



Supported by
Catawba County United Way



Resource Manual

Supporting and Connecting
Teenagers to Resources in
Catawba County

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About this Manual

This manual aims to inform, encourage, and provide teens and parents in our community with accurate and helpful information. This manual has been researched and developed by our Teen Programs Coordinator, Smart Moms and Dads Coordinator and Executive Director.

About the Council on Adolescents

The Council on Adolescents of Catawba County was incorporated in 1986 as a 501(c)(3) nonprofit organization. The Council was created by a group of homemakers and the health educator from the Health Department to address the issue of teenage pregnancy in Catawba County. Since inception, the Council's focus has expanded to include educational interventions against other risky behaviors, as well as providing at-risk youth with positive adult mentors. The Council offers a menu of services for youth in Catawba County. Our **Healthy Youth Education** program is an in-school program that follows North Carolina's Healthy Youth Act requirements and Healthful Living Guidelines. The **Lunch Buddy Program** is a mentoring initiative implemented in middle schools in Catawba County, Hickory Public, and Newton-Conover City Schools. Both Healthy Youth and Lunch Buddy programs are United Way funded. The **Teen Talk Program** is a state funded program through North Carolina Department of Health and Human Services. This program is designed to reduce risky sexual behavior and prevent teen pregnancies in Catawba County. This program is implemented with an evidence based curriculum for middle and high school aged youth. The **Smart Moms & Dads Program** is another state funded program through North Carolina Department of Health and Human Services. This program is designed to provide support to pregnant and parenting 19 years and younger in Catawba County. This program is executed in the high schools in Hickory City, and Newton-Conover City Schools. This program utilizes two evidence based curriculums, *Parents as Teachers (PAT)* and *Be Proud, Be Responsible, Be Protective (B3)*.



Additional Resources:

Public Housing

Nu- Dimensions Inc. 828-328-5373
 Hilltop Apartments 828-328-4046
 Western Piedmont Council of Governments
 828-322-9191

Library Services

Main Library in Newton 828-465-8664
 Conover Branch 828-466-5108
 Southwest Branch 828-466-6818.
 Patrick Beaver Library 828-304-0500.
 Ridgeview Branch 828-345-6037
 Claremont Branch 828-466-6817
 Maiden Branch 828-428-2712
 St. Stephens 828-466-6821

Emergency Services

Hickory Fire Department 828-323-7420
 Hickory Police Department 828-328-5551
 Newton Fire Department 828-695-4315
 Newton Police Department 828-465-7430
 Conover Fire Department 828-464-1295
 Conover Police Department 828-464-4698
 Catawba County Emergency Services 828-465-8233
 Catawba Valley Medical Center 828-326-3000
 Frye Regional Medical Center 828-315-5000
 National Sexual Assault Hotline 800-656-4673

Pediatric and Adolescent Health Care Providers

Child Health Center, PA 828-322-4453
 Catawba Pediatric Associates, PA 828-322-2550
 Newton Family Physicians, PA 828-465-3928
 Unifour Pediatrics, PA 828-328-1118

Job Related Services

North Carolina Department of Labor 828-322-2619 or 1-800-625-2267
 NC Works of Catawba County 828-466-5535

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Medical Care & Support Resources:

AIDS Leadership Foothills Area-Alliance (ALFA)

828-999-8744
211 NC-127, Hickory, NC 28602
www.alfainfo.org

ALFA assists people who are HIV positive and their families with support groups, case management, transportation, testing, financial assistance, and community education.

Catawba County Department of Social Services

828-695-5600
3030 11th Ave DR SE
Hickory, NC 28602
<http://www.catawbacountync.gov/county-services/social-services>

Catawba County Social Services includes but is not limited to economic and family support services (crisis intervention, food assistance, and Medicaid), child daycare services, child support enforcement, child welfare services, protection services, and success coach post adoption services. To make a child protective services report, call 828-324-9111 or 911.

Catawba County Public Health

828-695-5800
3070 11th Ave DR SE
Hickory, NC 28602
www.catawbacountync.gov/phealth

Public Health provides numerous services including but not limited to family planning, Sexual Transmitted Infections (STI) testing and prevention, Women, Infants, and Children nutrition program (WIC), Care Coordination for Children (CC4C), health screenings, dental clinic, immunizations, Farmers Market, and the Live Well Catawba initiative focusing on healthy eating.

Family Care Center

828-324-9917
2875 Highland Ave. NE
Hickory, NC 28601
www.familycare-center.org

Family Care Center serves homeless families with dependent children through an emergency residential program.

Greenway Public Transportation

828-464-9446
1459 Robinwood Rd
Newton, NC 28658
www.mygreenway.org

Greenway provides safe, high quality, environmentally friendly transportation services for the citizens of Conover, Hickory, and Newton. Fixed route and flex services are available. They have specialized services for disabled customers and child seats. Information is available in Spanish via phone or website.

Safe Harbor Rescue Mission

828-326-7233
16 1st Ave. NE
Hickory, NC 28601
www.safeharbornc.org/programs

Safe Harbor is a non-profit ministry that provides a Christ-centered community for rebuilding, renewing and recovery. Safe Harbor offers a variety of classes, groups and programs for women and children. Their focus is on reducing barriers and providing hope for quality living for women and children who are experiencing homelessness and/or women in transitional living situations.

**"One person can make a difference. Working together we make lasting changes."
-Barbara Milkulski**



Additional Resources:

Catawba County United Way

828-327-6851
800 17th Street NW
Hickory, NC 28601
www.ccunitedway.com

Catawba County United Way maintains current resource information on human services that are available to Catawba County residents. Access local resources by calling 2-1-1 or going to www.211nc.gov

Cooperative Christian Ministry of Hickory (CCM)

828-327-0979
31 1st Ave SE
Hickory, NC 28602
www.ccmhickory.com

CCM assists Catawba County persons who are unemployed and underemployed to identify the factors keeping them in poverty. Then a set plan is created to provide helpful opportunities for greater independence, self-reliance, and personal healing. CCM aids in crisis support, education, pharmaceuticals, health care, and food.

Eastern Catawba Cooperative Christian Ministry (ECCCM)

828-465-1702
245 East N. Street
Newton, NC 28658
www.ecccm.org

ECCCM provides assistance with mortgage, rent payments, utility bills, food, pharmaceuticals, clothing, and fuel for residents of Catawba County.

Kintegra Family Care

828-994-4544
133 1st Ave SE
Hickory, NC 28602

Kintegra Family Care provides primary care (well and sick check-ups, and chronic disease management) for children, adults, and seniors, as well as medication assistance, and behavioral health counseling. This family-centered provider of health care administers health education and preventative care services without regard for citizenship and/or the ability to pay.

Children's Advocacy & Protection Center

828-465-9296
4360 County Home Road
Conover, NC 28613
www.catawbacountycapc.org

Children's Advocacy & Protection Center coordinates services for children who are victims of sexual abuse, physical abuse and their non-offending family members. Provides leadership and coordination for the prevention of child abuse and neglect, and is a "Prevent Child Abuse NC" affiliate. They also offer "Darkness to Light" training to educate the community on recognizing and preventing child sexual abuse.

Cognitive Connection

828-256-3436
4330 Viola Sipe Dr
Conover, NC 28613 (Located in the 2nd story building)
www.thecogcon.com

Cognitive Connections is an accredited organization that works to promote self-sufficiency and pro-social life choices through effective client education, training and treatment programs. **Transportation is offered for groups, but not assessments - MUST be located in the county.

Women's Resource Center

828-322-6333
125 3rd Street NE
Hickory, NC 28601
www.wrchickory.org

Women's Resource Center offers resources and referral services, educational programs, and support groups for women in Alexander, Burke, Caldwell, and Catawba County.

Medical Care & Support Resources:

Vocational Rehabilitation

828-322-2921
1216 10th Ave. Lane SE
Hickory, NC 28602
www.ncdhhs.gov/divisions/dvrs

Vocational Rehabilitation assists students with physical, mental or learning disabilities to successfully transition from their school life to jobs and careers. They provide vocational guidance and training, in-school work adjustment, job placement, and more. Depending on individual needs, VR services may last a few months to several years. A plan will be developed that identifies specific services needed to achieve the goal of successful employment. Typically referred through the school system, but can be self-referred.

MOM SUPPORT GROUPS:

Catawba Valley Young Lives

Contact: Caitlin Norton, caitlennorton@gmail.com
Where: Weekly at First Baptist Church, 339 2nd Ave NW,
Hickory, NC 28601
When: Thursdays at 6 pm

A group for pregnant and parenting teen moms ages 11-20. They experience support through groups, weekly meals, events, and group retreat to get closer to one another and Christ. Each teen is paired with an adult female mentor.

PEEPS

Contact: Stephanie McGuire at mcguiest@hickoryschools.net
Where: Tuesdays at Christ Lutheran Church, Wednesdays at Open Door Baptist Church, and Thursdays at Ridgeview Recreation Center
When: 10:30 am-12pm every Tuesday, Wednesday, and Thursday

A mom & baby focused play group where you will have the space to share stories, build relationships, compare "me, too!" experiences, connect to resources & embrace the eventful journey of motherhood.

Education & Recreation:

NC Pre-Kindergarten

828-695-6565

NC Pre-K is a free high-quality pre-kindergarten experience for qualifying 4 year olds. Classrooms are located in elementary schools and in some private child care centers, and operate on the public school calendar. Applications are accepted year-round at the Catawba County Partnership for Children office. Parents are encouraged to apply by May for placement the following year, however applications are kept on file, so children may be placed any time there is an opening during the year. Eligibility is based on family income and size, education level of parents, whether English is the child's first language, and other factors. For additional information, or any questions, please call the number listed above.

Safe Kids

(828) 732-6206
810 Fairgrove Church Rd SE
Hickory, NC 28602
www.safekids.org/coalition/safe-kids-catawba-county

Safe Kids Catawba County is led by Health First, which provides dedicated and caring staff, operation support and other resources to assist in achieving one common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

Education & Recreation:

Imagination Library

828-695-6505
738 4th Street SW
Hickory, NC 28602
Enroll today at www.imaginationlibrary.com or
www.catawbakids.com

Dolly Parton's Imagination Library program sends all enrolled children one free age-appropriate book each month until their fifth birthday. This program promotes early literacy and the importance of parents reading to their children.

Patrick Beaver Learning Resource Center

828-624-2012
926 2nd ST NE #100
Hickory, NC 28601
www.patrickbeaverlrc.org

Patrick Beaver Memorial Library offers school aged students free internet access to resources on a wide range of subjects and at various reading levels. Students can find materials for school work, personal enrichment, and pleasure reading. The library website also offers access to Tutor.com, a live home-work help and tutoring service that connects students to a real expert tutor in an online classroom setting. They also offer Summer Learning Programs to help kids explore the world and enhance their literacy skills.

MOM SUPPORT GROUPS:

Mom to Mom

Contact: Cindy Boger at 828-695-6911 or Carolyn Bowser at 828-855-9363

Where: Sweetwater Early Childhood Education Center
(2110 Main Avenue SE, Hickory, NC 28602)

When: 3rd Thursday every month; 5:30-7:30pm

If you need encouragement, someone to talk with, and a way to build your self-esteem and self-worth then join Mom to Mom. This group is designed to encourage and empower women to nurture themselves first.

MOPS (Mothers of Preschoolers) of Hickory

Contact: Melody Jenkins at www.mops.org or on MOPS Hickory Facebook page

Where: First United Methodists Church Hickory (311 3rd Ave NE, Hickory, NC 28601)

When: 2nd and 4th Tuesday morning each month during the school year; 9:30-11:30am

This Christian organization is for mothers of children birth to 5 and provides encouragement, support, teaching, and friendships.

The MOMS Club of Catawba Valley

Contact: Leah Snedeger on the Facebook page

Where: Location varies - visit 'moms club of hickory' on Facebook for more information

When: Every 3rd Thursday at 10am

This group connection provides friendship, support and a fun way to meet other moms. If you are with your children during the day we have activities for you and your child. Come share the joys and struggles of motherhood with a caring group of fellow moms.

Childcare & Child Safety:

Catawba County Partnership for Children

828-695-6565
738 4th Street SW
Hickory, NC 28602
www.catawbakids.com

The Partnership for Children organization works to ensure every child enters kindergarten prepared for lifelong success, including service and resource referrals for early care and education, early literacy, health and safety, family education and support, and community awareness and advocacy.

The Partnership for Children also houses:
Children's Resource Center..... see page 11
Imagination Library.....see page 15
NC Pre-K.....see page 16

Children's Resource Center

828-695-6512
738 4th Street SW
Hickory, NC 28602
(Located at the Catawba County Partnership)
www.childrensresourcecenter.org

Children's Resource Center works to assist, educate, and support parents, child care providers and our community about quality, affordable child care and assist with any other issues relating to children and families.

Children's Developmental Services Agency

828-267-6464
1985 Tate Blvd. SE, 4th Floor
Hickory, NC 28602
www.beeearly.nc.gov

The North Carolina Early Intervention Branch (NCEI) is a part of the N.C. Division of Public Health. It is the lead agency for the N.C. Infant-Toddler Program (ITP). The Infant-Toddler Program provides support and services for families and their children, birth to three who have special needs. Anyone with concerns about a child may refer him or her to the ITP.

Centro Latino

828-330-0477
151 25th St SW
Hickory, NC 28602
www.centrolatinohickory.com

Centro Latino helps bridge the gap for the Hispanic community with services including housing, legal assistance, counseling, tutoring teens after school, and English as a Second Language (ESL) programs.

Kid Connection

828-464-9355
605 N. Ashe Ave
Newton, NC 28658
www.nccs.k12.nc.us/community/commschs.html

Kid Connection serves elementary students in Newton-Conover, Hickory City, and Catawba County Schools. It offers an affordable, safe, convenient and accessible program with excellent care and supervision for children in grades K-6. They are designed to meet your needs with before-school and after-school care, student holiday care and summer day camps.

Hickory Parks and Recreation

828-322-7046
1451 8th Street Drive NE
Hickory, NC 28601
www.hickorync.gov

Hickory Parks & Rec provides 20 public parks and 5 public recreation centers with a variety of facilities including basketball courts, playgrounds, picnic shelters, sports fields, walking trails, fitness centers, swimming pools, and splash pads.

Education & Recreation:

Catawba Science Center

828-322-8169
243 3rd Ave NE
Hickory, NC 28601
www.catawbascience.org

The Science Center offers physical, natural, and earth science exploration through exhibits, the planetarium, and special summer programs. Call or visit their website for scheduling and any other questions.

Catawba Valley Community College

828-327-7000
250 Hwy 70 SE
Hickory, NC 28602
www.cvcc.edu

CVCC is a local community college offering a wide range of educational opportunities. Attend a training, summer camp, seminar, or earn an associate degree online or on campus.

CVCC Adult Basic Education (High School)

828-327-7000 ext.4353
CVCC East Campus on Hwy 70-Room 1031
(past main campus on your right behind Northern Tool)
www.cvcc.edu/cce/learningandenrichment/basicskills/adulthighschool

CVCC Adult High School is a free in person or online option for earning a high school diploma. Students can work from home and at their own pace to complete their remaining high school credits. Must be 16 or older, score at the 9th grade level on reading and math assessment, and meet transfer credit requirements to begin taking classes.

Afterschool & Summer Programs:

OUTright Youth

828-320-1937
1331 4th St Dr NW
Hickory, NC 28601
www.outrightyouthcv.com

OUTright Youth provides unique, youth-centered, safe environment, OUTright Youth is the only community resource in Catawba County seeking to empower lesbian, gay, bisexual, transgender, and questioning youth. LGBTQ age 12-21 and their allies are welcome to come receive unconditional support and build relationships with people who understand the challenges that may arise with sexual orientation, gender identity, and more.

Red Shield Youth Center

828-322-3066
750 3rd Avenue Place SE
Hickory, NC 28602
www.salvationarmycarolinas.org/hickory

Provides sports activities, recreation, and after-school tutoring for youth of all ages in the community.

**Transportation provided from school to Red Shield Youth Center

Teen Center

828-322-9284
701 1st Street NW
Hickory, NC 28601
www.ymcacv.org

The Teen Center safe and engaging environment for teens after school and during the summer. Helps build self-esteem, strong values, and skills that teens can use in adulthood. To become a part of the after school program you need to sign up online and pay a small registration fee. Transportation is provided from Hickory Public Schools to the Teen Center.