

# Brunswick County Health Services Community Resource Guide



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## **Brunswick County Health Services**

### **Programs and Clinics**

#### **General Clinic:**

A wide range of health services is offered. Included are: childhood immunizations from birth to 18 years of age; allergy shots with a physician's order; inspection for head lice with treatment available; pregnancy testing; screening for tuberculosis; high blood pressure. Adult immunizations are available. No appointment is needed for these services and fees may vary.

#### **WIC:**

The Women, Infants, and Children Nutrition Program (WIC) is a supplemental nutrition program designed to provide food, nutrition education, and breastfeeding support to income-eligible women who are pregnant, have recently given birth, or are breastfeeding, as well as infants and children up to 5 years of age. WIC services are available at the following sites: Bolivia (910-253-2288), Leland (910-253-2877), and Shallotte (910-253-2878). Please call with questions or to schedule an appointment. WIC is an equal opportunity provider.

#### **Care Coordination for Children (CC4C):**

A free, voluntary program for families of children from birth to 5 years of age who have special health care needs, are exposed to toxic stress in early childhood, and are high users of medical services.

#### **Child Screening Clinic:**

Children ages birth to 21 are screened by an Enhanced Role Registered Nurse for routine health conditions. A complete well physical examination, education, and counseling are included by appointment. Kindergarten physical examinations and dental varnish may also be provided.

#### **Pediatric Primary Care:**

Provides well and sick/injured care for children from birth to 21 years of age. Services include annual Well Child Checks as well as physicals for Kindergarten, day care, camp, sports participation, and college. We also manage many chronic illnesses including asthma, allergies, ADHD, iron-deficient anemia, reflux, and irregular menses, to name a few. Our program is staffed by an experienced Family Nurse Practitioner and registered nurses. In addition to evaluating the health of children, visits allow discussion about growth and development, problem solving, and encouragement to make healthy lifestyle decisions.

#### **Pregnancy Care Management:**

Pregnancy Care Manager provides counseling and case management to at-risk Medicaid eligible pregnant women to ensure healthy babies are born.

**Maternity Clinic:**

Gives newborns a healthy start in life by providing expectant moms with early and regular prenatal care throughout their pregnancy. All pregnant women who are Brunswick County residents are eligible.

**Postpartum & Newborn Home Visits:**

A newborn & postpartum assessment is offered within two weeks after birth. This includes assessment of vital signs, weight, reflexes, feeding, and bonding between the newborn and mother. This service is provided by referral.

**Women's Preventative Health (Family Planning):**

Education, counseling, and contraception are available to men and women to assist in planning and/or preventing pregnancy. A complete physical and birth control may be provided. Teenagers do not need parental consent.

**Breast and Cervical Cancer Control Program (BCCCP):**

Free or low cost mammograms and pap smears may be provided to screen for cervical and breast cancers. Services are provided to women ages 40-64 and must be income eligible.

**Environmental Health:**

Serves to protect the community by educating the public on environmental health issues and by the inspections of food, lodging, and public facilities. Septic tank installation is monitored through soil evaluations, the issuance of permits, and follow-up inspections to determine compliance with all state, local, and environmental health laws and rules.

**Health Education – Health Promotion:**

Provides education, counseling, resources, and consultations for Health Services. Services help clients take an active role in making lifestyle changes to achieve and maintain optimal health.

**Diabetes Education:**

ADA-recognized education program. Referrals are accepted from your health care provider. The education covers individual and/or group self-management skills, insulin instruction, basic nutrition management, medical nutrition therapy, self-blood-glucose monitoring and management of diabetes during pregnancy.

**Laboratory Services:**

Provides services for Health Services clinics and testing ordered by other community providers. Fees will vary.

**Outreach Services:**

The Mobile Health Unit is available to go into communities and provide health screening and services. The Health Services staff also participates in community events.

**Vital Records:**

The Health Services Director is responsible for the registration of all births and deaths occurring in Brunswick County, as well as the issuance of burial-transit permits and disinterment/reinternment permits.

**Communicable Disease:**

A confidential testing clinic for sexually transmitted and communicable diseases through a physical exam. A nurse provides education, treatment, and information on prevention.

**Tuberculosis Clinic:**

The Tuberculosis Clinic offers testing and treatment for latent tuberculosis infection and active tuberculosis disease for all aged individuals. The nurses in the TB clinic also investigate contacts to active TB cases.

Some Services are offered on sliding scale fee that is based on your household size and income.

BCHS accepts the following insurance:  
Medicare, AARP UHC, Humana Gold, Medicaid, BCBS, Aetna,  
Tricare, United Healthcare, Cigna, and Medcost

All services, including WIC, are open to all eligible persons regardless of race, color, sex, national origin, age, or disability.

Interpreters are available to assist during clinic visits.

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## Emergency Services and Helplines

Contact these services in case of an urgent need.

Contact **911** in case of an emergency

### American Red Cross

1-800-RED-CROSS

1-800-733-2767

### Domestic Violence

1-800-799-SAFE

1-800-799-7233

### Drugs and Alcohol Treatment Referral

1-800-662-HELP

1-800-662-4357

### HIV/AIDS

800-CDC-INFO

800-232-4636

### National Child Abuse Hotline

1-800-4-A-Child

1-800-422-4453

### National Sexual Assault Hotline

800-656-HOPE

800-656-4673

### National Suicide Prevention and Crisis Lifeline

1-800-273-TALK

1-800-273-8255

### Poison Control Center

1-800-222-1222

### Trillium Health Resources

#### Mental Health Crisis Hotline

1-877-685-2411

24 Hour Access to Care

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## Clinic Resources

### **Brunswick Adult Medical Clinic**

#### Hours

88 Ocean Hwy E, Supply, NC 28462  
Supply Baptist Church  
910-755-7522

1st Tuesday 1:00-4:00 pm  
3<sup>rd</sup> Tuesday 5:00-8:00 pm

- ❖ Provides health services to patients without Medicaid, Medicare or health insurance. Must be over 18 and bring proof of income, social security number, and driver's license.
- 

### **Cape Fear Clinic**

#### Hours

1605 Doctors Circle, Wilmington, NC, 28401  
910-343-8736

Monday-Thursday 8:00-5:00 pm  
Friday 8:00-12:00 pm  
Service by appointment only

- ❖ Provides primary medical care, oral health, mental health, and pharmacy services. Provides health services to patients without insurance and with incomes below 200% of the Federal Poverty Guidelines.
- 

### **Cape Fear HealthNet**

910-599-8398

- ❖ Referrals for primary care and other medical and social services
  - ❖ Education on how to manage your health and chronic conditions from a nurse
  - ❖ Assistance with medications, medical equipment, supplies, and transportation
- 

### **The Cape Fear Walk-In Crisis Clinic**

#### Hours

2023-1B S. 17th Street, Wilmington, NC 28401  
  
910-632-2191  
Mobile Crisis Line: 1-855-345-1200

Monday-Friday 8:00-5:00 pm

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### **CommWell Health of Shallotte & Supply**

#### Hours

341 Whiteville Rd NW, Shallotte, NC 28149  
6 Doctors Circle Suite 1, Supply, NC, 28462  
1-877-935-5255

Monday-Wednesday 8:00-5:00 pm  
Thursday 8:00-7:00 pm  
Friday 8:00-2:00 pm

- ❖ Accepts Medicaid, Medicare, and private insurance. For those without insurance, payment for services is based on a sliding-fee scale according to family income

**Good Shepherd Clinic**

Hours

811 Martin St., Wilmington, NC, 28401  
910-763-4424

Nurse available Monday-Friday  
Doctor available one day a week

- ❖ Services only available for those staying at the shelter
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**The Harbor**

Hours

2023-1 South 17th St., Wilmington, NC 28401  
910-632-2191 1-877-704-8355

24-hour facility

- ❖ Twenty-four hour crisis center for short-term mental health care
- 

**Little River Medical Center**

Hours Vary

Little River, SC

843-663-8000

Loris, SC

800-499-5849

- ❖ Provides health services on a discount program scale based on household income.
- 

**MedNorth Health Center**

Hours

925 N 4th St, Wilmington, NC 28401  
910-343-0270

Monday, Tuesday 8:00-5:00 pm  
Wednesday 8:00-7:30 pm

- ❖ Provides primary medical care, dental, women's health, child health, adult medicine, geriatric care, pharmacy, and laboratory services.  
Sliding fee scale for those without insurance, must apply for reduced rates  
Interpreter available  
Care mostly by appointment, walk-ins should come in by 12:30 pm
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**New Hope Clinic**

Hours

201 W Boiling Spring Rd, Southport, NC 28461

Monday-Friday 8:00-5:00 pm

910-845-5333

Eligibility Determination: Mondays 1:00-3:00 pm and Thursdays 1:00-4:00 pm

- ❖ Services available with eligibility: Medical diagnosis and treatment, Spanish clinic, & dental clinic  
Requires referral from New Hope Clinic provider: Medical eye care, pharmacy assistance, & diabetic clinic.
- ❖ Services only for Brunswick County Residents without Medicare, Medicaid, or insurance who are also below 150% of the Federal Poverty Guidelines and are age 18 or older.

**Trillium Health Resources (formerly CoastalCare)**

## Hours

3809 Shipyard Blvd, Wilmington, NC 28403  
910-550-2600  
<http://www.ecbhlme.org/>

Call Center 24/7  
877-685-2415

- ❖ Will help individuals find access to affordable health services. Online site has information for mental health, substance use, and intellectual/developmental disabilities.
- 

**Vocational Rehabilitation**

## Hours

3340 Jaeckle Drive, Suite 201, Wilmington NC, 29403  
25 Courthouse Dr. Bolivia, NC 28422

Monday-Friday 8:00-5:00 pm

910-251-5710

- ❖ The Division of Vocational Rehabilitation Services provides counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.

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## Dental Resources

### **Brown and Associates**

1611 Greenfield St.

Wilmington, NC, 29401

910-342-9210

Accepts Medicaid 4 & over

Accepts Health Choice 4 & over

### **Brunswick Family Dentistry**

20 Medical Campus Dr, Suite 201

Supply, NC, 28462

910-755-6788

Accepts Health Choice for 6 & over

Accepts Medicaid 3 & over

### **Carolina Coast Family Dentistry**

343 Whiteville RD. NW

Shalotte, NC, 28470

910-754-4507

Accepts Medicaid Limited

Accepts Health Choice

### **Cape Fear Community College**

415 N. Second St.

Wilmington, NC, 28401

910-362-7341

Low cost comprehensive service

Cleaning, fluoride treatment, sealant,  
and x-ray

### **CommWell Health**

6934 Beach Dr SW #4

Ocean Isle Beach, NC, 28469

1-877-935-5255

Accepts Medicaid and Medicare

Sliding-fee scale for uninsured

### **Dental Center at Waterford**

509 Old Waterford Way, Suite 300

Leland, NC, 28451

910-383-0100

Accepts new Medicaid patients under 21

NO new Medicaid patients over 21

### **Drs. Dimock, Wineberg, & Cherry**

Coastal Carolina Pediatric Dentistry

3505 Converse Dr, Suite 175

Wilmington, NC, 28403

Accepts Medicaid only by referral

### **Dr. Douglas Fry**

2203 Delaney Ave

Wilmington, NC, 28401

Pediatric office – new patients must be under 10

Accepts Medicaid and Health Choice

**Dr. Laris Wayne Milligan**

2250 Shipyard Blvd., Suite 14

Wilmington, NC, 28403

910-799-5000

Accepts Medicaid for 0-17

Accepts Health Choice for 0-17

**Dr. Michael McAllister**

745-C US Hwy 117 S.

Burgaw, NC 28425

910-259-2548

Accepts Medicaid, Medicare, and Health Choice

All ages

**Dr. Robert Freedland**

212 Riegelwood Plaza, Hwy 87

Riegelwood, NC, 28456

910-655-4966

Accepts Medicaid and Health Choice

All ages

**Dr. Roger Gause**415 N. 7<sup>th</sup> St.

Wilmington, NC, 28401

910-762-5961

Accepts Medicaid and Health Choice

All ages

**Drs. Skip Tyson & Stephanie Heaney**

2606 Iron Gate Dr., Suite 200

Wilmington, NC, 28412

910-791-7380

Accepts Health Choice

Accepts Medicaid (only with disabilities)

**Little River Medical Center**

7724-7726 North Kings Highway

Myrtle Beach, SC, 29572

4303 Live Oak Drive

Little River, SC,

843.663.8000

800.499.5849

Accepts Medicaid and Health Choice

**MedNorth Health Center**

925 N 4th St

Wilmington, NC, 28401

910-343-0270

Accepts Medicaid, Medicare, and Health Choice

Sliding-fee scale for uninsured

**“Miles of Smiles”**

Mobile Pediatric Dental Unit based at schools

843-997-8356

843-455-8234

Accepts Medicaid and Health Choice

Sliding-fee scale for uninsured

**St. Mary Dental Clinic**

412 Ann St.

Wilmington, NC, 29401

910-763-8163

For children aged 3-18

Cannot have Medicare or insurance

**William Pringle, DDS**

4219 Castle Hayne Rd.

Castle Hayne, NC, 28429

521 S. Franklin St.

Whiteville, NC, 28417

910-602-1596

Accepts Medicaid and Health Choice

For adults and children 7 and over

**Wilmington Dental Care**

2520 N. College Rd.

Wilmington, NC, 28405

910-790-3836

Accepts Medicaid and Health Choice

Spanish Interpreter Available

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## Mental Health

### **Coastal Horizons Center, Inc.**

615 Shipyard Blvd.

Wilmington, NC, 28412

800-672-2903

Provides services for prevention, crisis intervention, sexual assault victims, criminal justice alternatives, and treatment of substance use and mental health disorders

### **Delta Behavioral Health**

1606 Physicians Drive Suite 104

Wilmington, NC, 28401

910-343-6890

Outpatient mental health services, dialectical therapy, substance abuse intensive outpatient program, partial hospital program, support groups

### **Learning Perspectives**

3963 Market St. Suite A

Wilmington, NC, 28401

910-362-9474

Outpatient therapy, case management behavior assessment and planning, adaptive skills training, residential services, on-call crisis support & family training

### **NC Mentor**

1611 Castle Hayne Rd

Wilmington, NC, 29401

910-815-3112

Behavioral health provider, clinical assessments family centered treatment, home and community based services, therapeutic foster care

### **Trillium Health Resources**

877-685-2415

Help with mental health, substance use or intellectual/developmental disabilities

### **Physician Alliance for Mental Health**

Three locations in Wilmington, NC

910-794-3929

Psychological evaluations, therapy, community support, in home services, for adults and children

### **The Harbor**

2023-1 South 17th St.

Wilmington, NC, 28401

910-632-2191

Crisis stabilization, short-term mental health care, individual and group counseling, community-based therapeutic interventions

### **Wilmington Health Access for Teens**

4005 Oleander Drive

Wilmington, NC, 28403

910-790-9949

Offers comprehensive care, including mental health services, to adolescents and young adults ages 11-24

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## Adult and Elderly Care Services

### **AssistedCare**

Health and Home Care Specialists

3408 Wilshire Blvd. Suite 201

Wilmington, NC, 28403

910-763-9933

800-495-9998

Home health services

### **BrightStar Care**

Home Care

1022 Grandiflora Drive Suite 240

Leland, NC 28451

910-599-9555

Home care, Alzheimer's and Dementia care,  
personal care services

### **Coastal Companion Care**

Home Care

5101 Southport-Supply Rd. SE #4

Southport, NC, 28461

910-457-5300

Personal and household care services

### **Elderhaus**

PACE Program

2222 S. 17<sup>th</sup> St

Wilmington, NC, 28401

910-343-8209

Provides medical care, adult day care,  
rehabilitative therapies, in-home care services,  
transportation, and counseling

### **Elderhaus**

Adult Day Care Facility

1950 Amphitheater Drive

Wilmington, NC, 28401

910-251-0660

### **Liberty Home Health**

Home Care and Hospice

1120 Ocean Highway W

Supply, NC, 28462

910-754-8133

### **Well Care Home Health**

118 Ocean Hwy East

Supply, NC 28462

910-754-9700

### **Brunswick Senior Resources, Inc.**

3620 Express Drive

Shallotte, NC 28470

910-754-2300

A not-for-profit agency designed to assist all  
senior residents in maintaining an independent  
lifestyle.

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## Food and Nutrition Resources - Food Pantries

### **Ambassadors for Christ**

4513 Franklin Ave  
Wilmington, NC, 28405  
910-228-8667

1<sup>st</sup> and 3<sup>rd</sup> Thursdays

5-7 pm

### **Bethany Presbyterian Church**

2237 Castle Hayne Rd  
Wilmington, NC, 28401  
910-762-7824

Wednesdays

11:30am-2:00pm

### **Brunswick Family Assistance Center**

4600-8 Main St Twin Creek Plaza  
Shallotte, NC, 28470  
910-754-4766

Mondays, Tuesdays, Thursdays

9:00am-12:00pm & 1:00pm-4:30pm

Wednesdays 1pm-4:30pm

Fridays

9:00am-12:00pm & 1:00pm-3:00pm

### **Brunswick Island Baptist Church**

1672 Mt. Pisgah Rd  
Supply, NC, 28462  
910-842-8969

Tuesdays

9:00am-11:00am

### **Camp United Methodist**

4807 Main St.  
Shallotte, NC, 28457  
910-754-4840

Saturdays

10:00am-12:00pm

### **Cape Fear Christian Church**

811 N. College Rd  
Wilmington, NC, 28405  
910-399-7131

Every other Thursday

10:00am-12:00pm

### **Catholic Charities**

4006 Princess Place Dr  
Wilmington, NC, 28405  
910-251-8130

Tuesday-Friday

9:00am-11:30am

### **Countywide CDC**

1183 Old Mill Rd.  
Navassa, NC, 28451  
910-338-1724

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays

10:00am-12:00pm

**Dixon Chapel UMC**

190 Varnamtown Rd  
Varnamtown, NC, 28462  
910-842-5530

Mondays 2:00pm – 4:00pm

**First Fruit Ministries**

2750 Vance St  
Wilmington, NC, 28412  
910-612-1653

Wednesdays 10:00am-2:00pm

Tuesdays and Saturdays 11:00am-1:00pm

**First in Families**

5041 New Center Dr.  
Wilmington, NC, 28403  
910-350-2737

Tuesdays & Thursdays 9:00am-3:00pm

Must have a documented disability

**Full Circle Ministry**

445 Shipyard Blvd  
Wilmington, NC, 28412  
910-352-2830

Thursdays 11:00am-12:00pm

**Helping Hands/St. Stanislaus Church**

4849 Castle Hayne Rd.  
Castle Hayne, NC, 28429  
910-675-2336

2<sup>nd</sup> and 4<sup>th</sup> Thursdays

9:00am-12:00pm

**Mother Hubbard's Cupboard**

315 Red Cross St.  
Wilmington, NC 28401  
910-762-2199

Monday, Tuesday, Wednesday, Friday, Saturday

1:00pm – 3:00pm

**Inspiration House of Praise**

9871 Wayne Dr  
Leland, NC, 28451  
910-371-6052

Wednesdays

8:00am-9:00am

**Love of Christ Church**

4308 Business 17 East (Box 318)  
Bolivia, NC 28422  
910-253-4893

1<sup>st</sup> and 3<sup>rd</sup> Thursdays 12pm – 2pm

2<sup>nd</sup> and 4<sup>th</sup> Thursdays 5pm – 7pm

**Myrtle Grove**

7547 Carolina Beach Rd.  
Wilmington, NC, 28412  
910-793-6181

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays

10:00am-2:00pm

**Ocean View United Methodist**

8400 E. Oak Island Dr.  
Oak Island, NC, 28465  
910-278-5973

Monday through Friday

9:00am-12:00pm

**Pleasant Grove Missionary Baptist**

8950 Ocean Hwy.  
Calabash, NC, 28467  
910-287-4141

Monday through Friday

3:00pm-6:00pm

**Salvation & Deliverance**

4402 Northwest Rd.  
Leland, NC, 28451  
910-655-3261

3<sup>rd</sup> Thursdays & 4<sup>th</sup> Saturdays

9:00am-1:00pm

**Salvation Army**

820 N. Second St.  
Wilmington, NC, 28401  
910-762-7354

Food pantry -Wednesdays & Fridays 9am-11am

Food truck – 1<sup>st</sup>, 2<sup>nd</sup>, & 4<sup>th</sup> Fridays

1:00pm-3:00pm

**Seaside United Methodist**

1300 Seaside Rd. SW  
Sunset Beach, NC, 28468  
910-579-5753

Tuesdays 10:00am-12:00pm

**Shoreline Baptist Church**

4198 Vanessa Dr.  
Southport, NC, 28461  
910-457-1909

Mondays  
3:00pm-5:30pm

**Sonrise Independent Baptist Church**

8375 River Rd.  
Southport, NC, 28461  
910-477-6161

2<sup>nd</sup> & 4<sup>th</sup> Mondays  
4:00pm-6:00pm

**Southport Interfaith Pantry**

249 Boiling Springs Rd.  
Southport, NC, 28461  
910-845-2320

Tuesdays & Saturdays 9:00am-11:45am

Thursdays 6:00pm-7:45pm

**St. Jude's Metropolitan Community Church**

19 N. 26<sup>th</sup> St.  
Wilmington, NC, 28405  
910-762-5833

Tuesdays 9:00am-12:00pm

Also by appointment

**St. Brendan's Catholic Church**

5101 Ocean Hwy West  
Shalotte, NC, 28459  
910-754-8544

Mondays, Wednesdays, & Fridays

10:00am-12:00pm

**St. Mary**

412 Ann St.  
Wilmington, NC, 28401  
910-762-5491 ext. 135

Monday through Thursday

8:30am-11:30am

**The Lord's Church**

1502 E. Lake Shore Dr.  
Wilmington, NC, 28401  
910-762-5797

Wednesdays and Fridays

9:30am-11:30am

**The Rock Church**

3233 Burnt Mill Dr. #1  
Wilmington, NC, 28403  
910-602-5300

Thursdays

12:00pm until the food runs out

**Towncreek Vision**

215 Sunnybrook Way  
Leland, NC, 28479  
910-443-7111

Thursdays

10:00am-12:00pm

**Trinity Mission Baptist**

883 Holden Beach Rd  
Shallotte, NC, 28470  
910-754-4018

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

10:00am-11:00am

**Trinity Tabernacle**

1029 George II Hwy SE  
Winnabow, NC, 28479  
910-253-5878

1<sup>st</sup> & 3<sup>rd</sup> Fridays

2:00pm-4:00pm

**Upper Room Praise & Worship**

406 Central Blvd.  
Wilmington, NC, 28401  
910-805-4104

Sundays

12:00pm-2:00pm & 7:00pm-8:00pm

**Victory Independent Baptist Church**

526 Varnamtown Rd.  
Supply, NC, 28462  
910-842-7322

Wednesdays

11:00am-1:00pm

**Wrightsboro United Methodist Church**

3300 N Kerr Ave  
Wilmington NC, 28405  
910-762-2583

Wednesdays

9:00am

Thursdays

5:00pm

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## Food and Nutrition Resources – Soup Kitchens

### **Faith Building Missions**

7025 Beach Drive  
 Ocean Isle Beach, NC, 28469  
 910-755-6888  
 Wednesdays  
 5:00pm-7:00pm

### **First Fruit Ministries**

2750 Vance St  
 Wilmington, NC, 28412  
 910-612-1653  
 Street Feedings  
 Call for locations and times

### **Good Shepherd Center**

811 Martin St.  
 Wilmington, NC, 28401  
 910-763-4424  
 Monday through Friday  
 7:00am-8:00am  
 11:00am-12:00pm

### **Martha's Kitchen**

409 N. Lake Park Blvd.  
 Carolina Beach, NC, 28428  
 Tuesdays and Thursdays  
 6:00pm-7:00pm

### **Salvation Army**

820 N. Second St.  
 Wilmington, NC, 28401  
 910-762-7354 ext. 133  
 Monday through Sunday  
 6:00pm-6:30pm

### **St. Peter the Fisherman Church**

314 S. Carolina Avenue  
 Wilmington, NC, 28401  
 910-763-6222  
 Sundays  
 7:00am-8:00am

### **Food Bank of Central and Eastern NC**

1314 Marstellar Street Wilmington, NC 28401  
 910-251-1465

Monday through Friday 8:30-5:30

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## Food and Nutrition Resources – Child Food Services

### **Brigade**

2759 Vance St.

Wilmington, NC, 28412

910-791-4282

Monday-Friday

2:30pm-6:30pm

### **CIS – Wire Program**

N. 4<sup>th</sup> St.

Wilmington, NC, 28401

910-343-1901

Monday-Friday

3:00pm-6:00pm

### **Community Boys & Girls Club**

Nixon St.

Wilmington, NC, 28401

910-762-1252

Members only, membership is \$25/school year

Monday-Friday

2:00pm-7:00pm

### **Houston Moore Afterschool**

1601 S. 13<sup>th</sup> St.

Wilmington, NC, 28401

910-341-7750

No charge, K-12

Monday-Friday

2:30pm-6:00pm

### **Kids Making It**

617 Castle St

Wilmington, NC, 28401

910-763-6001

Monday through Friday 4:00pm-6:00pm

### **Matthew's Ministry**

5149 Fernwood Drive

Southport, NC, 28461

910-457-9459

Distributes every Friday through schools

### **Nourish NC**

601 Greenfield St.

Wilmington, NC, 28401

910-465-0995

Distributes every Friday through schools

### **Pleasant Grove Missionary**

8950 Ocean Hwy

Calabash, NC, 28467

910-287-4141

Monday-Friday 3:00pm-6:00pm

**Supply Elementary**

51 Benton Rd

Supply, NC, 28462

910-754-7644

Backpack program

Distributes on Thursdays

**Wilmington Family YMCA**

2710 Market St

Wilmington, NC, 28403

910-251-1465

Monday-Friday

3:00pm-6:00pm

**Wings**

4519-1 Main St

Shallotte, NC, 28470

910-754-3615

Wednesdays and Thursdays

12:00pm-4:00pm

**Word of Life Outreach**

10241 Blackwell Rd

Leland, NC, 28451

910-332-5912

Monday through Friday

11:00am-6:30pm

**WRAAP**

1952 Dawson St

Wilmington, NC, 28403

910-754-4766

Monday through Thursday

3:00pm-5:30pm

**Food and Nutrition Resources – Elderly Food Services****Bread for Life Ministries**500 Kenwood Ave  
Wilmington, NC, 28405  
910-762-0596

First Tuesdays SNAC 10:00am-11:00am

Emergencies by appointment

**Brunswick Senior Resources, Inc.**3620 Express Drive  
Shallotte, NC, 28470  
910-754-2300

A daily hot-meal is provided at lunch time for participants at each Senior Center and Senior Site during the week. Meals are also provided to homebound participants who qualify.

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## Family and Community Resources

### Children, Teens, & Parents

Child Care Resource and Referral.....	910-755-3362
Children with Special Needs Help Line.....	1-800-737-3028
Children’s Developmental Services Agency.....	910-251-5817
Clinic for Special Children.....	910-319-7744
Community Alternative Program for Children.....	910-754-5639
Cooperative Extension Parenting Educator.....	910-253-2610
East Coast Migrant Head Start.....	910-259-7495
ECAC Parent Center.....	910-520-6918
First Book.....	866-732-3669
National Parent Helpline.....	1-855-427-2736
NC Family Health Resource Line.....	1-800-367-2229
Parents as Teachers.....	314-432-4330
Smart Start of Brunswick County.....	1-910-754-3166
Teen Family Resource Center.....	910-457-0777
WHAT.....	910-790-9949

### Clothing and Goods

Catherine’s Closet.....	910-612-0390
Goodwill (Multiple Locations).....	1-800-741-0186
Habitat for Humanity ReStore.....	910- 762-4793
Hope Chest Thrift Store.....	910-253-5001
Sharing Our Bounty.....	910-612-0390

### **Counseling**

Bridge Builders.....910-792-9888  
 Cape Fear Psychological Association.....gecahn@gmail.com  
 Carolina Counseling Center.....910-762-9083

### **Disability**

The Center to Advance Palliative Care (CAPC)..... <https://www.capc.org/>  
 The Community Alternatives Program for Disabled Adults (CAP/DA).....919-855-4260  
 CAP MR/DD..... 919-571-4980  
 Coastal Enterprises.....910- 763-3424  
 First in Families.....910-350-2737

### **Education**

Brunswick County Schools.....910-253-2900  
 Cape Fear Literary Council.....910-251-0911  
 Cape Fear Tutoring.....910-395-6132  
 UNCW Ed Lab Tutoring Program.....910-962-3633

### **Elderly**

Area Agency on Aging.....910-395-4553  
 Brunswick Senior Resources, Inc..... 910-754-2300  
 New Hanover County Senior Center.....910-798-6400  
 Project Lifesaver..... <http://www.projectlifesaver.org/>

## General

Catholic Social Ministries.....	910-251-8130
Family Support Network of Southeastern NCF.....	910-792-6133
St. Mary's Social Ministries.....	910-762-5491 Ext 135
Wilmington Baptist Association.....	910-799-1160
Helping Hand Counseling Center.....	910- 796-6868

## Health

Lifeline Pregnancy Center.....	910-392-0001
Lower Cape Fear Hospice.....	910-754-5356
Health Departments:	
Brunswick County.....	910-253-2250
New Hanover County.....	910-798-6500
Nutrition and Exercise:	
YMCA Wilmington:.....	910-251-9622
---YMCA Pathways application/financial assistance:	
<a href="http://content.wilmingtonfamilyymca.org/docs/join/joinPathwaysScholarshipApplication.pdf">http://content.wilmingtonfamilyymca.org/docs/join/joinPathwaysScholarshipApplication.pdf</a>	

## Housing

### Assistance:

Amez Housing.....	910-815-3826
Cape Fear Housing.....	1-877-428-8844
Volunteers of America at Willow Pond.....	<a href="http://www.voa.org/find-housing">http://www.voa.org/find-housing</a>
WARM (Wilmington Area Rebuilding Ministry).....	910-399-7563
Group Homes:	
Ashley Center.....	910-362-0292
Linc.....	910-762-4635
Stepping Stone Manor.....	910-762-1743

**Shelters:**

Coastal Horizons.....	910-790-0187
Domestic Violence Shelter & Services Inc.....	910-343-0703
First Fruit Ministries.....	910-794-9656
Good Shepherd Center.....	910-763-4424
Hope Harbor.....	910-754-5736
Mercy House.....	910-343-0330
Salvation Army Wilmington.....	910-762-7354

**Support Groups**

Adolescent Parenting Program.....	910-762-1746
Alcoholics Anonymous.....	910-794-1840
Brain Injury Support Group.....	<a href="http://www.bianc.net/">http://www.bianc.net/</a>
Breast Cancer Support Group (BC).....	910-278-4045
Breast Cancer Support Group (NHC).....	910-343-7973
Brunswick Family Assistance Agency.....	910-754-4766
Cancer Support Group (BC).....	910-754-8544
Cancer Support Group (NHC).....	910-815-5870
Cape Fear Compassionate Friends.....	910-686-1953
Caregiver Support for Alzheimer's, Dementia, & Related.....	1-800-272-3900
Domestic Violence Shelter and Services, Inc. ....	910-343-0703
Family Services of the Lower Cape Fear Inc.....	910-794-2100
Grief Support Group.....	910-815-3971
Hope Harbor Home.....	910-754-5726
Livestrong at the YMCA.....	910-251-9622

- Seaside United Methodist Grandparent Support Group..... 910-579-5753
- Single Parent’s Alliance..... <http://www.spaoa.org/>
- The Carousel Center for Abused Children..... 910-254-9898
- The COPD Information Line..... 866-316-2673
- Welcome Home Angel Inc..... 910-515-4242

**Transportation**

Brunswick County Medicaid Transportation Services

- Brunswick Transit System..... 910-253-7800
- DMV Handicap Parking Placards and Plates..... 1-800-777-0133
- Wave – Public Transit..... 910-343-0106

**Brunswick County Health Services**

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