

**Appalachian State University
Counseling and Psychological Services Center**

Resource and Referral Form

Employment/Training Resources

- ❑ **Able Body Labor**
 - *Temporary Workers*2237 Highway 105
(828) 264-8886
www.ablebody.ablehq.com
- ❑ **A.S.U. Student Employment**
 - *On and Off campus work*
 - *Odd Jobs and Work study*<http://studentemployment.appstate.edu/>
- ❑ **Joblink: Employment Security Commission**

Offers Career Planning, Training and Placement Services

207 Winklers Creek Road
(828) 265-5385
www.wataugajobs.com
- ❑ **Mountain Times**
 - *Review Classifieds for opportunities*
 - *Update online Tuesday, Free Paper on Thursday*<http://mountaintimes.com/home>
- ❑ **North Carolina Vocational Rehabilitation**
 - *People with disabilities*
 - *Offers 4 major services:*
 - *Job Placement*
 - *Guidance & Counseling*
 - *Restoration & Training*
 - *Post-Employment Support*245 Winklers Creek Road
(828) 265-5396
www.ncdhs.gov/dvrs/
- ❑ **Watauga Opportunities Inc.**
 - *Residents with disabilities of Ashe, Avery, and Watauga counties*
 - *Provides vocational, residential, and employment services*642 Greenway Road
(828) 264-5009
www.woiworks.org
- ❑ **Winston-Salem Urban League**
 - *Partnering with Business and Corporate sectors to secure jobs for African American youth and adults*
 - *Training Programs*
 - *Mentoring Programs*201 West Fifth Street
Winston-Salem, NC 27101
(336) 725-5614
www.wsurban.org
- ❑ **Get Real**
 - *Youth career coach up to age 21*
 - *Tuition assistance, Transportation, Child Care, and Work Experience*
 - *Scholarships and Job Placement*(828)265-5385, (336) 651-2540 x4
www.wataugajoblink.com/

Food/Nutrition Resources

- ❑ **All Things Possible**
 - *Seeds of Hope Food Bank*
 - *Weekly, Tuesdays 3:30-5:30*
 - *No application required*324-7 Hwy. 105 Extension, Carriage Square
(828) 265-2000
www.allthingspossiblechurch.org
- ❑ **Faith Bridge United Methodist Church**
 - *Casting Bread Food Pantry*
 - *Tues. and Wed 11-4 or by appt.*
 - *Tracey Kracher 295-8333*194 Aho Road, Blowing Rock
www.faithbridgeumc.org
- ❑ **Hunger Coalition**
 - *Food Bank and Pharmacy*
 - *Boxes available once every 3 mos.*
 - *Bring photo ID, paystub and proof of address*141 Health Center Drive
(828) 262-1628
www.hungercoalition.com

- **The Salvation Army**
 - *Assistance with food, clothing, furniture, utilities and rent*

220 Postal Drive
(828) 963-4184
www.salvationarmy.org
- **Wesley Foundation Food Pantry**
 - *Self Serve Pantry*
 - *Mon thru Fri 10am - 8 pm*

614 Howard Street
Behind Turchin Center
(828) 264-9606
www.appwesley.org/appwesley/home.html

Health Care

- **Community Care Clinic**
 - **Must Not Have Insurance**
 - *General medical care and lab work*
 - *Chiropractic care*
 - *Acupuncture*
 - *Counseling*

141 Health Center Drive
(828) 265-8591
www.ccclinic.org
- **Department of Social Services**
 - *Food Stamps*
 - *WFFA (Work First Family Assistance)*
 - *LIEAP (Low Income Energy Assistance)*
 - *Subsidized/Free Childcare/Daycare*
 - *Health Choice*
 - *Medicaid and Medicaid Transportation*
 - *Elderly/Disabled Transportation*
 - *Domestic Violence Funding*
 - *Services for the Blind*

Watauga County
132 Poplar Grove Rd. Connector
(828) 265-8100
www.ncdhhs.gov/dss
- **Watauga County Health Department**
 - *WIC (Women, Infants, & Children)*

132 Poplar Grove Rd. Connector
(828) 264-6635
www.nutritionnc.com
- **High Country Community Health**
 - *Health Care and Dental Services*
 - *Insurance and the uninsured are accepted*

132 Poplar Grove Rd. Connector
(828) 264-6635
<http://www.highcountrycommunityhealth.com>

Housing Assistance

- **Hospitality House of the Boone Area, Inc.**
 - *Emergency and short term housing*
 - *Meal and food assistance*

338 Brook Hollow Road
(828) 264-1237
www.hospitalityhouseofboone.org
- **Northwestern Regional Housing Authority**
 - *HUD/Section 8*
 - *White Laurel*

869 Highway 105, Suite 3
(828) 266-9794
www.nwrha.com
- **A.S.U. Off-Campus Housing**
 - *Website offers great resources*

<http://offcampus.appstate.edu/index.php>
- **Meadow Hill Apartments**
 - *Subsidized housing*
 - *\$15 application fee*

219 Meadow Hill Dr # 600
Boone, NC 28607-3998
(828) 264-1575
- **Watauga Crisis Assistance Network (WeCan at Hospitality House)**
 - *Watauga residents only*
 - *Helping prevent eviction*
 - *Assisting with electric cut-off notices*
 - *Traveler's emergency assistance*

338 Brook Hollow Road
(828) 264-1237
community.appstate.edu/university-partner/wecan-watauga-crisis-assistance-network

Legal Services

- **Blue Ridge Dispute Settlement Center**
 - *Watauga County individuals, businesses, and agencies*
 - *Mediation and facilitation of disputes*

133 N. Water Street
(828) 264-3040
www.uslawyersdb.com

Resources for Children and Families

- ❑ **Hope Pregnancy Resource Center**
 - *Support for unplanned pregnancies*
 - *Free pregnancy tests and ultrasounds*
 - *Contraception, abortion, pregnancy and adoption Education from pro-life perspective*208 Howard Street
(828) 265-4357
www.choosehope.org

- ❑ **Children's Council of Watauga County**
 - *Childcare Education and Training*225 Birch Street
(828) 262-5424
www.thechildrenscouncil.org

- ❑ **The Children's Playhouse**
 - *For families with children ages birth to 8 years old*
 - *Affordable family fun where parents and children can play together*
 - *Free scholarships available*400 Tracy Circle
(828) 263-0011
www.goplayhouse.org

- ❑ **Region Nine Childcare Resource & Referral**
 - *Provides childcare resource and referral information for the High Country*877-670-8735
<http://www.iredellsmartstart.org/region9.htm>

- ❑ **Watauga County Health Department**
 - *WIC (Women, Infants, & Children)*132 Poplar Grove Rd. Connector
(828) 264-6641
www.nutritionnc.com

- ❑ **WAMY Community Action**
 - *Watauga, Avery, Mitchell, and Yancey Counties*
 - *Weatherization Assistance*225 Birch Street, Suite 2
(828) 264-2421
community.appstate.edu/university-partner/wamy-community-action

- ❑ **Western Youth Network**
 - *Youth of Watauga County*
 - *After-school services*
 - *Mentoring program*155 WYN Way
(828) 264-5174
www.westernyouthnetwork.org

Support Groups and Organizations

- ❑ **AA for students and young adults**
 - Tues and Thurs, 5:30 Wesley Foundation

- ❑ **AA Meetings**
(828) 264-1212
www.booneaa.org

- ❑ **AI-Anon Meetings**
www.booneaa.org/frames/17-alanon.htm

- ❑ **Celebrate Recovery**
Alliance bible Fellowship
www.celebraterecoveryboone.com

- ❑ **NA for students and young adults**
 - Tues/Thurs. at 7pm
 - St. Luke's, behind Earthfare(828) 773-1802

- ❑ **NA Meetings**
www.drugstrategies.org

- ❑ **Hospice**
 - *Individual and Group support on death and dying*
 - *Education and awareness programs*136 Furman Road Suite 4
Boone, NC 28607
Phone: 828.265.3926
www.highcountryhospice.org

- ❑ **Grief Share**
 - *Faith based support group on death and dying*Mt. Vernon Baptist Church
3505 Bamboo Road Boone
(828) 266-9700
www.mtvernonchurch.org
www.griefshare.org

- ❑ **OASIS, Inc.**
 - *Provides emergency services, transitional support, and a safe environment for survivors of abuse*
 - *Legal advocacy, peer support and therapeutic support groups*Office Line: (828) 264-1532
Crisis Line: (828) 262-5035
www.oasisinc.org

Support for our LGBTQIA Community:

- ❑ **High Country Pride**
 - *Mission to unite, celebrate, support, the GLTBQ people and its organizations by providing social engagement, service, and leadership*
www.highcountrypride.org/index.htm
- ❑ **NC Outings:** *a social network page for LGBTQIA in the High Country*
<http://groups.yahoo.com/group/NCOutings/>
- ❑ **PFLAG, Lenoir Chapter:** *Meeting schedule: 6pm, 3rd Thursday of every month. Please contact us for the meeting location.*
PFLAGcaldwellCounty@gmail.org
- ❑ **Mountain Women - Email only**
Friday night chat groups, socials and activitiesLaurieBWeiner@yahoo.com
- ❑ **Out and About Dinners - Email only**
Local Lesbians and friends dine out monthly:
OutAndAbout2dine@gmail.com
- ❑ **OUTright Youth: Caldwell County**
<http://www.facebook.co...12017977>
- ❑ **Trevor Project:** *providing crisis and non-crisis support to LGBTQI ages 18-24*
(866)-4-U-TREVOR, (866)-488-73867
<http://www.thetrevorproject.org/>
 - **Trevor Lifeline - 24 hour crisis line**
(866-4-U-TREVOR/866-488-73867)
 - **askTrevor** – *non crisis support*
 - **TrevorSpace.org** – *social networking*
 - **Trevor Chat-** *online messaging*

Thrift Stores:

Clothing, furniture, kitchenware, etc.

- ❑ **Bare Bones Unique Boutique**
 - *Proceeds benefit Humane Society*
153 Don Hayes Road
(828) 264-7339
- ❑ **Hebron Colony**
1320 Hwy 105
(828) 268-1468
- ❑ **Goodwill**
231 Boone Heights Drive
(828) 264-4174
- ❑ **Mountain Pathways Thrift Store**
8763 NC Hwy 105
(828) 963-8878
- ❑ **Ram's Rack**
 - *Ask case manager about vouchers*
877 West King Street
(828) 262-5029
- ❑ **Unique Boutique**
147 Perkinville Road
(828) 264-2436

Transportation Services

- ❑ **Appalcart**
 - *Watauga County*
 - *Provides transportation in-town and out-of-town*
274 Winkler's Creek Road
(828) 264-2278 (264-CART)
www.appalcart.com
- ❑ **Department of Motor Vehicles**
 - *Driving tests and license*
4469 Bamboo Rd, Boone
(828) 265-5384
www.onlinedmv.com
- ❑ **Coach America/Mountaineer Express**
 - *Bus transportation from Boone to several cities (runs N/S and E/W)*
(336) 767-1511
www.coachamericanc.com/individualTravelSched.shtml

Additional Resource Guide's

- ***211**
 - *National Call line by United Way*
 - *Connect to all area resources*
 - <http://www.211.org>
- **IHHS Provider Search**
 - *Directory of resources*
 - <http://www.ihhs.appstate.edu/providers>

Other:

- **Caldwell Community College**

212 White Oak Road
GED/HSD (828) 297-5253
294 Community College Drive
College (828) 297-3811
www.cccti.edu
- **Todd's Calendar of Events**
 - *Learn about social opportunities*
 - *Search a variety of events in our area*
 - <http://www.toddscalendar.com>

Crisis Lines

- **Local crisis line**
 - (828) 264-HELP (4357)
- **National Suicide Prevention Lifeline**
 - (800) 273-TALK (8255)
- **OASIS: local sexual assault and domestic violence support, shelter and crisis response**
 - (828) 262-5035
 - www.oasisinc.org
- **Trevor Lifeline - 24 hour crisis line serving LGBTQ Youth ages 18-24**
 - (866)-4-U-TREVOR,(866)-488-73867
 - <http://www.thetrevorproject.org/>

