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| **Area Of Need:** | **Facility:** | **Contact:** | **Services:** | **Requirements:** |
| **Primary Care:** |  |  |  |  |
|  | **AGAPE Community Health Clinic- FQHC** 120 W. Martin Luther King Drive Washington, NC | P: (252) 940-0602 | * Primary Care * Dental Health * Prescription Assistance | Sliding Fee Scale for uninsured Walk-In's Welcome |
|  | **CEMA**  1201 Carolina Avenue Washington, NC | P: (252) 975-1111 | * Primary Care * Urgent Care Services * Drug Screenings * DOT Physicals |  |
|  | **Coastal Family Practice** 820 W. Main Street Belhaven, NC | P: (252) 943-0056 | * Primary Care |  |
|  | **Urgent Care Down East** 1412 Carolina Avenue Washington, NC | P: (252) 495-8997 | * Primary Care for Medicaid and Uninsured * Urgent Care Services * Drug Screenings | Competitive prices for uninsured |
|  | **Vidant Family- Aurora** 151 3rd Street Aurora, NC | P: (252) 322-4021 | * Primary Care * Closed Wednesdays |  |
|  | **Vidant Family- Belhaven**\* 216 Haslin Street Belhaven, NC | P: (252) 943-6144 | * Primary Care | Walk-In's welcome |
|  | **Vidant Family- Belhaven\*** 243 Allen Street Belhaven, NC | P: (252) 944-2218 | * Primary Care * Closed Wednesdays |  |
|  | **Vidant Family- Belhaven\*** 161 E. Water Street Belhaven, NC | P: (252) 943-6114 | * Primary Care * Closed Thursdays |  |
|  | **Vidant Family- Chocowinity** 740 Bragaw Lane Chocowinity, NC | P: (252) 946-9562 | * Primary Care |  |
|  | **Vidant Family- Washington** 501 W. 15th Street Washington, NC | P: (252) 975-2667 | * Primary Care |  |
|  | **Vidant Internal Medicine**  1380 Cowell Farm Rd Washington, NC | P: (252) 946-2101 | * Primary Care |  |
| **Specialized Health Care:** |  |  |  |  |
|  | **Beaufort County Public Health Department** 1436 Highland Drive Washington, NC | P: (252) 946-1902 | * Prenatal Care * Family Planning Services and Contraceptive * Breast and Cervical Cancer Control Program * STD Screenings & Treatment * Childhood and Adult Immunizations | Sliding Fee Scale for uninsured  Must Qualify  Free for Anyone |
|  | **Vidant OBGYN** 1210 Brown Street Washington, NC | P: (252) 975-1188 | * Prenatal Care * Women's Health | Medicaid and Privately Insured Clients |
|  | **Vidant Urology** 1202 Brown Street Washington, NC | P: (252) 946-0136 |  |  |
|  | **Vidant Women's Care**  1204 Brown Street Washington, NC | P: (252) 946-6544 | * Primary Care for Women * Women's Health | Medicaid and Privately Insured Clients |
|  | **Vidant Orthopedics**  1207 Highland Drive  Washington, NC | P: (252) 946-6153 |  |  |
|  | **Washington Pediatrics**  1206 Brown Street  Washington, NC | P: (252) 946-4134 | * Pediatric Primary Care * Asthma Clinic * Psychological Clinic * Nutrition Counseling |  |
| **Behavioral Health:** |  |  |  |  |
|  | **Alliance for Healthy Communities**  Vidant Health | Lisa Mills, RN  P: (252) 833-8213 | * Chronic health concern with secondary mental health concern * Significant mental health concerns | Grant funded program. Accepts referrals. |
|  | **Arc of Beaufort County**  **Autism Now**  1534 W. 5th Street  Washington, NC | P: (252) 945-4414 | * Promotes the basic human rights of individuals with intellectual and developmental disabilities |  |
|  | **Center for Family Violence Prevention**  150 E. Arlington Blvd Greenville, NC | P: (252) 758-4400  Help Line:  (252) 752-3811  [www.c4fvp.org](http://www.c4fvp.org) | * Counseling for DV Victims and Families * Outpatient Therapy * Supervised child visitation and exchange * Children’s Counselling * GREAT Abuser Treatment Program * Hispanic Outreach Program * CATCH/Teen Program | Insurance not accepted for outpatient therapy.  GREAT- 26 week curriculum designed to teach nonviolent ways of relating to others. Insurance not accepted, fees may apply.  Hispanic- Assistance for Hispanic victims of DV through cultural competency. Interpreters available.  CATCH- curriculum for kids 10-21yo who have experienced DV. Covers Social Media Safety and Bullying as well. |
|  | **Dixon Social Interactive Services, Inc** 671 Washington Square Mall Washington, NC | P: (252) 948-3714 | * Anxiety/Phobias, Depression ADHD, Conduct Disorders, * Developmental Behavioral Pediatrics * Mental Illness + Substance Abuse * Factitious Disorders, Personality Disorders * Sex Offender Therapy * PTSD * Eating Disorders, OCD | Spanish Interpreters Available Sliding Fee Scale for uninsured |
|  | **DREAM**  216 Stewart Parkway Washington, NC | P: (252) 946-0585 Emergency: (252) 402-3293 | * Comprehensive Clinical Assessment * Individual, Marriage, and Family Therapy * Substance Abuse Services * Medication Management * DWI Services * Community Support Team-Adults * Intensive In-Home Services-Child/Adolescents * Day Treatment- Child/Adolescents * Triple P Positive Parenting | Spanish Interpreter Available Sliding Fee Scale for uninsured |
|  | **Integrated Family Services** 2269 Statonsburg Rd Greenville, NC | P: (252) 439-0700 Crisis: 1-866-437-1821 | * Mobile Crisis Management * Psychiatric Services * Intensive In-Home Services * Therapeutic Foster Care * Mental Health * Evaluations | Programs to assist uninsured clients |
|  | **LifeQuest, Inc** 230 E. 8th Street Washington, NC | P: (252) 975-8080 | * Outpatient Enhanced Services: * Psychosocial Rehabilitation |  |
|  | **Michael Doughtie Child & Family Services**  211 N. Market St. Washington, NC | P: (252) 714-3201 | * Anxiety/Phobias, Depression ADHD, Conduct Disorders, * Developmental Behavioral Peds * Eating Disorders, OCD PTSD * Sex Offender Therapy * Sexual & Gender Identity Disorders | Walk-In's Welcome |
|  | **New Hope Counseling Services**  122 S. Harvey St Washington, NC | P: (252) 833-4047 | * Bipolar Disorder * Anxiety/Phobias, Depression * Attachment Disorders * PTSD | Sliding Fee Scale for uninsured |
|  | **Pamlico Counseling**  408 E. 11th Street Washington, NC | P: (252) 975-2027 | * Anxiety/Phobias, Depression * ADHD * Bipolar Disorder * Eating Disorders, OCD * Personality Disorders * PTSD | Sliding Fee Scale for uninsured |
|  | **Passages Counseling Services**  323 W. 2nd Street Washington, NC | P: (252) 975-3111 | * Abuse Recovery * Drug/Alcohol Addiction, Substance Abuse * Marriage Counseling * Depression/Anxiety |  |
|  | **PORT Human Services**  1379 Cowell Farm Rd Washington, NC | P: (252) 975-8852 | * Criminal Justice/Court Ordered Services * Psychosocial * Rehabilitation Program * Community Intervention   Center |  |
|  | **Real Crisis Intervention** 155 N. Market Street, Suite 225  Washington, NC | P: (252) 946-0294  24-hr Crisis Line:  (252) 758-4357 | * 24-hour Counseling and Referrals * Walk-in and Off-site crisis team response services * Rape Victim Advocacy |  |
|  | **Family Wellness Center** Highland Drive  Washington, NC | P: (252) 215-9011 | * Individual, child, family, marriage therapy * School-based therapy (k-12) * Anger Management, medication management ADHD testing, IQ testing * Sexual & Gender Identity Disorders * Wellness services for weight loss, acupuncture * Eating Disorders, OCD * Sleep enhancement therapy, therapeutic massage | Sliding Fee Scale for uninsured |
|  | **Trillium** 1308 Highland Drive Washignton, NC | P: (252) 946-3666 Emergency: 1-877-685-2415 | * Care Coordination * Mental Health and Substance Abuse Counseling * Permanent Supportive Housing |  |
| **Other Healthcare:** |  |  |  |  |
|  | **Belton Hearing Aid Centers**  1255 Highland Drive  Washington, NC | P: (252) 495-8190 | * Free hearing screenings at certain times |  |
|  | **Carolina Therapy Connection**  611 E. 12th Street  Washington, NC | P: (252) 341-9944 | * Multi-disciplinary team of pediatric **Occupational**, **Speech** and **Physical** therapists provide screening, assessment, consultation, and treatment, working in these areas: * **Autism Spectrum Disorders Asperger's Syndrome Pervasive Developmental Disorder (PDD) ADD & ADHD Sensory Processing Disorder Learning Disability Developmental Delay Downs Syndrome Cerebral Palsy Neuromuscular Disorders Behavioral and Emotional Disorders Language Delay Hearing Loss** | Can file:  Medicaid  Medcost  Aetna  BCBS  NC Health Choice Cigna \* As of 4/1/2016  Does take referrals. |
|  | **Miracle Ear**  149 N. Market Street  Washington, NC | P: (252) 495-6226 | * Free hearing screenings |  |
|  | **Speech Language Pathologist**  Beaufort County Schools 321 Smaw Rd Washington, NC | P: (252) 946-6593 | * Speaking/speech problem assistance | School aged children |
|  | **Occupational Therapy Plus, INC**  139 W. 3rd Street  Washington, NC | P: (252) 975-1992 | * Pediatrics with developmental disabilities/delays * Geriatrics * Hand therapy * Home Health * Hospital outpatient rehabilitation | Accepts most insurances as well as Care Credit |
| **Emergency Needs:** |  |  |  |  |
|  | **211** | P: 211  [www.nc211.org](http://www.nc211.org) | * Food, housing * Childcare, Education services * Crisis counseling * Substance abuse counseling |  |
|  | **American Red Cross**  135 N. Market Street Washington, NC | P: (252) 946-4110 | * Immediate One-Time Assistance for fire/disaster victims * Army Emergency Relief |  |
|  | **Salvation Army**  112 E. 7th Street Washington, NC | P: (252) 946-2523 | * Comprehensive Emergency Assistance: Food, rent, clothing, utilities * Lodging fire/disaster victims * Thrift Store * Food and Toy assistance at Christmas |  |
|  | **United Way** 1385 John Small Ave Washington, NC  (In building with NCWorks) | Sally Love  P: (252) 975-6209 | * Referrals to local agencies and 211 |  |
| **Food Assistance:** |  |  |  |  |
|  | **Beaufort County Dept. Social Services**  632 W. 5th Street  Washington, NC | P: (252) 975-5500 | * SNAP (Food Stamps) * Congregate & Home Delivered Meals * Crisis Intervention Program (heating/cooling) | Must Qualify  Must Qualify  Must Qualify |
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|  | **WIC Program** Beaufort County Health Department  1436 Highland Drive Washington, NC | Lynn House P: (252) 946-1902 | * Nutrition Education for pregnant women and children ages 0-5 yo * Provides vouchers to assist with food, baby food, formula * Breastfeeding Peer Counselor | Must Qualify ………….  Must Qualify ……………………..  Must Qualify |
| **Food Pantries:** |  |  |  |  |
|  | **1st Church of Christ** 520 E. 10th Street Washington, NC | P: (252) 946-5236 | * Food Distributions   2nd Sat each month  (11am-12pm) | Each person/family can only be served once a month |
|  | **Athen's Chapel Church of Christ**  35 Della Wallace Rd Bath, NC | P: (252) 927-5401 | * Food Distributions   1st Sat each month  (10:30-11:30am) | Each person/family can only be served once a month |
|  | **Bread Of Life Food Pantry**  St John’s MB Church  Aurora, NC | P: (252) 322-7289 | * Food Distributions 1st Sat each month (9-12) |  |
|  | **Daily Bread Ministries**  Haw Branch Rd Chocowinity, NC | P: (252) 946-5083 | * Food Distributions   4th Sat each month  (11:30-12:15pm) |  |
|  | **Deeper Life Ministries**  4470 Hwy 264 W. Washington, NC | P: (252) 946-4400 | * Food Distributions   every Wed (9:00-11:00am) |  |
|  | **Eagle's Wings Food Pantry**  932 W. 3rd Street Washington, NC | Ann-Marie Montague P: (252) 975-1138 | * Emergency Food Services      * Food Distributions on Tues AM (Other than 5th) * Home Bound Food Deliveries * Mobile Food Pantry Distributions 4th Sat each month * Snowden School, Aurora 9:30-10:30 * Haw Branch Church, Chocowinity 11:30-12:15 | Each person/family can only be served once a month Must Qualify, Interview Required  Medically Fragile Individuals |
|  | **ISAIAH 58 Food Pantry**  Harvest Church 2020 15th Street Washington, NC | P: (252) 833-4894 | * Food Distributions   3rd Sat each month | Basic ID and utility bill for address verification |
|  | **Macedonia Church of Christ**  1678 Swamp Rd Washington, NC | P: (252) 844-6396 | * Food Distributions   3rd Wed each month (9:00-1:30pm) | Basic ID required |
|  | **Martha's Project** 857 W. Main Street Belhaven, NC | P: (252) 943-2124 | * Food Distribution   4th Fri each month   * Clothing and Household Items |  |
|  | **Mt. Gilead Outreach Food Bank**  223 W. Main Street Belhaven, NC |  | * Food Distribution Fridays 12-2pm * Heating Assistance |  |
|  | **Refugee Tower Church Food Pantry**  611 E. 6th Street Washington, NC | P: (252) 362-1294 | * Food Distribution every Thur and Fri   (12:00-5:00pm) |  |
|  | **St. John's Church of Christ**  2240 St. John Church Rd. Washington, NC | P: (252) 975-3700 | * Food Distribution   4th Sat each month |  |
|  | **St. Vincent de Paul Pantry** Mother of Mercy Catholic Church 114 W. 9th Street Washington, NC | P: (252) 946-2941 | * Food Distributions each Wed (10-11am) * Assistance with medication, rent, utilities | Basic ID required  Interview required for assistance |
| **Soup Kitchens:** |  |  |  |  |
|  | **First United Methodist Church Fellowship Hall**  200 block of Van Norden St  Washington, NC |  | * Soup Kitchen 2nd Sat of each month (11am-1pm) | Free Fellowship Meal |
|  | **Maranatha 7th day Adventist Soup Kitchen**  501 E. 6th Street  Washington, NC | P: (252) 975-1138 | * Soup Kitchen every Saturday 1:30pm |  |
|  | **Zion Soup Kitchen** 114 W. Martin Luther King Drive Washington, NC | P: (252) 975-1978 | * Soup Kitchen M-F   (11-11:30am) |  |
| **Other Assistance:** |  |  |  |  |
|  | **House of Hope** |  | * Clothing Ministry   Tues only, 9-12pm |  |
|  | 15th Street Church of God | P: (252) 946-7771 |  |
|  | 336 E. 15th Street |  |  |
|  | Washington, NC |  |  |
|  | **Tideland EMC** | P: (252) 943-3046 | * Utility Assistance | Must Qualify |
|  | [www.tidelandemc.com](http://www.tidelandemc.com/) |  |  |
| **Shelters:** |  |  |  |  |
|  | **The Anchor House**  Ayden, NC Human Trafficking | P: (252) 751-0411  Hotline:  1-888-3737-888 | * Shelter for male victims of sex trafficking age 12-18yo | Males 12-18 yo |
|  | **Beaufort, Martin, Bertie Shelter Home**  Call for Locations | P: (252) 792-1883 | * Shelter for 6 boys and 5 girls ages 7-17 (for 90 days) | Children 7-17yo |
|  | **Coastal Women's Shelter**  New Bern, NC | P: (252) 638-4509 | * Women's Domestic * Violence Shelter * Court Advocacy * DV Counseling * Support Groups | Women and children |
|  | **Greenville- Community Crossroads**  Manhattan Ave Greenville, NC | P: (252) 752-0829 | * Housing men, women, families; Take-In 6-8pm * Stable Solutions Program * Shelter Plus Program * Solid Ground Program | Must prove homelessness  Must have ID  Must pass breathalyzer nightly |
|  | **New Directions**  Greenville, NC | P: (252) 758-4400  Help Line:  (252) 752-3811  [www.c4fvp.org](http://www.c4fvp.org) | * Temporary safe house for abused women and their children * Case Management * Counselling, Support Groups * Food, Clothing * Advocacy, Community Referrals |  |
|  | **Religious Community Services**  New Bern, NC | P: (252) 633-2767 | * Housing men, women, families |  |
|  | **Ruth's House Domestic Violence Shelter**  Washington, NC | P: (252) 940-0007 Help Line: (252)946-0709 | * Women's Domestic   Violence Shelter   * DV Counseling * Court Advocacy * Community Education and Outreach | Women and children |
|  | **Safe Harbor Domestic Violence Shelter**  Greenville, NC | P: 864-467-1177 Help Line: 1-800-291-2139 | * Women's Domestic * Violence Shelter * Dating Violence * Education Program * Transitional Housing * Order of Protection Assistance * Community Education and Outreach | Women and children |
|  | **Zion Shelter** 114 W. Martin Luther King Drive Washington, NC | P: (252) 975-1978 | * Men's Shelter, Take-In 9:30-11:00pm | Men Only |
| **Housing Assistance:** |  |  |  |  |
|  | **Habitat for Humanity** | P: (252) 946-0683  (252) 944-4971 | * Builds homes for low income families with purchase at greatly reduced cost | Must Qualify |
|  | **Martin County Community Action**  Washington Square Mall  Washington, NC | P: (252) 946-0016 | * Assist with weatherization and home repairs * Low Income housing assistance | Must Qualify |
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|  | **Metropolitan Housing**  114 W. Martin Luther King Drive  Washington, NC | P: (252) 940-0602 | * Low Income housing assistance | Must Qualify |
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|  | **Mid-East Regional Housing Authority**  415 East Blvd, Suite 140  Williamston, NC | P: (252) 789-4927 | * Low income housing assistance * Section 8 | Must Qualify |
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|  | **Washington Housing Authority**  204 W. 9th Street  Washington, NC | P: (252) 946-0008 | * Low Income housing assistance * Section 8 * Family Self-Sufficiency Program * Homeownership Program | Must Qualify |
| **Employment Assistance:** |  |  |  |  |
|  | **Blind Center/Division of Services for the Blind**  218 N. Harvey Street  Washington, NC | P: (252) 946-6208 | * Vocational Rehabilitation and job placement for visually impaired * Teach independent living skills to visually impaired | Visual Impairment |
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|  | **Blue Arbor**  731 W. 15th Street  Washington, NC | P: (252) 946-1588 | * Staffing Agency |  |
|  | [www.bluearbor.com](http://www.bluearbor.com/) |  |  |
|  | **Beaufort County NCWorks Career Center**  1385 John Small Ave  Washington, NC | P: (252) 946-3116  [www.ncworks.gov](http://www.ncworks.gov) | * Job Search and Development * Resume Building |  |
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|  | **Executive Personnel Group**  1604 Carolina Ave Washington, NC www.executivepersonnelgroup.com | P: (252) 946-7119 | * Staffing Agency |  |
|  | **Martin County Community Action**  Washington Square Mall Washington, NC | P: (252) 946-0016 | * Addresses needs for disabled, elderly, and low income * Job Counseling |  |
|  | **Mega Force Staffing**  360 Cherry Run Center  Washington, NC | P: (252) 975-3150 | * Staffing Agency |  |
|  | [www.megaforce.com](http://www.megaforce.com/) |  |  |
|  | **Professional Staffing Solutions**  2289 W. 5th Street, Suite 200  Washington, NC www.prostaffingsolutions.com | P: (252) 940-0070 | * Staffing Agency |  |
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|  | **Vocational Rehabilitation** Washington Plaza Shopping Center Washington, NC | P: (252) 946-0051 | * Disability and vocational assessment * Employment Training and Placement * Counseling * Can Assist with medical expenses | Prior Authorization |
| **Education Opportunities/ Assistance:** | |  |  |  |
|  | **Beaufort County Community College**  Hwy 264 E.  Washington, NC |  | * Offers various programs. * Basic skills, job readiness, job skills training * GED * College for Kids (summer) |  |
|  | P: (252) 946-6194 |  |
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|  | **Beaufort County Cooperative Extension**  155 Airport Road  Washington, NC | Louise Hensley  P: (252) 946-0111 | * Consumer shopping skills * Budgeting Meal Planning * Family Record Keeping * Conservation Practices |  |
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|  | **Beaufort County Public Health Department**  1436 Highland Drive  Washington, NC | P: (252) 946-1902 | * Childbirth Education Classes (English/Spanish) * Diabetes Self-Management Classes * Miscellaneous Classes and Presentations |  |
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|  | **Family Resource Center**  Mother of Mercy Catholic Church  114 W. 9th Street  Washington, NC | P: (252) 946-2941 | * Educational and Job programs |  |
|  | **Literacy Volunteers of Beaufort County**  1385 John Small Ave  Washington, NC  (In building with NCWorks) | P: (252) 974-1812 | * Free, confidential, 1-on-1 tutoring sessions * Help prepare for GED, ASVAB, NC driver’s License, US Citizenship test * U.S. citizenship | Illegal Adults |
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|  | **Purpose of God Annex**  1015 E. 6th Street  Washington, NC | P: (252) 974-1484 | * GED Assistance * Employment Skills and Job Preparedness * On-The-Job Training ages 18-55yo | Mon-Thur 9:30-2:00 |
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|  | **St. John's Church of Christ**  2240 St. John Church Rd.  Washington, NC | P: (252) 975-3700 | * Budgeting & Finance |  |
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| **Transportation:** |  |  |  |  |
|  | **Beaufort Area Transit (BATS)**  1534 W. 5th Street  Washington, NC | P: (252) 946-5778 | * Human services and general transportation | Fares based on distance traveled. |
|  |  | Requires 24hr notice. |
| **Phone Assistance:** |  |  |  |  |
|  | **Assurance Wireless**  135 N. Market Street  Washington, NC | P: 1-855-990-8763 | * 250 Free phone minutes & texting | Must Qualify |
|  | **SafeLink Wireless Cell Phones** | 1-800-977-3768  [www.safelinkwireless.com](http://www.safelinkwireless.com/) | * Government's Lifeline support program | One per household |
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|  | **Lifeline Program** | [www.lifelinesupport.org](http://www.lifelinesupport.org) | * Provides monthly discounted landline or wireless phone services to low-income households. | If you participate in other federal or state assistance programs, you are eligible. |
| **Childcare Assistance:** |  |  |  |  |
|  | **Beaufort County Community College** | P: (252) 946-6194 | * Childcare Assistance for Students | Must Qualify |
|  | Hwy 264 E. |  |
|  | Washington, NC |  |
|  | **Beaufort County DSS**  632 W. 5th Street  Washington, NC | P: (252) 975-5500 | * Childcare Assistance Program | Must Qualify |
|  | **Beaufort/Hyde Partnership For Children**  979 Washington Square Mall  Washington, NC | P: (252) 975-4647 | * Childcare Referral Specialist to help assure quality childcare |  |
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| **After School/Summer Programs:** |  |  |  |  |
|  | **Adventure Zone Kids**  Washington Assembly Of God  2029 Hwy 264 W  Washington, NC | Tommi Bridgeman  P: (252) 946-6619 | * Summer Enrichment Program * Before/After school program | School aged children |
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|  | **Boys & Girls Club**  1028 N. Bridges Street  Washington, NC | Malveta Collins  P: (252) 975-9311 | * After School Program * Summer Program |  |
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|  | **John Cotton Tayloe**  910 Tarboro Street  Washington, NC | Patricia Tyson  252-946-3350 | * After School Program * Summer Enrichment Program | School aged children |
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|  | **Purpose of God Annex**  1015 E. 6th Street  Washington, NC | P: (252) 974-1484 | * After School Program * Homebound Student Program * Summer Program | Students ages 6-15yo |
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|  | **Unity Christian Academy**  1501 Haw Branch Rd  Chocowinity, NC | P: (252) 946-5083 | * After School Program * Summer Enrichment Program |  |
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| **Elderly Support:** |  |  |  |  |
|  | |  |  | | --- | --- | | **Beaufort County Dept. Social Services**  632 W. 5th Street  Washington, NC |  | | | | P: (252) 975-5500 | * Adult Protective Services * Medicaid Fraud * In-home daily living assistance |  |
|  | **Grace Martin Harwell Senior Center**  310 W. Main Street  Washington, NC | P: (252) 975-9368 | * Provides many events, programs, activities to enhance quality of life. | 55+ |
|  | **MidEast Commission on Aging**  1385 John Small Ave  Washington, NC | P: (252) 974-1835 | * Family Care-Giver Support: Provide direct support and services for the elderly * Long Term Care Ombudsman Programs * Adult Protective Services (elder abuse) * Reverse Mortgages * Medicare Fraud |  |
|  | **Center for Family Violence Prevention**  150 E. Arlington Blvd, Suite D  Greenville, NC 27858 | P: (252) 758-4400 | * Elder Abuse Program |  |
| **Parenting Support:** |  |  |  |  |
|  | **Beaufort County Public Health Department**  1436 Highland Drive  Washington, NC | P: (252) 946-1902 | * WIC Services * Breastfeeding Peer Counselor * Care Coordination For Children * Pregnancy Care Management * Childbirth Education Classes (English and Spanish) * Car Seat Installations and Inspections * Childhood Immunizations * Healthy Beginnings Program * Safe Sleep Campaign (pac-n-play for clients who need safe sleep space for baby) | Must Qualify  Medicaid Clients  Medicaid Clients  WIC Clients |
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|  | **Beaufort/Hyde Partnership For Children**  979 Washington Square Mall  Washington, NC | P: (252) 975-4647 | * Car Seat Installations and Inspections * Pre-K Screenings * Parents as Teachers Program * FREE Playgroups in Belhaven, Pinetown, Aurora, and Washington * Lending Library * Toys For Tots Intake | Must Qualify      Ages 2-5    Must Qualify |
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|  | **BMH Regional Library**  158 N. Market Street  Washington, NC | P: (252) 946-6401 | * Playgroup * Tutoring | Hours: Mon, Wed, Fri 9am-5pm |
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|  | **Children's Home Society** | 1-800-862-3978 | * Adoption Services |  |
|  |  | [www.chsnc.org](http://www.chsnc.org/) |  |  |
|  | **Coastal Pregnancy Center**  1312 John Small Ave, Suite 2002-A  Washington, NC | Susie Rollins  P: (252) 946-8040 | * Free Pregnancy Tests * Counseling & Supportive Services * Parenting Classes, Baby and Maternity Items (including pac-n-play upon completion of classes) * Adoption Referrals |  |
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|  | **Cornerstone Family Worship Center**  1914 W. 5th Street  Washington, NC | P: (252) 946-6109 | * Family Understanding Nurturing Program * Dinner is served, transportation provided | Preschool, pre-adolescents, adolescents |
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|  | **Family Connects** 198 NC HWY 45 N Plymouth, NC 27962 | P: (252) 793-1806 1-844-508-3971 | * Specialized Registered Nurse provides no-cost postpartum and newborn home visits (including breastfeeding) | Serves all residents of Beaufort, Hyde, Bertie, and Chowan |
|  | **Family Resource Center**  Mother of Mercy Catholic Church  114 W. 9th Street  Washington, NC | P: (252) 946-2941 | * Parenting Classes * After school tutoring * Piano Lessons * Basketball Lessons |  |
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|  | **Higher Heights Human Services**  148 Avon Ave  Washington, NC | Janae Johnson  P: (252) 946-6390 | * Prenatal support centered in local high schools * Support Group, Job Training | Teen moms |
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|  | **Hopeful Beginnings**  Vidant Medical Center  Greenville, NC | P: (252) 847-8263 | * Support Group helps postpartum mothers cope | Up to 1 year after delivery |
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|  | **Purpose of God Annex**  1015 E. 6th Street  Washington, NC | P: (252) 974-1484 | * Tuff Luv Camp | For students facing suspension |
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| **Mentorship:** |  |  |  |  |
|  | **Pamlico Pals**  310 W. Main Street  Washington, NC | P: (252) 946-0185 | * Governor's 1-on-1 volunteer program | Matches troubled youth with mentors via referrals from the court system |
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|  | **Purpose of God Annex**  1015 E. 6th Street  Washington, NC | P: (252) 974-1484 | * Project New Hope * Advocacy Services | For adults with criminal backgrounds |
|  | **YoungLife**  PO Box 1682  Washington, NC | P: (252) 402-5088 | * Faith-based mentorship program * Meets every Mon night during the school year |  |
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|  | **YoungLives**  PO Box 1682  Washington, NC | Shelia Tanner  P: (252) 402-5088 | * Mentoring and support for teen moms |  |
| **Support Groups:** |  |  |  |  |
|  | **Alcoholics Anonymous of Northeastern NC**  District 92 | P: (252) 975-6113  Hotline:  1-800-338-1849 | * Open Big Book Study- Thursday 8pm |  |
|  | **Belhaven- Sidney Fellowship Group**  Freewill Baptist Church  5580 Sidney Rd, Belhaven |  |  |  |
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|  | **Belhaven- Easy Does It Group**  White Plains Church Ministry  748 Edward St  Belhaven, NC |  | * Open Speaker- Saturday 8pm | Anyone can attend, but ask that only those with alcohol problem participate in discussion. |
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|  | **Celebrate Recovery**  Harvest Church  2020 15th Street  Washington, NC | P: (252) 833-4894 | * Addiction support group | Any kind of addiction |
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|  | **Chocowinity- Grateful Group**  Trinity Episcopal Church  182 NC Hwy 33 East  Chocowinity, NC |  | * Open Speaker- Friday 8pm | Anyone can attend, but ask that only those with alcohol problem participate in discussion. |
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|  | **Diabetes Support Group**  Grace Martin Harwell Senior Center  310 W. Main Street  Washington, NC |  |  | 55+ |
|  | P: (252)-975-9368 |  |  |
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|  | **Down East Area of Narcotics Anonymous - Keep It Simple**  Westbrooke Housing Authority  100 Manual Drive  Washington, NC  (Behind Classic Auto-Body on Hwy 264 W) | P: (252) 975-6113 | * Sunday 8pm |  |
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|  | **Washington- Beaufort County Group**  Westbrooke Housing Authority  100 Manual Drive  Washington, NC  (Behind Classic Auto-Body on Hwy 264 W) | P: (252) 975-6113 | * Open Speaker- Monday 8pm\* * Closed Discussion- Tuesday Noon * Living Sober Discussion- Wednesday 6pm * Open Speaker- Saturday Noon\* * Beginners Discussion- Sunday 3pm | \*Anyone can attend, but ask that only those with alcohol problem participate in discussion. |
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| **Legal Aid:** |  |  |  |  |
|  | **Legal Aid NC**  607 Broad Street  New Bern, NC | P: (252) 637-9502 | * Free legal assistance in areas of civil law, * problems of elderly, advanced directives | Low Income |
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