-4343 101 Happy Camper Wy, Newport	Goose Creek Camping Resort 252-393-2628 50 Red Barn Rd, Newport
Holiday Trav-L-Park Resort 252-354-2250 9102 Coast Guard Rd, Emerald Isle	Oyster Point Campground 252-638-5628 Forest Rd 181, Newport
Page Place RV Park 252-393-2418 308 Vfw Rd, Cedar Point	Waters Edge RV Park 252-247-0494 1463 NC-24, Newport
Waterway RV Resort 252-393-8715 850 Cedar Point Blvd, Cedar Point	Whispering Pines Campground 252-726-4902 25 Whispering Pines Rd, Newport

CARTERET COUNTY ELDERLY (55+) & DISABLED LOW INCOME HOUSING

<p>Arc Hds Onslow County Group Home 2 919-782-4632 413 Glancy St. Swansboro *Applicants must be referred *Persons with developmental disabilities *HUD Section 202 Supportive Housing for the Elderly/Income based</p>	<p>Beaufort Springs Apts 252-838-1387 1793 Live Oak St Beaufort Application *Section 8 Vouchers Accepted *Senior only 55+ or 45 and disabled *Income based *\$25 fee for criminal & credit checks *Small pet beaufortspringapts@gmail.com</p>
<p>Camellia Court 252-808-0322 4609 Country Club Rd, Morehead City Office hours: Mon, Wed & Fri 9a-12p and 1p-4 Application *Section 8 Vouchers Accepted *Income restricted / 1 & 2 bedroom apts *Small pet *Must be 55+ or 45 & disabled *Utilities paid by tenant *Low Income Housing Tax Credit camellia-court@remnantmgt.com</p>	<p>Castle Glen 252-223-3573 1800 Pollard Ct, Newport Office hours: Tues & Thurs 9a-12p and 1p-4p Application *Section 8 Vouchers Accepted *Water, Sewer, and Trash Included *Income restricted / 1 & 2 bedroom apts *Must be 55+ or 45 & disabled *Small pet *Low Income Housing Tax Credit castle-glen@remnantmgt.com</p>
<p>Eagle's Bay Apts 252-728-6221 100 Eagles Bay Ct, Beaufort *Low-Income Housing Tax Credit (LIHTC) *Section 515 Rural Rental Housing *Section 521 USDA Rental Assistance *1 bedroom apts/income based rent *USDA -RD program</p>	<p>Edenbridge 252-726-9201 501 Brooks St, Morehead City Office Hours: Tues & Thurs 9a-12p and 1p-4p Application *Section 8 Vouchers Accepted *Income restricted / 1 & 2 bedroom apts *55+ residents or 45+ & disabled *Small pet *Water, Sewer, and Trash Included edenbridge@remnantmgt.com</p>
<p>Ekklesia I & II Apts 252-726-0076 405 Barbour Rd, Morehead City *Section 8 Vouchers Accepted *Income restricted / 62 yrs + or disabled *Security deposit of \$50 *Criminal background check and credit report *No evictions w/in 3 yrs *HUD/ Income based rent / 1 & 2 bedroom apts *Small pet Tenant Selection Plan https://www.cmc-nc.com/</p>	<p>Kings Mill 252-223-6311 1200 Daughter's Dr, Newport Office hours: T, W, TH 9-4p *Section 8 Vouchers Accepted *Income restricted / 1 & 2 bedroom apts *Must be 50+ or 45 & disabled *Small pet *Security Deposit: 1st months rent due *Non-refundable application fee: \$20 *Criminal background & credit check *No evictions w/in 3 years *Low Income Housing Tax Credit Resident Selection Plan kings-mill@cmc-nc.com</p>

<p>Newport Home 252-223-3925 2331 North Lakeview Drive Newport Application *Supervised home for adults with intellectual and developmental disabilities https://monarchnc.org/</p>	<p>SCAC of Carteret County 252-808-2774 406 Brooks St. Morehead City *Persons with developmental disabilities *Applicants must be referred Shoener Shores Home/Arc Hds Carteret Co Gh2 252-728-1251 681 State Rte 101 Beaufort Application *Supervised home for adults with intellectual and developmental disabilities. *Applicants must be referred *Section 202 Supportive Housing for the Elderly https://monarchnc.org/service-locations/carteret/</p>
<p style="text-align: center;">Troon 252-504-6109 300 Troon Way (Professional Park Dr), Beaufort Office hours: M-T 8:30-12:30, Fri: 8:30-11:30a Application *Section 8 Vouchers Accepted *1, 2 bedroom apts/ 55+ or 45 & disabled *Small pet *Income restricted *Low Income Housing Tax Credit *Utilities Paid by Tenant troon@remnantmgt.com</p>	

CARTERET COUNTY ASSISTED LIVING RESOURCES

<p>Brookdale Carolina House 252-726-4454 Morehead City</p>	<p>Carteret Landing Assisted Living/ Memory Care 252-773-0980 Morehead City</p>
<p>Carteret House Assisted Living 252-223-2600 Newport</p>	<p>Croatan Village Assisted Living 252-634-9066 New Bern</p>
<p>Onslow House 910-347-1300 Jacksonville</p>	<p>Graham's Senior Living Homes 252-838-9204 Beaufort</p>
<p style="text-align: center;">Crystal Bluffs Rehab & Health Care Center 252-726-0031 Newport</p>	

CARTERET COUNTY ADDITIONAL HOUSING RESOURCES

<p>Crystal Coast Habitat for Humanity 252-223-2111 5898 Hwy 70W, Newport Store Hours: Mon-Sat 9a-4p Administrative Office Hours: Mon-Fri 9a-4p Family Service Hours: Tues, Wed & Thurs 9a-4p</p> <p>*Home buyer education *Builds/renovates houses for low-income families director@habitatcrystalcoast.org</p>	<p>Pregnant Women 252-247-2273 Coastal Pregnancy Care Center</p>
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CARTERET COUNTY RECOVERY/TRANSITIONAL & SOBER HOUSING

<p>A Step Forward Transitional House 252-726-1076 150 S Spooners St Morehead City</p>	<p>Oxford House Taylor Lane 252-499-9623 104 Taylor Lane Morehead City Application *Women's Recovery Transitional Home</p>
<p>Oxford House Webb 252-773-0467 5109 Webb St Morehead City *Men's Recovery Transitional Home</p>	<p>Home Transitional Network 252-721-9274 820 Broad St New Bern *Transitional living/vocational career for justice involved individuals</p>
<p>Oxford House Glenburnie Rd 252-631-2285 1010 Albemarle Court New Bern Application *Mens sober home</p>	<p>Hope Recovery Home 252-515-6976 1209 Arendell St Morehead City *Mens sober home</p>
<p>Oxford House Pasteur 252-631-2001 1511 North Pasteur St New Bern Application *Women's sober home</p>	<p>Oxford House Benfield 252-631-1524 1310 Benfield Ave New Bern Application *Mens sober home</p>
<p>Loaves & Fishes Residential Treatment Program (Men only) & Outpatient Counseling 252-838-9035 1730 Live Oak St, Beaufort Application</p>	

CARTERET COUNTY VEHICLE REPAIR ASSISTANCE RESOURCES

<p>One Harbor Church 252-422-2899 1605 Fisher St Morehead City *Go to website and sign up for benevolence mission: <u>Benevolence Application</u> <u>https://oneharborchurch.com/morehead-city/</u></p>	<p>NC Work First Program: Department of Social Services 252-728-3181 210 Craven St, Beaufort Office Hours: Mon-Fri 8a-5p <u>www.carteretcountync.gov/144/Social-Services</u></p>
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CARTERET COUNTY FREE PUBLIC SHOWERS/LAUNDRY

<p>Family Promise of Carteret County 252-222-0019 1500 Arendell St Morehead City *Laundry & Showers: Tues & Thurs 10a-2p</p>
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CARTERET COUNTY LAUNDROMATS

<p>Coin Laundromat 910-326-4420 814-2 W Corbett Ave Swansboro <u>Mon-Sun 8a-7p</u></p>	<p>Cowell's Cleaners & Laundromat 252-223-6167 7109 US-70, Newport <u>Mon-Sun 7a-10p</u></p>
<p>Clean & Green Laundromat 252-633-5055 172 US-70 Havelock <u>Mon-Sun 6:30a-11:30p</u></p>	<p>Crystal Clean Laundromat 252-247-4446 3025 Bridges St, Morehead City <u>Mon-Sun 8a-9p</u></p>
<p>Sunshine Cleaners & Laundry 252-726-4444 2505 Bridges St Morehead City</p>	<p>The Soap Box Laundry 252-622-4132 2500 Bridges St Morehead City <u>Mon-Sat 8a-5p</u></p>
<p>The Wash House 100 Fairview St Havelock <u>24 hours</u></p>	

CARTERET COUNTY EMPLOYMENT & EDUCATION RESOURCES

<p>NC Works Career Center 252-222-6038 3813 Arendell Street Morehead City Hours: Mon-Fri 8:30a-5p</p> <ul style="list-style-type: none"> *Complete set of employment tools for job seekers *Search jobs, create résumés, find education and training *Provides free career planning, employment assistance and job training *Job seekers can search for employment and training opportunities *Training for dislocated workers <p>Website: www.ncworks.gov Email: ncworks.6000@nccommerce.com</p>	<p>NC Work First Program Department of Social Services 252-728-3181 210 Craven St, Beaufort Office Hours: Mon-Fri 8a-5p</p> <ul style="list-style-type: none"> *Parents can get short-term training and families can get child care assistance and other services to help them become self-sufficient. *To be eligible: NC resident, U.S. citizen, legal alien or qualified alien. Must be unemployed or underemployed and have low income. Must also be one of the following: child 18 years of age or younger, pregnant, 18 years of age or younger and the head of your household. <p>www.carteretcountync.gov/144/Social-Ser-vices</p>
<p>CareerOneStop</p> <ul style="list-style-type: none"> *Flagship career, training, and job search website for the U.S. Department of Labor. *Website serves job seekers, businesses, students, and career advisors with a variety of free online tools, information and resources. <p>Website: https://www.careeronestop.org/</p>	<p>Carteret Community College 252-222-6000 3505 Arendell St, Morehead City</p>
<p>TRiO Student Support Services Carteret Community College 252-222-6020 Application</p> <ul style="list-style-type: none"> *Program is designed to provide opportunities for academic development, assist with basic college requirements, and to motivate students toward successful completion of their post-secondary education. *To be eligible: *Low-income *First Generation College Student *Individuals with a disability. *Email: trioservices@carteret.edu 	<p>Carteret Community College WIOA (Workforce Innovation and Opportunity Act) Program 252-726-7151 or 252-222-6038 309 Commerce Ave., Morehead City</p> <ul style="list-style-type: none"> *Tuition assistance, including course books, for qualifying individuals *Assistance with childcare and transportation reimbursement for students <p>Email: ncworks.6000@nccommerce.com Website: www.carteret.edu</p>

CARTERET COUNTY ADULT/CHILD TUTORING RESOURCES

<p>Carteret Literacy Council 252-808-2020 4907 Bridges St. Ext. Suite D-F Morehead City</p> <p>Office Hours: Mon-Fri 11a-3p</p> <ul style="list-style-type: none"> *FREE Tutoring for students & adults with low skills wishing to improve abilities *Tutoring in reading, math, citizenship exams for adults *ESL Conversation Group *Spanish translations available *Tutoring avail by appt w/ flexible hours *Tutoring in English as a Second Language <p>www.carteretliteracy.org</p>	<p>Morehead City Police Department 252-726-5361 300 N 12th St, Morehead City</p> <p>Hours: Mon & Wed 3:30p-5p</p> <ul style="list-style-type: none"> *For more info: call 252-726-3131 *After school tutoring for children free of charge
<p>Boys & Girls Clubs of the Coastal Plain Sunshine Lady Club 3321 Bridges St., MHC</p> <p>Email: Ava Bryant: abryant@bgccp.com Phone: 844-440-2717 Ext 8620</p> <p>Beaufort Teen Center: 601 Mulberry St. Ph: 844-440-2717 Ext 8610</p> <p>Beaufort Elementary Unit: 110 Carraway Dr., Beaufort 424-281-8232 Email: Sedricka Courman: scourman@bgccp.com</p> <ul style="list-style-type: none"> *Tutoring and mentoring *\$50 annual membership fee: payable at registration: Money Order ONLY *School age youth and teens (ages 6-18y) *Scholarships avail if hardship exists *Spanish translation avail if needed <p>Website: www.bgccp.com</p>	<p>Crystal Coast Study Buddies Amanda Wood 252-503-5581</p> <ul style="list-style-type: none"> *10 years experience *Reasonable rates *Flexible scheduling *Catered to fit child's needs <p>Email: ccstudybuddies@gmail.com</p>

CARTERET COUNTY DISABILITY RESOURCES

NC Dept. of Health & Human Services Division of Vocational Rehabilitation Services 252-515-5350 or 252-247-2037

310 Commerce Ave Suite A Morehead City

Office Hours: Mon-Fri 8a-5p

*Offers support to those with disabilities in finding employment and also connect them to other social service agencies for other needs they may have

*Client must have a documented (by medical provider) disability and MUST have a disability that causes an impediment to employment

*Requires documentation to show disability and how it prevents client from getting or keeping employment

**Translation Services Available*

Website: <https://www.ncdhhs.gov/divisions/dvrs>

Services for the Blind Carteret County Department of Social Services Beaufort 252-728-3181

Epilepsy Association of NC 336-300-4681

Special Olympics of Carteret County Carteret County Parks and Recreation Beaufort 252-222-5858

**NC Division of Services for Deaf and Hard of Hearing 910-251-5702
1-800-205-9915 (Voice) 1-800-205-9916 (TTY)**

**Children's Developmental Services Agency (CDSA) Office: 252-514-4770
1-866-543-7662**

CARTERET COUNTY FURNITURE & CLOTHING RESOURCES

<p>DSS Furniture Voucher: 252-728-3181 210 Craven St, Beaufort <u>Office Hours: Mon-Fri 8a-5p</u> *DSS will give families who have an <u>open CPS case</u> a furniture voucher to local thrift stores on case by case basis ONLY</p>	<p>Salvation Army Clothing Voucher: 252-726-7147 2800 Bridges Street, Morehead City <u>Office Hours: Mon-Fri 8:30a-11:30a & 1p-430p</u> *The Salvation Army will give anyone who needs clothing a voucher to their thrift store as long as the family calls and makes an appointment first to speak with a social worker.</p> <p><u>Furniture Voucher:</u> Can get furniture if domestic violence, house fire, natural disaster or misplaced emergency occurs.</p>
<p>Carteret County Humane Society 252-726-1399 1409 Bridges St, Morehead City <u>Mon-Sat: 10a-4p</u></p>	<p>First Baptist Church 252-728-4879 403 Ann St, Beaufort <u>Tues & Thurs 9a-12p</u></p>
<p>Habitat for Humanity Store 252-223-4493 5898 Highway 70, Newport <u>Tues- Sat 9a-4p</u></p>	<p>Hem of His Garment 910-326-1811 724 W. Corbett Ave, Swansboro <u>Tues- Sat 9a-3:45p</u></p>
<p>Hope Mission Thrift Store 252-240-2359 x5 1205 Arendell St., Morehead City <u>Mon - Sat 10a-4p</u></p>	<p>Loaves & Fishes Thrift Store 252-504-0123 1700 & 1710 Live Oak St, Beaufort <u>Mon-Sat 10a-445p</u></p>
<p>Second Blessings 252-726-7921 5178 Highway 70, Morehead City <u>Mon-Sat 10a-5p</u></p>	<p>St. Andrews Episcopal Church Thrift Shop 252-726-4747 1107 Arendell St, Morehead City <u>Tues, Thurs & Sat 10a-4p</u></p>
<p>St. James United Methodist Church Thrift Shop 252-223-3186 1007 Orange St, Newport <u>10a-4p Tues Thurs & 10a-1p Sat</u></p>	<p>Straits United Methodist Church Thrift Shop 252-729-1685 311 Straits Point Rd, Straits <u>Wed & Sat 9a-12p</u></p>
<p>Second Go-Round Consignment 252-223-2998 6760 US-70, Newport <u>Mon-Sat 9a-5p & Sun 10a-5p</u></p>	

CARTERET COUNTY FOOD RESOURCES

Food for Friends of Carteret County 252-241-7823 www.Foodforfriendsnc.com	Food Secure Carteret 252-515-4799 297 Sleepy Point Road Gloucester foodsecurecarteret@gmail.com www.Crystalcoastnonprofits.org
	Cooperative Extension Crystal Coast Produce www.ces.ncsu.edu
Meals On Wheels (Hope Mission): 252-241-1087	Food Waste & Recovery Program 919-219-9840

CARTERET COUNTY SENIORS FOOD PROGRAMS

Eastern Carolina Council Area Agency on Aging Food Reimbursement for Seniors 252-638-3185 x3015 *Providing assistance to address the nutritional needs of people aged 60 years of age and older by providing a food reimbursement assistance program *Eligibility requirements: Senior 60+, and residing in Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, or Wayne County *Reimbursement is limited to \$500 per household within the grant period www.eccog.org
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CARTERET COUNTY GOVERNMENT SERVICES: FOOD & NUTRITION SERVICES

SNAP/EBT (FOOD STAMPS) Department of Social Services 252-728-3181 201 Craven St. Beaufort Office Hours: Mon-Fri 8a-5p *Call for phone/virtual appt *Apply in person at DSS or apply online @ www.epass.nc.gov	Women, Infants & Children (WIC) 252-728-8550 or 252-222-7710 for info and appts 3820 Bridges Street Suite A Morehead City Mon-Fri 8-11:30a 1-4:30p
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BEAUFORT FOOD RESOURCES

Loaves & Fishes 252-504-0123 1700 Live Oak St Beaufort Contact: David Bruce: 252-728-2680 1st 4 Mondays 10a-1p *Food Pantry *NC drivers license or state ID required	Meals On Wheels: Beaufort 252-342-7983 Mon-Sat *\$5.60 or pay what can Contact: Sandra Howarth 252-241-4292 *Donna's Deli Cooks *Hot Meal
First Baptist Church 252-728-4879 "Five Loaves Supper" 403 Ann St. Beaufort	Woodville Baptist Church 252-728-1414 or 252-726-3992

<p style="text-align: center;"><u>Mondays @ 5pm</u></p> <p>*Free Hot Meal</p>	<p>450 US-70, Beaufort</p> <p style="text-align: center;"><u>Thursday: 11:00 am – 2:00 pm</u></p> <p>*Need voucher from DSS or Health Dept *Every 3rd Friday NC Food Bank *Food Pantry</p>
<p>Olde Beaufort Farmers Market 252-564-8822</p> <p style="text-align: center;"><u>Saturday: 8:30a-2:30p</u></p> <p>www.beaufortfarmersmarket.com</p>	<p>Ladies Outreach Committee 951 Merrimon Rd Beaufort</p> <p style="text-align: center;"><u>Call for Schedule</u></p> <p>Contact: Matilda Stewart 252-646-1628 *Food Pantry open on request</p>
<p style="text-align: center;">St. Pauls Episcopal Church 252-728-3324 215 Ann St Beaufort *Must be sent from DSS</p>	

NEWPORT FOOD RESOURCES

<p>Meals on Wheels: Newport <u>Mon-Fri</u></p> <p>*Hot Meal Cooked at Country Kitchen *Contact: Susan Plisko: 252-223-4231</p>	<p>St. James United Methodist Church (Matthew 25) 252-223-4727 or 252- 223-3186 1007 Orange St, Newport</p> <p style="text-align: center;"><u>Mon & Thurs 9a-11a</u> <u>TFAP/Food Last Thursday of each month</u> <u>9a-9:30a</u></p> <p>*Contact: Rick Heal: 252-725-3311 or 252-223-4231 or 252-223-4727</p>
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	<p>*Newport only www.matthew25fund.org</p>
<p>Wildwood Presbyterian 252-726-9118 276 Wildwood Rd Newport <u>Thurs Only 8:30a-9:30a</u> *Food Pantry *Produce, dairy and bakery items available weekly *Nonperishable food, frozen meat, hygiene and cleaning products available monthly</p>	<p>Harlowe UMC 252-447-1779 4261 NC Hwy 101 Newport <u>Sat 11:30a-1p</u> *Contact: Tanya Lewis: 252-241-5896 *Grab & Go! - Meals include a sandwich, chips, fruit, dessert, and bottled water *First Saturday of the month is a hot meal *All persons accepted</p>
<p align="center">Bethlehem UMC 252-670-2886 728 Bogue Loop Rd. Newport *Contact: Jr Posey 540-623-0658 *Delivery on request, serving neighbors near church- <u>call for schedule</u> *Food Pantry *No voucher needed</p>	

MOREHEAD CITY FOOD RESOURCES

<p>Hope Mission Soup Kitchen 252-240-2359 1410 Bridges St, Morehead City <u>Mon-Sat 11a-12:30p</u> *Hot Meal (Eat IN & Grab & Go)</p>	<p>Salvation Army Food Pantry 252-726-7147 2800 Bridges Street Morehead City <u>Mon-Fri 830a-1130a 1p-430p</u> *Food pantry *Call upon arrival</p>
<p>The Storehouse Food Pantry</p>	<p>Glad Tidings Church 252-726-0160</p>

<p>252-443-956-4633 or 252-725-5539 3114 Bridges Street Morehead City Mon-Fri 11a-2p</p> <p>Application *Food Pantry *Call on Sat. and Sun. for appointment\ *All persons accepted regardless of residency & citizenship *Se habla espanol</p>	<p>4621 Country Club Rd Morehead City M-Th 9-12 & 1-5 *Contact: Belinda Loftin 252-726-0160 *1 bag per family *Food Pantry **"Daily Bread Ministries"</p>
<p>Martha's Mission 252-726-1717 901 Bay St. Morehead City Mon, Wed & Fri 10:30a-3p *Voucher from DSS, CCHD, or local church accepted *Application required to receive food *Food Pantry *Also has bag of snacks for 3-13 yr old children</p>	<p>Carteret Community College Smith Bldg. College Circle Contact: Jennifer Fox & Trish Miller: 252-222-6152 M-Th 9a-5p *Food pantry open to students, faculty & staff of CCC</p>
<p>Meals on Wheels: 252-241-1087 Morehead City, Atlantic Beach Mon-Fri Contact: Katie Nixon: 252-240-2359 *Hot Meal Cooked by Hope Mission</p>	<p>Broad Street Clinic 252-726-4562 534 N. 35th Street, Suite K, Morehead City Thurs 1p-2:30p *Veggie Van</p>
<p>Congregate Nutrition @ Leon Mann Jr. Senior Center 252-247-2626 3820 Galantis Drive Morehead City *Meal, companionship, lunch, reservations requested for at least 3 days/week for seniors 60+ *Reasonable rate</p>	<p>First UMC 252-186-7102 900 Arendell St Morehead City Sat 11a-1p *Grab and Go Meals</p>
<p>Home Delivered Meals Service of the Leon Mann Senior Enrichment Center 252-247-2626 3820 Galantis Dr, Morehead City *Home delivered meal program M-F for free</p>	<p>Saturday Morning Curb Market 252-222-6352 Morehead City Saturday: 8a-1p 1st weekend in May through Labor Day weekend</p>

DOWN EAST FOOD RESOURCES

<p>Meals on Wheels: Smyrna, Marshallberg, Williston, Davis Mon-Sat *\$4.85 *Contact: Beth Piner 252-528-0038 *Hot Meal *Cooked at Seaside</p>	<p>Meals on Wheels: Straits, Harkers Island, Bettie, Otway, Gloucester Mon-Sat *\$5.60 or pay what you can *Contact: Lillie Miller 252-728-4566 *Cooked at Seaside and Fishhook *Hot Meal</p>
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<p>Meals on Wheels: Atlantic/Cedar Isle/Stacy/Sea Level <u>Mon, Tues, Wed</u></p> <p>*Donation *Contact: Lou Ann Taylor 252-225-2491 *Hot Meal</p>	<p>Harkers Island UMC 252-728-7015 603 Cape Lookout Dr. Harkers Island <u>Thurs Only 10a-4p</u></p> <p>*Food Pantry</p>
<p>Atlantic UMC 252-225-7701 146 School Dr Atlantic <u>Thurs 11:30-12 (reserve by Tues at 5)</u></p> <p>*Hot Meal for seniors (all of downeast) *Contact: Penny Smith: 252-225-7701</p>	<p>Harkers Island Mobile Food Pantry 252-728-4761 Harkers Island Fire Department 1219 Island Rd. <u>Last Thursday of each month @ 1pm</u></p> <p>*Food Pantry *Contact: David Bruce: 252-728-2680</p>
<p>Lighthouse Community Church Pantry 252-729-2811 2015 U.S. Hwy 70 Stacey <u>2nd Sat 8-10 (DE only)</u> <u>4th Sat 8-10 (all county)</u></p> <p>*Contact: Joyce Gaskill 252-241-8687 *Food Pantry</p>	<p>Hand 2 Hand 425 Hwy 70 Smyrna *Contact: Elizabeth Bielak: 252-418-000 or 703-732-4793 *Hot Lunch Meals</p>
<p>Meals on Wheels: Down East 252-342-7983</p>	

SWANSBORO FOOD RESOURCES

<p>White Oak Ecumenical Outreach/ Hem of His Garment Food Bank 724 West Corbett Ave Swansboro <u>7a-830a Every 4th Monday of Each Month</u> (unless Monday falls on holiday) *Bring your own box to carry food in *Application required w/drivers license or state ID *Serves Western Carteret County to 9 Mile Rd *Food bank truck 4th Friday of month</p>	<p>Meals on Wheels: Emerald Isle, Pelletier, Bogue, Hubert, Stella, Cape Carteret, Swansboro <u>Mon-Fri</u></p> <p>*\$8.00 *Contact: Bob: 910-325-8511 *Hot Meal</p>
<p>Meals on Wheels: Cape Carteret & Emerald Isle 252-241-5282</p>	

HAVELOCK FOOD RESOURCES

<p>Havelock Cherry Point Ministerial Association Outreach 252-447-5190 925 East Main Street, Suite #20 Havelock *Food Pantry</p>

***To locate near-by food sites: Text “FOODNC” to 877-877 (for Spanish, text “COMIDA”. Para ubicar cerca de los sitios de recogida de alimentos, envíe un mensaje de texto con COMIDA al: 877-877)**

CARTERET COUNTY HISPANIC/LATINO RESOURCES

**ESL Programs Ingles Como Segunda Lengua Carteret Community College
Morehead City (252) 222-6195**

Carteret Literacy Council 252-808-2020

4907 Bridges St. Ext. Suite D-F Morehead City

Office Hours: Mon-Fri 11a-3p

*ESL Conversation Group

*Spanish translations available

*Tutoring avail by appt w/ flexible hours

*Tutoring in English as a Second Language

www.carteretliteracy.org

CARTERET COUNTY MEDICAL/DENTAL ASSISTANCE

Carteret County Health Department

252-222-7739 or 252-728-8550

3820 A Bridges Street Morehead City

*Adult Health, Child Health, Dental Clinic,
WIC, Communicable Disease, Immunization,
Family Planning, Environmental Health,

Broad Street Clinic 252-726-4562

534 N. 35th Street, Suite K, Morehead City

Application

*Ask to speak with a patient advocate

*Free health care clinic for qualifying
individuals. Offers primary care and
pharmaceutical services for **uninsured and**

<p>Maternity Health, Pregnancy Care, Newborn/Postpartum Home Visits. *Care Coordination for Children *WIC-Women Infants & Children *Breastfeeding Peer Counselor *Breast and Cervical Cancer Control Program *Communicable Disease Testing & Treatment</p>	<p>underinsured adult residents. *Qualification is determined by medical/financial need. *Chronic care clinic treating diabetes, high blood pressure, heart/lung disease and thyroid disease. *Current Medicaid pts not eligible Website: www.broadstreetclinic.org/ Email: freeclinic@bizec.rr.com</p>
<p>Adult Medicaid & Long Term Care Programs 252-728-3181 Carteret County DSS 210 Craven St, Beaufort Applications accepted M-F 8a-5p *Apply in person at DSS or apply online at *Health insurance for low-income individuals, seniors, and people with disabilities. www.epass.nc.gov</p>	<p>Carteret Health Care 252-499-6000 3500 Arendell Street, Morehead City *Emergency Medical Services, Cancer Care, Brady Birthing Center, Stroke, Heart, Respiratory Care, Lab, Orthopedic and Spine surgery, Pharmacy, Sleep Center, Weight Loss Bariatric Surgery, Home Care, and Radiology. www.carterethealth.org</p>
<p>Prostate, Breast and Skin Cancer Screenings 252-808-6000 Morehead City</p>	<p>REACH Dental Low-Cost Dental Day Sponsored by One Harbor Church (252) 422-2899 Morehead City</p>
<p>NC Baptist Men Mobile Dental Unit 1-800-395-5102 ext. 5603</p>	

CARTERET COUNTY GOVERNMENT SERVICES

<p>Carteret County Government 252-728-8450 302 Courthouse Square, Beaufort *911 Addressing, Aging Services, Animal Control, Behavioral Health/Substance Abuse Resources, County Forms, Elections, Emergency Services, Employment & Careers, Environmental Health Services, GovDeals, Libraries, Mental Health Services, Tax Office, Register of Deeds, Social Services, Waste & Recycling, Transportation, Veteran Services, Water Utilities. www.carteretcountync.gov</p>

CARTERET COUNTY AFTER & BEFORE SCHOOL RESOURCES

<p>The Bridge Downeast: Ramsey Center 252-504-2581 1344 Island Road Harkers Island Office Hours: Mon-Thurs 10a-6p</p>	<p>Boys & Girls Clubs of the Coastal Plain Sunshine Lady Club - 3321 Bridges St., MHC Email: Ava Bryant: abryant@bgccp.com Phone: 844-440-2717 Ext 8620</p>
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<p><u>After School Hours: Mon-Thurs 3p-6p</u></p> <p>*Transportation to and from the after school program is provided.</p> <p>*Google Form for after school registration: https://docs.google.com/forms/d/e/1FAIpQLSftVvH9-Qpv4_TefOzHLMriKRuu1cSCo2vzJ4yubd_83eFzmg/viewform</p> <p>Email: admin@thebridgedowneast.org Website: www.thebridgedowneast.org</p>	<p>Beaufort Teen Center: 601 Mulberry St. Ph: 844-440-2717 Ext 8610</p> <p>Beaufort Elementary Unit: 110 Carraway Dr., Beaufort 424-281-8232 Email: Sedricka Courman scourman@bgccp.com *Website: www.bgccp.com *Out of school and youth programs, after-school programs, tutoring, and mentoring *\$50 annual membership fee: payable at registration: Money Order ONLY *School age youth and teens (ages 6-18y) *Scholarships avail if hardship exists *Spanish translation avail if needed</p>
<p>Girl Scouts - NC Coastal Pines 910-338-6607 204 W.B. McLean Drive Cape Carteret *For grades K-12. *Creating girls of courage, confidence and character *\$25 yearly membership fee + Troop fee dues \$35/year *Financial aid available Email: hwilliford@nccoastalpines.org Website: www.nccoastalpines.org</p>	<p>Carteret County 4-H 252-222-6375 *Four-fold development of youth through the Head, Heart, Hands, and Health *Contact: Coleman Killinger at clbell2@ncsu.edu *Volunteer opportunities Website: https://carteret.ces.ncsu.edu/carteret-county-4-h-information/ *Spanish webpage available (Página web en español disponible)</p>
<p style="text-align: center;">Boy Scouts of America Website: https://www.eccbsa.org/ *Online Application: https://www.eccbsa.org/wp-content/uploads/sites/29/2021/07/Online20Application20Process.pdf *East Carolina Council Calendar: https://www.eccbsa.org/wp-content/uploads/sites/29/2021/07/Online20Application20Process.pdf</p>	

CARTERET COUNTY PARKS & REC DEPARTMENTS

<p>Carteret County Parks and Rec 252-808-3301 1702 Live Oak Street Beaufort *Fort Benjamin Park Recreation Center Newport 252-222-5858 *Western Park Community Center Cedar Point 252-393-1481 or 252-222-5836 *Emerald Isle Parks and Rec Center Emerald Isle 252-354-6350 *Morehead City Parks and Rec 252-726-5083</p>

CARTERET COUNTY SUMMER CAMP PROGRAM RESOURCES

Morehead City Parks & Rec Dept
252-726-5083

1600 Fisher St, Morehead City

8a-8p Mon-Fri

*Some scholarship/sponsorship spots
available

4-H Residential Summer Camp
252-222-6375

*July 30-August 4

*Contact: Coleman Killinger:

clbell2@ncsu.edu

Emerald Isle Parks and Rec Summer Day Camp Program 252-354-6350

*Ages 6-12

*Camp: 7:30a-5:30p Mon-Fri

*\$150 per week, along with a \$60 cash per-diem each week, for a total of \$210

*Email Wesley Pearson: Summer Day Camp Director:

Wesley.pearson@carteretk12.org

*Registration starts April 10, closes April 28.

CARTERET COUNTY BOYS AND GIRLS CLUB SUNSHINE LADY CLUB AFTER SCHOOL & SUMMER CAMP PROGRAM

Boys & Girls Club Coastal Plains Contact Information

Main Phone Number 844-440-2717 or 252-355-2345

Sunshine Lady Club Morehead City

3321 Bridges St. Morehead City

844-440-2717 x 8620

424-281-8259 x8620

252-355-2345 x8620

Hours: Mon-Fri 3p-6p

Non-School/Summer Hours:

Mon-Fri 7:30a-6p

Early Release Days: 12p-6p

*Transportation is currently available to this location from 5 schools.

*Membership fee/year: \$50 per child

*Summer Camp: \$100/child for 8 week program

*Transportation fee from Newport schools:

\$25/year/per child

Director: Ava Bryant

Director Email: abryant@bgccp.com

Beaufort Teen Center

601 Mulberry St. Beaufort

424-281-8232

844-440-2717 x8611

252-355-2345 x8611

Hours: Mon-Fri 3p-7p

Non-School/Summer Hours:

Mon-Fri 7:30a-6p

Early Release Days: 12p-6p

*Transportation is currently available from Beaufort Elementary School and Beaufort Middle School

*East Carteret High School students are dropped off on Pine Street and can walk to the Club

*Membership fee/year: \$50 per child

Director: Sedricka Courman

Director Email: scourman@bgccp.com

Beaufort Elementary Unit 844-440-2717 x8610 or 252-355-2345 x8610

110 Carraway Dr Beaufort

Hours: Mon-Fri 2:30p-7p

Non-School/Summer Hours: Mon-Fri 7a-6p

Early Release Days: 12p-6p

Director: Sedricka Courman

Director Email: scourman@bgccp.com

*Membership fee/year: \$50 per child

**CARTERET COUNTY PRE-K PROGRAMS &
CHILD CARE RESOURCES**

<p>Ann Street Preschool 252-728-5411 Ann Street United Methodist Church 500 Ann Street, Beaufort</p>	<p>Beaufort Child Development Center 252-728-2786 201 Prof. Park Dr. Beaufort *Coastal Community Action Head Start *Offers NC PreK program</p>
<p>Carteret County Department of Social Services 252-728-3181 210 Craven St, Beaufort <u>Office Hours: Mon-Fri 8a-5p</u> *This is the local county office that handles subsidized child care services. *<i>Spanish translation services avail/ Se Habla Espanol</i> www.carteretcountync.gov/144/Social-Services</p>	<p>Carteret County Health Department Care Coordination for Children 252-728-8550 3820 Suite A, Bridges Street, Morehead City *Child care referral, medical care for children, transportation, and financial aid. http://www.carteretcountyhealth.com/</p>
<p>Carteret County Partnership for Children (252) 727-0440 3328 A Bridges St. Morehead City <u>Hours: Mon-Thurs 7a-5p or by appt</u> *Child care resource and referral *Diaper bank *Children's clothing closet *Children's lending library *Home based family support program *Outreach *Dolly Parton's Imagination Library *<i>Must be Carteret County resident</i> https://www.carteretkids.org/</p>	<p>Carteret Preschool Center 252-223-4574 903 Church Street, Newport *Offers NC PreK program</p>
<p>Childcare Network, Inc. #73A 252-247-3608 204 N 18th St. Morehead City</p>	<p>Excel #3 Morehead City 252-247-4831 700 N. 35th Street, Morehead City *Offers NC PreK program</p>
<p>Excel Learning Center #4 252-247-1866 601 N. 35th Street, Morehead City *Offers NC PreK program</p>	<p>First Presbyterian Church Preschool 252-247-2202 1604 Arendell Street, Morehead City</p>
<p>Glad Tidings Church Child Care 252-222-0644 4621 Country Club Road, Morehead City</p>	<p>Little Citizens Daycare & Preschool 252-726-6899 106 Little Nine Road, Morehead City</p>
<p>Land of Little People Newport 252-223-0099</p>	<p>Little Gems Daycare 252-222-4367 1158 Hwy 24, Newport</p>

7025 Hwy 70 East, Suite C-D, Newport	
My School, Inc Morehead City 252-247-2276 3415 Eaton Drive, Morehead City	New Generations Child Care Center 252-728-0502 103 Fairview Drive, Beaufort
Newport Child Care Center 252-223-3500 246 Chatham Street, Newport	Newport Child Development Center 252-223-0278 5601 Hwy 70 East, Newport *Offers NC PreK program
Public School NC Pre K Sites: 252-728-4583 x1124 *Atlantic Elementary, Beaufort Elementary, Bogue Sound Elementary, Morehead City Primary, Newport Elementary, Smyrna Elementary, White Oak Elementary	Sandbox Childcare and Preschool Center 252-223-3432 130 Fort Benjamin Road, Newport
St. James Day Care & Preschool Newport 252-223-3191 1011 Orange Street, Newport St. James United Methodist Church	The Early Learning Center Morehead City 252-726-0651 ext.117 First United Methodist Church 900 Arendell Street, Morehead City
White Oak Christian Child Care Newport 252-393-7808 5054 Hwy 24, Newport	Online Child Care Facility Search Site: http://ncchildcaresearch.dhhs.state.nc.us/ search.asp

EASTER SEALS & CHILD FIRST

PEDIATRIC MENTAL HEALTH RESOURCE

Child First New Bern 252-636-6007

2801 Neuse Boulevard New Bern

Counties Served: Carteret, Craven, Onslow, Pamlico, Jones and surrounding counties.

Hours: 8a-5p Mon-Fri

*Child First is an evidence-based, early childhood program that works to prevent or decrease the devastating effects of early childhood adversity. Research shows that extremely high-stress environments are toxic to a child's developing brain and will result in lifelong health and emotional problems if nothing is done to intervene. Child First is a **home-based intervention model** that works with the caregiver and child in their home or community.

Child First services are delivered by a two-person team:

* Licensed Clinician who specializes in early childhood development

* Family Resource Partner who works with the entire family. Focuses on the sources of stress that impact the family. Coordinates services for issues including: housing, employment, food, domestic violence, depression, drug and alcohol issues, and other physical, social and behavioral health services

* Translation services available

* Services billable to Medicaid Health Plans

* **Children 0-5yrs with emotional, behavioral, developmental or learning challenges.**

And for families who have experienced child abuse, neglect, trauma, domestic violence, maternal depression, substance abuse, and homelessness

* Online Request for Service Form: <https://eastersealsucp.com/child-first-nc/>

* Child First Teams provide services to families where they are currently living, such as motels, hotels, homes of family members, apartments, homeless shelters, domestic violence shelters, etc.

<https://eastersealsucp.com/child-first-nc/>

CARTERET COUNTY CHILD SUPPORT RESOURCES

Carteret County Department of Social Services 252-728-3181
 210 Craven St, Beaufort

Office Hours: Mon-Fri 8a-5p

[Spanish Child Support Application](#)
[English Child Support Application](#)

<https://www.carteretcountync.gov/1026/Child-Support>

CARTERET COUNTY FREE LEGAL ASSISTANCE RESOURCE

Legal Aid Of North Carolina 1-800-682-4592 or local 252-758-0113

Office Hours: 8:30a-5p

*Potential clients can call our **helpline number@ 1-866-219-5262**

*No cost legal aid services

*Our advocates help victims of abuse, families on the brink of homelessness and others in crisis get the justice that they deserve, with access to housing, education, healthcare, employment, safety from abuse and other life-changing benefits

www.legalaidnc.org

CARTERET COUNTY MENTAL HEALTH & BEHAVIORAL HEALTH RESOURCES

<p>Carteret County Domestic Violence Program 252-728-3788</p>	<p>Carteret County Rape Crisis Program 252-504-3668 <i>*24-hr crisis line: 252-725-4040</i></p>
<p>Carteret Counseling Services, Inc. 252-247-1109 Morehead City</p>	<p>Coastal Carolina Center for Women's Ministry 252-764-0722 4366 Hwy 24, Newport <u>Hours: Tues & Thurs 10a-4p</u> *No insurance needed <u>www.cwmhope.org</u></p>
<p>Costal Southeastern United Care 252-773-0195 <u>Mon-Fri 8a-5p</u> 305 Commerce Ave Ste 102 Morehead City *Child, adolescent, and adult behavioral health *Offers community (home based) services *Insurances accepted: Medicaid and uninsured individuals with Medicare <u>https://cseuc.org/</u></p>	<p>Easter Seals UCP 3820-B Bridges St, Morehead City 252-648-7150 <u>(M-Th, 10a-2p)</u> 2801 Neuse Blvd, New Bern 252-633-0876 *Comprehensive clinical assessment, intensive in-home services, Child First, therapeutic foster care <u>www.eastersealsucp.com</u></p>
<p>FACT Specialized Services, A program of Methodist Home for</p>	<p>Getting Ready 252-281-1718</p>

<p>Children 910-346-3744 120 Henderson Drive, Unit B, Jacksonville 8a-2:30p *Day treatment, Level III Residential Services, Outpatient Therapy *Insurances accepted: Medicaid, Trillium, Alliance www.mhfc.org</p>	<p>1425 Glenburnie Rd, Suite 3A, New Bern *Intensive In-Home Services</p>
<p>HIV Counseling & Referral Carteret County Health Department Morehead City 252-728-8550 *24 hr. Hotline: 1-800-232-4636</p>	<p>Integrated Family Services 252-648-7850 3710-A John Platt Rd. Morehead City Mon-Fri 8a-5p *24 Hour Mobile Crisis: 1-866-437-1821</p>
<p>Le'Chris 252-726-9006 3332-A Bridges Street, Morehead City</p>	<p>NAMI-National Alliance on Mental Illness 252-422-3900 or 252-269-7025</p>
<p>One to One Counseling and Consulting, PLLC 1-888-557-1675 3332 Bridges Street, Suite 3A, Morehead City Mon-Fri 8a-8p *Comprehensive clinical assessment, outpatient therapy, group counseling *Insurances accepted: BCBS, Medicaid, Medcost, Tricare *Insurance is not applicable for life coaching sessions. www.onetoone-cc.com</p>	<p>Port Health 252-222-3144 3715 Guardian Ave., Morehead City *Counseling, Mental Health Treatment, Alcohol & Substance Abuse, Outpatient Treatment and Prevention www.porthhealth.org/</p>
<p>RHA Behavioral Health Services 252-240-1482 *Comprehensive clinical assessment, outpatient therapy, group therapy, intensive in-home services</p>	<p>Sagestone, LCC 252-515-0557 8108-B Emerald Drive, Emerald Isle Tues-Fri 10a-7p *Mental and Behavioral Health Counseling, Substance Abuse Counseling, Life Coaching,</p>

<p>*Insurances accepted: BCBS, Medicaid, State *No insurance required for Crisis.</p> <p>*Mobile Crisis Services Available 24/7/365 1-844-709-4097</p> <p>www.rhbehavioralhealth.org</p>	<p>Family/Relationship Support, ADHD Support. Individual, group, therapeutic retreats, professional, and contract services</p> <p>*Insurances accepted: Offers fixed rates, flexible fees, sliding scale, and personalized payment arrangements. Can assist with out-of-network claims submission, and have had success with reimbursement from Tricare, United Healthcare, Cigna, and some Blue Cross Blue Shield Plans, Medcost</p> <p>*Cannot file claims for Medicare or Medicaid</p> <p>www.sagestonenc.com</p>
<p>Substance Abuse and Mental Health Services Administration (SAMSHA) 800-662-4357</p> <p>*Free behavioral health resource finder</p> <p>https://www.samhsa.gov/find-help</p>	<p>The Agate Foundation 252-515-0557 PO Box 5605 Emerald Isle Hours: Tues-Fri 10a-6p</p> <p>*Offers financial assistance for mental health, behavioral health, and addiction treatment for anyone in Carteret, Onslow and adjacent counties, regardless of housing or income</p> <p>Apply for help: https://www.theagatefoundation.org/apply-for-help</p> <p>Website: https://theagatefoundation.org Email: info@theagatefoundation.org</p>
<p align="center">Trillium Health Resources 3820-B Bridges St, Morehead City Mon-Fri 8:30a-5p *24 Hour Crisis Line: 877-685-2415 *Admin/Business calls: 866-998-2597 *Insurances accepted: Medicaid & uninsured *Screening, Triage and Referrals</p> <p align="center">www.trilliumhealthresources.org</p>	

CARTERET COUNTY MENTAL HEALTH AGENCIES & MEDICATION MANAGEMENT SERVICES

<p>Access Family Services, Inc. 252-633-3855 1403 McCarthy Blvd, New Bern</p>	<p>Agape Counseling Associates 910-251-7789 825 Gum Branch, #133, Jacksonville</p>
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<p style="text-align: center;">Mon-Fri 8:30a-5p</p> <p>*Comprehensive clinical assessment, outpatient therapy, medication management, intensive in-home services, foster care, IAFT, day treatment</p> <p>*Insurances accepted: Accepts most insurances, Medicaid, BCBS, Trillium, Med cost</p> <p>www.accessfamilyservices.com</p>	<p>*Private insurance only</p> <p>https://agape-counseling.org/</p>
<p>CarolinaEast Pediatrics 252-636-1919 2604 Martin Luther King Jr Blvd, New Bern</p> <p>*Pediatric psychiatry available</p> <p>www.carolinaeastpediatrics.com</p>	<p>Carolina Psychological Health Services 910-347-3010 1703 Country Club Rd, Suite 204 Jacksonville</p> <p style="text-align: center;">Mon-Fri 8a-5p</p> <p>*Comprehensive psychological assessment, psychotherapy, and psyche diagnostic evaluations</p> <p>*Insurances accepted: BCBS, Medicare, Tricare, Medcost</p> <p>www.carolinapsychologicalhealthservices.com</p>
<p>Coastal Carolina Neuropsychiatric Center 252-499-9413 or 252-499-9822 302 Penny Ln, Morehead City *910-500-6181 (Intake line)</p> <p style="text-align: center;">Mon-Thurs 8a-5:30p</p> <p>200 Tarpon Trail Jacksonville 910-938-1114 Mon-Thurs 8a-5:45p</p>	<p>Coastal Horizons 910-202-3155 *Intensive In-Home Services</p> <p>https://coastalhorizons.org/services/community-based-family-services/intensive-services/</p>

<p>*Psychiatric intake assessments, medication management, psychotherapy, group therapy, psychological testing</p> <p>*Tricare, Medicare, Medicaid, Medcost, NC Health Choice, BCBS, Trillium, Alliance, Eastpointe, Partners, Sandhills, Vaya</p> <p>www.coastalcarolinapsych.com</p>	
<p>Coastal Southeastern United Care 252-773-0195 305 Commerce Ave, Suite 102 Morehead City</p> <p>*Outpatient therapy, Intensive In-Home Services, and medication management</p> <p>*Insurances accepted: Medicaid or uninsured clients only</p> <p>www.cseuc.org</p>	<p>Easter Seals UCP 252-648-7150 3820-B Bridges St, Morehead City Hours: M-Th, 10a-2p</p> <p>2801 Neuse Blvd, New Bern 252-633-0876</p> <p>*Comprehensive clinical assessment, Intensive In-Home Services, Child First, therapeutic foster care.</p> <p>*Insurances accepted: Medicaid, Trillium</p> <p>www.eastersealsucp.com</p>
<p>Getting Ready 252-281-1718 1425 Glenburnie Rd, Suite 3A, New Bern</p> <p>*Intensive In-Home Services</p> <p>https://gettingreadywilson.net/</p>	<p>Hakuna Wellness 252-638-3888 601 Cedar St, Beaufort</p> <p>*Comprehensive clinical assessment, outpatient therapy, tele-med medication management</p> <p>*Ages 12 and up</p> <p>www.hakunawellness.com</p>
<p>Integrated Family Services 910-939-6475 3383 Henderson Dr, Jacksonville Open Access Clinic: Tues-Fri, 8a-12p</p> <p>*Comprehensive clinical assessment</p> <p>*Outpatient therapy, tele-med medication management</p>	<p>Jacksonville Children's and Multispecialty Clinic 910-353-0581 120 Memorial Dr, Jacksonville</p> <p>*Psychological testing, outpatient therapy, medication management</p> <p>www.jacksonvillechildrensclinic.org</p>

<p>*Insurances accepted: Medicaid, Medicare, Tricare, BCBS, Cigna, Aetna, Private, uninsured, BCBS, United Health Care, Med Cost, Optimum Health, NC Health Choice, Humana</p> <p>www.integratedfamilyservices.net</p>	
<p>LeChris Counseling Services, Inc. 252-726-9006 3332-A Bridges St, Morehead City <u>Mon-Thurs 8:30a-5p & Fri 8:20a-12p</u></p> <p>*Comprehensive clinical assessment, outpatient therapy, medication management, in-home services, PSR, Peer Support, IDD *Agers 12 and up *Intensive in-home services *Insurances accepted: BCBS, Medicaid, Self-Pay options</p> <p>www.lechris.com</p>	<p>Pat Robbins MA, PhD 252-637-7300 2800 Village Way, New Bern <u>Mon-Thurs 8:30a-5p & Fri 8:30a-4:30p</u> *Eastern Carolina Psychiatric Services (ECPS) *Talk therapy, medication management *Insurances accepted: Medicaid, Medicare, State, Tricare, BCBS, NC Health Choice, Self-Pay; Other Commercial Insurances</p>
<p>PORT Health Services 252-222-3144 3715 Guardian Ave, Morehead City <u>Mon-Fri 8a-5p</u></p> <p>*Assessment, outpatient therapy, substance abuse treatment, medication management *Insurances accepted: BCBS, Medcost, Medicare, Aetna, CIGNA, Tricare, Magellan, CHAMPVA, Humana, United Health Care, NCHC, Medicaid, State and self-pay</p> <p>www.porthumanservices.org</p>	<p>Pride in North Carolina, Inc 910-938-9833 3886 Henderson Dr, Jacksonville <u>Mon-Fri 8a-5p</u></p> <p>*Comprehensive clinical assessment, outpatient therapy, medication management *Insurances accepted: Medicaid, state funded, BCBS, NC Health Choice, Medcost</p> <p>www.pridenc.com</p>
<p>RHA Behavioral Health 252-638-7875 1405-A South Glenburnie Rd, New Bern *Comprehensive clinical assessment, outpatient therapy, intensive in-home services</p> <p>www.rhbehavioralhealth.org</p>	<p>Second Chance Behavioral Health 252-514-9888 209 N 35th, Suite B-3, Morehead City</p> <p>*Out-patient therapy (all ages), tele-health med management (older adolescents only)</p> <p>https://secondchancebehaviorhealth.com/</p>

CARTERET COUNTY PSYCHOLOGISTS

<p>Chris Boyle HSP-PA 252-571-7792 318-A East Main St, Havelock <u>Office only open on Friday</u> <u>Mon-Fri 9a-5p: Call Center</u></p> <p>*Clinical and Forensic Associates, PLLC *Insurances accepted: Medicaid, NC Health Choice, Self-pay *Telehealth not offered</p>	<p>Jo Ann Garner-McGraw, PhD 252-354-7661 142 Fairview Dr, Emerald Isle *Individual and family therapy services, child and adult *Insurances accepted: self pay</p>
<p>Mark Besen, PhD 252-207-0545 215 N 35th St, Suite A2, Morehead City <u>Mon-Fri 8a-4p & Sat 8:30a-1p</u></p> <p>*Psychological and Neuropsychological Testing ages 8 and up *Insurances accepted: Medicare, Medcost, BlueCross BlueShield, Tricare, United Healthcare and Discounted Self- Pay; all Medicaid forms</p> <p>*http://www.mbpsychservices.wordpress.com/</p>	<p>Maureen Migliore, LPA 252-838-1605 601 Cedar St, Suite 5, Beaufort *Ole Towne Counseling & Assessment Services *Insurances accepted: BCBS, Medcost, Medicaid, Self-pay, NC Health Choice, United Health Care (out of network)</p> <p>www.oletownecounseling.com</p>
<p>Psychological/Therapeutic Resources 252-638-3881 504 Pollock Street, New Bern or 210 Stonebridge Square, Havelock <u>Mon-Fri 9a-5p & Fri 9a-12p</u></p> <p>*Outpatient therapy, AD/HD, Autism Spectrum Disorder, Psychological Testing, Grief Counseling, Problem Gambling *Insurances accepted: BCBS, Self-pay, Tricare, Medcost, medicare, atena</p>	

CARTERET COUNTY PRIVATE COUNSELORS & AGENCIES

<p>David J Ellis, LPC, LCAS & David Louis Ellis, LCSW 252-646-1171 or 252- 646-1172 318-A E. Main St., Havelock</p>	<p>Dizy Brown, MED, LPC, DCEP 252-503-5143 812 Arendell St, Suite B, Morehead City <u>Mon-Fri 10a-5p</u></p> <p>*Older adolescent, substance abuse, & family issues</p>
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<p>*Mental health services, individual, couples, and family counseling, assessment, outpatient services *Insurances accepted: BCBS, Tricare, Medicare, Medicaid, All major insurances *\$65 an hour for self-pay</p> <p>http://www.ellis counseling.com/</p>	<p>*Counseling for individuals, couples, teenagers *Insurances accepted: Aetna, BCBS, Medicaid, Self-pay, Tricare (out-of-network), United Behavioral Health</p>
<p>Emily Nobles, LCSW 252-333-0424 or 252-222-3100 Morehead City *Teens and adults *Accepts private insurance & self-pay</p>	<p>Glenda Self, LPC 252-723-5807 215 N. 35th Street, Suite 5, Morehead City *Mainly preschool children and family therapy, also home based therapy *Better Beginnings *Insurances accepted: Medicaid, Self-Pay, Grant Funds available to eligible recipients</p> <p>http://carteretkids.org/</p>
<p>Julie Rowe, MA, LPA 252-675-7506 2601 Trent Rd, New Bern</p>	<p>Julie Sandine, LCSW 252-222-0854 3820 Bridges Street, Suite B, Morehead City *Greater Visions Behavioral Health *Insurances accepted: Aetna, BCBS, Cigna, Medicare, Medicaid</p>
<p>Judy Terrell, LMFT 252-422-2403 215 N. 35th St., Suite 5, Morehead City *Anxiety, depression, behavioral disorders *Children & parenting *Couples, children, adult counseling *Insurances accepted: BCBS, Private Pay</p>	<p>Karen McNair, LPC 252-726-0511 3510 John Platt Dr, Morehead City *Carteret Clinic for Children and Adolescents</p>
<p>Kathleen Eilers, MS, LPCS 252-670-4720 812 Arendell St, Suite B, Morehead City Mon-Fri: 10a-6p *Children, adolescents & adults, depression, anxiety, stress *Insurances accepted: BCBS, Tricare, MedCost, Atena, Self-pay</p> <p>www.moreheadcitycounseling.com</p>	<p>Lisa Miller, LPC 252-560-0263 318-A East Main St, Havelock *Clinical and Forensic Associates, PLLC *Insurances accepted: BCBS, Medicaid, NC Health Choice, Self-pay</p>
<p>Pam Muñoz, LCSW 252-622-9310 812 Arendell St, Suite B, Morehead City Mon-Fri 9a-5p *Individuals, couples and families therapy *Email: pmunoztherapy@gmail.com *Insurances accepted: BCBS, Medcost, Medicare, Tricare</p>	<p>Ray Conner, LPCA 252-241-7395 5058 Hwy 70 W, Morehead City Mon & Tues 5p-7:30p Wed: 5-6:30p Thurs: 8:30a-5p *New Life Counseling</p>

	<p>*Insurances accepted: Cigna, BCBS (in-of-network), self-pay; in network tricare, Atena, Call for more information</p> <p>*Email: newlifecounseling17@gmail.com</p>
<p>Sagestone, LCC 252-515-0557 8108-B Emerald Drive, Emerald Isle Tues-Fri 10a-7p</p> <p>*Mental and Behavioral Health Counseling, Substance Abuse Counseling, Life Coaching, Family/Relationship Support, ADHD Support. Individual, group, therapeutic retreats, professional, and contract services</p> <p>*Insurances accepted: Offers fixed rates, flexible fees, sliding scale, and personalized payment arrangements. Can assist with out-of network claims submission, and have had success with reimbursement from Tricare, United Healthcare, Cigna, and some Blue Cross Blue Shield Plans, Medcost</p> <p>*Cannot file claims for Medicare or Medicaid.</p> <p>www.sagestonenc.com</p>	<p>Susan Sullivan MSW, LCSW PLLC 252-422-1655 East Coast Square-East 4218 M Arendell Street Morehead City</p> <p>*Individual, family & couples' therapy</p> <p>*Insurances accepted: self-pay</p>
<p>Temple Berry, MSW, LCSW 252-571-7235 638 West Corbett Avenue, Swansboro</p> <p>*IntraCoastal Counseling; adult, adolescent, individual, couples and family counseling</p> <p>*Insurances accepted: BCBS, Self-pay; Call for more information</p>	<p>Terry Robertson, LCSW 252-247-7090 3002 Bridges Street, Morehead City</p> <p>*Individual psychotherapy, family counseling, marriage counseling, Board- certified clinical hypnosis</p> <p>*Insurances accepted: Self-pay. All sessions are paid in full and then insurance is filed for reimbursement after deductible is met</p>
<p>Wendy Maddox, LCSW 252-723-9775 806 Arendell St, Morehead City</p> <p>*Children and families, play therapy, trauma and attachment services</p> <p>*Insurances accepted: Amerihealth Caritas BlueCross and BlueShield, Health Choice, Humana, MedCost, Medicaid, TRICARE, UnitedHealthcare UHC, UBH</p> <p>https://www.psychologytoday.com/us/therapists/wendy-maddox-harkers-island-nc/763565</p>	

CARTERET COUNTY WOMEN'S COUNSELING SERVICES

<p>Coastal Carolina Center for Women's Ministries 252-764-0722</p>	<p>Coastal Pregnancy Care Center Morehead City 252-247-2273</p>
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<p>4366 Highway 24 Newport Office Hours: Tues & Thurs: 10a-4p *Free one-on-one peer counseling for women ages 18 and up *We offer a welcoming environment for all women, where non-judgmental listening, sharing, encouragement, and prayer support are provided to aid emotional and spiritual healing *Free support groups, study classes on various topics related to spiritual and emotional wellbeing; prayer support for individual prayer or involvement in a prayer group *No insurance required: FREE Email: coastalcarolinacwm@gmail.com Website: www.cwmhope.org</p>	<p style="text-align: center;"><u>Mon-Wed 9a-4:30p</u> <u>Thurs: 9a-5:30p</u> <u>Fri: 12:30p-4:30p</u></p> <p>*No insurance required. Free</p> <p>www.cpccenter.org</p>
<p>Carteret County Rape Crisis 252-504-3668 ext. 5600 300 Penny Lane, Morehead City Mon-Fri 9a-5p *24 Hour Crisis Phone: 252-725-4040 *No insurance required: FREE</p>	<p>Down East Center for Women Ministry 252-504-2441 Bridgeway Church Beaufort *No insurance required: FREE *By appt only</p>

NATIONAL CRISIS RESOURCES

<p>Domestic Violence National Domestic Violence Hotline Call 1-800-799-7233</p>	<p>Rape and Sexual Assault Organization: Rape, Abuse, and Incest National Network (RAINN)</p>
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<p>Text: LOVEIS to 1-866-331-9474</p> <p>*24-hour confidential, free hotline providing life-saving tools and immediate support to enable victims to find safety</p> <p>Website: www.thehotline.org</p>	<p>Call 1-800-656-4673</p> <p>RAINN operates the National Sexual Assault Hotline, a 24 hour and zero cost hotline serving survivors of sexual violence</p> <p>Website: www.rainn.org</p>
<p>211 Call/Text: 211</p> <p>*211 can help with everything from housing and food to disaster relief and rehabilitation programs</p> <p>Website: www.211.org</p>	<p>Runaway Youth: National Runaway Safeline Call: 1-800-786-2929 Text: 66008</p> <p>*24/7 hotline that will listen to you if you have thoughts of running away or already have</p> <p>*Services are confidential</p> <p>Website: www.1800runaway.org</p>
<p>Child Abuse: Childhelp Call/Text: 1-800-422-4453</p> <p>*The Childhelp National Child Abuse Hotline serves people 24/7 who believe they or someone they know may be being abused</p> <p>*A crisis counselor will connect you with resources to help you.</p> <p>Website: www.childhelp.org/childhelp-hotline</p>	<p>Human Trafficking: National Human Trafficking Hotline Call: 1-888-373-7888 Text: 233733</p> <p>*The National Human Trafficking Hotline is a 24/7 hotline that finds services for victims and survivors of human trafficking</p> <p>*Hotline also accepts tips regarding human trafficking and reports them to the appropriate authorities</p> <p>*Help is available in English or Spanish, or in more than 200 additional languages through an on-call Interpreter</p> <p>Website: www.humantraffickinghotline.org</p>
<p>National Suicide Prevention Lifeline Call: 1-800-273-8255</p> <p>*Lifeline provides free and confidential emotional support to people who may be considering suicide</p>	<p>AIDS</p> <p>Visit the link below to locate resources in your area:</p>

<p>*Available 24/7</p> <p>*Lifeline brinda apoyo emocional gratuito y confidencial a personas que pueden estar considerando el suicidio</p> <p>*Llamada de ayuda con respecto al suicidio en español 1-888-628-9454</p> <p>*Call 1-800-799-4889 for help regarding suicide if you are deaf or hard of hearing</p> <p>Website: www.suicidepreventionlifeline.org</p>	<p>Website: https://hab.hrsa.gov/get-care/state-hiv-aids</p>
<p>Planned Parenthood-Ask Roo Call: 1-800-230-PLAN</p> <p>*Roo is a chat option designed for teens who have questions about sexual health, relationships, and growing up</p> <p>Website: https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot</p>	<p>Substance Abuse and Mental Health Services Administration Call: 1-800-662-4357</p> <p>*Confidential, free, 24/7 information service for individuals and family members facing mental and/or substance use disorders *They will refer you to treatment facilities and support groups in your area</p> <p>Website: www.samhsa.gov/find-help/national-helpline</p>

CARTERET COUNTY SUBSTANCE ABUSE RESOURCES

<p>Adult Children of Alcoholics (ACOA) 310-534-1815</p>	<p>Alcoholics Anonymous (AA) 252-726-8540</p>
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<p>*12 step recovery for children of alcoholics</p> <p>*Find an in person meeting: https://adultchildren.org/meeting-search/</p> <p>*ACOA Online/Virtual/Phone Meetings: https://adultchildren.org/online-phone-meetings-calendar/</p>	<p>*12 step recovery from alcohol addiction *Carteret County is in the <i>District 1 Area</i> (GSO Area 51)</p> <p>*In person Meeting schedule: AA In Person Meeting Schedule Printable</p> <p>*Find an in person meeting: http://carteretcountyyaa.org/meetings.htm</p> <p>*AA Online/Virtual Meetings: https://aa-intergroup.org/meetings/</p>
<p>Al Anon & Alateen 1-888-425-2666 *Carteret County is in <i>District 9 Area</i></p> <p>*12 step recovery for families and teens of alcoholics *Website: https://ncbermudaafg.org/</p> <p>*Find an in person meeting: https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</p>	<p>Brynn Marr Hospital 910-577-1900 192 Village Drive, Jacksonville 24 hours a day 7 days a week</p> <p>*Detoxification and inpatient treatment *Residential treatment for adolescents *Insurances accepted: BCBS, Tricare, Medicaid, Medicare, Medcost, United, Aetna, Cigna, UBH, Health Choice, Magellan, most managed care plans</p> <p>www.brynnmarr.org</p>
<p>Carteret Counseling Services 252-247-1109 105 North 10th Street Suite 6, Morehead City Mon-Fri 9a-5p by appt only</p> <p>*Substance abuse rehab services *Self pay</p>	<p>Community Prevention Services, Inc. 910-353-0972 2444 Commerce Road, Jacksonville Mon-Fri 8a-5p</p> <p>*No insurance required *Free services</p> <p>https://communityprevention.webs.com/</p>
<p>David J Ellis, LPC, LCAS & David Louis Ellis, LCSW 252-646-1171 or 252- 646-1172 318-A E. Main St., Havelock</p> <p>*Mental health services, individual, couples, and family counseling, assessment, outpatient services *Insurances accepted: BCBS, Tricare, Medicare, Medicaid, All major insurances *\$65 an hour for self-pay</p> <p>http://www.ellis counseling.com/</p>	<p>Family Medicine and Rehabilitation Center 252-499-9021 210 Penny Ln, Morehead City Mon-Thurs 9a-5p</p> <p>*Substance abuse outpatient treatment *Insurances accepted: All major medical insurance, Tricare, including Medicaid and Medicare</p> <p>www.fmrclinics.com</p>
<p>Hope Recovery Homes, Inc. 252-515-4362 *Men's and women's substance abuse recovery residential houses</p>	<p>Loaves and Fishes Counseling 252-838-9035 1730 Live Oak St, Beaufort Mon-Fri 8a-4p</p>

<p>*Call their office for location and insurance information</p> <p>*For more information about their application process, visit their website:</p> <p>www.hoperecoveryhomes.org</p>	<p>*Assessments, Individual & Group Counseling & Support Groups</p> <p>*Inpatient (men)</p> <p>*Outpatient (men and women)</p> <p>*Insurances accepted: Insurance information will not be accepted at the beginning; a bill will be provided at the end of the stay which can be presented to your insurance company</p> <p>www.loavesandfishescounseling.org</p>
<p>MiriAM 252-725-3030 <u>Mon-Fri 9a-5p</u></p> <p>*Women’s drug and alcohol rehabilitation</p> <p>*Monthly fee: varies: call for more info</p> <p>www.themiriam.org</p>	<p>Morehead City Treatment Center 252-773-0306 403 North 35th St, Morehead City <u>Mon-Fri 5:30a-12p & Sat-Sun 7:30a-9a</u></p> <p>*Insurances accepted: Medicaid, Medicare B</p> <p>www.moreheadcitytreatment.com</p>
<p>Narcotics Anonymous (NA) 252-278-0301 or 1-800-691-5427</p> <p>*Carteret County is in the <i>Down East Area</i></p> <p>*12 step recovery from the disease of addiction</p> <p>*In person Meeting schedule: NA In Person Printable Meeting Schedule</p> <p>*Find an in person meeting: https://dea-na.org/meetings/</p> <p>*NA Online/Virtual Meetings: https://virtual-na.org/</p> <p>*24 Hour Phone Line: 1-866-321-1631</p>	<p>Nar-Anon 252-808-5350, 252-646-2725 or 1-800-447-6291</p> <p>*12 step recovery for families of people with addiction</p> <p>*Website: www.nar-anon.org</p> <p>*Find an in person meeting at: https://www.nar-anon.org/find-a-meeting</p> <p>*Find a virtual meeting at: https://www.nar-anon.org/virtual-meetings</p>
<p>Peer Recovery Center 252-222-3888 3900 Bridges St. Morehead City</p>	<p>PORT Health Services 252-222-3144 3715 Guardian Ave, Morehead City <u>Mon-Fri 8a-5p</u></p>

<p>*Mental Health & Addiction Recovery</p> <p>*12 step recovery & One-to-one peer support</p> <p>*AA, NA, Mental Health, Nar-A-Non meetings weekly</p> <p>*No insurance required</p> <p>*Free services</p> <p>*Warmline: 252-269-5317</p> <p>https://peerrecoverycenter.org/</p> <p>www.prcofcc.org</p>	<p>*Assessment, outpatient therapy, substance abuse treatment, medication management www.porthumanservices.org</p> <p>PORT (residential) 252-413-1965 Greenville</p> <p>*Residential adolescent substance abuse treatment program https://porthealthservices.org/childadolescent-outpatient-treatment/port-residential/</p> <p>*Insurances accepted: Athena, BCBS, CHAMPVA, Cigna, Health Choice, Humana, Magellan, Medcost, Medicaid, Medicare, Self-pay, Tricare, United Health Care</p>
<p>RI International Dix Crisis Center (Recovery & Peer Support) 910-378-4809 215 Memorial Drive, Jacksonville <u>24 hours a day 7 days a week</u></p> <p>www.riinternational.com</p>	<p>Sagestone, LCC 252-515-0557 8108-B Emerald Drive, Emerald Isle <u>Tues-Fri 10a-7p</u></p> <p>*Mental and Behavioral Health Counseling, Substance Abuse Counseling, Life Coaching, Family/Relationship Support, ADHD Support. Individual, group, therapeutic retreats, professional, and contract services</p> <p>*Insurances accepted: Offers fixed rates, flexible fees, sliding scale, and personalized payment arrangements. Can assist with out-of-network claims submission, and have had success with reimbursement from Tricare, United Healthcare, Cigna, and some Blue Cross Blue Shield Plans, Medcost</p> <p>*Cannot file claims for Medicare or Medicaid</p> <p>www.sagestonenc.com</p>
<p>Smart Recovery 252-241-7395 5058 Hwy 70, Morehead City</p> <p>www.smartrecovery.org</p>	<p>Substance Abuse and Mental Health Services Administration (SAMSHA) 800-662-4357</p> <p>*Free behavioral health resource finder</p> <p>https://www.samhsa.gov/find-help</p>
<p>Trillium Health Resources 1-877-685-2415</p>	<p>Walter B. Jones Alcohol and Drug Abuse Treatment Center 252-830-3426</p>

<p><u>24 hours a day 7 days a week</u></p> <p>*Insurances accepted: Medicaid, NC Health Choice, State-funded</p> <p>www.TrilliumHealthResources.org</p>	<p>2577 West Fifth Street, Greenville</p> <p>*Adult residential treatment</p> <p>*Insurances accepted: Sliding Scale, Medicaid, payment plans</p> <p>www.ncdhhs.gov/divisions/dsohf/walter-b-jones</p> <p>www.ncdhhs.gov/dsohf/wbjones</p>
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CARTERET COUNTY PEDIATRIC PROVIDER RESOURCES

<p>Carteret Clinic for Adolescents and Children (Carteret Children’s Clinic) 252-726-0511 3510 John Platt Drive Morehead City Hours: Mon-Fri 8a-5p After Hours: Monday-Thursday 5:00-7:00 p.m. Every Saturday 7:30–11:30 a.m.</p> <p>*<u>Providers:</u> Katharine Moorehead, Loreli Rowe, Margaret Merrick, Melanie Johnston, Robin Gillikin, Karen McNair, Kourtney Sloan, Bonnie Weeks</p> <p>*<u>Accepts the following insurances:</u> Blue Cross/Blue Shield, Tri-Care, NC Health Choice, Medcost, Cigna, United Healthcare, Aetna and NC Medicaid</p> <p>www.carteretclinic.com</p>	<p>Kids Rule 252-240-5437 3604 Medical Park Court Morehead City *After hours Contact Number: 252-808-6012 Hours: Mon-Fri 7:45a-5p</p> <p>*<u>Providers:</u> W.Stanley Rule, Jessica Harrell, Nancy Holland, Jada Taylor</p> <p>*<u>Accepts the following insurances:</u> BlueCross Blue Shield, Medicaid, MedCost, Cigna, Aetna, United Healthcare, Tricare, and NC Health Choice</p> <p>www.240kids.com</p>
<p>Oceanside Pediatrics 252-622-4448 3701 John Platt Drive Morehead City *We devote a minimum of twenty minutes to each of our patients and their families *<u>Providers:</u> Andrew Kiluk, Rebecca Weston, Jada Taylor, Kyndall Horne www.oceansidepediatrics.com</p>	<p>Carteret County Health Department 252-728-8550 3820 Bridges St, Suite A Morehead City www.carteretcountyhealth.com</p>
<p>Coastal Children’s Clinic 252-447-8100 218 Stonebridge Square Havelock Hours: Mon-Fri 7:45a-5p/Sat: 8a-12p & Sun 12p-4p</p> <p>*<u>Providers:</u> Dr. Justin Cimring, Moreblessings Chakanyuka, Lee Ann Skladan, Marston Crawford, Lisa Kafer, Stanton Ezzell, Christeanna Richardson, Kyla Beasley</p> <p>*<u>Accepts following insurances:</u> BCBS, TRICARE (Prime and Standard), Medicaid, NC-Health Choice, Medcost, AETNA, CIGNA</p> <p>www.coastalchildrens.com</p>	

CARTERET COUNTY SCHOOL PHYSICAL RESOURCE

Beach Care Urgent & Family Medical Center 252-808-3696

5059 Hwy 70 W Morehead City

Hours: Mon-Fri 8a-7p Sat & Sun 9a-4p

*Se habla espanol

*Walk in only

*School physicals are \$32

CARTERET COUNTY SCHOOL IMMUNIZATIONS RESOURCE

Carteret County Health Department 252-728-8550

3820 Bridges St. #A Morehead City

Hours: Mon-Fri 8a-5p

-If a new resident to Carteret County, call to make an appointment.

-You will need to register your child's name, DOB, address & phone number.

-Submit prior immunization record to Health Department.

-Once nurse reviews record, you can then schedule a continuation of immunizations appointment.

CARTERET COUNTY SPORTS PHYSICAL RESOURCE

Moore's Orthopedics

Morehead City: 4218-M Arendell Street 252-808-3100

Cedar Point: 1165-M Cedar Point Blvd. 252-808-4440

Hours: Mon-Thurs 8a-5p & Fri 8a-12p

*Free sports physicals.

*Must make an appointment.

CARTERET COUNTY CHILD ABUSE RESOURCE

South Mountain Children & Family Services 252-933-6736

810 Arendell Street Morehead City

*Provide necessary services to child victims and their families, reducing multiple interviews and lessening the trauma child victims endure

*Insurances accepted: Medicaid and BCBS insurance

*Email: Carteretcac@southmountain.org

*Website: www.carteretcac.org

CARTERET COUNTY RECREATIONAL THERAPY RESOURCE

Creekside Recreational Therapy Services & Wellness 252-675-2635

Mon-Fri 9a-5p

*Recreational Therapy, Peer support and training

*Insurances accepted: Self-pay; limited partial scholarships for some programs are offered

*Registration required for programs

*We provide individual and inclusive opportunities for people of all ages and ability levels to participate in constructive recreational and educational opportunities where they can discover their strengths and unique gifts, make positive choices and are able to grow and learn the life skills they need to be successful

*Some of these life skills include: setting and achieving goals, communication and social skills, resisting negative peer pressure, using positive coping skills to handle feelings and emotions, cooperation and teamwork, functional skills

www.creeksiderts.org

CARTERET COUNTY TRANSPORTATION RESOURCES

Carteret County Area Transit System (CCATS) 252-240-1043
Hearing impaired: call: 1-800-735-2962 TTY 1-800-735-8262 Voice
 5231 Business Drive Morehead City

Pay Online at: <https://carteretco.govtportal.com/>

- 1) In-county transportation must be scheduled by 11:00 am the previous business day.
- 2) All out-of-county transportation must be scheduled at least 24-hours in advance.
- 3) We accept cash or check only. Checks payable to Carteret County Transit.
- 4) Prices are per person each way; children 12 years and under ride for free with a full fare paying adult. Children must be 15 or older to ride unaccompanied.
- 5) Age appropriate child safety seats must be provided by the passenger.

Main Number 252-240-1043:

- ▶ **Option 1 To cancel a trip**
- ▶ **Option 2 Dispatch/Questions about a reserved trip and Downtown & Around**
- ▶ **Option 3 Schedule a new trip**
- ▶ **Option 4 Lead Dispatcher**
- ▶ **Option 5 Operations Manager Medicaid trips and billing questions call 252-648-7879**

*CCATS offers daily service to the Raleigh/Durham area with stops in the six counties on the way. For more information and to make a reservation call 252-648-7879.

From To	Cape Carteret / Emerald Isle	Newport City	Morehead City	Beaufort	Merrimon	Smyrna	Atlantic	Cedar Island
Cape Carteret / Emerald Isle	\$3.00	\$4.00	\$4.00	\$5.00	\$6.00	\$6.00	\$7.00	\$7.00
Newport City	\$4.00	\$3.00	\$3.00	\$4.00	\$5.00	\$5.00	\$6.00	\$7.00
Morehead City	\$4.00	\$3.00	\$3.00	\$4.00	\$5.00	\$5.00	\$6.00	\$6.00
Beaufort	\$5.00	\$4.00	\$4.00	\$3.00	\$4.00	\$4.00	\$5.00	\$6.00
Merrimon	\$6.00	\$5.00	\$5.00	\$4.00	\$3.00	\$3.00	\$4.00	\$5.00
Smyrna	\$6.00	\$5.00	\$5.00	\$4.00	\$3.00	\$3.00	\$4.00	\$4.00
Atlantic	\$7.00	\$6.00	\$6.00	\$5.00	\$5.00	\$4.00	\$3.00	\$3.00
Cedar Island	\$7.00	\$7.00	\$6.00	\$6.00	\$5.00	\$4.00	\$3.00	\$3.00

CARTERET COUNTY TAXI SERVICES

Atlantic Beach Taxi 252-240-3555 (Atlantic Beach)	A-1 Yellow Cab 252-240-2700 (Beaufort)
Old Town Taxi 252-838-1277 (Beaufort)	Crystal Coast Cab 252-247-4600 (Morehead)
Tri City Taxi 252-240-2900 (Morehead)	Shuttle Me Transportation 252-617-0605 (Morehead)
Carteret Cab 252-247-4600 (Morehead)	Point Taxi Emerald Isle 252-723-4951 (Newport)
Veterans Taxi Service 252-228-1185 (Havelock)	Havelock Cab Company 252-447-3101 (Havelock)
Cherry Cab 252-447-3101 (Havelock)	Carolina Bass Taxi 910-333-1277 (Jacksonville)
Designated Driver Taxi 252-393-6015 (Swansboro)	

CARTERET COUNTY VETERANS SERVICES

<p>Morehead City VA Clinic 252-240-2349 5420 US-70, Morehead City</p>	<p>Carteret County Veterans Services Office 252-728-8440 3710-B John Platt Drive Morehead City</p> <p>*VA Regional Office 1-800-827-1000</p>
<p>Veterans Services of the Carolinas 855-962-8387 Hours: Mon-Fri 8a-5p *Provides homeless outreach programs: HOPE (Veteran specific) and PATH (Any person experiencing homelessness) *Provides Peer Support to homeless *NCServes Coordination Center 855-962-8387 *Se Habla Espanol/Spanish interpretation services available</p> <p>*Request Assistance form: www.abccm-vsc.org</p>	<p><i>VA Crisis Line 1-800-273-8255, press 1</i></p>

CARTERET COUNTY HURRICANE RESOURCES

<p>Ann Street United Methodist Church 252-728-4279 417 Ann St, Beaufort Mon-Thurs 8:30a-4:30p & Fri 8:30a-12 noon *Disaster Relief Work Teams *Disaster Relief Resource information</p>	<p>Carteret Co Department of Social Services 252-728-3181 210 Craven St, Beaufort Mon-Sat 8a-5p www.carteretcountync.gov/144/Social-Services</p>
<p>Disaster Relief Federal Emergency Management Agency (FEMA) 1-800-621-3362 https://www.disasterassistance.gov</p>	<p>Disaster Recovery Center at the Board of Elections Office 1702 Live Oak St, Beaufort Mon-Sat 9a-7p & Sun 9a-1p</p>
<p>Disaster Recovery Center at the Carteret Co. Health Department 3820 Bridges St, Morehead City Mon-Sat 9a-7p & Sun 9a-1p</p>	<p>Disaster Food Stamp Program for families NOT currently receiving Food Stamps or SNAP Additional sites: Atlantic Fire Department 967 Seashore Drive, Atlantic Mon-Fri 8a-5p & Sat 9a-5p Newport Baptist Church 312 Chatham St., Newport Mon-Fri 8a-5p & Sat 9a-5p South River Fire Department 1329 S. River Road, Beaufort Mon-Fri 8a-5p & Sat 9a-5p Western Park Community Center 275 Old NC-58, Cedar Point Mon-Fri 8a-5p & Sat 9a-5p</p>
<p>LDS Disaster Relief, Helping Hands 1-800-451-1954 *Crisis Clean Up Hotline: debris removal, muck out work, tree cutting</p>	<p>NC Baptists on Mission 1-800-395-5102 Ext 5596</p>
<p>NC Division of Employment Security 1-866-795-8877 309 Commerce Ave, Morehead City Mon-Fri 8:30a-5p *Disaster Unemployment Benefits available, must apply with NC DES first Website: https://des.nc.gov/des More Info: https://www.benefits.gov/benefits/benefit-details/597</p>	<p>NC Realtors Association Grant applications for emergency rent or mortgage assistance: http://ncrealtorshf.org/wp-content/uploads/2018/09/Relief-Assistance-Application_NCREALTORS-master_Flo_2018.xlsx.pdf</p>
<p align="center">NC Shelters, Food Assistance and Storm Recovery Information Dial 211 www.NC211.org</p>	

CARTERET COUNTY HURRICANE GENERAL SUPPLIES RESOURCES

<p>Faith Tabernacle 252-504-2646 413 NC Hwy 101 Beaufort</p>	<p>First United Methodist Church 252-726-7102 900 Arendell St, Morehead City <u>10a-4p through Oct 6th</u></p>
<p>Glad Tidings Church 252-726-0160 4621 Country Club Rd, Morehead City *Call for hours</p>	<p>New Life Assembly of God 252-247-2058 301 Friendly Rd, Morehead City</p>
<p>Red Cross at Leon Mann Enrichment Center 1-800-733-2767 3829 Galantis Dr, Morehead City</p>	<p>Salvation Army 252-726-7147 Morehead City <u>Mon-Sat: 9a-5p</u> *Food, clothing, financial needs www.salvationarmycarolinas.org/moreheadcity/home</p>
<p>St Andrews Episcopal Church 252-727-9093 2005 Arendell St, Morehead, City</p>	<p>The Bridge Downeast 252-504-2581 1344 Island Rd, Harkers Island <u>Free store: Mon-Fri 10a-4p</u> <u>Sat by appointment</u> *Donations accepted</p>
<p>The Sanctuary 252-223-5721 8125 Hwy 70, Newport *Call before coming</p>	

CARTERET COUNTY HURRICANE CLOTHING RESOURCES

<p>St. Paul's Episcopal Church 252-728-3324 215 Ann St, Beaufort <u>Mon-Thurs 9a-4p & Fri 9a-12p</u> *Need a voucher from DSS</p>	<p>Salvation Army 252-726-7147 Morehead City <u>Mon-Sat 9a-5p</u> *Food, clothing, financial needs www.salvationarmycarolinas.org/moreheadcity/home</p>
<p>St Andrews Episcopal Church 252-727-9093 2005 Arendell St, Morehead City</p>	

CARTERET COUNTY HURRICANE MEALS & FOOD RESOURCES

<p>ACTS Food Pantry 252-728-1414 450 Highway 70, Bettie <u>Thurs 11a-1p</u></p>	<p>Calvary Baptist Church 252-728-2680 119 Bunch Rd, Beaufort <u>4th Mon: 10a-2p</u></p>
<p>Epicenter 252-622-0628 204 Campen Rd, Beaufort <u>Thurs & Sat 5p-6:30p</u></p>	<p>Glad Tidings Church 252-726-0160 4621 Country Club Rd, Morehead City *"Daily Bread Ministries"</p>
<p>God's City of Refuge 252-726-8424 953 Hibbs Rd, Newport <u>3rd Sat: Every Other Month: 10a-12p</u></p>	<p>Loaves and Fishes 252-838-9035 1730 Live Oak St, Beaufort <u>Mon 10a-2p</u> *Free food pantry</p>
<p>Martha's Mission 252-726-1717 901 Bay St, Morehead City <u>Mon, Wed & Fri 10:30a-3p</u> *Need a voucher from DSS</p>	<p>Salvation Army 252-726-7147 Morehead City <u>Mon-Sat: 9a-5p</u> www.salvationarmycarolinas.org/moreheadcity/home</p>
<p>St. James United Methodist Church 252-223-4231 1007 Orange St, Newport <u>Mon & Thurs 10a-12p</u> *"Matthew 25"</p>	<p>The Storehouse 252-725-5539 3114 Bridges St, Morehead City <u>Tue & Thurs 11a-3p by appt only</u></p>
<p>Wildwood Presbyterian Church 252-726-3407 276 Wildwood Rd, Newport <u>Tues 5pm & Thurs 4p</u></p>	

CARTERET COUNTY HURRICANE PET SUPPLIES RESOURCE

<p>Calvary Baptist Church 252-728-2680 119 Bunch Rd, Beaufort</p>

CARTERET COUNTY HURRICANE ADDITIONAL ASSISTANCE RESOURCES

<p>Coastal Community Action 252-223-1630 303 McQueen Avenue, Newport <u>Mon, Wed & Fri 8a-5p by appointment</u> www.coastalca.org</p>	<p>Hope Mission 252-240-2359 1410 Bridges St, Morehead City <u>Tues-Thurs 9a</u> www.hmcm.org</p>
<p style="text-align: center;">White Oak Ecumenical Outreach Ministries Hem of His Garment 910-326-1855 730 W. Corbett Ave, (Hwy 24), Swansboro <u>Tues-Fri 9:30a-1p</u> (Western Carteret County Residents Only) www.woeom.com</p>	

OUT OF COUNTY RESOURCES

*** If you have a Section 8/HUD voucher, and you cannot find housing in Carteret County, ask your HUD representative to transfer your voucher to another county on an emergency basis.**

*** You can ask your HUD representative to contact that corresponding county's HUD office on your behalf to transfer your voucher to another county!**

OUT OF COUNTY FAMILY HOMELESS SHELTERS

<p>Community Crossroads Center 252- 752-0829 207 Manhattan Ave, Greenville *Emergency Family Shelter, WorkFirst Emergency Rental Assistance.</p> <p><u>*Community Crossroads Clinic:</u> 252-758-9244. Mon: 630-930 pm & 1st/3rd Thurs 630-930 pm</p>	<p>Family Promise of Lower Cape Fear 910-769-4730 The Harrelson Center, 20 N 4th St Ste. 440, Wilmington *Family Homeless Shelter</p>
<p>Family Promise of Wake County 919-832-6024 903 Method Rd, Raleigh *Family Homeless Shelter, Rental & Mortgage Assistance, Emergency Shelter, Day Center, Aftercare Program, Transitional Housing Program, New Lease on Life Program, Safe at Home Stabilization Services</p>	<p>First Fruit Ministries 910-794-9656 2750 Vance St, Wilmington</p> <p>*Families Shelter, Food Pantry.</p>
<p>Onslow Community Outreach 910-455-5733 1210 Hargett St. Jacksonville</p> <p><u>*Homeless Shelter:</u> 910-238-4025 1210 Hargett Street, Jacksonville Mon-Sun 6p-8a.</p> <p>*Temporary, emergency housing program. *Shelter intake by appt only Monday - Friday</p>	<p>Religious Community Services 252-633-2767 919 George Street New Bern (Mon-Fri 8-5) <u>After 3 pm: please call 252-633-1887</u></p> <p>*Homeless Shelter, Family Homeless Shelter, Community Kitchen, Emergency Crisis Shelter, Veterans Shelter.</p>

OUT OF COUNTY HOMELESS SHELTERS

<p>Cumberland Interfaith Hospitality 910-826-2454 113 Stein St, Fayetteville</p>	<p>Families Moving Forward 919-683-5878 300 N Queen St, Durham</p>
<p>Families Together 919- 212-1123 Raleigh *If you are homeless and seeking assistance, please call the Access Hub at 919-443-0096 Email AH@partnershipwake.org Website: https://partnershipwake.org/access-hub/ *If you have received an eviction notice and are seeking assistance to keep your housing, contact House Wake at 919-899-9911 or visit https://housewake.org/</p>	<p>New Directions of Horry County 843-945-4902 1005 Osceola St, Myrtle Beach, SC</p>
<p>Sophia's Haven-Hope 910-703-8780 1860 Torrey Dr, Fayetteville</p>	<p>South Wilmington Street Center 919-857-9428 1420 S Wilmington St, Raleigh</p>
<p>The Salvation Army Shelter_910-323-9769 245 Alexander St, Fayetteville</p>	

OUT OF COUNTY WOMEN'S SHELTERS & DOMESTIC VIOLENCE SUPPORT/SEXUAL ASSAULT

<p>Coastal Women's Shelter 252-638-4509 New Bern, NC *Confidential 24/7/365 Crisis Hotline: 252-638-5995 *End: Physical, Mental, Financial, and/or Sexual Abuse *Court Advocacy, Safe House, Domestic Violence Support Groups, New Beginnings Program, Referrals</p>	<p>Domestic Violence Shelter and Services 910-343-0703 2901 Market St, Wilmington</p>
<p>Promise Place 252-636-3381 New Bern, NC *Sexual Assault Victims Assistance</p>	<p>The Women's Center 919-829-3711 400 S West St, Raleigh</p>

OUT OF COUNTY TEENS SHELTER

Family Emergency Teen Shelter 910-457-0440 Providence Home

5310 Doshier Cutoff SE, Southport

*Free short-term/safe shelter to youth who, due to an emergency: cannot remain with their families

OUT OF COUNTY EMERGENCY ASSISTANCE

<p>Baptists Children’s Homes Of NC Family Care Residential Care for Single Mothers & Children 1-800-476-3669 <u>Hours: Mon-Fri 8:30a-5p</u></p> <p><u>Application</u></p> <p>*Mills Home in Thomasville 336-474-1200 *Kennedy Home in Kinston 252-522-0811</p> <p>*No children older than 12 years *Family Care offers supportive group homes for hard working single mothers and their children *The first 30 days: free. Afterwards, mothers will have to pay \$72.50/month. If they do not have a job after first 30 days: complete 10 hours of volunteer work *Offers Parenting Classes Email: familycare@bchfamily.org Website: www.bchfamily.org</p>	<p>Connections of Cumberland County 910-630-0106 119 N Cool Spring St, Fayetteville</p>
<p>Durham Rescue Mission 919-688-9641 507 E Knox St, Durham</p>	<p>Fayetteville Area Operation Inasmuch 910-433-2161 531 Hillsboro St, Fayetteville</p>
<p>Mental Health: *National Suicide Prevention Lifeline: 1-800-273-8255 *Veterans Crisis Line: call 1-800-273-TALK (8255) and press 1; or text 838255 *Crisis Text Line: text the word 'Home' to 741-741 *The Trevor Lifeline for LGBTQ Youth: call 1-866-488-7386 *The Trans Lifeline: call 1-877-565-8860</p>	<p>Oak City Cares 984-344-9599 1430 S Wilmington St, Raleigh</p>

<p>Providence Home 910-457-6171 5310 Doshier Cutoff SE, Southport *Social services organization</p>	<p>Raleigh Rescue Mission 919-828-9014 314 E Hargett St, Raleigh</p>
<p>Salvation Army Church 910-762-2070 223 S 3rd St, Wilmington</p>	<p>The Caring Place, Inc 919-462-1800 491 James Jackson Ave, Cary</p>
<p>United Community Ministries 252-985-0078</p>	<p>United Way 2-1-1 (Dial this number): 211 *Connects you to expert, caring help</p> <p>*Finding Food: Food Resources/Programs (SNAP: Supplemental Nutrition Assistance Program), WIC: Special Supplemental Nutrition Program for Women, Infants, and Children), Free School Meals for Children, Food Programs for Seniors, Food Programs for Pets)</p> <p>*Healthcare and Medical Treatment: Health Insurance, Paying for Prescriptions, Low Cost Medical Care</p> <p>*Help Paying Bills: Housing and Utilities (Rental Assistance, Mortgage Assistance, General Utilities Assistance, LIHEAP (Low Income Home Energy Assistance Program)</p>
<p>United Way of Onslow County 910-347-2646 403 N. Bayshore Blvd Jacksonville</p> <p>United Way of Coastal Carolina 252- 637-2460 PO Box 1385 New Bern</p>	<p>White Oak Ecumenical Outreach Ministries (WOEOM) 910-326-1855 724 W Corbett Ave, Swansboro</p> <p>910-326-1811 (Thrift Store)</p>

CRAVEN COUNTY HUD OFFICE

<p>Twin Rivers Opportunities Craven County HUD Office 252-637-3599 or 252-637-0377 318 Craven Street New Bern tro_section8@earthlink.net</p>

OUT OF COUNTY HOUSING

<p>Atlantic Marine Corps Communities @ Cherry Point 252-888-216-1684 102 Bern St. Havelock</p>	<p>Christopher Downs Apts 910-342-0000 100 John Ct Havelock</p>
<p>Coastal Townhomes 252-447-0865 1 Townhouse Dr Havelock</p>	<p>Craven Terrace 252-633-0540 601 Roundtree Street New Bern</p>
<p>Dogwood Grove Apts 252-447-4993 200 Shipman Blvd Havelock Office Hours: Mon & Wed 8a-5p Fri: By Appt</p> <p><u>Application</u></p> <p>*No Section 8 Vouchers Accepted *Low income apts and housing tax credit accepted *1, 2 bedroom apts / Low-Income Housing Tax Credit (LIHTC) / Section 515 Rural Rental Housing *Income based, elderly and disabled persons eligible *Application fee: \$20 (18y+) / Married couple \$35</p>	<p>East Park Apts 910-326-3180 61 Taylor Terrace Swansboro Office Hours: Mon, Wed, Fri 8:30a-5p</p> <p><u>Application</u></p> <p>*Section 515 Rural Rental Housing *Section 521 USDA Rental Assistance</p>
<p>Eastern Carolina Regional Housing 910-346-4432 103 Jld Rd. Jacksonville Office Hours: Wed 7a-415p</p>	<p>Gatewood 252-447-4800 150 Legacy Ln, Havelock Office Hours: Mon-Fri 8a-5p</p> <p><u>Application</u></p> <p>*Section 8 Vouchers Accepted *Low income apts and housing tax credit accepted *Income based *1, 2, 3 bedroom apts / \$25 application fee</p>
<p>Havelock Hill Apts 252-447-3451 220 Shipman Rd Havelock Office Hours: Mon-Thurs 9a-3p</p> <p><u>Application</u></p> <p>*Income based / 1, 2, 3, bedroom apts *All adults need soc sec card and driver's license *No application fee *Security deposit & credit & criminal record check *No evictions w/in 3 years / No non discharged bankruptcies *Past owed rent/utility bill balances must be paid in full to be accepted</p>	<p>Havelock Manor Apts 252-447-4993</p>

<p>Jacksonville Community Development 910-938-5286 815 New Bridge Street Jacksonville</p>	<p>Jacksonville Housing Office 910-450-1628 43 Inchon Street Jacksonville</p>
<p>Laurel Hill Apts 252-447-8308 326 McCotter Blvd. Havelock</p>	<p>Management Services Apts 252-447-0865 965 E Main St Unit 106 Havelock</p>
<p>MSAA Suites of Jacksonville 910-938-2632 1711 Hargett St St #4A Jacksonville</p>	<p>New Bern Housing Authority 252-633-0800</p> <p>Trent Court & New Bern Towers <u>Office hours: Mon-Fri 8a-5p</u> 1307 Tatum Drive New Bern</p> <p>*Pre-apply online: www.newbernha.org</p>
<p>Pineridge Associates Apts 252-444-2179 330 McCotter Blvd Havelock</p>	<p>Swansboro Hill Apts 910-326-4959 400 S. Glancy Street Swansboro *HUD/ Income Based Rent *1, 2, 3 bedroom *No pets swansboro-hill@cmc-nc.com Resident Selection Plan</p>
<p>The Pines @ Lake Rd. 252-447-5160 44 Stallion Circle Havelock <u>Office Hours: Tues & Thurs 9a-530p</u></p> <p>Application</p> <p>*Section 8 Vouchers Accepted *Low income apts and housing tax credit accepted *2, 3 bedroom apts *Applications must be submitted to the leasing office with a money order for the credit and background screening fee *No bad credit/no evictions *Application fee \$35 / \$50 married couples https://wajmanagement.com/the-pines-at-lake-rd/</p>	<p>Tyler Place Apts 252-447-5160 70 Stallion Circle Havelock <u>Office Hours: Tues & Thurs 9a-530p</u></p> <p>*Section 8 Vouchers Accepted *2, 3 bedroom apts *Application Fee \$30 *Low income apts and housing tax credit accepted</p>

<p>Woodfield Cove Apts 252-652-7025 or 910-260-4770 3000 Woodfield Cove Lane Havelock Office hours: Mon-Fri 8:30a-4p</p> <p><u>Application</u></p> <p>*Section 8 Vouchers Accepted *Low-Income Housing Tax Credit (LIHTC) *1, 2, 3 bedroom apts *Deposit: \$200.00 *Credit & criminal record check *Handicap accessible *No pets</p> <p>https://woodfieldcove.com/</p>	<p>White Oak Manor Apts 910-325-0636 41 Manor Lane Swansboro Office hours: Tues & Fri 9a-4p</p> <p><u>Application</u></p> <p>*2, 3 bedroom apts/ No pets *One months rent security deposit *\$25 fee for each adult for criminal and credit checks *Income based rent *Need references from former landlords *Limited English Proficiency oral language services *Credit waived for HUD applicants unless balance owed to a landlord/utility (denied) unless proof of payment</p>
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OUT OF COUNTY MOBILE HOME PARKS

<p>Greenfield MHP 252-447-3625 31 Simmons St Havelock</p>	<p>Griffins MHP 252-447-1790 902 Lake Rd Havelock</p>
<p>Hills MHP 252-447-1948 1500 NC HWY 101 Havelock</p>	<p>Jackson's MHP & Rent A Space 252-447-5243 100 Tilton Havelock</p>
<p>Lilipad MHP 910-326-1196 112 June Holland Dr Swansboro</p>	<p>Long Creek RV Resort 252-652-8139 3560 Adams Creek Rd Havelock</p>
<p>Norris MH Village 252-447-1299 210 Gray Rd Havelock</p>	<p>Pages MHP 910-393-8116 338 VFW Rd Swansboro</p>
<p style="text-align: center;">Swannie Hi Trailer Park 910- 326-5195 1434 W Corbett Ave Swansboro</p>	

OUT OF COUNTY HOTELS

<p>Best Western Plus 910-393-9015 801 Cedar Point Blvd, Swansboro</p>	<p>Days Inn & Suites Havelock 252-733-7035 400 U.S. Hwy 70 W, Havelock</p>
<p>Days Inn 252-447-1122 1220 E Main St, Havelock</p>	<p>Econo Lodge Cherry Point 252-447-1122 1220 E Main St, Havelock</p>
<p>Havelock Inn & Suites 252-444-1414 310 E Main St, Havelock</p>	<p>Hostess House Havelock 252-447-1099 449 McCotter Blvd. Havelock</p>
<p>Quality Inn 252-444-8444 1013 E Main St, Havelock</p>	<p>Sherwood Motel 252-447-3184 318 W Main St, Havelock</p>

OUT OF COUNTY CAMPGROUNDS

<p>Buttons Family Campground 910-326-5271 106 Abbitts Branch Ln, Hubert</p>	<p>Hawkins Creek Campground 910-526-4705 252 Reid Acres Ln, Hubert</p>
<p>Long Creek RV Resort 252-652-8139 3560 Adams Creek Rd, Havelock</p>	<p>River's Edge Family Campground 252-559-3603 149 Tempe Gut Rd, Bayboro</p>
<p>Silver Creek Landing 910-393-8058 628 Wetherington Landing Rd, Stella</p>	<p>White Oak Shores 910-393-3244 400 Wetherington Landing Rd, Stella</p>

OUT OF COUNTY FINANCIAL ASSISTANCE RESOURCES

<p>Family Endeavors 910-459-4320 120 Henderson Drive Suite B Jacksonville Hours: Mon-Fri 8:30a-5:30p *Assists Veterans and their Families only *Veterans cannot have a dishonorable discharge *If single, the veteran must make less than \$19,750 yearly</p>	<p>Hem of His Garment Thrift Store 910-326-1855 724 W Corbett Ave Swansboro Hours: Tues-Fri 9:30a-1p</p>
<p>Infant of Prague Catholic Church 910-455-1296 Ext 408 205 Chaney Ave Jacksonville Hours: Mon-Fri 24 Hours *Please leave a clear voice message & phone number</p>	<p>Navy-Marine Corps Relief Society 910-451-5584 or 910-451-5346 Hours: Mon-Fri 8a-4p *Resources and assistance are available to active duty or retired Sailors, Marines and eligible family members with military ID *You will be contacted within 2 working days. Website: www.nmcrs.org</p>
<p>Richlands Community Outreach 910-324-6586 8701 Richlands Hwy Richlands Hours: Mon-Fri 10a-1p & Closed Wed *Only applicable to customers in the Richlands School District *You must bring photo ID and water bill</p>	<p>Salvation Army 910-346-8800 535 Bell Fork Rd Jacksonville Hours: Mon-Fri 9:15a-11:15a By Appt Only</p>
<p>The Master's Touch 910-741-0023 1950 NC HWY 172 Suite A Sneads Ferry Hours: Wed-Sat 10a-4p</p>	<p>United Way 2-1-1 Hours: 24/7 *Agents are available 24/7 to assist with possible human service resources in our community such as housing, food, healthcare, utility assistance, etc Website: www.unitedwaync.org/nc211</p>

OUT OF COUNTY RENTAL ASSISTANCE RESOURCES

<p>Department of Social Services / DSS Onslow 910-938-9723 1915 Onslow Drive Extension Jacksonville *Temporary financial aid and grants can be used for rent, energy bills, and mortgages, among other expenses *They also support veterans, senior citizens and military personnel in the region *There is also information on veteran and military family resources from the government, whether grants for back rent or deposits, loans, job placement and more</p>	<p>Eastern Carolina Human Services Agency 910-347-2151 246 Georgetown Rd Jacksonville, NC *Offers referrals to section 8 housing as well as security deposit help or rent subsidies to low income families *Any grants are combined with job training and placement into a more affordable home</p>
<p>Family Endeavors 910-459-4320 120 Henderson Drive Suite B, Jacksonville *Military members, veterans, and their immediate family members in the Jacksonville NC area can get financial help, including for rent, utilities, housing, or mortgages</p>	<p>Infant of Prague Church 910- 347-4196 205 Chaney Ave. Jacksonville *May have housing support for people, including families or single parents with children</p>
<p>Navy-Marine Corps Relief Society 910-451-5584 or 910-451-5346 *Rent, job and credit counseling programs, eviction help and other services</p>	<p>Onslow Community Outreach Homeless Shelter 910-455-5733 600 Court St Jacksonville</p>
<p>Salvation Army – Onslow County Branch 910-346-8800 535 Bell Fork Rd Jacksonville *Applicants need a DSS referral, and emergency rent assistance is only offered at most once per year, if funding allows</p>	<p>Social Services Economic Division 910-219-1830 1915 Onslow Drive Extension Jacksonville *Funding often runs out, but when available, there is assistance for rent, utilities, housing repairs, and other housing expenses</p>
<p>The Master’s Touch 910-741-0023 1950 NC HWY 172 Suite A Sneads Ferry Hours: Wed-Sat 10a.- 4p</p>	<p>Transitional Housing Program Onslow 910-455-7111 309 Court Street Jacksonville</p>

OUT OF COUNTY PRE-K PROGRAMS & CHILD CARE RESOURCES

Childcare Network #74 252-447-1802 204 N. Shepard St. Havelock	Childcare Network #77 252-672-0521 301 9th St New Bern
Childcare Network #79 910-326-3386 783 West Corbett Ave Swansboro	Childcare Network #79B 910-325-8278 1111 Mt. Pleasant Rd. Swansboro
Embracing Differences Child Care 252-733-9110 600 Fontana Blvd. D Havelock	Kidz Choice Learning Center 252-665-8999 101 Speight St. Havelock
Little Tykes Learning Ctr 252-444-1622 Havelock	

OUT OF COUNTY SUMMER CAMP PROGRAMS

YMCA Camp Sea Gull 252-249-1111 218 Sea Gull Landing Arapahoe *Sleepover camp for boys *Next year's registration will open in late-October *Financial aid avail: application process *4 week program cost: \$5300 *2 week cost: \$3274	YMCA Camp Seafarer 252-249-1212 2744 Seafarer Road Arapahoe *Sleepover camp for girls *4 week program cost: \$5300 *2 week cost: \$3274
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OUT OF COUNTY BOYS & GIRLS CLUBS

Craven County Boys & Girls Club JT Barber EI Unit 252-723-6873 1700 Cobb St New Bern	New Bern Teen 252-355-2345 x8750 or 844-440-2717 x8750 1203 Queen St. New Bern
Havelock Location 844-440-2717 x8710 or 252-355-2345 x8710 199 Webb Blvd Havelock	

OUT OF COUNTY PSYCHIATRIC & SUBSTANCE ABUSE HOSPITALS

<p>Brynn Marr 910-577-1400 Jacksonville</p>	<p>Crossroads Carolina East Medical Center 252-633-8204 New Bern</p>
<p>Duplin General Psych Unit 910-296-2786 Kenansville</p>	<p>Timber Ridge Treatment Center 704-279-1199 665 Timber Trail, Gold Hill Mon-Fri 9a-5p *Insurances accepted: Medicaid, Health Choice, Trillium and Beachon Health www.trtc.net</p>
<p>Vidant Medical Center Psych Unit 252-847-8791 Greenville</p>	<p>Wilmington Treatment Center 910-444-7086 Wilmington</p>

OUT OF COUNTY MEDICAL & DENTAL SERVICES

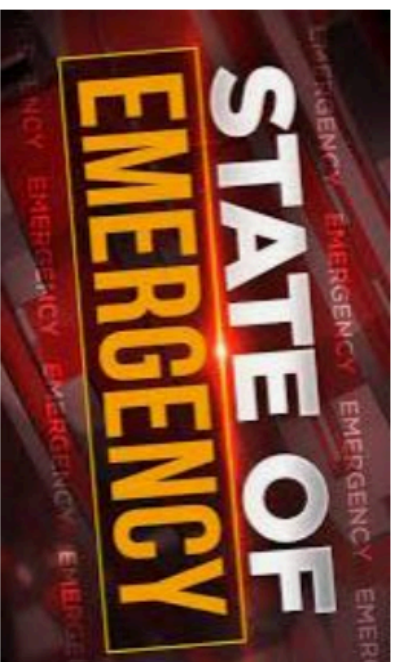
<p><u>Caring Clinic: Free Primary Medical Care: 910-346-6149</u> 200 Doctors Drive Suite L Jacksonville Mon-Fri: 8a-5p</p>
<p><u>Caring Community Dental Clinic: Tooth Extractions: 910-219-1339</u> 1 Dewitt Street Jacksonville Monday: 8a-5p</p>

EMERGENCY CARD RESOURCES

Emergency Cards!

❖ Each of these grounding techniques are coping strategies to help reconnect you with the present and bring you out of a panic attack, PTSD, flashback, unwanted memory, distressing emotion, or dissociation. They help separate you from the distress of your emotional state or situation.

❖ Practice the skill on each card until it becomes a habit when you feel overwhelmed or out of control.



Grounding techniques are tools used to self-regulate in moments of stress and anxiety. They serve as gentle reminders to stay focused and anchored in the present moment, which is what helps reduce the feelings of anxiety and overwhelm. When the brain is experiencing a threat (whether it's perceived or actual), it affects the nervous system similarly as it activates our threat response. Grounding techniques allow for the body to calm itself so that it sends the signal that there isn't an actual threat present. In other words, grounding techniques can help switch off that "fight, flight, or freeze" portion of the brain.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Oxytocin Hug-Self Hug:

Hug yourself. Squeeze tight.



EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

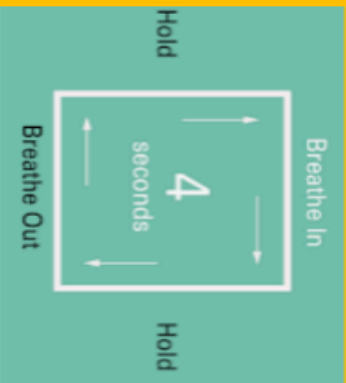
Disordered Counting (1, 5, 19, 7, 55):

Count random numbers (not in any order) until upsetting or emotional thought passes.

EMERGENCY CARDS!

(QUICK STRESS RELIEF TOOLS)

Box Breathing:



EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Throw Ice on Concrete:

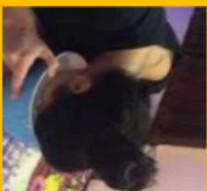
When extremely emotional or angry, throw/smash/break ice cubes on concrete.



EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Ice Scream:

Place entire face into a bowl of water with ice cubes in it. SCREAM!



EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Hold Ice Cubes in Hands:

Place a few ice cubes in your hands. Hold the ice. Squeeze the ice. Feel the ice.



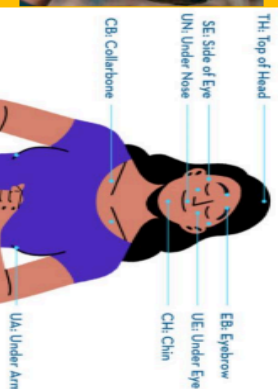
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Ice on Body Parts:
Place ice cubes in a plastic bag and hold the bag against the back of the neck, the forehead, or the front of the neck. Hold until emotion subsides.

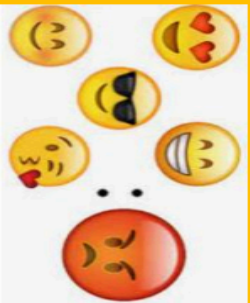
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Opposite/Non-Dominant Hand Journaling:
Place writing utensil in your non-dominant hand. Write on a piece of paper as if you are fluently writing with that hand.
Just let the writing flow without any actual purpose- it does not have to be legible
Journal for up to one full page and then stop.



Energy Tapping:
Apply fingertip tapping pressure (7 taps) to the above mentioned areas while reciting a positive affirmation. ("I am calm")

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



5 Positives for Every Negative:
For each negative word/thought that enters your mind, say 5 positive things about yourself.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Opposite Thinking:
What's a different way to look at this? Think about this situation through an opposite lens.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



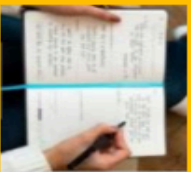
Disengage the Stress Response:
Take three deep breaths.
Repeat: I am safe. I can handle this. Breathe.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

“5”

Most Important Exercise:
What is the most important thing in the next 5 minutes? 5 Hours? 5 Days? 5 Weeks?

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Journaling:
Journal and or draw your feelings/thoughts on paper. Get everything out. Now close the journal, make a promise to yourself that you will leave those thoughts in the journal. Walk away. Repeat if necessary but leave thoughts in journal.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Bring Awareness to All or Nothing Thinking:
Catch your thoughts that appear to be “all or nothing” or “black and white...”
Try to add differing possibilities or add a rainbow in between the black and white.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Aromatherapy:
Inhale/Sniff something fragrant (essential oils, a lemon, fruit, etc.)
Three. Deep. Inhales. Repeat.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



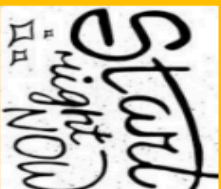
Exercise!
Take a walk, stretch, do some yoga...
Get MOVING!

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Phone a Friend:
Call someone in your support network. Be authentic in your conversation and ASK FOR HELP! Let the other person know exactly how you are feeling!

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Move a Muscle, Change a Thought:

Clean out your fridge! Resort your sock drawer! Vacuum the living room! Clean the toilet! Do something that requires energy for 5-15 minutes.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



HALT:

Do nothing if you are Hungry, Angry, Lonely, or Tired. If you are any of the above, STOP! and take actions to correct. (If hungry, eat a small snack. If angry, calm/ground. If lonely, phone a friend. If tired, take a nap)

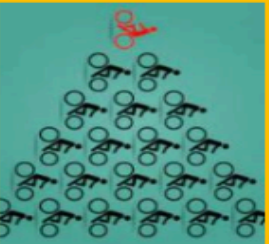
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



"I Don't Know = STOP!"

If your brain, heart, or body says "I Don't Know..." that means STOP! Take a step back, regroup, ground, and come back to this situation in a day or two.

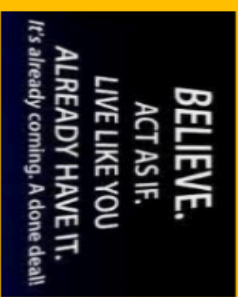
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Do the Opposite!

If you want a different result in your life, do the opposite of what you would normally do.

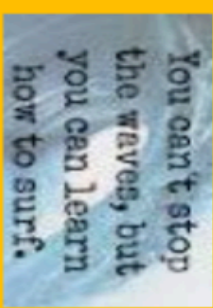
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Act "As If"

Think about a person that you admire for their ability to manage life. When confused, simply act "as if" you were that person making the decision.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Surrender: Ride this Wave

Breathe in. Breathe out. Ride this wave. Allow yourself to feel these feelings. Allow the feelings to pass.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Ice Pack, Heat Pack, Hot Shower/Bath

To relieve muscle tension, apply ice/heat, or take a hot shower or bath. Add some pleasant scented soaps/gels or Epsom salts.

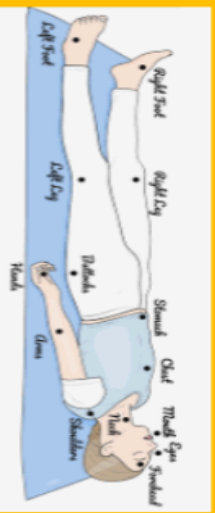
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



TIME OUT!

Take a step back. Remove yourself from the situation. Take three deep breaths. Come back to the situation after a bit.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Progressive Muscle Relaxation

Take 3 deep breaths. Then squeeze the following body parts for 5 sec and then relax and take 3 deep breaths in between each body part: foot, leg, stomach, shoulders, arm, hands, neck, face, whole body...

RELAX.
Feel the pause and muscle tension leave your body.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Reality Test

See the situation for what it really is, rather than what you hope or fear might actually be. How would someone else who is not emotionally invested perceive this situation?

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Get Out and Into Nature

Take a nature walk. Enjoy the sun on your face. Listen to the birds chirp. Look at the different colors of the leaves. Enjoy nature.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

NEGATIVITY BREEDS NEGATIVITY, POSITIVITY BREEDS POSITIVITY.

WHICH ONE DO YOU CHOOSE?

Reframe

Reframe Negative into a Positive

Switch your thinking from negative to positive.. What you focus on you will get more of.

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Take a Barefoot Walk

*Take your shoes off. Walk in the grass, sand, or dirt.
Feel. Each. Step.
Breathe in. Breathe out.*

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Play with a Pet/Animal/Baby

Pets and babies are always present. They are not stuck in the past or worried about the future. Hold a baby. Throw a stick for a pet. Get connected in the present moment.

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Take a Nap

*Set your timer on your phone.
Take a 20 minute nap.*

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Dance to Music

*Find some upbeat music.
Dance like no one is watching.
Really... Shake your ass!*

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Meditate for 1 Minute

Set your timer on your phone for 1 minute. Try to clear your mind. Every time your mind wanders, say "empty mind," and come back to center. Practice every day. Increase time when your ready.

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Get In Touch with Your Higher Power/The Universe

Connect with your Higher Power and/or the Spirit of the Universe whichever way is meaningful to you.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Deep Pressure Hand/Body Massage

Massage your hands, wrists, and fingers.
One. At. A. Time.
Breathe In. Breathe Out.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Squeeze a Stress Ball

Squeeze tight, tight, tight.
Release and relax nice and slowly.

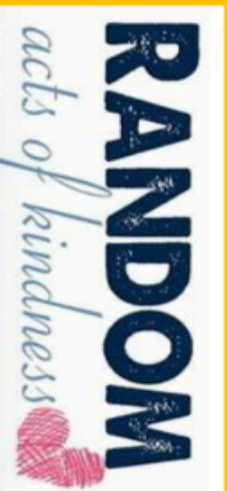
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Watch Something Funny/Comedy

Watch something that makes you laugh
(children doing funny things, people making
funny faces, animals doing comical things)

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Be Helpful: Do a Random Act of Kindness

Do something nice for someone else.
Try not to get found out.
Repeat daily.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Art Therapy

Find something artistic to do. Create without
a purpose in mind. Let the mind wander as
the paintbrush flows effortlessly. Express
your feelings and emotions through your
artwork.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Laughter Yoga

Look up "Laughter Yoga." Take a free class.
LAUGH! 😊

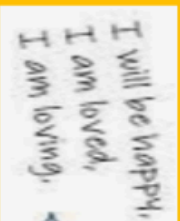
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Grow a Gratitude Garden

Start a simple but powerful practice of writing down three things you are grateful for each day.
Repeat daily.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Chant

Repeat a positive phrase over and over again until you begin to feel the positivity.

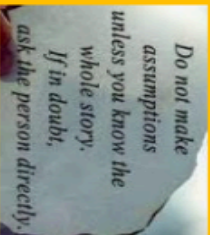
EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Do Not Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Do Not Make Any Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Did You Do Your Best?

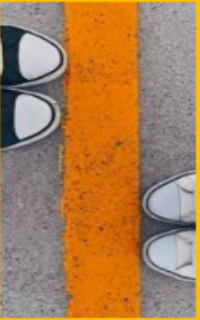
Ask yourself if you did your very best in this situation. Can you answer yes? Your best is going to change from moment to moment: it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

What is the Worst Thing That Could Happen?

When you face anxiety, nervousness, fear, or worry, imagine all possible negative consequences of the situation you are confronting. Then, conceive of the worst outcome, even if there's little chance events will turn out that way—imagine everything that could go wrong, in the worst possible way. Envision the worst outcomes. When you exaggerate your fears and imagine the worst thing that could happen, you make your impending fears look unreasonable. You will realize that even the worst possible scenario isn't so terrible after all. You'll realize that, at the worst, nothing that could happen to you is ultimately that significant.

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Set Boundaries

*Do you need to set boundaries with others?
With yourself? If you are clear about your
boundaries and you hold them, you develop
self respect. If you respect others boundaries,
others will respect you.*

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Be Accountable!

*Own your mistakes!
Apologize!
Make amends!*

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Protect Your Vault!

*Don't share information or experiences
that are not yours to share.*

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Ask For What You Need

*Share your feelings. Speak from your heart. Be
vulnerable. Know your feelings are valuable. Be
specific about your needs. Don't let yourself shut
down and back away. Practice self care. Be gentle
and kind to yourself. (Your learning!) You are allowed
to want. You are allowed to ask! Work through the
fear. Communicate! Use "I feel... I need... I want..."
language. Leave room for heartfelt discussion and
compromise.*

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)



Take Responsibility for Your Part/Actions

*Accept responsibility for your actions. Be accountable
for your results. Take ownership of your mistakes. It's
only when you take responsibility for your life that
you discover how powerful you truly are!
**You are responsible for your actions no matter
what anybody else does.***

EMERGENCY CARDS!
(QUICK STRESS RELIEF TOOLS)

Become Curious

*Listen without judgement.
Ask questions relentlessly.
Never get bored.
Be willing to be wrong.
Be naturally empathetic.
Stay in the moment.
Don't be afraid to say "I don't know."
Make time for curiosity.
Become self-motivated.
Never stop learning.*

EMERGENCY CARDS!
(Quick Stress Relief Tools)



What's Standing In My Way?

Ask yourself what is standing in your way of your current situation? Remove that obstacle or change your response.

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Find and Remove Any Barriers To Success

What barriers are in your way? Are they there for a reason? If not... change them.

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Reframe Shame!

Reframe any messages learned in childhood if they revolve around shame or blame. Love yourself instead of shaming or blaming yourself.

EMERGENCY CARDS!
(Quick Stress Relief Tools)

Nurture Your Inner Child

How would you nurture your inner child if you were the mother of little you? Your inner child is the real part of you that is pure, sincere, innocent, and solely connected to your heart. It is the source of your true identity. Awaken this part of yourself again. Be loyal to the real you, and protect what is in your heart.

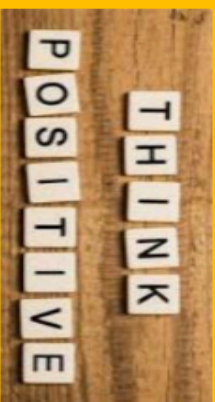
If you could write a note to your inner child, what would it say in two words?

EMERGENCY CARDS!
(Quick Stress Relief Tools)



5 Senses Grounding Activity

EMERGENCY CARDS!
(Quick Stress Relief Tools)



Positive Affirmations

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.