

# AREA RESOURCES

## DORCAS MINISTRIES

**dorcascary.org • 187 High House Rd, Cary  
919-469-9861**

Crisis financial assistance, emergency housing, food pantry, job training center, scholarships, childcare, and health and wellness programs. Available to those who live, work or attend public school in Cary and Morrisville.

## WESTERN WAKE CRISIS MINISTRIES

**wwcm.org • 1600 Olive Chapel Rd, Apex  
919-362-0657**

Crisis financial assistance, food pantry, food delivery, homelessness prevention, and more. Assistance available for people who live in Apex, New Hill, Friendship, and Holly Springs. Fuquay Varina and Willow Springs need agency referral.

## RESOURCES FOR THE HOMELESS

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**Oak City Care** “A one stop shop” for coordinated services, including housing, health, mental health, substance abuse care, employment, laundry, showers, computers, meals on weekends. 1430 S. Wilmington St., Raleigh **984-344-9599**.

**Wake County Housing Resource and Referral Line** Coordinated entry referral hotline that connects homeless persons with many area programs and services. **wakenetworkofcare.org 919-861-1195**

**The Women’s Center** 112 Cox Ave., Raleigh. Day shelter. Lunch M/W 11:30 – 12:30 **919-829-3711**

**Cornerstone Homeless Multi-Service Center** Laundry, showers, traveler's aid, social services, employment services and more. 220 Snow Ave Raleigh. **919-508-0777**

**The Caring Place** Transitional housing program for homeless working families. **919-462-1800**

### **Emergency Overnight Shelters**

**Wilmington Street Men's Shelter** 1420 South Wilmington St., Raleigh. Men 18+. **919-857-9428**

**Durham Rescue Mission** Men: 1201 E Main St., Durham. **919-688-9641**

Women & families: 507 E Knox St., Durham. **919-688-9641**

**Urban Ministries of Durham** 410 Liberty St., Durham. Men, women & families. **919-682-0538**

**Salvation Army** 215 South Person St., Raleigh. Women and children only. **919-834-6733**

**Helen Wright Center** 401 W. Cabbarus St., Raleigh. Women only. **919-833-1748**

**Interact** Women and children escaping domestic violence. 24 hr Crisis Line: **919-828-7740**

## FINANCIAL

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**Wake County Human Services** 220 Swinburne Ave., Raleigh. Energy Assistance/Rent. **919-212-7000**

**First Presbyterian** Must be working or have proof of disability. Call Tues. for an appt. **919-833-4070**

**Sacred Heart Church** 16 N. Dawson St., Raleigh. Call for an appt. **919-865-8973**

**Doorstep Ministries** 228 W. Edenton St., Raleigh. Call Monday morning. **919-832-9530**

**White Oak Foundation** 1621 White Oak Church Rd., Apex. Call for an appointment. **919-362-6799**

## FOOD AND CLOTHING

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**Food Stamps** Western Wake Co. Human Services, 111 James Jackson, Cary. **919-461-4613** or [epass.nc.gov](http://epass.nc.gov)

**White Oak Food Pantry** 1621 White Oak Church, Apex, Mon, Wed 1-3pm. **919-362-6799**

**Hope Pantry** 821 Buck Jones, Raleigh, Mon 10-2, Wed 4-7pm. **919--532-0620**

**The Point Church Pantry** 1503 Walnut St., Cary Saturdays 11-noon **919-537-9533**

**Life Church**, 305A Ashville, Cary. Mon-Tues 9am-2pm, Sun 12-12:30pm. **919-615-1122**

**Grace Pantry**, 9043 Chapel Hill Rd, Cary. Wed 12-1:30pm. **919-467-9159**

**White Plains Food Ministry** 313 SE Maynard Rd., Cary Thursdays 4-5:30pm **919-467-9394**

**St. Mary's AME** 600 S. Salem St., Apex Tues, Fri, 10:30am-12pm **919-362-0076**

**Urban Ministries Food Pantry** 1390 Capital Blvd., Raleigh Mon-Fri 9am- 1pm **919-834-4707**

**Catholic Parish Outreach** Food and Clothing. With written referral. Mon-Sat 10am-1pm **919-873-0245**

**Shepherd's Table** Hot meals. 121 Morgan St., Raleigh Mon-Fri 11am – noon **919-931-2010**

**With Love From Jesus** Food, clothing. 421 Chapanoke Rd., Raleigh Tu/W/F/Sa 10-noon **919-233-8010**

**First Baptist of Raleigh** Clothing. 99 N. Salisbury St. Wed 10-11:30, Thurs 1-2:30 **919-832-4485**

## MEDICAL AND DENTAL

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**Advance Community Health** All medical/dental needs. [Whsi.org](http://Whsi.org) **919-833-3111**

**NeighborHealth** Raleigh. All medical needs. Sliding scale. [Neighborhealthcenter.org](http://Neighborhealthcenter.org) **984-222-8000**

**Open Door Clinic & Pharmacy** 1390 Capital Blvd., Raleigh. Call for appt. **919-832-0820**

**Alliance Medical Ministry** Must be working & not insured. 101 Donald Ross Dr, Raleigh **919-277-0505**

**NC Missions of Mercy** Free dental clinics across NC. **(919) 234-4037**

**North Carolina Baptist Dental Bus** Free mobile dental clinics. See website. [Baptistsonmission.org](http://Baptistsonmission.org)

**Wake Tech Dental Hygiene** Some fees apply. **919-747-0126**

**Wake Smiles** Serves low-income, uninsured adults with referral. See website. [Wakesmiles.org](http://Wakesmiles.org)

## MENTAL HEALTH

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**Monarch Behavioral Health Urgent Care** Walk-in clinic. 319 Chapanoke Rd. Raleigh **919-703-2845**

**NAMI** Support services for those affected by mental illness. [Nami-wake.org](http://Nami-wake.org) **919-848-4490**

**Triangle Family Services Wake County Crisis Stabilization Center** 24-hour mental health assessment and referrals.

No appointment needed. 107 Sunnybrook Rd., Raleigh **919-250-1260/1-800-510-9132**

Counseling services for all needs. [tfsnc.org](http://tfsnc.org) **919-821-0790**

**El Futuro** Offers culturally-responsive mental health services for Spanish speaking immigrants **(919) 688-7101**

## DRUG AND ALCOHOL RECOVERY

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**Healing Transitions** FREE residential drug and alcohol recovery program. Raleigh **919-838-9800**

**TROSA** FREE residential drug and alcohol recovery program. Durham **919-419-1059**

**Triangle Alano Club** AA, NA and other 12 Step Recovery Meetings, Dorcas Plaza, High House Rd., Cary

**Southlight** Inpatient and outpatient drug/alcohol treatment. Raleigh **919-787-6131**

**Oxford Houses of NC** Clean sober housing option for individuals in recovery. [www.Oxfordhouseenc.org](http://www.Oxfordhouseenc.org) **919-395-8192**

*For more area resources call 2-1-1 or go to [wakenetworkofcare.org](http://wakenetworkofcare.org) Revised July 2021*

## FINANCIAL COUNSELING

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**Triangle Family Services** Classes and counseling, foreclosure prevention. *tfsnc.org* 919-821-0790

**Consumer Education Counseling** Free credit counseling. 866-635-7121

**White Oak Foundation** Financial counseling, home-buyer education, foreclosure prevention 919-362-7699

## LEGAL SERVICES

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**Legal Aid of North Carolina** Call or apply on-line 919-828-4647 or *ww2.legalaidnc.org*

**Apex Immigration Services** Legal clinic 2<sup>nd</sup>/4<sup>th</sup> Fridays. Call for an appointment. 919- 589-5231

**Fiesta Cristiana Family Resource Center** Legal, health, emergencies. 203 E. Moore St., Apex 919-589-5307

**Centro Para Familias Hispanas (Hispanic Family Center)** Legal, medical, job resources. 919-873-0094

## EDUCATION AND TRAINING

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**Wake Tech Community College** FREE ESL and GED Classes. FREE Human Resource Development classes for unemployed/under-employed. Hundreds of training programs. *Waketech.edu*

**NC Works Career Center** Full service employment center. 1830 Tillery, Raleigh *ncworks.gov* or 919-715-0111

**Step Up Ministry** Job readiness for entry-level employment. Register online. *stepupministry.org*

**Resources for Seniors** Help with aging related issues. Cary Senior Center at Bond Park 919-462-3983

**Dress for Success** Job readiness program and career clothing closet for women. 919-286-2128

**Kramden Institute** Computer skills training. 919- 293-1133

**Childcare Resources** Help finding childcare for children birth to age 5. 855-328-5933

**Vocational Rehab** Employment services for those with disabilities. 919-855-4800

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