

CHILD ABUSE

Child Abuse Hotline(ChildHelp).....	(800) 4A CHILD
Prevent Child Abuse of North Carolina.....	(800) 354-5437
In-Home Family Preservation Services (Methodist Home)	(919) 828-0345 ext. 4140
Nurturing Program /Crianza con Carino (SAFEchild)	(919) 231-5800
Child Protective Services (Wake Co. Human Services)	(919) 212-7430

CHILD CARE/AFTER-SCHOOL PROGRAMS

After School X-Press (City of Raleigh Parks and Rec)	(919) 831-6640
After School Care (YWCA of the Greater Triangle)	
Cary Elementary School.....	(919) 469-3179
Hargett St. Branch.....	(919) 834-7386
Northwoods Elementary.....	(919) 380-6956
Oberlin Branch.....	(919) 828-3205
Weatherstone Elementary.....	(919) 380-6957
Boys and Girls Clubs of Wake County	
Raleigh Boys Club.....	(919) 834-6281
Raleigh Girls Club	(919) 821-9191
Wake Forest Boys and Girls Club.....	(919) 556-7266
Washington Boys and Girls Club	(919) 508-9079
Zebulon Boys and Girls Club	(919) 404-3625
Capital Area YMCA (offers afterschool and sports programs)	
A.E. Finley	(919) 848-9622
Banks D. Kerr	(919) 562-9622
Cary Family	(919) 469-YMCA
Southwest Wake.....	(919) 657-9622
Central (Hillsborough St.)	(919) 832-6601
Garner.....	(919)833-1256
Child Care Subsidy & Referral (Family Service Network)	(919) 662-3800
Child Care (Wake County Human Services)	(919) 212-7250
Head Start	
Crosby (Raleigh).....	(919) 856-5232
Parkway Head Start Center (Cary).....	(919) 657-0577
Todd Road (Knightdale).....	(919) 266-1240
Food Bank of North Carolina	
Homework Haven	(919) 833-5960
Kids Cafe Avent Ferry	(919) 833-9394
Kids Cafe Western Blvd	(919) 851-4713
Salvation army Boys and Girls Club.....	(919) 832-6918
Tutoring Program (Wilson Temple UMC).....	(919) 828-9989

CHILD SUPPORT/CUSTODY

Child Support Advocacy (ACES, Inc.)	(888) 310-2237
Child Support Enforcement (Wake Co. Human Services).....	(919) 856-6630
Domestic Legal Clinic & Attorney Hotline (Women's Center of Wake County)	(919) 829-3711
Family Mediation (Carolina Dispute Settlement)	(919) 755-4646
Mediation (Child Find of America)	(800) AWA-YOUT
PRO-Familia (Wake County Human Services)	(919) 212-9396
Working for Kids (Wake County Human Services)	(919) 212-9396

DOMESTIC VIOLENCE/RAPE

Interact	
Direct Services Program.....	(919) 828-7501
Domestic Violence Hotline and Shelter	(919) 828-7740
Sexual Assault Hotline	(919) 828-3005
Family Violence Intervention (Raleigh Police Dept.).....	(919) 807-5433
MEN Engaged in Nurturing Strategies (SAFE child)	(919) 231-5800
Domestic Violence & Crisis Hotline for S. Asians (KIRAN)	(919) 865-4006
Victims of Sexual Assault/Domestic Violence (NC Council Women).....	(919) 733-2455

ESPAÑOL/SPANISH

Asuntos hispánico (Oficina del Gobernador)	
Latino Affairs (Office of the Governor)	(919) 733-5361
Centro Para Familias Hispanas/Hispanic Family Center (Catholic Social Ministries)	(919) 873-0094
Centro de información de trabajo para Latinos (NC Occupational Safety & Health Project)	(919) 530-8669
Consulado Mejicano / Mexican Consulate	(919) 754-0046
El Pueblo.....	(919) 835-1525
Información en español.....	2-1-1 or (800) 831-1754
Inmigración / Immigration and Naturalization Service (US Immigrations)	(800) 375-5283
La Cooperativa Latina/Latino Credit Union	(919) 855-9696
PRO-Familia (Wake County Human Services)	(919) 212-9396

HEALTH INFORMATION

Alliance Medical Clinic (Alliance Medical Ministry)	(919) 250-3320
National STD and AIDS Hotline (ASHA)	(800) 227-8922
Clinical & Educational Services (Planned Parenthood) ..	(919) 833-7526
Disability Determination Services (NC Dept. of Health and Human Services).....	(800) 443-9359
Health Choice	(919) 857-4011
NC Family Health Resource Line.....	(800) 367-2229
Open Door Clinic (Urban Ministries of Raleigh).....	(919) 832-0820
Wake Health Services, Inc.	
Apex Family Medicine	(919) 832-5201
Horizon Health Care.....	(919) 743-3315
New Bern Ridge Dental	(919) 250-2930
New Bern Ridge Pediatrics.....	(919) 231-3180
Rock Quarry Road Family Medicine	(919) 833-3111
Southern Wake Family Medicine	(919) 557-1110
Wake County Human Services - Health Services	(919) 212-7000

HOUSING

City of Raleigh Housing Authority	(919) 831-6620
Downtown Housing Improvement Corporation.....	(919) 832-4345
Episcopal Housing Ministry.....	(919) 881-0110
Habitat for Humanity - Wake County.....	(919) 833-1999
Information and Referral (NC Low Income Housing Coalition)	(919) 881-0707
Wake County Housing Authority	(919) 269-6404
Wake County Human Services	(919) 212-7000

JOB TRAINING/EDUCATION

Displaced Homemaker Program (NC Council for Women)	(919) 733-2455
Employment Security Commission - Raleigh Office	(919) 212-3849
Employment Security Commission - Cary Office	(919) 469-1406
Joblink Career Center (Wake County Human Services) .	(919) 250-3770
Job Locator/Placement Service (Urban Ministries of Raleigh)	(919) 834-4707
NC Div. of Vocational Rehabilitation Services.....	(919) 733-7807
Work First (Wake County Human Services).....	(919) 212-7000

LEGAL ASSISTANCE

- Attorney Hotline (Women's Center of Wake County).... (919) 829-3711
- Domestic Legal Clinic (The Women's Center)..... (919) 829-3711
- Lawyer Referral Service (NC Bar Association)..... (800) 662-7407
- Legal Aid of North Carolina - Raleigh Office (919) 828-4647
- Specialization (NC State Bar).....(919) 828-4620 ext. 255

PARENTING CLASSES/COUNSELING

- Counseling Services (Catholic Social Ministries)..... (919) 832-0225
- Focus on Your Children (Parents for Children)..... (919) 819-7417
- Individual & Family Counseling
(Triangle Family Services) (919) 821-0790
- Learning to Parent Apart (Durham Family Court)..... (919) 286-9659
- Nurturing Program (SAFE child) (919) 231-5800
- Project Enlightenment (919) 856-7774

RUNAWAYS

- Child Find of America
 - Location Program..... (800) IAM-LOST
 - Mediation Services..... (800) AWAY OUT
- National Center for Missing and Exploited Children (800) THE-LOST
- National Runaway Switchboard (800) 621-4000
- National Youth Crisis Hotline..... (800) 448-4663
- NC Center for Missing Persons (800) 522-5437

PARENT GROUPS

- Nurturing Program (SAFEchild)..... (919) 231-5800
- Parents Without Partners - Capital Area (919) 547-4466
- Welcome Baby (SAFEchild) (919) 231-5800
- MotherRead/FatherRead Program (SAFEchild) (919) 231-5800
- More Information 211or (800) 831-1754

ADDITIONAL RESOURCES

United Way 2-1-1, a direct service of Triangle United Way, prepared this listing.

It is intended to give general information about programs and services available to parents, particularly single parents. Inclusion in the publication does not imply endorsement of any program nor does exclusion imply a lack of support or a lack of endorsement.

For more information on the services listed, as well as additional information call United Way 2-1-1 or 1-800-831-1754. You can also email us at 211@unitedwaytriangle.org or visit us on the web at www.unitedwaytriangle.org/tuw/211



Updated July 1, 2004

Single Parent Resource List

Wake County Area

United Way



www.211NC.org

If you can find a phone, you can find help....or look inside!

Triangle United Way

1100 Perimeter Park Drive Ste. 112
Morrisville, N.C. 27560
Phone: 2-1-1 or (800) 831-1754
Fax (919) 460-3118

www.unitedwaytriangle.org/tuw/211/



Triangle United Way