

RESOURCES LIST

ORGANIZATION	PHONE/ADDRESS	WEBSITE
<p>Child Care Resources and Referral of Wake County An accreditation process formally recognizing agencies which have met or exceed certain standards. Advocates higher quality child care, increased child care subsidies for low income families and increased wages for child care providers.</p>	<p>319 Chapanoke Road, Suite 103 Raleigh, NC 27603 (919) 662-3800</p>	<p>www.fsn-inc.org/ccrr.asp</p>
<p>Child Support Enforcement Works to consistently collect as much child support money as possible for the benefit of North Carolina children</p>	<p>P.O. Box 20800 Raleigh, NC 27619 (919) 420-7979 (800) 992-9457</p>	<p>www.dhhs.state.nc.us/dss/cse/cse_mission.htm</p>
<p>CrimeStoppers of Cary, Inc. The purpose of Cary CrimeStoppers is to facilitate the arrest, indictment and/or conviction of alleged criminals by making cash awards available to persons who furnish information which leads to an arrest or indictment.</p>	<p>P.O. Box 1922 Cary, NC 27512-1922 (919) 319-2534</p>	<p>www.townofcary.org/depts/pddept/crimestoppers.htm</p>
<p>Christian Community in Action Help families in need of food, clothing, temporary lodging, educational, daycare, pre-school and summer camp scholarships, prescriptions, portion of utility bills and other needs.</p>	<p>1231 N. E. Maynard Road Cary, NC (919) 469-9861</p>	<p>www.kirkofkildaire.org/prog/cca.html</p>
<p>Special Olympics North Carolina Provides year-round athletic training and sports competition for children and adults with mental retardation or closely related developmental disabilities.</p>	<p>P.O. Box 25968 Raleigh, NC 27611 (919) 719-7662, ext. 105 (800) 843-6276</p>	<p>www.sonc.net</p>

<p>Wake County Literacy Council (WCLC) Using volunteer tutors from the community, the Literacy Council teaches adults how to read and write better in a one-on-one setting, and has begun small (5-7) English As A Second Language classes to various Hispanic communities in Cary.</p>	<p>3948 Browning Place, Suite 330 Raleigh, NC 27609 (919) 787-5559</p>	<p>www.wakeliteracy.org</p>
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CONSUMER SERVICES		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
<p>Better Business Bureau (Eastern NC) Works with consumers to resolve complaints and keep the public informed. Provides information on over two million organizations</p>	<p>5540 Munford Road, Suite 130 Raleigh, NC 27612 (919) 277-4222</p>	<p>www.bbenc.org</p>
<p>Consumer Protection Works to protect the public from unfair and deceptive business practices.</p>	<p>NC Attorney General's Office 9001 Mail Service Center Raleigh, NC 27699 (919) 716-6000 (877) 5-NO-SCAM</p>	<p>www.ncdoj.com/consumerprotection/cp_about.jsp</p>
<p>Credit Counselors of Raleigh & North Carolina Provide a free service to the consumers in the community - consumers that have problems with increasing debt and balancing their income to repay creditors. Also provide the creditors and businesses with an avenue to receive consistent payment on outstanding accounts. Offer educational seminars to creditors and employers for their employees or to the membership of church/civic organizations on basic budgeting techniques</p>	<p>3109 Poplarwood Court Suite 125 Raleigh, NC 27604 (919) 875-0900</p>	<p>www.CreditCounselorsEast.org</p>
<p>Legal Aid Nonprofit law firm that provides free legal services in civil (not criminal) matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Helps solve problems</p>	<p>224 South Dawson Street Raleigh, NC 27601 (919) 856-2564 (919) 828-4647</p>	<p>www.legalaidnc.org</p>

affecting basic needs, such as housing, safety from domestic violence or abuse, health care, subsistence income, environmental safety and consumer loan problems.		
Social Security Administration	4701 Old Wake Forest Raleigh, NC 27609 (919) 790-2782 (800) 772-1213	www.ssa.gov
Triangle Family Services Consumer Credit Counseling for families and individuals facing financial difficulties; Individual, couple, family and group therapy (fees based on ability to pay).	1200 S.E. Maynard Road Suite 103 Cary, NC 27511 (919) 462-5816 (919) 839-2286 x107	www.tfsnc.org
United Way 211 Comprehensive information and referral service. Offers information on a variety of services from basic needs to legal assistance to support groups and youth programs	211 or (800) 831-1754	

CRISIS INTERVENTION		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
American Red Cross Offers CPR, first aid and babysitting classes. Responds to and provides relief to victims of disasters	305 A Ashville Avenue Cary, NC 27511 (919) 851-5747	www.redcross.org
Child Protective Services Strives to ensure safe, permanent, nurturing families for children by protecting them from abuse and neglect while attempting to preserve the family unit	Albermarle Building, 8 th Floor 325 N. Salisbury Street Raleigh, NC 27601 (919) 733-9468	www.dhhs.state.nc.us/dss/c_srv/cserv_protect.htm (see also www.dhhs.state.nc.us/dss/programs/index.htm for various other programs and services.)
Hopeline Crisis 24 hour line Individual counseling services and suicide prevention services.	Raleigh, NC 27601 (919) 231-4525, (Business Office – 832-3326) (Phone Friend – 231-3939) (Teen Talk Line – 231-3626)	

<p>Interact of Wake County Provides transitional housing for abused women and their children, with emergency shelter referrals</p>	<p>600 Wade Avenue Raleigh, NC (919) 828-8320 or 828-7501 24 Hour Crisis Lines: Sexual Assault: 919.828.3005 Domestic Violence: 919.828.7740 National Domestic Violence Hotline: 1-800-799-7233 Rape, Abuse & Incest National Network (R.A.I.N.N.): 1-800-656-HOPE</p>	<p>www.interactofwake.org</p>
<p>Lighthouse Ministries Marriage Counseling Help in areas of personal growth ranging from lack of confidence to compulsive behavior. Interpersonal relationships, including marital and family concerns, are also counseled based on Christian principles found in the Scripture.</p>	<p>Contact: Larry and Debbie Wilson 469-2477</p>	<p>http://www.lighthouseministriesnc.org/</p>
<p>Narcotics Anonymous Referral, Service and Treatment Program 24-Hour Helpline Fellowship of men and women with drug problems</p>	<p>P.O. Box 10953 Raleigh, NC 27605 (919) 831-5100 (800) 711-6375</p>	<p>www.crfna.org/capital.html</p>

ELDERLY/DISABLED SERVICES		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
<p>Cary Health & Rehab Center Multi-level facility, 120 nursing home beds, 30 assisted living beds. Accepts Medicaid/Medicare/Special Assistance/Private Pay. Intermediate care, skilled nursing and rehab, assisted living & short term respite. May accept patients with dementia, depending on level of care.</p>	<p>6590 Tryon Road Cary, NC (919) 851-8000</p>	
<p>Cary Senior Center Home of Resources for Seniors, Inc., an information and referral service; and SeniorNet,</p>	<p>120 Maury O'Dell Place Cary, NC 27513 (919) 469-4081</p>	<p>www.townofcary.org/depts/prdept/facilities/cshome.htm</p>

which provides computer resources and training to seniors.		
Cary Total Life Center Provides group care in a community setting for adults (18 or older) who need supervision during normal work hours. Attendees interact as appropriate with staff and other participants in discussions and activities to provide pleasant experiences including good nutrition, and exercise of mental and physical abilities.	110 Maury Odell Pl Cary, NC 27513 (919) 460-9008	
Glenaire Continuing Care Retirement Community, church-related organization providing older adults with choices in affordable, attractive accommodations and comprehensive healthcare services.	200 West Cornwall Road Cary, NC (919) 460-8095 (800) 225-9573	
Life Experiences, Inc. Adults with developmental disabilities have an opportunity to learn and earn at Life Experiences by working in one of the four small businesses including bakery, thrift store, sprout production, and janitorial services.	1335 Buck Jones Road Raleigh, NC 27606 (919) 467-1973	
Meals-On-Wheels Hot nutritious noon time meals to the frail, elderly, handicapped and homebound of Wake County.	707 W. Jones Street Raleigh, NC 27603-1454 (919) 833-1749	www.wkemow.org
Resources for Seniors (Wake County) Provides home and community based services so that disabled and senior adults can maximize their independence for as long as possible while remaining in their homes.	110 Navaho Drive, Suite 400 Raleigh, NC 27609 (919) 872-7933	www.resourcesforseniors.com
Total Life Center – Cary Provides group care in a community setting for adults (18 or older) who need supervision during normal work hours. Attendees interact as appropriate with staff and other participants in	Kirk of Kildaire 200 Meadow Drive Cary, NC 27511 (919) 467-6906	

discussions and activities to provide pleasant experiences including good nutrition, and exercise of mental and physical abilities.		
The Center for Volunteer Caregivers Train/coordinate volunteers from coalition churches/congregations to perform simple tasks for elderly/disabled such as transportation, friendly visitors, respite, light house/yard chores.	P.O. Box 4862 Cary, NC 27519-4862 (919) 460-0567 or 460-0492	

EMPLOYMENT-RELATED ASSISTANCE		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
Unemployment Benefits (Employment Security Commission) Employment Services: unemployment insurance benefits and placement service	742-F East Chatham Cary, NC 27511 (919) 469-1406 700 Wade Avenue Raleigh, NC 27605 (919) 733-4329	www.ncesc.com
Women's Center of Wake County, Inc. Resource/referral services to area agencies/organizations addressing needs of caller; employment-related assistance - example: planning a job search, developing a resume, etc. Basic needs services - to women & children from low income or homeless situations (include food, clothing, bus tickets, emergency financial assistance, etc.)	128 East Hargett Street, Suite 10 Raleigh, NC 27601 (919) 829-3711	www.wcwc.org

FOOD/CLOTHING ASSISTANCE		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
Angel Food Ministries Will provide \$75 worth of food for \$25 Located at Wake Chapel Church, it is a volunteer based non-denominational organization dedicated to providing grocery relief to communities throughout the U.S.A that works in churches and community organizations in 32	Contact: Rhonda Harding 552-4147 ext. 207	http://www.wakechapelchurch.org/angelfood.php

states. Accepts only: cash, money orders, food stamps (EBT cards)		
Food Bank of North Carolina Provides food to people at risk of hunger in 34 counties in central and eastern North Carolina.	3808 Tarheel Drive Raleigh, NC 27609 (919) 875-0707	www.foodbanknc.org
Helping Hands Mission Provides low-cost furnishings as well as food and clothing for families in need.	414C Old Apex Road Cary, NC (919) 481-1411	
Moveable Feast Moveable Feast is a hunger relief agency serving Wake, Orange, and Durham counties. We collect unopened groceries from families who are moving out of the area and would like to donate their excess food to feed hungry children and families. There is no charge for pick-up and donations are tax-deductible. Moveable Feast distributes food to Cary agencies that feed the hungry and at-risk.	101 Clear Sky Court Cary, NC 27513 (919) 481-1220	www.moveablefeast.org

HEALTH-RELATED SERVICES		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
American Liver Foundation, Triangle Chapter The American Liver Foundation is a national voluntary health organization dedicated to preventing, treating, and curing hepatitis and other liver and gall bladder diseases through research and education.	(919) 481-3024 (800) GO LIVER	www.liverfoundation.org/triangle

<p>Children and Adults with Attention Deficit / Hyperactivity Disorders (CH.A.D.D.) provide in-service presentations to schools, civic and professional organizations, and health organizations. Sponsor both parent and adult support meetings monthly. Lending Library containing the most current books, videos, and articles on AD/HD. CHADD serves as a member to the Wake County Public Schools Exceptional Advisory Council. CHADD engages in advocacy work on behalf of children and adults with AD/HD in the schools and work place.</p>	<p>9300 Kirkhill Drive Raleigh, NC 27615-1952 (919) 990-1032</p>	<p>www.chadd.org</p>
<p>Make-A-Wish Foundation Grants wishes to children between the ages from 2½ and 18 with life-threatening medical conditions.</p>	<p>3808B Computer Drive Suite 108 Raleigh, NC 27609 (800) 432-9474 (919) 821-7111</p>	<p>www.eastncwish.org</p>
<p>Triangle Down Syndrome Network Provides support, education and resource material to families, friends and professionals that have a Down Syndrome individual in their lives. Service Cary and the entire Triangle area</p>	<p>109 Raphael Drive Cary, NC 27511 (919) 467-7740</p>	<p>www.triangledownsyndrome.org</p>

HOMEOWNERSHIP ASSISTANCE		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
<p>Culturas Unidas Provides homeownership counseling and assistance to the Hispanic and Latino community</p>	<p>975 Walnut Street, Suite 104 Cary, NC (919) 467-6696</p>	
<p>Habitat for Humanity of Wake County Develops partnerships to build healthy, affordable homes with and for God's people in need, promotes self-reliance through home ownership, affirms the dignity of the family, and creates sustainable communities</p>	<p>2300 Capital Blvd. Raleigh, NC 27604-1440 (919) 833-1999</p>	<p>www.habitatwake.org</p>
<p>North Carolina Housing Finance Agency</p>	<p>3508 Bush Street</p>	<p>www.nchfa.com</p>

<p>(NCHFA) Offers a Home Ownership Mortgage Loan Program providing first-time homebuyers of low or moderate incomes with below-market mortgage loans.</p>	<p>Raleigh, NC 27609 (919) 877-5700</p>	
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HOUSING (TRANSITIONAL AND EMERGENCY)		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
<p>Beyond Imagination Ministries NC Low Income Housing Coalition</p>	<p>(919) 833-6201</p>	
<p>Catholic Parish Outreach Provides boxed food staples for three meals a day for seven days as well as diapers, car seats, and children's and maternity clothes to needy families.</p>	<p>2539-C Noblin Road Raleigh, NC 27604 (919) 834-9680</p>	<p>www.resourcesforseniors.com/iris/8h0h2qqj.htm</p>
<p>Christian Community in Action (CCA) Offers rent assistance and temporary lodging as well as food, clothing, utility bills, etc. in cases of emergency.</p>	<p>1231 N. E. Maynard Road Cary, NC (919) 469-9861</p>	
<p>Cornerstone Center Multi-service center in downtown Raleigh (corner of West Hargett and Snow Avenue) offering health care for the homeless, HIV testing, mental health services, substance abuse services and food stamps</p>	<p>220 Snow Avenue Raleigh, NC (919) 508-0777</p>	<p>www.wakegov.com/county/family/homeless/cornerstone.htm</p>
<p>Families Together/Pan-Lutheran Ministries Provides housing to homeless families to help them achieve self-sufficiency</p>	<p>P.O. Box 6446 Raleigh, NC 17628 (919) 212-1123</p>	<p>www.rtpnet.org/plmweb</p>
<p>Interact of Wake County Provides transitional housing for abused women and their children, with emergency shelter referrals</p>	<p>600 Wade Avenue Raleigh, NC (919) 828-8320 or 828-7501</p>	<p>www.interactofwake.org</p>
<p>New Beginnings Nonprofit, nondenominational Christian</p>	<p>P.O. Box 58759 Raleigh, NC 27658</p>	<p>www.newbeginningsonline.com</p>

organization serving homeless women and children by providing transitional housing and counseling to help them become self-sustaining.	(919) 873-0110	
Passage Home, Inc. Provides housing and support services to low-income and homeless families.	712 W. Johnson Street Raleigh, NC 27603 (919) 834-0666	www.passagehome.org
Salvation Army Offers shelter and meals to homeless women and their children	215 South Person Street Raleigh, NC 27601 (919) 834-6733	www.salvationarmysouth.org/raleigh/default.htm
Step-Up Ministry Transitional housing and counseling program serving working families with dependent children who are homeless or at risk of becoming homeless	1704 Oberlin Road Raleigh, NC 27608 (919) 834-0372	www.step-up.us
The Caring Place, Inc. Transitional Housing Program to move homeless families to permanent housing. Homeless Prevention Program working with families on brink of eviction/foreclosure. Both programs provide intensive life skills counseling - budgeting, time-management, nutrition, goal setting and attainment, etc.	P.O. Box 622 Cary, NC 27512 (919) 462-1800	www.thecaringplace.org
Triangle United Way	1100 Perimeter Park Drive Suite 112 Morrisville, NC 27560 (919) 460-8687	www.unitedtriangleway.org
Wake County Housing Authority Maintains waiting lists for "Section 8" rental subsidies. Families receiving subsidy pay no more than 30% of their income on rent and are able to choose the location of their dwelling	P.O. Box 399 100 Shannon Street Zebulon, NC 27597 (919) 269-6404	www.resourcesforseniors.com/iris/8h0h2qud.htm
Wake County Human Services Provides a referral system for families in need of special living arrangements for family	(919) 212-7000	

members facing autism, physical disabilities, or other challenges at locations throughout Wake County		
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RETIREMENT AND LIFE CARE COMMUNITIES AND HOMES		
ORGANIZATION	PHONE/ADDRESS	WEBSITE
Alterra Clare Bridge of Cary Assisted living facility for memory-impaired individuals only; 50 beds. Provides secure facility with accommodations, assistance with bathing, dressing, and grooming, housekeeping services, 24-hour supervision, personal laundry and linen services, medication management, secured and alarmed doors, activities, meals and snacks. Nurse available or on call around the clock. PRIVATE PAY ONLY---NO SPECIAL ASSISTANCE	7870 Chapel Hill road Raleigh, NC (919) 852-1355	
Carolina House of Cary Assisted living facility with 74 residents. Has a Discovery Program for Alzheimer's and Dementia Care.	111 MacArthur Drive Cary, NC 27513 (919) 460-5959	
Chatham Creek Rest Home	809 West Chatham Street Cary, NC (919) 469-9309	
Glenaire Designed for older adults suitable accommodations and services designed to meet their particular physical, social and psychological needs so as to enhance their health, security, happiness and spiritual well being.	4000 Glenaire Circle Cary, NC 27511 (919) 460-8095 (800) 225-9573	www.glenaire.org
HeartFields A monthly rental residential setting that attracts seniors who need daily assistance with such tasks as bathing, dressing, and medication management, but not skilled nursing care	1050 Crescent Green Drive Cary, NC 27511 (919) 852-5757	www.heartforseniors.com

<p>Jordan Oaks Independent living rental retirement community. Provides meals in a common dining room, housecleaning and linen service, transportation, and activities. All units have emergency pull-cords, and management staff live on site and are on call. Rental is month-to-month; no lease or buy-in required. Assisted living services are not provided, but residents are free to bring in services to provide home care.</p>	<p>10820 Penny Road Cary, NC 27511 (919) 387-8250</p>	
<p>Parkway Retirement Center Assisted living</p>	<p>201 West High Street Cary, NC 27513 (919) 460-8644</p>	
<p>Woodland Terrace Assisted Living/Retirement Community licensed for 78 residents. Some independent units, some Assisted Living, 44 Alzheimer's units, with no skilled nursing care, and is rental (no buy-in fee).</p>	<p>300 Kildaire Woods Drive Cary, NC 27511 (919) 465-0356</p>	