The Kids & Me Local Resource List

for Charlotte/Mecklenburg and Surrounding Counties

This ***Local Resource List*** is intended to provide Single Moms ideas and leads to find resources but is neither exhaustive nor all inconclusive.

The Kids & Me does not endorse or evaluate any products or services named herein. An individual's due diligence including cost analysis is necessary in choosing any supplier.

The Kids & Me Business Partners who offer a discount or a special to Single Moms are denoted with a ★. Last updated 10-30-2026.

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ADDITIONAL RESOURCES:

Catawba County Public Health Community Resource Inventory

Mecklenburg County Public Health - Community Resource Guide

North Carolina Community Resource Assistance Guides (all counties)

EMERGENCY SERVICES

Single Mom Assistance non-profit and governmental assistance programs for single mothers

NC https://www.singlemomassistance.org/state/north_carolina

Charlotte https://www.singlemomassistance.org/city/nc-charlotte

SC https://www.singlemomassistance.org/state/south_carolina

EMERGENCY: Addiction Recovery

Charlotte Rescue Mission/ Dove's Nest | 704-333-HOPE (4673)
https://charlotterescuemission.org/recovery-programs/doves-nest/
2855 West Blvd., Charlotte, NC 28208

EMERGENCY: Childcare

Alongside Families | 704-900-0150 hello@alongsidefamilies.org
https://www.alongsidefamilies.org/
2217 Matthews Township Pkwy, STE D-261 Matthews, NC 28105
During hard times - like a single mom facing a job loss or an unexpected medical emergency - many people rely on relatives and friends for support. But for some parents in our community struggling with social isolation, this is not an option. We provide temporary care for children and supportive relationships for parents to prevent families from being torn apart. We offer safe, loving homes with volunteer Host Families and wraparound care from Community Friends in partner churches.

EMERGENCY: Food

The Bulb fresh produce for folks who are food insecure **|** 704-347-0278
https://www.thebulbgallery.org/ Mobile Market in Charlotte & Concord

Camino Food Farmacy food pantry | info@caminohealthcenter.com
https://caminohealthcenter.com/pantry/
729 S Main St Kannapolis 28081 | 133 Stetson Dr Charlotte 28262

Cooperative Christian Ministry list of resources | 704-786-4709
https://cooperativeministry.com/need-assistance/food/
246 Country Club Dr NE, Concord, NC 28025

Hearts and Hands Food Pantry Our services are available to anyone facing food insecurity in our community. There are no income or eligibility requirements for our pickup service. There are eligibility requirements for our delivery service.|
Call 980.292.0357 Text 980.292.0010 heartsandhandsfoodpantry.com/get-help
4040 Chesapeake Drive Charlotte, NC 28216

Lasagna Love Sign up for a volunteer to bring your family a meal.
https://lasagnalove.org/

NC211 multiple food resources listed: search "food" | 2-1-1 or 1-888-892-1162
https://nc211.org/

NCDHHS maps of food access | 1-800-662-7030
https://www.ncdhhs.gov/divisions/child-and-family-well-being/food-and-nutrition-services-food-stamps/north-carolina-state-nutrition-action-coalition/food-access-maps

Nourish Up multiple food resources listed | 704-523.4333
https://nourishup.org/groceries/
901 Carrier Drive, Charlotte, NC 28216

Second Harvest Food Bank of Metrolina maps of food access | 704-376-1785
https://www.secondharvestmetrolina.org/need-food/get-food-assistance
500-B Spratt Street, Charlotte, NC 28206

Urban Ministry Center soup kitchen- lunch every day | 704-347-0278
https://www.urbanministrycenter.org/
945 North College St., Charlotte, NC 28206

Iredell County: Iredell Christian Ministries Food Pantry and Crisis Center food pantry, financial assistance, referrals, counseling, healthy cooking classes
752 Old Salisbury Rd
Statesville, NC 28677
704-924-6700
http://www.iredellcm.org/

EMERGENCY: Housing

Ada Jenkins Center | 704-896-0471
https://www.adajenkins.org/

The Ada Jenkins Center has limited funding to provide economic support to families facing financial hardship. Our Financial Assistance Program is available to residents of Cornelius, Davidson, and Huntersville. Eligibility is determined based on household income and program requirements. Assistance is provided for rent, mortgage, utilities, and childcare.

Charlotte Family Housing | 704-335-5488
https://charlottefamilyhousing.org/program-eligibility/
Charlotte, NC 28299-9373
Temporary comprehensive emergency shelter for homeless families and single women.
Transitional and follow-up services to residents.
Licensed day care for children birth to 12 years of age.

Coordinated Entry Threat of homelessness assistance in North Carolina
https://ncceh.org/resources-referrals/

Coordinated Entry is the first step to connect to homeless services and homelessness prevention resources for people at risk of or currently experiencing homelessness. It is an evidence-based strategy that focuses on local housing and service coordination designed to link people to the most appropriate housing solution based on their needs.

DreamKey Partners | 704-342-0933 info@dkp.org
https://www.dreamkeypartners.org/
4601 Charlotte Park Drive, Suite 350
Charlotte, North Carolina 28217
COVID-19 Rent and Mortgage Relief

Gracious Hands | 704-962.6147
https://www.gracioushandshousing.org/
Charlotte, NC 28216

Gracious Hands is a holistic transitional program and is not intended for permanent housing. The program will cap assistance at twelve months. Within twelve months the families will receive help with job training, job readiness, assistance with seeking and maintaining employment, childcare assistance, permanent housing assistance and financial counseling. Applicants are screened to assess current needs, future needs, and for prior displacement history.

Homeowner Assistance Fund |
https://www.ncsha.org/homeowner-assistance-fund/
The Homeowner Assistance Fund (HAF) is a new federal program to help homeowners impacted by COVID-19 catch up on mortgage and utility bills and pay other housing costs.

NC 2-1-1 | 888-892-1162
https://nc211.org/ [search your zipcode]

- Rent and housing assistance
- Utility assistance — electric, water, heating, etc.
- Food assistance — food pantries, SNAP information, meal programs
- Shelters and emergency housing
- Healthcare and prescription assistance
- Mental health and counseling resources
- Transportation
- Childcare and children's programs
- Senior services
- Veterans and military-family services
- Employment and financial-support resources
- Government benefits and assistance programs
- Disaster-related assistance and resources

Salvation Army Center of Hope Shelter | 704-348-2560
https://www.salvationarmycarolinas.org/charlotte/get-help/center-of-hope
534 Spratt Street, Charlotte, NC 28206

SC 2-1-1 | 866.892.9211
https://www.sc211.org/
South Carolinians can access 211 and get connected to critical health and social services. 2-1-1 is a free, local, confidential, 24/7/365 service that connects residents anywhere in the state to essential support and information during times of non-emergency crisis and every day needs.

Women's Shelters Search by zipcode

https://www.womenshelters.org/

U.S. Department of Housing and Urban Development Homeless assistance
https://www.hud.gov/helping-americans

EMERGENCY: Psychiatric/ Mental Health

Behavioral Health Charlotte (Atrium Health) | 704-444-2400
https://atriumhealth.org/locations/detail/atrium-health-behavioral-health
501 Billingsley Road, Charlotte, NC 28211

EMERGENCY: Safety

National Domestic Violence Hotline | 1-800-799-7233 | TTY: 1-800-787-3224
https://www.thehotline.org/

This hotline aids victims of domestic violence 24 hours a day. Hotline advocates assist victims, and anyone calling on their behalf, by providing crisis intervention, safety planning and referrals to local service providers.

North Carolina Coalition Against Domestic Violence | 980-771-4673
directory of local assistance
https://nccadv.org/get-help

Mecklenburg County:

Safe Alliance – The Shelter for Battered Women
601 East Fifth Street, Suite 400 | Charlotte NC 28202
Office: 704-944-0169 | Crisis: 704-332-2513
http://www.safealliance.org/

EMERGENCY: Utility Bills

Crisis Assistance Ministry (Mecklenburg County) | 704-371-3001 ext. 260
https://www.crisisassistance.org/programs/basic-needs/emergency-financial-assistance/
500-A Spratt St., Charlotte, NC 28206

Crisis Intervention Program |
https://www.ncdhhs.gov/crisis-intervention-program
Find your NC county:
https://www.ncdhhs.gov/divisions/social-services/local-dss-directory

Duke Energy Customer Assistance Programs |
https://www.duke-energy.com/community/customer-assistance-programs
Find your location:
https://www.duke-energy.com/home/billing/special-assistance/need-help

The Good Fellows |
https://goodfellowsclub.org/family-assistance/?e-page-5f2baeb=3
The Good Fellows Club family assistance program offers aid to those in need of rental and utility assistance.

Homeowner Assistance Fund |
https://www.ncsha.org/homeowner-assistance-fund/
The Homeowner Assistance Fund (HAF) is a new federal program to help homeowners impacted by COVID-19 catch up on mortgage and utility bills and pay other housing costs.

Low Income Energy Assistance
https://www.ncdhhs.gov/divisions/social-services/energy-assistance/low-income-energy-assistance-lieap
Find your county:
https://www.ncdhhs.gov/media/2368/open

Low Income Household Water Assistance Program (LIHWAP) |
803.734.0662
https://www.ncdhhs.gov/divisions/social-services/energy-assistance/low-income-household-water-assistance-program-lihwap

Office of Economic Opportunity (South Carolina) | 1.855.723.7283
http://oeo.sc.gov/index.html

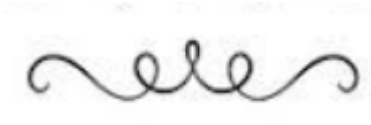
Share the Warmth/ Piedmont Natural Gas |
https://www.piedmontng.com/our-company/about-piedmont/our-community/share-the-warmth

EMERGENCY: Food, Finances, Housing and Programs

A Giving Spirit Foundation
https://www.agivingspiritfoundation.org/
agivingspiritorg@gmail.com | https://www.agivingspiritfoundation.org/contact
A Giving Spirit Foundation (AGSF) provides financial assistance to Charlotte-area mothers fighting debilitating illnesses.

Cabarrus & Rowan Counties: **Cooperative Christian Ministry |** 704-786-4709
https://cooperativeministry.com/
Concord, NC 28026

Community Action Agencies
rent, housing, repairs to conserve energy and reduce utility bills, repair/ replace inefficient heating, furnaces and cooling systems
https://www.needhelppayingbills.com/html/north_carolina_community_actio.html



BABY on-the-WAY, UNEXPECTED PREGNANCY, & DIAPERS

Moms.gov
https://www.moms.gov/
A resource listing **pregnancy support services** and **health centers** across the country. Includes nutrition & health info for expectant moms.

Birthright of Charlotte | https://birthrightofcharlotte.org/baby-supplies/
704.975.8572 | 4435 Monroe Road Charlotte, NC 28205
Birthright of Charlotte is your dedicated pregnancy resource center, providing compassionate prenatal care resources and support services in Charlotte, NC. Whether you're seeking free pregnancy testing, prenatal care information or guidance during your pregnancy journey, we are here to assist you every step of the way.

Are you a new or expecting parent in need of essential baby supplies? Birthright of Charlotte is here to help. As a dedicated non-profit pregnancy support and

resource center, we offer free baby supplies in Charlotte, NC to support families and ensure every baby gets the opportunity for a great start in life



Bright Blessings
https://www.brightblessingsusa.org/bless-a-baby2
1150-C Crews Road, Matthews, NC 28105 | 704-846-2329

Every baby deserves a positive start to life. Our Bless-A-Baby program brings help and hope to homeless and impoverished babies by providing for their emergent health and well-being. Every Blessing Basket that we prepare and deliver is tailored to the needs of each individual child and provides all of the new basics that baby needs. Soft blankets, fresh clothing, diapers and wipes, critical healthcare items, feeding supplies, educational materials and more—these gifts of love and support fill each and every basket.

Embrace Grace
https://embracegrace.com/get-support
817-755-8484
Has your life been impacted by a surprise pregnancy? No matter your past or what you are going through, whether you choose to parent or place for adoption, we want to walk with you. When you join this support group, you will: meet weekly for 12 weeks, be encouraged by women who have walked in your shoes, make new friends and receive a baby shower in your honor.

For Every Woman Search engine for social services, mental health support, parenting resources, pregnancy tests and ultrasounds, women's health care, adoption & foster care. STD testing, and birth control services by zip code:
https://foreverywoman.org/

GATE Pregnancy Resource Center
https://gateprc.org/free-services
3824 Hwy 49 South
Harrisburg, NC 28075
280 Concord Pkwy, Suite 110-C
Concord, NC 28027
704-455-5200
Free and confidential pregnancy testing, STD/STI information, adoption referrals, medical referrals, educational classes, infant boutique

Help Pregnancy Center
https://monroehelp.com/en/home/
480 Help Street, Monroe, NC 28110 | 704-289-5133 | info@monroehelp.com

319 A Unionville-Indian Trail Rd |704-839-0071 indiantrailhelp@monroehelp.com

10004 New Town Rd, Waxhaw 28173 | 704-627-4015 | marvinhelp@monroehelp.com

For over 31 Years the HELP Pregnancy Center in Monroe NC has been helping women and saving babies in the local community and surrounding areas. Our heart is to let every woman know that she has a friend and advocate when faced with the decision of an unplanned pregnancy. Call us today to schedule a free pregnancy test & ultrasound, confidential peer counseling, and Pregnancy, Parenting & Bible study classes. Come talk with a friend and find out the options you have.

Hope Pregnancy Resource Center

http://hprc-anson.org/
148 East Morgan St., Wadesboro, NC 28170 | 704.690.6689

Free pregnancy tests and ultrasounds, information about abortion, adoption, and parenting, Counseling, Information and support for men in relation to pregnancy issues, Abstinence counseling, Post-abortive support services. The PRC provides all offered assistance free of charge.

> ***The HOPE Chest*** is a clothing ministry for young children and women. We have free clothes up through size 4T. Clients can come once every three weeks to receive clothing. By appointment only, call (704-690-6689) or email (hope.prc.anson@gmail.com) to create an appointment.

MiraVia | https://miravia.org/
704.525.4673 | 810 Tyvola Road, Suite 100, Charlotte, North Carolina 28217
Facing an unplanned pregnancy can seem overwhelming as you experience many fears and challenges. You may feel pressure from those around you. You are not alone in your pregnancy journey. You and your baby are so greatly loved, wanted and desired. You are stronger than you know! Since 1994, MiraVia has been a safe haven and source of hope for women and their children and has empowered thousands to achieve their dreams. Our supportive staff understands very well that each person's situation is unique. We are here to help you deal with your concerns through our professional, caring and life-affirming programs.

NC DIAPER BANK | https://www.ncdiaperbank.org/charlotte
(980) 900-7364 7841 Idlewild Road, Charlotte, NC 28212-5845
info@ncdiaperbank.org
Ensuring that families with babies and children living with poverty have an adequate supply of diapers.

Palmetto Women's Center | https://www.palmettowomenscenter.com/
803.887.3977 | 828 Lucas St, Rock Hill, SC 29730
Services confidential and free of charge:

- Pregnancy testing
- Options consultations
- Abortion information
- Abortion pill reversal
- Limited obstetrical ultrasounds
- Pregnancy support
- Parenting classes and education
- Material support
- Support for men
- Abortion recovery
- Sexual health education
- Referrals

Pregnancy Care Center of Catawba Valley
https://www.pcchickory.com/
421 Main Ave. SW, Hickory, NC 28602 | 828.322.4272

Offering the following services free and confidential: pregnancy testing, ultrasound, pregnancy options education, male client advocates & men's group, educational classes, maternity and infant clothing and baby supplies, abstinence education, support for mother placing for adoption, pregnancy loss support, post abortion for women "Forgiven and Set Free", post abortion for me "Healing the Father's Heart"

Queen City Pregnancy Resource Center
https://myqcprc.com/
1508 E. 4th Street, Charlotte, NC 28204 | 980.999.5191
Pregnant? We offer pregnancy testing, education, and limited obstetrical ultrasounds. Our center is staffed by licensed health care professionals, including nurses, sonographers, and an OB/GYN doctor

Safe Surrender for Newborns
https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender

Social Services directory:
https://www.ncdhhs.gov/divisions/social-services/local-dss-directory

North Carolina's Safe Surrender Law allows a parent to surrender a newborn up to seven days old to *a responsible adult* without the parent providing his or her name. Safe Surrender is legal and aims to prevent newborns from being hurt or abandoned. Do your best to make sure that the baby is healthy, warm and clean. Then find a responsible adult who will assist you with the surrender of your newborn. Your best options for a Safe Surrender contact include: health care provider, law enforcement officer, social services worker, emergency medical personnel.

Women's Centers

https://womenscenters.org/

8210 University Executive Park Drive Suite 150, Char NC 28262 | 704.870.7467

163 Winecoff Avenue NW Concord, NC 28025 | 704.870.7467

Here at our Women's Centers ALL of our services are FREE. We aim to provide compassionate support so you can make the best choices for your life and future. No matter your circumstances we are here to talk you through it.

Our Services at a Glance:
Medical-Grade Pregnancy Testing
Limited OB Ultrasounds
STI Testing
Abortion Pill Reversal

At your appointment, we will sit down with you and talk through your options: parenting, adoption, and abortion so you can make an informed decision. We provide clear accurate information and a space where you can ask whatever's on your mind. If you're having an unexpected pregnancy, you don't have to carry this by yourself.

If you've experienced an abortion in the past, we also offer post-abortion healing courses. You deserve support, no matter your story.

BIRTHDAYS

Bright Blessings
https://www.brightblessingsusa.org/bless-a-birthday
1150-C Crews Road, Matthews, NC 28105 | 704-846-2329



At shelters and housing programs, this program offers all the traditional birthday fun, plus educational and enrichment activities. Our parties include meals, cupcakes, treat bags and lots of love and attention for the kids! Many of these children have never experienced a birthday party or received new presents, but being in the spotlight and feeling a positive sense of self are oftentimes the gifts that mean the most. (con'd)

For transient homeless students, our birthday and care packages are delivered anonymously to local schools. Elementary age students receive birthday treats to share with classmates, giving them a chance to feel confident and a sense of normalcy among peers. Middle and high school students receive a birthday bag with supplies and special sweets to take 'home' and celebrate with family. All students served also receive new presents, books and academic supplies, healthy snacks, as well as a care & comfort set.

BURIAL ASSISTANCE



Catholic Ministries
https://www.ccdoc.org/en/services/burial-assistance
1123 S. Church Street Charlotte, NC 28203 | 704-370-3262
Catholic Charities assists families with limited resources in making arrangements and final plans for a family member.

CAR CARE

AAA discount parts and auto repair located throughout the city
https://www.aaa.com/autorepair/

Asiaworks began business in 1997 with the vision of providing customers who needed maintenance and repair on their ***Honda or Acura*** vehicles with honesty, competence and good value.
http://asia-works.us/
10715-B Park Road Extension, Pineville, NC 28210 | 704-542-8731
200 Scaleybark Rd, Charlotte, NC | 704-527-9433
6932 N. Tryon St, Charlotte, NC | 704-509-6099

★ **Auto Repair Mom** | Bailey Holston Discount available to Single Moms. Mention 'The Kids & Me.' Always get a full quote before beginning any work.
https://autorepairmom.com/
226 Marvin Road,
Suite 400 Ft. Mill, SC 29707 | 803-228-0250

CAREER ADVANCEMENT & SUPPORT

Dress for Success Charlotte
https://charlotte.dressforsuccess.org/
53 2128 Remount Road, Charlotte, North Carolina | 704-525-7706
A champion of women's upward economic mobility since 2000, Dress for Success Charlotte empowers women to achieve economic independence by providing a network of support, professional attire, and development tools to help women thrive in work and in life.

CHILDCARE

Assistance in Paying for Child Care

ChildCare.gov
https://childcare.gov/consumer-education/get-help-paying-for-child-care/child-care-financial-assistance-options

Summary of different programs that may be available to help with the cost of child care.

Empower Her Village
https://empowerhervillage.org | info@empowerhervillage.org
Empower Her Village exists for mothers and caregivers in the missing middle those carrying the weight of care without enough support, often earning too much for government assistance while still not having enough to do it all alone. We're building a nurturing community with the care, connection, and resources families need to rise.
You are not alone.

North Carolina Division of Child Development and Early Education
https://ncchildcare.ncdhhs.gov/Services/Financial-Assistance
North Carolina's Division of Child Development uses a combination of state and federal funds to provide subsidized child care services to eligible families through a locally administered state-supervised voucher system.

Childcare Providers

Bethlehem Center
www.bethlehemcenter.org
2705 Baltimore Avenue, Charlotte, NC 28203 | 704- 375-1417
A faith based ministry founded by the women of the United Methodist Church. Our mission is to provide educational opportunities for low income children and families to improve the quality of their lives.
Services:
Youth Development: After School and Summer Camp
Health & Wellness Clinic
Emergency Services Missions and Church Agency Relations
Head Start
Substance Abuse Prevention & Education

Boys and Girls Club of Charlotte
https://www.bgca.org/get-involved/find-a-club?amenities=&lat=35.2270869&lng=-80.843126699999997&address=Charlotte,%20NC,%20USA
940 Marsh Road, Charlotte, NC 28209 | 704-714-4738
901 Belmont Avenue, Charlotte, NC 28205
2901 Milton Road, Charlotte, NC 28215
1720 Vilma Street, Charlotte, NC 28208
2600 North Pine Street, Charlotte, NC 28206

Central Church of God Preschool
https://www.centralnc.org/locations/charlotte-campus/weekday-preschool/
5301 Sardis Road , Charlotte, NC 28270 | 704-364-5003

Charlotte Mecklenburg Schools After School Enrichment Program
https://www.wearecms.com/apps/pages/registerforasep
Email: asep@cms.k12.nc.us
1600 Tyvola Road, Charlotte, NC 28210 | 980-343-5567

Child Care Resources Inc.
www.childcareresourcesinc.org
Child care search https://stage.worklifesystems.com/parent/27
4601 Park Rd., Suite 500, Charlotte, NC 28209 | 704-376-6697

Christian Summer Camps in NC & SC
https://docs.google.com/spreadsheets/d/1VL-wC31pcvlykuQFJFOETXn3npdYvKponLP1CfzdOfs/edit?usp=sharing

Christ Our Shepherd Ministries
https://coskidsmatthews.org/
226 West John Street, Matthews, NC 28105 | 704-845-4673

Directory of Family Services in Charlotte-Mecklenburg
http://manage.cha-nc.org/public/content/resources/Family_Resources.pdf

Division of Child Development and Early Education
https://ncchildcare.ncdhhs.gov/childcaresearch
Search for a Child Care Facility
704-336-3000

Free Preschools
https://www.freepreschools.org/county/nc-mecklenburg
Nationwide directory of free preschools and prekindergarten programs and schools in the US. We also provide information and reviews on the schools and programs provided.
contact form: https://www.freepreschools.org/info/about.html

The Learning Collaborative (Pre-School)
https://www.tlccharlotte.org/index.php/about
3241 Sam Drenan Road, Charlotte, NC 28205 | 704-377-8076

Our vision is that children and parents working together can overcome at-risk beginnings through an early educational intervention, paving the way for success in kindergarten and beyond, inspiring a love of learning, confidence in themselves and hope for their futures.

Vacation Bible School
Google: "Vacation Bible School Charlotte NC"

YWCA Afterschool Programs
https://www.ymcacharlotte.org/programs/childcare-education/afterschool
704.716.6200

CLOTHING

A Closet Full consignment
2041 South Boulevard, Charlotte, NC 28209 | 704-372-5522

Butterflies and Bullfrogs children's consignment
5820 Us Hwy 74, W Indian Trail, NC 28079 | 704-421-2239

Crisis Assistance Ministry clothing, household goods, school uniforms
https://www.crisisassistance.org/donate/donate-clothing-household-goods/
500-A Spratt St., Charlotte, NC 28206 | 704-371-3001

Goodwill Thrift Stores
https://goodwillsp.org/shop/goodwill-locations/?mpfy_search=charlotte

Great Things Thrift Store women's clothing
https://shopgreatthings.org/
1914 Beatties Ford Rd, Charlotte, NC 28216 | 704-394-9292

Matthews H.E.L.P. Center
http://www.matthewshelpcenter.org/thriftshop.html

Monday – Saturday: 10:00 AM – 5:00 PM
119 N Ames Street, Matthews, NC 28105 | 704-847-8383

New Hope Clothes Closet- Hope 4 Families | 704-608-1910
7841 Idlewild Road, Charlotte, NC 28212-5845
New Hope Clothes Closet is lovingly called Hope 4 Families (H4F) which has been operational since 2015. The clothes closet provides free clothing, shoes, and accessories all donated by local businesses, and personal contributions. H4F is open on the first and third Saturday of each month from 10 am to 1 pm (see our calendar). The clothes closet is supported by area churches, and volunteers personally assist clients meet their clothing needs.
clothescloset@newhopecharlotte.org
http://newhopecharlotte.org/ministries

Once Upon a Child
https://onceuponachild.com/
8700 Pineville-Matthews Road, Charlotte, NC 28226 | 704-541-5144
9623-J East Independence Blvd, Matthews, NC 28105 | 704-847-6337
2930 E Franklin Blvd., Suite 18 Gastonia, NC 28056 | 980-320-8816
2349 Cherry Road, Rock Hill, SC 29732 | 803-324-0017
349-O Copperfield Blvd., Concord, NC 28025 | 980-255-8581

Plato's Closet buys and sells gently used name brand clothing
https://www.platoscloset.com/locations/list/NC#us
9623 E Independence Blvd. Matthews, NC 28105 | 704-844-6744
9519 South Blvd, Ste. A South Charlotte, NC 28273 | 704-817-9099
10215 University City Blvd. Charlotte, NC 28213 | 704-717-2972

Salvation Army Thrift Stores
https://www.salvationarmycarolinas.org/charlotte/locations?command=7,62

Sweet Repeats Upscale Consignment Boutique
https://sweetrepeatsboutique.com/
300 East Blvd Suite 2, Charlotte, NC 28203 | 704-372-0002

Very Terry Consignment women's clothing

310-4 East Blvd., Charlotte, NC | 704-375-0655



Shopper's Tip: For greatly reduced prices on quality merchandise, shop *end of season sales* at department stores like Belk's or Macy's.
for summer clothes - shop in early October
for winter clothes – shop in early January

COACHES AND MENTORS

YoungLives YoungLives clubs are regular gatherings with parenting teenagers and mentors with the support of childcare workers and various community help. Clubs meet around the world offering fun, laughter, encouragement and an inspirational message. Other YoungLives activities may include Bible study, group outings and life skill instruction.
https://younglives.younglife.org/

SCORE
https://charlotte.score.org/
Our Mentors are experienced entrepreneurs, corporate managers, and executives with a diverse set of industries and specialties who volunteer their experience and knowledge to help small business professionals start, develop, and grow businesses. We offer free and confidential mentoring along with low-cost or no-cost business training, and numerous templates and tools.

COVERING COLLEGE COSTS FOR KIDS

FAFSA – Free Application for Federal Student Aid
https://studentaid.ed.gov/sa/fafsa
Single application for all federal student scholarships, grants, and loans;
critical date: October 1 of the year prior to the school year

CFNC Helping you plan, apply for, and pay for college.
https://www.cfnc.org/index.jsp
866-866-2362

Wayfind Have a student at East Union or Monroe Middle School? Check out this mentoring program for 8th graders which can lead to a full scholarship at Wingate University!
https://www.wingate.edu/wayfind
t.myers@wingate.edu

COMPUTER REPAIR

Geek Squad of Best Buy: Total Tech Support
https://www.bestbuy.com/site/total-tech-support/computer-tablets/pcmcat1523037526026.c?id=pcmcat1523037526026
1-888-237-8289

Annual contract for unlimited repairs and 24/7 access for $199.00.
Premise and home repair calls for an extra $49.00 per call.

COUNSELING/ THERAPY

Access Counseling and NeuroTherapy
https://accesscm.org/
10030 Park Cedar Dr./ Suite 200, Charlotte, North Carolina 28210
Phone: 704-751-7775
Individual, Pre-Marital, Marriage, and Anxiety Therapy through Christian Counseling.

The Barnabas Center (Roger Edwards, Kurt Zuiderveen)
https://thebarnabascenter.org/
442 S. Main Street, Davidson, NC 28036| (704) 365-4545

Kurt Zuiderveen joined The Barnabas Center in 2008. Kurt earned his bachelor's from Grand Valley State in Michigan and his master's in counseling in 2004 from Reformed Theological Seminary in Orlando, Florida. Before joining The Barnabas Center, Kurt gained counseling experience through private practice, the church setting, and state-funded counseling programs. Kurt is trained in EMDR, which is a therapeutic way of processing trauma focusing on the mind/body response to distressing situations.
Kurt sees individual men, women, and couples for:

- Anxiety
- Depression
- Grief
- Marital conflict
- Past trauma
- Sexual brokenness

Through a kind understanding of the problem and a curious exploration of our internal reaction to that in a safe place, Kurt believes that healing/change/growth can happen even if the situations do not change.

Called to Peace
https://www.calledtopeace.org/who-we-help/individuals/
Wake Forest, NC 27588 | 919-374-0778
Called to Peace Ministries exists to provide a compassionate, comprehensive, and Christ-centered response to those impacted to those impacted by domestic abuse. Domestic abuse can happen to any one of any race, age, sexual orientation, religion, or gender. It can happen to couples who are married, living together, or who are dating. It affects people of all socioeconomic backgrounds and education levels. Unfortunately, statistics are no better for women within the church.

Concord Counseling Associates and Natalie Atwell Counseling
http://concord-nacounseling.com/
170 Davidson Highway/ Suite 201, Concord, NC 28027 | 980.209.6328
We provide professional counseling services to families, couples and individuals of all ages (children & adults). Our theoretical approaches and therapeutic techniques include, but are not limited to, cognitive-behavioral therapy, gestalt therapy, solution-focused, reality therapy and person-centered.

Corban Counseling
https://corbancounseling.com/
11503 Sir Francis Drake Drive, Charlotte, NC 28277 | (704) 562-7919
Individual, Family, and Couples Therapy.

Feather and Field Counseling (Molly Warner)
https://www.featherandfieldcounseling.com/
522 Moravian Lane, Charlotte, North Carolina 28207| (704) 412-2118

Feather & Field counseling focuses on partnering with clients to cultivate areas of lightness and spaciousness in their lives, spaces often hidden underneath layers of anxiety, depression, isolation, and fear. Borrowing from the language of creativity, I love partnering with individuals and couples to discover their unique wiring. This involves uncovering blockages to feeling supported in meaningful pursuits, while using an eclectic blend of mindfulness-based cognitive behavior therapy, narrative therapy, as well as Acceptance and Commitment Therapy (ACT) techniques. Treats Depression, Anxiety, Relationship Difficulties, Life Transitions, Difficulties with Self-Esteem, Professional/Career Issues, College/Graduate School Issues, Stress Management, Postpartum Depression/Anxiety, Spirituality, Addiction

House of Hope Counseling (Madison See)
https://www.houseofhopecounseling.com/

19810 W. Catawba Ave., Ste E, Cornelius, NC 28031 | Phone: 980.689.1919

I am a Licensed Clinical Mental Health Counselor in North Carolina and a member of the American Counseling Association. I am also an adjunct professor in multiple graduate counseling programs. My counseling work spans across the lifespan with teens, young adults, adults, and high level athletes. I specialize in concerns including, but not limited to, grief, trauma, anxiety, depression, athletic performance, chronic pain, and disabilities. I received my bachelor's degree from Davidson College, my Master of Arts in Clinical Mental Health Counseling from Gordon-Conwell Theological Seminary, and am currently a PhD Candidate in the Counselor Education and Supervision program at Regent University. I utilize a holistic approach that takes into consideration the physical, spiritual, mental, emotional, and relational aspects of who you are. I work within your beliefs, values, and attitudes, and respect the diversity of your experiences and perspectives. I use a depth work framework of Internal Family Systems, EMDR, Experiential Therapy, and Narrative Therapy as my main approaches. However, I also utilize DBT and CBT as clients need. I have previous clinical experience in a hospice agency setting, religious institution, private practice, and within a Division 1 athletic department. I am currently only seeing clients virtually in order to provide effective and accessible mental health care.

Kannapolis Counseling Group

http://kannapoliscounseling.com/

1811 S. Main St., Kannapolis, NC 28081 | 980-553-1083

Individual, Family, Couples, & Group Therapy and Equine Assisted Psychotherapy. Experience healing and life change through faith-centered therapy.

Milk and Honey Counseling (Meredith McDaniel)

https://milkandhoneycounseling.com/

2039 Mecklenburg Highway, Mooresville, NC 28115| (704) 489-3582

215 South Main Street Suite 202, Davidson, NC 28036

Individual, Family, and Couples Counseling; Career/ Calling Consulting.

Shore Counseling (Brett Shore)

https://www.shore-counseling.com/

215 South Main Street, Suite 202, Davidson, NC 28036 | (704) 765-6025

Helping Individuals, Couples & Families
HEAL from the past,
CONNECT in the present and
HOPE for a better future.

Teresa Dillard Counseling

https://teresadillardcounseling.com/

16905 Northcross Drive, Suite 170, Huntersville, NC 28078| 704.995.5907

Treats • Anger Management • Anxiety/Phobias • Depression • Co-Dependency Issues • Communication Issues • Couple and Marital Conflict Resolution • Crisis Intervention • Self Identity/Self-Concept • Grief and Loss • Post-Traumatic Stress Disorder (PTSD) • Pre-Marital • Trauma

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COUPONS

The Coupon Mom Use CouponMom.com to get dramatic savings without having to spend an extreme amount of time figuring out the best coupon deals.
https://www.couponmom.com/

DENTAL

Agape Dental Agape Dental Ministry provides free dental care to the under-served residents of Mecklenburg County. Because of our gratitude to the men and women who serve our country, we also see all military veterans and their spouses regardless of income or residency.
http://www.agapedentalministry.org/

Dental Clinic Resource List

https://www.mecknc.gov/HealthDepartment/Documents/DentalResourcesPamphletOctober2016.pdf

EDUCATION

High School Credentials

Central Piedmont Community College | 704.330.6129
Adult High School Diploma, General Educational Development (GED) Instruction & Testing, and High School Equivalency (HSE) Instruction & Testing
http://catalog.cpcc.edu/programsofstudy/collegeandcareerreadiness/

Local College & University

Central Piedmont Community College
https://www.cpcc.edu/

Harper Campus 315 W. Hebron Street, Charlotte, NC 28273 | 704.330.4400
Harris Campus 3210 CPCC Harris Campus Dr., Charlotte, NC 28208 | 704.330.4601 *(continued)*
Levine Campus 2800 Campus Ridge Road Matthews, NC 28105 | 704.330.4200
Merancas Campus 11930 Verhoeff Drive Huntersville, NC 28078 | 704.330.4100

University of North Carolina at Charlotte
https://www.uncc.edu/
9201 University City Blvd, Charlotte, NC 28223 | 704-687-8622

Hands-On Education

Community Culinary School of Charlotte
Workforce development through the culinary arts
https://communityculinary.org/
9315-D Monroe Road Charlotte, NC 28270-1427 | 704-375-4500

Empire Beauty Schools cosmetology training
https://www.empire.edu/cosmetology-schools
4901-B North Tryon Street, Charlotte, NC 28213 | 704-597-5503
8700 Pineville-Matthews Road, Pineville, NC 28226 | 704-544-5601

Paul Mitchell Schools cosmetology training
https://paulmitchell.edu/charlotte
1516 Elizabeth Avenue, Charlotte NC 28204 | 704-335-0060

Southeastern Institute
https://www.southeasterninstitute.edu
5250 77 Center Dr Suite 100, Charlotte, NC 28217 | 704-527-4979

Programs include electronic medical billing and coding specialist, hospitality certificate, medical assisting certificate, pharmacy technology, phlebotomy, professional clinical massage therapy

Therapeutic Massage Training Institute
https://massagetraining.com/
726 East Boulevard, Charlotte, NC 28203 | 704-338-9660



Job Hunt Tip: Google "paid on the job training" for a listing of employers who will pay you while you learn.

ENTERTAINMENT

Free Things To Do

Charlotte on the Cheap list updated frequently
https://www.charlotteonthecheap.com/freethingstodo/

Charlotte on the Cheap
Lists of activities to do with kids**:**
https://www.charlotteonthecheap.com/free-cheap-events-kids/

https://www.charlotteonthecheap.com/category/charlotte-kids/

Library

Imaginon story time, free Wi-Fi, outdoor seating, media check-out with PLCMC library card
https://www.cmlibrary.org/branch/imaginon-joe-joan-martin-center
300 East Seventh Street, Charlotte, NC 28202 | 704-416-4600

Winter Break Enrichment Activities at the Library for Children & Adults
https://www.cmlibrary.org/blog/bored-over-winter-break-not-chance-library?utm_source=email&utm_medium=monthly-email&utm_campaign=2019-dec-email&utm_term=mc&utm_content=link-to-winter-break-blog

Discount Movies



Parenting Tip: Reading movie reviews is a great way to manage your child's entertainment.
Focus on the Family's *Plugged In*
https://www.pluggedin.com/movie-reviews/

Movie reviews that address positive elements, spiritual content, sexual content, violent content, drug & alcohol content, crude and profane language

Ayrsley Grand Cinema 14 $5 Tuesdays – verify restrictions
http://www.ayrsleycinemas.com/
9110 Kings Parade Boulevard, Charlotte, NC 28273
Movie Times: 980-AYRSLEY
Theater: 980-297-7540

Cinemark Movie Bistro Charlotte $5.75 Tuesdays –verify restrictions
https://www.cinemark.com/north-carolina/cinemark-movie-bistro-charlotte
9630 Monroe Road, Charlotte NC 28270 | 704-847-2031

Matthews 10 Cinemark Cinema $3.25 for most movies
https://www.cinemark.com/north-carolina/cinemark-movies-10

9508 Northeast Court, Matthews NC 28105 | 704-847-5245

Museums

Discovery Place science exploration, exhibits, STEM classes
https://www.discoveryplace.org/
301 N Tryon St, Charlotte, NC 28202 | 704.372.6261

Nature Museum science exploration, traveling exhibits, live shows
https://nature.discoveryplace.org
1658 Sterling Road, Charlotte, NC 28209 | 704.372.6261

Outdoors

Charlotte Greenways
https://www.charlotteagenda.com/92571/complete-guide-charlottes-greenways/

Mecklenburg Parks and Recreation
https://apm.activecommunities.com/mecklenburgparks/Activity_Search

YMCA Camp Thunderbird
https://www.ymcacharlotte.org/camps/camp-thunderbird
1 Thunderbird Ln, Lake Wylie, SC 29710 | 800-732-3855

Whitewater Center free to visit; pay per activity
https://usnwc.org/
5000 Whitewater Center Parkway, Charlotte, NC 28214| 704.391.3900

Swimming

Ray's Splash Planet indoor water park; free swimming lessons
https://www.mecknc.gov/ParkandRec/Aquatics/Pages/default.aspx
215 North Sycamore Street, Charlotte, NC 28202 | 980-314-4729

YMCA rate based upon income level
https://www.ymcacharlotte.org/membership
704-716-6200

Theatre

Children's Theatre of Charlotte
www.ctcharlotte.org
704-973-2828

Eagles' Wings Studio
https://www.eagleswingsstudio.com/shows
10058 E Independence Blvd, Matthews, NC 28105 | 704-890-4799

NarroWay original Broadway-style shows
https://narroway.net/
3327 Hwy. 51 N, Fort Mill SC 29715 | 803.802.2300

Spirit Square free open mic every other month
https://www.blumenthalarts.org/spirit-square
https://www.blumenthalarts.org/education/community-programs/open-mic
345 N. College St., Charlotte, NC 28202

FINANCIAL SERVICES

Dave Ramsey Financial Planning free downloads (Get out of debt, Learn to budget, Save for Retirement, Find the right Insurance, Buy a Home, Sell a Home) and paid classes
https://www.daveramsey.com/get-started

WIFE [Women's Institute for Financial Education] the oldest, most established non-profit organization dedicated to providing an unbiased, financial education to women in their quest for financial independence
https://www.wife.org/

WISER [Women's Institute for a Secure Retirement] The Women's Institute for a Secure Retirement (WISER) is dedicated to improving the long-term financial security of all women through education and advocacy.
https://www.wiserwomen.org/ | 202.393.5452

Neighborhood Assistance Corporation of America (NACA)
https://www.naca.com/about/about-naca/

5500 Executive Center Drive Suite 105, Charlotte, NC 28212 | 704-536-7676

The Neighborhood Assistance Corporation of America ("NACA") is a non-profit, community advocacy and homeownership organization. NACA's primary goal is to build strong, healthy neighborhoods in urban and rural areas nationwide through affordable homeownership. NACA has made the dream of homeownership a reality for thousands of working people by counseling them honestly and effectively, enabling even those with poor credit to purchase a home or modify their predatory loan with far better terms than those provided even in the prime market.

National Foundation for Credit Counseling
https://www.nfcc.org/
800-388-2227

NFCC Certified Financial Counselors are also trained to address serious repayment issues involving credit card debt, home-related debt and student loans. Working with a **nonprofit NFCC member agency**, you may be eligible for a **Debt Management Plan** that provides affordable payment terms and, in some cases, an extended payment timeline

VITA
https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers
800-906-9887

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make $56,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

FOOD

NCDHHS Food and Nutrition Services is a federal food assistance program that provides low-income families the food they need for a nutritionally adequate diet. Benefits are issued via Electronic Benefit Transfer cards (EBT cards).
https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps
1-866-719-0141

Charlotte-Mecklenburg Schools Free & reduced school meals for students
https://www.wearecms.com/apps/pages/applyforfreeorreducedmeals
980-343-3000

WIC-local site
https://www.ncdhhs.gov/assistance/childrens-services/wic-special-supplemental-nutrition-program
2845 Beatties Ford Rd.
Charlotte, NC 28216
Appointments: 704-336-6500
Information: 980-314-9410
Other counties: https://www.nutritionnc.com/wic/directory.htm

Special Supplemental Nutrition Program for Women, Infants and Children (up to 5 years) that provides healthy food and health care support via Mecklenburg County Health Department

Loaves and Fishes Food Pantry
https://loavesandfishes.org/food-pantries/
704-523-4333

Located at various churches throughout the city.
Must have referral to qualify for services:
http://loavesandfishes.org/get-help/

Second Harvest Food Bank
https://www.secondharvestmetrolina.org/need-food/get-food-assistance
704-376-1785
Map with locations across Charlotte for pantry, soup kitchen, and/or shelter. Hours vary.

Matthews Help Center
http://www.matthewshelpcenter.org/assistance.html
119 N. Ames St., Matthews, NC 28105 | 704-847-8383

One week family supply of food and toiletries.
Financial crisis help for rent and utilities.
Free thrift boutique.
Must bring proof of qualifications listed at website to receive services.
Financial planner appointments available.

FURNITURE & APPLIANCES

See **CLOTHING** for thrift store and consignment store leads.

Sign up for *The Kids & Me* Support Network to receive the *Give & Take* listing.

Beds for Kids https://bedsforkids.org/ 980-422-1192
Refurbished bedding and furniture for free.

HOME REPAIR

NC 2-1-1
Home Repair
https://www.nc211.org/housing-help
888-892-1162 or 211

HOUSING

Charlotte Housing Authority
http://cha-nc.org/
1301 South Boulevard, Charlotte, NC 28203 | 704-336-5183
Income based housing, workforce housing, market-rate housing & mixed income housing

Community Link
https://communitylinknc.org/
704.943.9490
Community Link's mission is to enable individuals and families to obtain and sustain safe, decent and affordable housing.

Family Self-Sufficiency Program of the Charlotte Housing Authority
http://manage.cha-nc.org/public/content/resources/Non-HOPE%20FSS%20Brochure.pdf
326 Benjamin Street , Charlotte NC 28203 | 704-336-5317

Habitat for Humanity
https://www.habitatcharlotte.org/
3815 Latrobe Drive, Charlotte, NC 28211 | 704-376-2054
Home Ownership with no down payment and no interest loans based on income, class attendance and sweat equity.

Helping Low Income
https://helpinglowincome.com/category/housing-assistance/
online resource

HUD Public Housing | 1-800-955-2232
https://www.benefits.gov/benefit/863
information for your state:
https://www.hud.gov/states
Public housing is limited to low-income families and individuals and eligibility is based on annual gross income and U.S. citizenship or eligible immigration status. If you are eligible, a public housing agency will check your references to make sure you and your family will be good tenants. Any applicant whose habits and practices may be expected to have a detrimental effect on other tenants or on the project's environment will be denied.

NC 2-1-1
https://www.nc211.org/housing-help
888-892-1162 or 211
Housing and Shelter Assistance
Low Cost Housing
Housing Expense Help

NC Home Protection Program and Loan Fund
https://www.needhelppayingbills.com/html/north_carolina_home_protection.html
800-393-0988
This program is destined for homeowners and single moms who have lost their job. A zero percent interest loan of up to $24.000 to help pay for your mortgage can be offered that doesn't need to be repaid for up to 15 years.

NC Housing Finance Agency
https://www.nchfa.com/
919-877-5700
Mission is to create affordable housing opportunities for North Carolinians whose needs are not met by the market.

Movement Mortgage | 888-589-4416
https://movement.com/
8024 Calvin Hall Road, Indian Land, SC 29707 Movement Mortgage, LLC
Home loans processed in 7 days. Our goal is to have a long-term impact on the individual lives of those underserved in our communities. Our mission to love and value people drives everything we do.

State Home Foreclosure Prevention Project
http://financialpaths.org/foreclosure-prevention/state-home-foreclosure-prevention-program-shfpp/
7820 North Point Blvd. Suite 100 | Winston-Salem, NC 27106
PHONE: 336-896-1191 | TOLL FREE: 1-888-474-8015

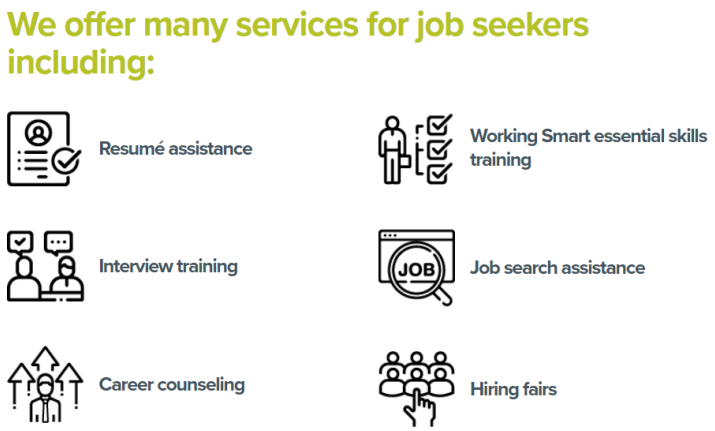
The State Home Foreclosure Prevention Project (SHFPP) is a partnership of government agencies, HUD-approved housing counseling agencies, legal assistance organizations, mortgage servicers and community organizations. SHFPP provides homeowners with referrals to free resources through partner housing counseling agencies that may be able to help them avoid foreclosure. Help is offered to any N.C. homeowner who has received a 45-day pre-foreclosure notice via a "Foreclosure Help" letter from the N.C. Housing Finance Agency, giving a toll free number to call.

As a HUD-approved counseling agency and SHFPP partner, Financial Pathways can review clients' situations with them, identify options to avoid foreclosure, link low-income clients to legal assistance, and help clients work with their mortgage servicers. Counseling is available over the phone and face-to-face.

JOB PLACEMENT

Charlotte Works
https://www.charlotteworks.com/
8601 McAlpine Park Drive Suite 130/ Charlotte, NC 28211 | 980.201.3256 | info@charlotteworks.com

Charlotte Works, either directly or through service providers, offers a host of services to support the residents and businesses in Mecklenburg County. Whether you're a job seeker, a young adult or youth, or a business or community partner, Charlotte Works will facilitate a way for you to be effectively engaged in the local workforce.



Workforce/ Job Training in Mecklenburg County
https://www.thekidsandme.org/post/workforce--job-training-in-mecklenburg-county

NC Works
https://www.commerce.nc.gov/jobs-training/resources-job-seekers/ncworks-career-centers 301 North Wilmington Street, Raleigh, North Carolina 27601-1058 | 919.814.4600
NC Works Online
https://www.ncworks.gov/vosnet/default.aspx

PLCMC Career Center
https://www.cmlibrary.org/services/job-help

The Job Help Center is ready to assist you in your job search. We offer extended computer sessions (timed for three hours) and experienced staff to assist with formatting resumes and searching for jobs. We also offer books on careers, online guides to resume writing, computer classes, scanners and fax service, regular programs of interest to job seekers, and an online job board that is updated daily. Job Help Centers are available at Main Library, Beatties Ford Road, Steele Creek Library and Sugar Creek Library.
https://digitalbranch.cmlibrary.org/college-career-prep/jobs/

United States Postal Service
https://about.usps.com/careers/

USA Jobs
https://www.usajobs.gov/

Work First Family Assistance/ Temporary Assistance for Needy Families (TANF)

Work First provides parents with short-term training and other services to help them become employed and move toward self-sufficiency. Counties also provide services such as transportation, child care, financial counseling, short-term training and child and family enrichment services.

https://www.ncdhhs.gov/divisions/social-services/work-first-family-assistance

Find your North Carolina county:

https://www.ncdhhs.gov/divisions/social-services/local-dss-directory

For South Carolina

https://dss.sc.gov/assistance-programs/tanf/

Find your South Carolina county:

https://dss.sc.gov/contact/



Job Search Tip: Google "paid on the job training" to see a listing of employers willing to pay you while you learn

LEGAL SERVICES

Children's Law Center

http://www.childrenslawcenternc.org/

102 W. 3rd St, Suite 470, Winston-Salem, NC 27101 | 336-831-1909

Mainly Forsyth county – may do home visits in other counties. Try to have quick turn-around for chapter 50b case but don't work on a team effort – 1 person per case. Works with Wake Forest Law Center (same stipulations as NCCU). Cases are not referred from legal aid only court appointment or requested in court. Family Justice Center. Have a representative at the center to take protective order cases (Only 50b) cases

Council for Children's Rights – Information and Resource Line

http://www.cfcrights.org/what-we-do-2/community-resources/

704-943-9609

Guardian Ad Litem

https://www.nccourts.gov/programs/guardian-ad-litem
301 Billingsley Road, Charlotte, NC 28211 | 704-336-3150

Law Help
https://www.lawhelp.org/

Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

Legal Aid of North Carolina
http://www.legalaidnc.org/
1-866-219-LANC (5262)

Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

Legal Services Corporation
https://www.lsc.gov/about-lsc/what-legal-aid/i-need-legal-help
1-202-295-1500

LSC is an independent nonprofit established by Congress in 1974 to provide financial support for civil legal aid to low-income Americans. The Corporation currently provides funding to 130 independent nonprofit legal aid organizations in every state, the District of Columbia, and U.S. Territories.

McDowell Street Center for Family Law
www.lawhelpnc.org/organization/mcdowell-st-center-for-family-law?ref=4YiIx
101 N. McDowell Street, Suite 100
Charlotte, North Carolina 28204
(704) 331-4774 Fax: (704) 331-4778
A Non-Profit Law Firm specializing in Divorce, Child Custody/Visitation, Child Support

Safe Alliance/ United Family Services
http://www.safealliance.org/about-us/
980-771-4673
Cornelius NC
704.655.8745

Free, confidential 24/7 hotline for Mecklenburg County residents who need assistance with parenting issues, domestic violence, or sexual assault.

LITERACY FOR CHILDREN

Bright Blessings
https://www.brightblessingsusa.org/gift-of-literacy

In partnership with First Book Charlotte, and thanks to the generosity of local donors, our Gift of Literacy program distributes more than 6,000 new books each year to the children we serve. Our library shelves at the Giving Village are filled with books for children of all ages. From board books and first readers to chapter series, classics and award-winning titles, we are committed to providing the wondrous gift of reading to kids who have few, if any, new books of their own.

Imagination Library
https://imaginationlibrary.com/
111 Dollywood LN, Pigeon Forge, TN 37863 | 865-428-9606

Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities

Jeremiah Program
https://jeremiahprogram.org/early-childhood-education-resources/

Extensive early childhood resource for moms of infants to preschoolers.

Matthews Christian Library
https://coskidsmatthews.org/library.html
library@coskidsmatthews.org
116 N Ames St, Matthews, NC 28105 | 980-245-3687

Our mission at Matthews Christian Library is to provide resources to strengthen your family and faith. All the materials on our shelves are carefully selected to reflect the truth found in God's Word.

We offer a wide variety of materials which are available for our patrons to check out: Bible reference materials; adult Christian fiction and classic fiction such as Charles Dickens; resources for homeschool families; level readers; DVDs for children and families; great audio resources for children and adults, including all the Adventures in Odyssey, Jonathan Park, and Your Story Hour; as well as current magazines for adults and children.

We also have resources from a Christian perspective that address many relevant issues facing individuals and families, including educational choices, money management, separation and divorce, single parenting, and death.

There are quiet work areas, computer work stations, and reading nooks for research, study, or relaxing with a good book.

Public Library of Charlotte & Mecklenburg County
https://www.cmlibrary.org/
Main Branch
704-416-0100

story time, teen services, job help, free library card, makerspace, computer access, free wi-fi

MEDICAL PROVIDERS

Camino Clinic Camino Clinic provides affordable, high-quality health care in a bilingual, and multicultural manner. Our services include Primary Care and Pediatric Care, Chronic Disease Management, Ultrasounds, and Vaccinations. Our trusted, dedicated and experienced staff members work hard to provide you with the highest quality care possible. https://caminohealthcenter.com/clinic/
201 Stetson Dr Charlotte 28262 | 729 S Main St Kannapolis 28081 704.596.5606

Medical Clinic Resource Lists

https://www.freeclinics.com/sta/north_carolina search by zip code

https://www.mecknc.gov/HealthDepartment/Documents/FreeLowCostClinics.pdf

https://www.freeclinics.com/cit/nc-charlotte

https://www.freeclinics.com/cit/nc-pineville

Smith Family Wellness Center
http://www.smithfamilywellnesscenter.com/medical.html
3622 Central Ave, Charlotte, NC 28205 | 704-910-5810

To be seen at the Smith Family Wellness Center, you must:
1. Live in Mecklenburg or surrounding counties
2. Be uninsured or underinsured
3. Provide proof of income
4. Please call (704) 910-5810 for the next new patient screening date and time.

RESTAURANTS

CPCC Culinary School's *Greenway Restaurant*
3 course meal for $12; reservations required
https://www.cpcc.edu/student-experience/campus-dining-and-vending/student-prepared-dining

Kids Eat Free Nights
List compiled by *Charlotte on the Cheap*
https://www.charlotteonthecheap.com/charlottes-kids-eat-free-deals/

SCHOOLS

Brookstone Schools

https://brookstoneschools.org/
301 S. Davidson St., Charlotte, NC 28202| 704-392.6330
When good public schools are inaccessible and private schools are unaffordable, your family is stuck with few options for your child's education. It's frustrating and disheartening. Brookstone provides challenging JK-8 academics are a solid foundation for your child's future life of leadership and service. Your child will be known and understood. We seek to equip your student with faith, virtue, and knowledge (2 Peter 1:5). We adjust your fees based on your income. We believe cost should not keep you away.

SPORTS EQUIPMENT/ BICYCLES

Play It Again Sports Buys and sells used gear
https://www.playitagainsports.com/home
8500 Pineville-Matthews Road, Charlotte, NC 28226 | 704-540-6339

Re-Cyclery/ Trips for Kids Sells refurbished bicycles and provides outdoor programming
https://www.tripsforkidscharlotte.org/re-cyclery
1132 N. Caldwell St., Charlotte, NC 28206 | 704-910-3970

Trips for Kids Charlotte is a chapter of Trips for Kids, a national 501c3 nonprofit youth development and education umbrella organization. Trips for Kids' mission is to give every kid in every community the opportunity to know the joy of riding a bike and the freedom to explore the natural world on two wheels.

Programs include: Discovery Rides, Adventure Clubs, Mobile Bike Clinics, Earn-a-Bike Workshops and Youth@Work programs that help youth to be more active, experience natural places, gain environmental and STEM-based knowledge, build confidence and develop job readiness skills.

We also run the Charlotte Re-Cyclery, where we refurbish donated "dusty not rusty" bicycles for use in EAB and to sell to the public. Proceeds from the Charlotte Re-Cyclery help support our programs.

TRANSPORTATION

Helping Low Income
Online resource to find free car programs
https://helpinglowincome.com/free-cars-for-single-moms/

TRAVEL

Trip Advisor what to do when you get there - advice through peer reviews about hotels, restaurants, flights, vacation rentals, things to do
https://www.tripadvisor.com/

Vacation Rent by Owner Find space to suit your budget and your style wherever you go. (Because VRBO are rented by individuals to individuals, one must exercise necessary caution in selection of appropriate spaces and consider safety.)
https://www.vrbo.com/