



Resources for New Parents

Call 211 or 888-892-1162 for assistance with food, housing, counseling, health care, and child care.

Advocacy and Support

Catholic Charities	714-3204
Domestic Violence - National	800-799-SAFE (7233)
Faith Action Int. www.faithaction.org	379-0037
Family Service of the Piedmont	387-6161
*Consumer Credit Counseling	373-8882
*Domestic Violence 24 hr line	273-7273/SAFE
Family Justice Center GSO 641-7233	OR HP 641-2889
Lawyer Referral Service (NC Bar)	800-662-7660
Legal Aid of NC	866-219-5262
Medicaid Ombudsman	877-201-3750
Piedmont Health Service/Sickle Cell Agency	274-1507
Women's Resource Center, GSO	275-6090
Women's Resource Center, HP YWCA	882-4126
World Relief	887-9007

Baby and Breastfeeding

Baby Café

*Empower Baby Café (GSO)	669-7209
*Novant Community Baby Café (HP)	481-1830
Barb Carder, RN, IBCLC Atrium/WF Premier:	802-2200
Car Seat Inspection/Summerfield FD	643-4341
Car Seat Inspection/Safe Kids @Cone	832-3939
Cone Lactation/Support Groups/Classes GSO	832-6860
La Leche League	www.lllofnc.org
Mommy and Me (HP Hosp)	878-6712
Mommy and Me (Premier)	802-2000
Peaceful Beginnings (GSO)	255-8311
WIC in GSO	641-5666 (BF hotline: 641-4114)
WIC in HP	641-7571 (BF hotline: 641-7689)

Child Care Resources

Children and Families First (Several Locations)

*Headstart/Early HS/NC Pre-K	369-5095 or 5097
*Learning Together: ESOL/childcare/GED	378-7700
NC DHHS child care facility search	https://ncchildcare.ncdhhs.gov/childcaresearch
Regional Child Care Resources Referral	369-5097

Development/Education/Parenting

<https://guilfordbasics.org> (early learning)
www.guilfordchildren.org/families/ (resources)
<https://smallmomentsbigimpact.com> (baby videos)
<https://triadmomsonmain.com/> (community)

Cone Health PT: Develop. Screening	832-6682
GTCC ESOL classes GSOx53107/HPx55087	334-4822
Guilford County Schools (EC)	370-2323
Level-UP Parenting: Teens/Single moms	866-0022
NC Cooperative Extension/Guilford	641-2400
NC Pre-K www.guilfordchildren.org	274-5473
Parents as Teachers Guilford (YWCA HP)	882-4126
Parenting PATH (Program for Fathers)	748-9028
YWCA (Teen Parents/Parent Resources/Shelter+)	
*1807 E. Wendover Ave, GSO+	273-3461
*115 Westwood Ave, HP	882-4126

Employment and Disability

Goodwill Industries, Triad	275-9801
NC Works	GSO 297-9444/HP 882-4141
Social Security Administration	877-319-3075
*Disability, SSI	800-772-1213
Welfare Reform Liaison www.wrlp.net/	691-5780

Financial/Food Assistance

Backpack Beginnings Family Market	954-7445
	www.backpackbeginnings.org
Blessed Table Food Pantry (GSO)	333-2266
Greater Guilford Food Finder	Download App
Greensboro Urban Ministries (GUM)	271-5959
Guilford Community Care Network (GCCN)	895-4900
Application: https://guilfordccn.org/orange-card/	
Guilford County:	641-3000
*Child Day Care (vouchers)	641-7791
*Child Support Enforcement	641-6438
*Food Stamps & Medicaid	https://epass.nc.gov
*Work First	641-3000
Helping Hands Emergency Assistance	886-2327
NC Medicaid Managed Care (M-F, 7-5)	833-870-5500
Open Door Ministries (HP)	885-0191
Partnership Village (GSO)	286-6401
Pathways Center (GSO)	271-5988
Salvation Army Center of Hope (GSO)	273-5572
Salvation Army (HP)	881-5400
Welfare Reform Liaison Project – Store	
*863 N. Raleigh St., (GSO)	908-7622
*605 Washington St., (HP)	908-7624
West End Ministries (HP)	884-1105

Health/Dental/Urgent Care

kidshealth.org/en/parents/guide-parents.html

<https://newmomhealth.com/> 4th Trimester Project

Atrium Health WFB Urgent Care:

*Palladium (GSO)	905-6435
*Pisgah Church (HP)	716-9150
*Westchester (HP)	702-1355
Community Clinic of High Point	841-7154

Cone Health <https://www.conehealth.com/>:

*Community Health & Wellness Center	832-4444
*Family Medicine Center	832-8035
*MedCenter at Drawbridge	890-3000
*MedCenter High Point	884-3777
*Urgent Care (near hospital in GSO)	832-4400
GTCC Dental Clinic	334-4822 x50251
Guilford County BH Centers (Crisis)	890-2700
Health Department – all appointments	641-3245
* Chandler Dental Clinic (GSO)	641-3152
*High Point Dental Clinic	641-7733
*Immunizations	641-6625
Planned Parenthood of GSO	373-0678
The Pregnancy Network, Inc.	274-4881

Hospitals

Atrium Health WFB Medical Center:	716-2011
*Brenner’s Hospital	713-0000
*High Point Medical Center	878-6000
Cone Health:	
*Alamance Regional Hospital	538-7000
*Behavioral Health (In-patient)	832-9700
*Financial/Billing	832-8125
*Moses Cone Memorial Hospital	832-7000
*Wesley Long Hospital	832-1000
*Women & Children’s Center	832-6500

Housing (also see Financial)

Affordable Housing	www.affordablehousing.com	
GSO Housing Authority	www.gha-nc.org	275-8501
Greensboro Housing Coalition		691-9521
High Point Housing Authority		887-2661

Mental Health/ Counseling/Support

Agape Psychological (GSO)	855-4649
Bodyandsoultotalwellness.com (HP)	812-9733
Caring Services (HP) (Addiction)	886-5594
Cone Health/Behavioral Health	832-9800
Evans Blount Total Access Care (GSO)	271-5888
El Futuro (Latino families)	919-688-7101
Family Service of Piedmont	GSO 387-6161 HP 889-6161
Family Solutions	899-8800
Journeys Counseling	ofc 294-1349/cell 451-1113

Kellin Foundation (GSO)	429-5600
Mended Hearts Counseling (HP)	609-7383
Mental Health Association of GSO	373-1402
Mental Health (Sandhills 24 hrs)	800-256-2452
Mobile Crisis Management	877-626-1772
Monarch (GSO)	676-6840
Peculiar Counseling (GSO)	285-7616
Ringer Center (GSO)	379-7146
SEL Group (GSO)	285-7173

Suicide Prevention (988lifeline.org): Call 988

<http://www.suicidepreventionlifeline.org/>

Restoration Place Counseling (women)	542-2060
RHA Behavioral Health Services (HP)	899-1505
Triad Psychiatric Counseling Center	632-3505
UNCG Psychology Clinic	334-5662
*Strong Minds, Strong Community	256-8567

Poison Control

800-222-1222

Special Needs

AutismUnbound.org	854-9797
Buddy Break buddybreak@wmsumc.org	560-3967
Children’s Developmental Service Agency	334-5601
Communications Services for the Deaf & Hard of Hearing	275-8878 Video 274-1461
Easter Seals	800-662-7119
Family Support Network	832-6507
GSO TEACCH Center (Autism Program)	919-966-1000

Substance Abuse/Smoking Cessation

Alanon www.greensboroalanon.org	800-449-1287
Alcohol and Drug Services of GSO	333-6860
Alcoholics Anonymous (GSO)	854-4278
Alcoholics Anonymous (HP)	885-8520
Narcotics Anonymous	866-375-1272
Quit Smoking Hotline	800-QUIT NOW
https://quitlinenc.dph.ncdhhs.gov/	(800-784-8669)

Transportation

Greensboro Transit Authority	335-6499
High Point Transit Authority	889-7433
Medicaid Transportation:	
* AmeriHealth Caritas	833-498-2262
* Healthy Blue	855-397-3602
* United Healthcare	800-349-1855
* WellCare	877-598-7602
* Medicaid Direct (special needs)	641-3000
Piedmont Authority Regional Tran (PART)	883-7278