

Walking with Moms in Need

St. Barnabas Catholic Church, Arden, N.C.

List of some available services for Moms in Need in Buncombe and Henderson Counties

Updated April 2024

Not all services are Catholic or Christian. Use your judgment.

Table of contents:

Pregnancy / Maternal Services:

Abortion Pill Reversal	page 3
Abortion? Get the Facts	page 3
Abortion Recovery	page 4
Adoption	page 4
Baby Equipment	page 5
Child Care	page 5
Maternity and Baby Clothing	page 6
Maternity Homes	page 6
Miscarriage / Pregnancy Loss	page 7
Parenting Classes	page 7
Pregnancy Centers	page 8
Prenatal Care	page 8
Serious or Terminal Pre-Natal Diagnosis	page 9
Substance Abuse Care for Pregnant Women	page 9
Safe Surrender Law in North Carolina	pages 10 – 12

PRACTICAL HELP

Cars	page 13
Clothing	page 13

Dental Care	page 13
Food Assistance	page 14
Financial Assistance	page 15
Furniture	page 15
Housing	
Transitional Housing	page 16
Maternity Housing	page 16
Housing to Escape Abuse	page 16
Sober Living	page 16
Homeless Shelters	page 16
Permanent Housing	page 17
Home Repair	page 17
Emergency Housing Hotline	page 17
Job Training	page 17
Legal Services	page 18
Medical Care	page 18
Medical Equipment	page 18
Mental Health Hotlines	page 19
Mental Health Psychiatric Services	page 19
Mental Health Counseling	page 20
Mental Health Substance Abuse Services	page 20
Mental Health Rehabilitation Services	page 20
Pharmacies	page 21
Other	page 21

I WANT TO HELP

List of charities that take material donations	pages 22, 23
List of local charities that need money and volunteers	pages 24, 25

PREGNANCY SERVICES

Abortion Pill Reversal

1-877-558-0333 abortionpillreversal.com

64-68% of pregnancies can be saved if antidote medication is taken within 72 hours of taking the first pill. The sooner the better. The hotline / website will take your information and connect you with a provider in your area who can see you.

- **Open Arms Pregnancy Center**, Hendersonville. Provides Abortion Pill reversal. Call 1-877-558-0333 for 24/7 service. Normal hours Mon – Thurs 10 - 2 (828) 676-4510 openarms329.com

Abortion? Get the facts!

- **Mountain Area Pregnancy Services “MAPS”** Asheville and Waynesville offices. FREE pregnancy tests, ultrasounds, counseling and real help. (828) 252-1306 mtnpregnancy.com
- **Open Arms Pregnancy Center**, Hendersonville. FREE pregnancy tests, ultrasounds, counseling and real help. (828) 676-4510 openarms329.com
- **Brevard Center for Women** 828-885-7885 / brevardwomenscenter.com
- **Mars Hill Abiding Hope** 828-680-1230 or text 828-380-6458 abidinghopeinc.org
- **Burnsville-Tri-County Pregnancy Center** 828-682-7250 / burnsvillepregnancyhelp.com
- **Hope – Help – Healing** h3helpline.org / (866) 721-7881. Counseling and support for those considering abortion or suffering from emotional distress after abortion. Trained counselors who themselves have experience abortion will answer your call.
- **Option Line** OptionLine.org / (800) 712-4357. *Spanish available.* Information on pregnancy, options. Help finding a pregnancy center that will help you. FREE.
- **Love Line** loveline.com / (888) 550-1588 (Call or text). Support and assistance for those with unplanned pregnancy based on needs.
- **Let Them Live** Letthemlive.org / (260) 200-3789 Financial assistance for women in crisis pregnancies.
- **Human Defense Initiative** humandefense.com / (682) 777-9557 Information on dealing with crisis pregnancies, pregnancy helpline.
- **Standing with You** standingwithyou.org / (540) 834-4600 Connects those with crisis pregnancy to resources.
- **Her Plan** Pro-life organization that helps connect pregnant moms with local services in several states, including North Carolina. www.herplan.org

Abortion Recovery

- **Post Abortion Helpline** (877) HOPE 4 ME (877-467-3463)
- **Hope – Help – Healing** h3helpline.org / (866) 721-7881. Counseling and support for those considering abortion or suffering from emotional distress after abortion. Trained counselors who themselves have experience abortion will answer your call.
- **Project Rachel** hopeafterabortion.com / (888) 456-HOPE (888-456-4673) Get connected with support after abortion in your area.
- **Project Rachel in Diocese of Charlotte** The Office of Family Life runs periodic weekend retreats for women who have experienced abortion. Contact: familylife@rcdoc.org / jgrabowski@rcdoc.org / (704) 370-3229
- **Post-Abortion Bible Study @ Mountain Area Pregnancy Services** mtnpregnancy.com (828) 252-1306. Call for info.
- **National Memorial for the Unborn** in Chattanooga, TN. Honoring unborn children. Wall of names of aborted children; brick pavers for children who died in miscarriage. Printable certificate of life. Memorial services held monthly. Memorialfortheunborn.org / (423) 899-1677.

Adoption

- **NC Safe Surrender Law:** Newborns in NC can be legally surrendered up to 30 days after birth with no penalty to birth parents to on-duty police/fireman/EMT/social service / health care worker as long as no evidence of abuse or neglect. See text of Safe Surrender law under “Safe Surrender Law”
- **Catholic Charities** Call Sharon Davis at 704-370-3262 / ccdoc.org. They have families waiting to adopt
- **Christian Adoption Services** 1-800-453-1011 or text 704-619-3531 They have families waiting to adopt
- **Bethany Christian Services** 1-800-238-4269 / Bethany.org They have families waiting to adopt

Baby Equipment

- **Mountain Area Pregnancy Services** (828) 252-1306 mtnpregnancy.com Earn points to “purchase” baby equipment thru enrollment and completion of parenting courses
- **Open Arms Pregnancy Center** Hendersonville 828-676-4510 / openarms329.com FREE Baby clothes, some toys, other items. Call for hours and details.
- **B.E.A.R. Closet “Baby Equipment and Resources”** at several area Methodist churches. www.bearcloset.org/locations/ FREE equipment; depends on availability. See website for locations of participating churches.
- **Interfaith Assistance Network** *Henderson County residents only.* 828-697-7029 / iam-hc.org Limited baby items.
- **Full Tum, Dry Bum Program for Henderson County residents.** 828-698-0678 / ShelbieE@childrenandfamily.org / <https://childrenandfamily.org/family-support-programs/full-tum-dry-bum/> Formula, diapers and wipes for qualified Henderson County residents.
- **Many food pantries will also give out diapers.**

Child Care

- **Apply for Child Care Subsidy** through county Dept. of Social Services; Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500
- **Community Action Opportunities** – 828-252-2495 / communityactionopportunities.org. Assistance with Head Start application
- **Buncombe Partnership for Children** 828-285-9333 / buncombepfc.org
- **Boys and Girls Clubs** Buncombe County through Salvation Army Haywood Road, Asheville 828-255-0266; Henderson County 828-693-9444 / bgchendersonco.org.
- **Big Brothers Big Sisters of WNC** 828-253-1470 / bbbswnc.org
- **YMCA** Childcare, after-school and summer camps. Ymcawnc.org

Clothing: Maternity, Baby and Child

- **Open Arms Pregnancy Center**, Hendersonville 828-676-4510 / www.openarms329.com Maternity clothes, baby clothes to 2T. Call for hours.
- **Interfaith Assistance Ministry** *Henderson County residents.* 828-697-7029 iam-hc.org
- **ABCCM South Crisis Center** For Buncombe Co. Arden area residents 10 Buck Shoals Dr. Arden, (828) 259-5302.

Maternity Homes / Housing for Pregnant Women

- **Mira Via**, A Catholic maternity home in Charlotte for college students. 704-525-4673 www.mira-via.org
- **Missionaries of Charity** Charlotte. Catholic. No web site. 704-531-2943
- **Room at the Inn** Greensboro Catholic maternity home. 336-996-3788 / www.roominn.org
- **Angel House**, Charlotte. Protestant. 704-372-4663 / www.angelhousematernityhome.org
- **St. Clare's Home**, Greenville SC. Catholic maternity home. 864-275-5505 / www.stclareshomesc.org
- **Christian Life Home**, Raleigh, NC. Maternity home for girls and women ages 10 - 23. Protestant. www.christianlifehome.org / (919) 510-5400
- **My Sister Susan's House** Greensboro, NC. Run by Youth Focus, Inc. Secular. Maternity home for girls and women ages 16 – 21. www.youthfocus.org / (336) 272-8775
- **North Carolina State Maternity Fund** NC has a fund to aid pregnant women with housing and services for up to six months. Access through County department of social services. Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500 <https://www.ncdhhs.gov/assistance/pregnancy-services/pregnancy-services>

Miscarriage / Pregnancy Loss

- **Through the Heart** throughtheheart.org / (202) 549-8720. Support for mothers who have experienced pregnancy loss. Comfort kits, information, advice, “wandering angel” program and more.
- **SHARE Pregnancy and Infant Loss Support** nationalshare.org / (800) 821-6819 and on Facebook. Helpful stories of parents who have lost children; info, advice on funeral planning and on-line store with gifts to help memorialize your child.
- **Red Bird Ministries** redbird.love / (337) 223-2019 Catholic pro-life, pro-family grief support ministry for families who have lost a child of any age. Personal call backs, counseling, small groups and an annual retreat. Also supports a memorial wall to which you can add your child.
- **A Mom’s Peace** amomspace.org / (571) 781-2419 A Catholic apostolate for women who have experienced miscarriage or stillbirth. Info about burial, bereavement and remembrance programs.
- **Catholic Miscarriage** catholicmiscarriagesupport.org A chart for Catholics with directions for miscarriages and stillbirths with regard to baptisms, naming the baby, burial, requesting masses.
- **Spiritual Support for Families Grieving after Miscarriage, Stillbirth** <https://catholicnewsherald.com/88-news/fp/9863-first-mass-of-consolation-held-in-diocese> Mass of Consolation for families of Diocese of Charlotte; may become annual event. Contact familylife@rcdoc.org / (704) 370-3382

Parenting Classes

- **Mountain Area Pregnancy Services (MAPS)** Enroll in on-line parenting classes and earn points to “purchase” new baby supplies. Call to enroll: 828-252-1306 / www.mtnpregnancy.com
- **The Children and Family Resource Center** 828-698-0678 / childrenandfamily.org *For Henderson County residents.* Offers a variety of FREE parenting classes and support groups for parents, including classes for teen parents. See website to enroll.

Pregnancy Centers

- **Mountain Area Pregnancy Services** “MAPS” Asheville and Waynesville 828-252-1306 mtnpregnancy.com FREE pregnancy tests, ultrasounds, counseling, grief program, parenting classes.
- **Open Arms** Hendersonville 828-676-4510 / openarms329.com FREE pregnancy tests, ultrasounds, counseling, baby and maternity clothes and equipment.
- **The Center for Women**, Brevard 828-885-7885 / brevardwomenscenter.com FREE pregnancy tests, ultrasounds, counseling, assistance with applying for aid, assistance with adoption, pregnancy and baby supplies, parenting classes.
- **Abiding Hope**, Mars Hill 828-680-1230 or text 828-380-6458 abidinghopeinc.org FREE pregnancy tests, ultrasounds, counseling, parenting classes, grief support.
- **M.Y. Life Family Center**, Burnsville, serving Mitchell and Yancy counties. 828-682-7250 / mylifefamilycenter.com 24 support line (828) 637-0009. FREE pregnancy tests, ultrasounds, counseling, parenting classes for moms and dads, diapers, baby supplies.

Prenatal Care

- **Medicaid** Low-income pregnant women in NC qualify for Medicaid. Apply through county dept. of social services. Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500
- **Nurse-Family Partnership** – *For Buncombe County residents*. Free RN visits from pregnancy to age 2. Call or text 844-637-6667 / nursefamilypartnership.org
- **Obstetricians who take Medicaid**
 - Seek advice from Pregnancy Centers
 - **MAHEC** 828-257-4400 / mahec.net/obgyn 121 Hendersonville Road, Asheville
 - **Minnie Jones Health Center** 828-285-0622 / wncchs.org/minnie-jones
- **La Leche League** assistance with breastfeeding 984-219-8808 / llofnc.org
- **Apply for free Doula** (Henderson County residents only) Includes childbirth classes and breastfeeding classes. Contact Emily at 828-698-0674 / childrenandfamily.org
- **Food Stamp Program** Apply through county social services department. Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500
- **WIC Program** Apply through county social services department. Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500
- **Her Plan** Pro-life organization that helps connect pregnant moms with local services in several states, including North Carolina. www.herplan.org

Serious or Terminal Pre-Natal Diagnosis

- **Be Not Afraid** benotafraid.net Supporting parents carrying to term following a difficult pre-natal diagnosis. Bereavement support, practical guidance, info and referrals. Complete the “Parent Referral Form” on the “Contact Us” page.
- **NC Down Syndrome Alliance** NCDSALLIANCE.ORG / (919) 532-9207 Program for parents expecting or raising a baby with Down’s Syndrome. Free and confidential, mentors, hospital and home visits, support.
- **Perinatal Hospice and Palliative Care** perinatalhospice.org. Support for pregnant mothers who are carrying a baby with a severe prenatal diagnosis that indicates the baby may die shortly before or after birth. You are not alone, support is available.
- **Eva’s Footprints** (828) 383-9207 / mtnpregnancy.com/pregnancy-heartbreak Local program of MAPS to support mothers carrying a baby with a difficult diagnosis.
- **Mission Hospital Perinatal Nurse Navigator** Call Allison Monkemeyer RN @ (828) 383-9207 / Alisonmonkemeyer@hcahealthcare.com Professional support for pregnant mothers with a variety of pre-natal complications including medical problems and serious pre-natal diagnoses.
- **Carrying to Term** CarryingtoTerm.org Helpful website that includes stories of families that carried their infants with severe diagnoses to term, short podcasts for self-education, informational FAQ’s, and more.

Substance Abuse Care for Pregnant Women

- **MAHEC Project CARA:** Medical substance abuse treatment during pregnancy. 828-771-5500. Accepts Medicaid. www.mahec.net/CARA

Safe Surrender Law in North Carolina / <https://www.ncdhhs.gov/safesurrender>

Safe Surrender (Surrender Newborns Safely)

North Carolina's Safe Surrender Law allows a parent to surrender a newborn up to 30 days old to a designated safe person* without the parent providing his or her name. Safe Surrender is legal and aims to prevent newborns from being hurt or abandoned.

Why is the Safe Surrender Law Necessary?

The [law](#), passed in 2001 and amended in 2023, is intended to prevent newborn abandonment and harm. The law provides parents in crisis, or who feel they have no other choice, a way to surrender their baby safely, legally and anonymously.

How to Safely Surrender Your Newborn

Do your best to make sure that the baby is healthy, warm and clean. Then find a designated safe person* who will assist you with the surrender of your baby.

*Your options for a legal Safe Surrender / Designated Safe Persons are:

- A health care provider, as defined under G.S 90-21.11, who is on duty or at a hospital or at a local or district health department or at a nonprofit community health center.
- A first responder, including a law enforcement officer, a certified emergency medical services worker, or a firefighter.
- A social services worker who is on duty or at a local department of social services.

If you receive an infant, call your [local Department of Social Services](#) immediately for assistance.

A medical assessment of the baby will be conducted as soon as possible to estimate their age and health status. For it to be considered a legal safe surrender, there can be no concerns for abuse or neglect.

Do Not Leave the Baby Somewhere and Hope that Someone Will Find the Baby

Many states have Safe Haven laws. These designate places where a baby may be surrendered. North Carolina's law is different because it designates specific people, not places. **Safe Surrender is not abandoning a baby on a doorstep. You must hand the baby over to a designated safe person.***

It would be helpful to your baby and the adopting family if you make some health and family history information available when you surrender the baby, even if you don't give your name. A surrendering parent can provide the information to the designated safe person accepting the baby, or the information can be sent confidentially to the local county Department of Social Services.

[NCDSS Safe Surrender Health and Information Form](#)

Do Non-Surrendering Parents Have the Right to Reclaim a Surrendered Newborn?

Any parent who hears of a surrendered baby and believes it may be theirs should come forward. Before a child can be adopted in North Carolina, an effort must be made to find the non-surrendering parent to request permission or allow the non-surrendering parent to take the child.

Do Surrendering Parents Have the Right to Reclaim a Surrendered Newborn?

A surrendering parent has the right to contact the county department of social services where the baby was surrendered and request the baby's return to his or her custody prior to the filing of a termination of parental rights petition. Social Services are required by law to treat a parent's request for the baby to be returned as a report of neglect and complete an assessment.

If You or the Newborn Needs Medical Attention, Get it Right Away

Having a baby without any medical help can lead to serious complications for you or the baby. It's better to seek help than to risk serious health consequences.

If you have any of the following symptoms, seek medical care:

- Vaginal bleeding that doesn't slow down when you rest
- A bad smell to vaginal blood
- A fever of 101 or above

- Pain in the abdomen or vaginal area
- Severe headaches
- Blurred vision
- A feeling of burning when you urinate

Other Options

Arranging for the adoption of your child to a safe and loving home through your local Department of Social Services or a licensed adoption agency is another option, and if you choose, your identity can be kept confidential.

Adoption is when a child is legally moved from one family to another. All legal rights of the birth parents are transferred to the adoptive parents and the child is raised as their child.

If you are pregnant and unable, unwilling or unsure about parenting, you can make an adoption plan for the child before or after they are born by reaching out to an adoption agency or your local county Department of Social Services. Reaching out for information is not a commitment to placing your baby in adoption.

Making an adoption plan for your child can be very flexible. You can choose not to be involved in the decision-making process, or you can be involved in picking the adoptive parents and potentially maintain some level of contact with the child once they are born. Making an adoption plan also means you can receive counseling and support about your decision to place your child for adoption.

If you make an adoption plan for your baby, it is not a safe surrender. You will sign over or relinquish your parental rights to the child. If you are under the age of 18, you can make an adoption plan for your child, and sign the legal documents to place your child for adoption without your parent or caregiver's approval.

To make an adoption plan for your baby, contact a licensed adoption agency or your local [Department of Social Services](#).

If you are pregnant, you may be eligible for Medicaid, a type of insurance that can provide comprehensive health care to you from the beginning of pregnancy and for a period of time following birth. Babies born to Medicaid-eligible women continue to be eligible for health care until their first birthday. You also may be eligible for other types of financial assistance.

PRACTICAL HELP

CARS / TRANSPORTATION

- **Working Wheels** workingwheelswnc.org (828) 633-6888 Provides refurbished cars to low-income families for \$600. See website for details.
- **Mountain Mobility** www.buncombecounty.org/mm (828) 250-6750 Option 5. For Buncombe County residents with a disability. Call to see if you qualify.

CLOTHING: Adult and child

- **ABCCM Crisis Ministry SOUTH office:** 828-259-5302 / abccm.org/ministry-services/crisis/ For Buncombe County residents in Arden area. 10 Buck Shoals Road, Arden.
- **Interfaith Assistance Ministry** For Henderson Co. residents. 828-697-7029 / iam-hc.org
- **Open Arms Pregnancy Center** Hendersonville 828-676-4510 / openarms329.com Maternity clothing, baby clothing infant to 2T, diapers and baby equipment.

DENTAL CARE

- **ABCCM Dental Clinic** 828-259-5339 / abccm.org/ministry-services/medical-ministry/ Asheville. FREE
- **Blue Ridge Community Health Services** brchs.com / 828-698-2979 Sliding scale. Takes Medicaid/medicare.
- **Appalachian Mountain Community Health Centers** AMCHC.org / 828-257-4745. Sliding scale fee; takes Medicaid and medicare.
- **AB Tech Dental Hygiene Clinic** 828-398-7255 / or email dental@abtech.edu Small fee; services depend on what students are being taught. Supervised by licensed instructors.
- **Minnie Jones Health Center** 828-285-0622 / wncchs.org/minnie-jones For Buncombe County residents. Must qualify. Takes medicare, Medicaid.

FOOD ASSISTANCE

- **St. Vincent de Paul Ministry at St. Barnabas** Thursdays 11 - 2. 828-684-6098 Extension 1308.
- **Interfaith Assistance Network** *Henderson Co. residents.* 828-697-7029 / iam-hc.org
- **ABCCM Crisis Ministry South office:** For Buncombe County Arden area residents; 828-259-5302 / abccm.org/ministry-services/crisis/
- **Catholic Charities, Asheville** 828-225-0146 / ccdoc.org / Wednesdays 11 – 1.
- **Foster 7th Day Adventist** Asheville. 828-274-2014 / fosterchurch.com. Tues 8:30 – 10A
- **Eblen Charities** 828-255-3066 / eblencharities.org
- **Salvation Army** 828-253-4723/ salvationarmy.org
- **Calvary Episcopal Church** Fletcher / calvaryfletcher.org Saturday 8 AM – 11 AM.
- **Swannanoa Valley Christian Ministry** *For residents of Oteen through Ridgecrest only.* 828-669-9404 / svcblackmountain.org M-F 9 AM – 3 PM
- **Food for Fairview** 828-628-4322 / foodforfairview.org Mondays 3:30 – 6 PM
- **Biltmore Church of God Food Pantry** 828-274-7351 / biltmorecog.org Wed. 4:30 – 5:30 PM
- **Food Stamp Program** Apply through county social services. Buncombe County: (828) 250-5500; Henderson County (828) 697-5500.
- **WIC Program “Women, Infants and Children”** Apply thru Co. social services. Buncombe County: (828) 250-5500; Henderson County (828) 697-5500.

FINANCIAL AID / ASSISTANCE

- **St. Vincent de Paul Ministry at St. Barnabas** Call church 828-684-6098 Extension 1308 leave message. Call will be returned within a few days. Can assist with rent, utilities, other expenses. Not an emergency service.
- **Interfaith Assistance Network** *For Henderson Co. residents.* 828-697-7029 / iam-hc.org Can assist with rent, prescription refills, utilities, other expenses.
- **ABCCM Crisis Ministry SOUTH office:** 828-259-5302 / abccm.org/ministry-services/crisis/ *For Buncombe County residents in Arden area.* 10 Buck Shoals Road, Arden. Can assist with rent, utilities, etc.
- **Eblen Charities** 828-255-3066 / eblencharities.org Can assist with rent, utilities, gasoline and medical expenses.
- **Catholic Charities of Diocese of Charlotte** 828-820-5148 / ccdoc.org
- **Salvation Army** 828-253-4723/ salvationarmy.org
- **Foster 7th Day Adventist Church** 828-274-2014 / fosterchurch.com
- **Swannanoa Valley Christian Ministry** *For residents of Oteen through Ridgecrest only, otherwise contact ABCCM.* 828-669-9404 / svcblackmountain.org
- **OnTrack Financial Counseling** 828-255-5166 / ontrackwnc.org Provides financial counseling, budgeting, credit advice FREE; instructions on how to purchase a home.
- **Emergency Assistance programs** Apply through County Social Services. Buncombe County: 828-250-5500; Henderson County: (828) 697-5500

FURNITURE, KITCHEN WARES, APPLIANCES

- **ABCCM South Office**, 10 Buck Shoals, Arden. (828) 259-5302. For Buncombe County Arden-area residents. Furniture, kitchen wares, appliances available to clients.
- **Samaritan's Attic**, Immaculate Conception Church, Hendersonville. Has furniture, bedding, towels, mattresses, dishes, coffee pots, microwaves, appliances, etc. Call (828) 280-1298 / Margaret.cavagnaro@gmail.com. Limited hours or by appointment.
- **Interfaith Assistance Ministry**, Hendersonville. For Henderson County residents. Has bedding, sheets, blankets. 828-697-7029 / iam-hc.org

HOUSING

Transitional Housing for Women and Children

- **Transformation Village**, Asheville, NC. www.abccm.org/ministry-services/transformation-village / 828-398-6920 Provides transitional housing for women and children, job training, counseling.
- **Catherine's House**, Belmont, NC www.catherineshouseinc.org / 704-825-9599.
- **Gracious Hands**, Charlotte, NC www.gracioushandshousing.org / 704-962-6147 \$200 entry fee; \$50/week, must get a job within two weeks of entry. Secular.

Housing for Pregnant Women / Maternity Homes

- Mira Via, Charlotte www.mira-via.org / 704-525-4673.
- Missionaries of Charity, Charlotte 704-531-2943.
- Room at the Inn, Greensboro . www.roominn.org / 336-996-3788.
- Angel House, Charlotte . www.angelhousematernityhome.org / 704-372-4663
- St. Clare's Home, Greenville SC www.stclareshomesc.org / 864-275-5505.

Housing to Escape Abuse

- **Helpmate** Hotline 24/7: 828-254-0516 / helpmateonline.org Business line 828-254-2968. Buncombe County.
- **Safelight** Hotline 24/7: 828-693-3840 / safelightfamily.org Business line 828-693-3840 Henderson County

Sober Living / Rehabilitation for Women *and* Children

- **Freedom House**, Greensboro, NC 336-286-7622.
Helpfreedomhouse.org/ourprogram
- **Abba's House** Asheville 828-254-0471 westerncarolinarescue.org/abbashouse
- **Mary Benson House** Asheville 828-252-5280. RHAhealthservices.org

Homeless Shelters

- **Salvation Army**, 204 Haywood Street, Asheville; 828-253-4723
- **Western Carolina Rescue Ministries**, 225 Patton Avenue, Asheville, 828-254-0471 westerncarolinarescue.org
- **ABCCM Veteran's Restoration Quarters** 1329 Tunnel Road, Asheville. 828-259-5333 / abccm.org/ministry-services/veterans
- **Henderson Rescue Mission** 828-697-1354 / hendersonrescuemission.org.

Permanent Housing

- **Housing Authority of Asheville** Vouchers for reduced rent. 828-258-1222 / haca.org
- **Check Classified Ads for housing** Try IWANNA iwanna.com, Mountain Express www.mountainx.com/classifieds; Craigslist Asheville.craigslist.org; NC Housing Search www.nchousingsearch.org / www.socialserve.com
- **Mountain Housing Opportunities** 828-254-4030 / mtnhousing.org
- **Tips on Seeking Affordable Housing in Buncombe County** <https://www.buncombecounty.org/Governing/Depts/Planning/affordable-housing.aspx>
- **Partnership Property Management** Manages fair housing properties invested in by MHO above. 828-575-2323 / 372 Depot St. Suite #30 Asheville.
- **Habitat for Humanity** 828-251-5702/ ashevillehabitat.
- **Disability Partners** 828-298-1977 / disabilitypartners.org

Home Repair

- **Hammer and Heart WNC** Urgent home repairs for residents of Swannanoa, Black Mountain and Ridgecrest. 828-803-1802 / hammerandheartwnc.org

Hotline for Emergency Housing

- **Safe and Warm Emergency Hotline** (Buncombe County) (828) 398-6011.

JOB TRAINING AND PLACEMENT

- **Vocational Rehabilitation Services.** 828-365-7700. ncdhhs.gov/divisions/vocational-rehab-services
- **Goodwill Industries Job Training Programs.** Asheville: 1616 Patton Ave, Asheville, NC 828-298-9023.
- **AB Tech,** Asheville NC. careerservices@abtech.edu / 828-398-7209 Job counseling for students.
- **Community Action Opportunities – LifeWorks program** 828-252-2495 / communityactionopportunities.org
- **NC Works Asheville** 828-251-6200 / ncworksasheville.com / 48 Grove St, Asheville. Employment tools, tries to match job seekers with employers.

LEGAL SERVICES

- **Pisgah Legal Services** 828-253-0406 / Crisis 800-489-6144 / pisgahlegal.org
- **Legal Aid of North Carolina** 866-219-LANC / legalaidsnc.org
- **Catholic Charities of Diocese of Charlotte** 828-225-0146 / ccdoc.org / Immigration assistance.
- **Assistance Obtaining Child Support** Apply through county social services department:
- **On Track Financial Education and Counseling** 828-255-5166 / ontrackwnc.org Free individual debt and financial counseling; credit counseling, instruction on how to buy a home.

MEDICAL CARE: FREE, LOW COST OR SLIDING SCALE

- **Blue Ridge Community Health Services** brchs.com / 828-698-2979 Family and mental health care on a sliding scale basis; several clinics in area.
- **Appalachian Mountain Community Health Centers** AMCHC.org / 828-257-4745. Family and mental health care on a sliding scale basis; several clinics in area.
- **MAHEC (Mountain Area Health Education Center)** 828-257-4400 / mahec.net Family, OB-GYN and mental health care; takes Medicaid.
- **Good Samaritan Clinic at Henderson County Rescue Mission** 828-696-8263 / hendersonrescuemission.org choose “Good Samaritan Clinic
- **ABCCM Medical Clinic and Pharmacy** 828-259-5339 / 155 Livingston, Asheville 28801 abccm.org/ministry-services/medical-ministry
- **Minnie Jones Health Center** 828-285-0622 / wncchs.org/minnie-jones
- **The Free Clinics** *for Henderson and Polk County residents only.* 828-997-8422 / thefreeclinics.org
- **Medicaid:** Apply through county department of social services. Buncombe County: (828) 250-5500; Henderson County: (828) 697-5500.

Medical Equipment: walkers, wheelchairs, bedside commodes, etc.

- **ABCCM South office** 10 Buck Shoals Road, Arden. (828) 259-5302 Has wheelchairs, hospital beds, walkers, crutches, bedside commodes and so on as available. Do not necessarily need to be a client of ABCCM to obtain medical equipment if that is all that is needed. Call office for more information. (828) 259-5302
- **ABCCM Pharmacy and Medical Ministry** 155 Livingston, Asheville 28801; (828) 259-5339 Has medical equipment similar to above, but no large items.

MENTAL HEALTH AND SUBSTANCE ABUSE CARE

HOTLINES AND HELPLINES

- **Mental Health Mobile Crisis Line: 888-573-1006** 24/7 Covers most of WNC. Free.
- **Suicide Hot Line: 988** for 24/7 help. Or go directly to an Emergency Room. FREE
- **Veteran Crisis Line: 800-273-8255 Option 1.**
- **National Alliance for the Mentally Ill (NAMI) North Carolina Helpline:** 800-451-9682 M-F 8:30 – 5 PM.
- **Local NAMI (National Alliance for the Mentally Ill) office:** 828-505-7353; Namiwnc.org / info@namiwnc.org
- **Child and Family Resource Center** <https://childrenandfamily.org/family-support-programs/family-mental-health/> Assistance in finding mental health services for children.

Mental Health: Psychiatric Services. (Medication can be prescribed/managed.)

- **Drop-in Mental Health Crisis Center at RHA Monday through Friday 8 AM – 8 PM;** 356 Biltmore Avenue Asheville NC (next door to St. Joseph’s building of Mission Hospital). 828-254-2700
- **RHA Walk-in Clinic Monday – Friday 8 AM – 5 PM,** 356 Biltmore Avenue, Asheville NC (next door to St. Joseph’s building of Mission Hospital). 828-254-2700.
- **Neil Dobbins Center, short-term residential (usual stay 1-4 days) treatment for behavioral health crisis and detoxification;** 356 Biltmore Avenue,, Asheville NC (next door to St. Joseph’s building of Mission Hospital). Treatment without regard for ability to pay. 828-250-6306.
- **October Road, Walk-in mental health clinic, Monday through Friday 8:30 – 3 PM.** 119 Tunnel Road, Asheville; 828-350-1000 Option 2
- **Family Preservation Services.** Asheville office 1316-D Patton Avenue; 828-25-3100; Hendersonville office: 120 Chadwick Square Court, Suite C, Hendersonville, 828-697-4187.
- **Blue Ridge Community Health;** sliding scale. Various locations in WNC. 828-698-2979 BRCHS.com
- **Appalachian Mountain Community Health Centers;** AMCHC.org. Asheville office 828-257-4745.
- **The Free Clinics,** 828-697-8422 thefreeclinics.org; *For Henderson County and Polk County residents*

Mental Health: COUNSELING (Talk therapy, no medications prescribed.)

- **Catholic Charities in Asheville.** 828-820-5148 / ccdoc.org bi-lingual counseling. **Sliding scale** fee.
- **All Souls Counseling,** 828-259-3369. Allsoulsounseling.org sliding scale
- **Henderson County Department of Public Health** has a social worker available for counseling for Henderson County residents ONLY. Free. 828-697-5500.
- **Catholic Counselors.** Catholiccounselors.com Catholic 800-274-4658. FULL COST.
- **Henderson County** maintains a list of area mental health resources in Spanish. 828-697-5500;

Mental Health: SUBSTANCE ABUSE

Detox Programs

- **Local emergency room** if patient is very sick.
- **Neil Dobbins Center,** 356 Biltmore Avenue., Asheville NC (next door to St. Joseph's building of Mission Hospital). Open 24/7 for short term residential treatment for behavioral health crisis and detoxification services. Usual length of stay 1-4 days. Treatment without regard for ability to pay. 828-250-6306.

Mental Health: SUBSTANCE ABUSE Rehabilitation Programs

- **MAHEC Project CARA:** Substance abuse treatment for pregnant women. 828-771-5500. Accepts Medicaid. www.mahec.net/CARA
- **ADACT;** State-run residential rehab center; must be referred by doctor/hospital/clinic. 828-257-6200. ncdhhs.gov/divisions/state-operated-healthcare-facilities. May be wait for a bed.
- **Freedom House,** Greensboro, NC. Christian sober-living program for mothers and their children. 336-286-7622. helpfreedomhouse.org/ourprogram
- **October Road,** Substance abuse program. 828-350-1000 Option 2. Monday thru Friday 8:30 – 3 PM. Accepts medicare and Medicaid and insurance. Assists those without insurance to complete paperwork to apply for state funds to pay for treatment.
- **Abba's House,** Christian sober-living residential rehab. 828-254-0471 FREE. For women and children. westerncarolinarescue.org/abbashouse
- **Mary Benson House,** run by RHA. 828-252-5280. Sober-living residential program for women pregnant or with children under 5. RHAhealthservices.org. Access through RHA.
- **Bethel Colony,** Lenoir NC. 828-754-5370. 65 day Christian sober living program. Bethelcolony.org

PHARMACIES – Free or low cost

- **NC Med Assist Pharmacy:** 704-943-9639 / Business: 866-331-1348 / medassist.com
FREE prescription *and over-the-counter medications* for low-income NC residents who lack insurance.
- **The Free Clinics** *for Henderson and Polk County residents only.* 828-997-8422 / thefreeclinics.org
- **ABCCM Medical Clinic and Pharmacy** 828-259-5339 / abccm.org/ministry-services/medical-ministry. For Buncombe County residents.
- **Interfaith Assistance Network** *Must be resident of Henderson County.* 828-697-7029 / iam-hc.org Will assist with paying for prescription refills.
- **Mark Cuban Cost Plus Drugs** costplusdrugs. Need a credit card, on-line access and physical mailing address. Not all drugs available, Takes a week but much lower cost.

OTHER

NC 211 or NC211.org to connect with services

Buncombe County Dept. of Social Services: 40 Coxe Ave, Asheville / 828-250-5500

Henderson County Dept. of Social Services: 1200 Spartanburg Highway, Suite 100, Hendersonville / 828-697-5500

These local charities accept material goods, which they distribute FREE to moms in need:

If you have surplus	THIS charity will take it: (see p. 23)
Men's, women's and children's clothing, including work clothing such as scrubs, coveralls, etc.	IAM Transformation Village: women and children's clothing ABCCM Catholic Charities
Towels, sheets, pillows, blankets	IAM, Hendersonville Samaritan's Attic, IC Church
Canned food IN DATE, pantry items	IAM, Hendersonville ABCCM South SVDP Catholic Charities
Maternity clothing, Baby clothing, small children clothing up to 2T	Open Arms, Hendersonville
Baby blankets, diapers, wipes, pack-and-plays, toys, diaper bags, board books (No used car seats or cribs due to NC law)	Open Arms, Hendersonville
Sleeping bags, camping equipment	IAM, Hendersonville ABCCM
Diapers, wipes	SVDP, Open Arms Babies need Bottoms
Household furniture, kitchen supplies, dishes, appliances	IAM Thrift Store Samaritan's Attic, Immaculate Conception ABCCM, Asheville/Buncombe County
Toiletries such as toothpaste, toothbrushes, deodorant, shampoo, etc.	IAM Hendersonville Open Arms, Hendersonville ABCCM
Furniture	ABCCM (No king-sized beds or old TVs) Samaritan's Attic, IC Church
Appliances	ABCCM (No old giant TVs) Samaritan's Attic, IC Church
Over the counter or prescription meds IN DATE AND UNOPENED, cleaning supplies	ABCCM Pharmacy
Cars	Working Wheels
Kitchen ware, dishes, pots and pans, tableware	IAM Thrift Store ABCCM South Samaritan's Attic, IC Church
Medical equipment such as wheelchairs, walkers, bedside commodes, crutches, hospital beds	ABCCM South office ABCCM Pharmacy/Medical Ministry
Tablets, stationary, hair care products, journals, batteries, laundry detergent, mouthwash (alcohol-free) stamps, pharmacy and grocery gift cards	Transformation Village

Information on charities listed on page 22:

ABCCM: ABCCM Crisis office South: 10 Buck Shoals Road, Arden / (828) 259-5302. M-F 8:30 – 4:30. Accepts food, clothing, furniture, medical equipment, household items.

ABCCM Pharmacy/ Medical Ministry: 155 Livingston, Asheville 28801; (828) 259-5339 Drop off Mon, Tues and Thursdays 9 – 6; Wednesdays 9 – 1. Accepts over the counter and prescription medications IF in original sealed packaging, in date, NO CONTROLLED SUBSTANCES, NO CHEMOTHERAPY DRUGS, NO DRUGS REQUIRING REFRIDGERATION. Also accepts cleaning supplies and medical equipment.

Babies Need Bottoms babiesneedbottoms.org Collects diapers, wipes and diaper cream and distributes to a number of community agencies for free distribution.

Catholic Charities, Asheville, NC 828-820-5148 / ccdoc.org

IAM: Interfaith Assistance Ministry 310 Freeman Street, Hendersonville. (828) 697-7029. iam.hc.org M – Th 9-4; Friday 9-1. Accepts food, clothing, bedding, toiletries.

IAM Thrift Store: 119 Jack St., Hendersonville (Next door to IAM). (828) 483-4437. Drop off hours: Tues – Sat. 9-4.

Open Arms Pregnancy Center, 4005 Asheville Highway, Hendersonville. (828) 676-4510. Drop off Monday through Thursday 10 – 2. Accepts maternity clothes, baby clothes preemie to 2T; diapers and wipes, diaper bags, baby blankets, strollers, highchairs, toys, pack and plays, etc. NO CRIBS, NO USED CAR SEATS, NO USED BREAST PUMPS (NC law).

Samaritan's Attic: A ministry of Immaculate Conception Church, Hendersonville. Call (828) 280-1298 or email margaret.cavagnaro@gmail.com. for hours and location. They can pick up items. They accept furniture, appliances, dishes, glasses, towels, bedding, mattresses, box springs, coffee pots, microwaves, pots and pans, sofas, sofa beds,

St. Vincent de Paul Society, St. Barnabas Catholic Church. Call (828) 684-6098, Option 1308. Leave donated items in labeled boxes in church social hall. They accept food and diapers. They purchase food from Manna Food Bank, so donations of money are much appreciated.

Transformation Village, 30 Olin Haven Way, Asheville. (828) 259-5365. Drop off Monday through Friday 11 -4. See web site <https://www.abccm.org/ministry-services/transformation-village/> for an up-to-date list of material needs. Accept women and children's clothing, hair care products, journals, tablets, stationary, stamps, batteries. Non-alcoholic mouthwash, pill boxes, laundry detergent.

Working Wheels workingwheelswnc.org / (828) 633-6888 Accepts used cars in all conditions. Refurbishes vehicles which are donated to working poor in area.

LIST OF LOCAL CHARITIES, WHICH REQUIRE **MONEY AND VOLUNTEERS.**

Please help! (See websites for details on what they need.)

ABCCM (Asheville Buncombe County Christian Ministries). Supports housing, crisis ministries, medical ministry, and transitional housing for Veterans and women (Transformation Village). [Abccm.org](http://abccm.org) / info@abccm.org / (828) 259-5300

Babies Need Bottoms Provides diapers, wipes and diaper cream to area food pantries and charities. babiesneedbottoms.org

Catholic Charities Food pantry, clothes closet, financial counseling, mental health counseling, immigration assistance. 828-820-5148 / ccdoc.org

The Free Clinics *for Henderson and Polk County residents only.* Provides several clinics providing free medical and psychiatric care and medications for Henderson County residents. 828-997-8422 / thefreeclinics.org

Helpmate Non-profit that provides emergency shelter for victims of domestic violence, counseling, court advocacy. helpmateonline.org / (828) 254-2968

Henderson Rescue Mission Maintains homeless shelters and counseling for men and women in Henderson County 828-697-1354 / hendersonrescuemission.org.

Interfaith Assistance Ministry (IAM) Provides a five-day-a-week food pantry, clothing closet, and emergency financial assistance for qualified residents of Henderson County. (828) 697-7029. iam.hc.org

Mars Hill Abiding Hope Pregnancy Center Provides pregnancy tests, ultrasounds, counseling, parenting classes, grief support. 828-680-1230 or text 828-380-6458 abidinghopeinc.org

Mira Via A Catholic maternity home for college students in Charlotte NC, enabling college students to continue their studies while pregnant or with infants. Provides residential support, child care, counseling and material support miravia.org / (704) 525-4673.

Mountain Area Pregnancy Services (MAPS) Asheville and Waynesville. Provides free pregnancy tests, ultrasounds, counseling, parenting classes, grief support for pregnancy loss and more. 828-252-1306 mtnpregnancy.com

M.Y. Life Family Center A pregnancy center in Burnsville NC serving Mitchell and Yancy Counties. Pregnancy tests, ultrasounds, counseling, parenting classes. 828-682-7250 / mylifefamilycenter.com

OnTrack Financial Counseling . Local non-profit provides financial counseling, budgeting, credit advice; instructions on how to purchase a home. 828-255-5166 / ontrackwnc.org

Open Arms Pregnancy Center Hendersonville. Provides abortion pill reversal, pregnancy tests, ultrasounds, counseling, baby and maternity clothes and baby equipment. Hendersonville 828-676-4510 / openarms329.com

Room at the Inn, Greensboro. Catholic maternity home. Provides housing, counseling, child care. 336-996-3788 / www.roominn.org

Safelight. Provides emergency shelter for victims of domestic abuse, counseling for residents of Henderson County. safelightfamily.org / 828-693-3840

St. Clare's Home. A Catholic maternity home in Greenville, SC. 864-275-5505 / www.stclareshomesc.org

St. Vincent de Paul at St. Barnabas Catholic Church in Arden, NC. Provides financial assistance for rent, utilities, and a food pantry on Thursday 11-2. Financial donations gratefully accepted; also needs volunteers. 828-684-6098 Extension 1308.

Transformation Village a ministry of ABCCM. Provides transitional housing for women and children, job training, counseling. www.abccm.org/ministry-services/transformation-village / 828-398-6920

Western Carolina Rescue Ministries, Asheville. Provides men's and women's homeless shelters, substance abuse programs. 828-254-0471 westerncarolinarecue.org

Working Wheels Refurbishes vehicles which are donated to working poor in area. workingwheelswnc.org / (828) 633-6888