Appalachian State University
Counseling and Psychological Services Center

Resource and Referral Form

Employment/Training Resources

- **Able Body Labor**
  - **Temporary Workers**
  2237 Highway 105
  (828) 264-8866
  [www.ablebody.ablehq.com](http://www.ablebody.ablehq.com)

- **A.S.U. Student Employment**
  - **On and Off campus work**
  - **Odd Jobs and Work study**
  [http://studentemployment.appstate.edu/](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](http://www.wataugajobs.com)

- **Mountain Times**
  - **Review Classifieds for opportunities**
  - **Update online Tuesday, Free Paper on Thursday**
  [http://mountaintimes.com/home](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.ncdhhs.gov/dvrs/](http://www.ncdhhs.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](http://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](http://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/](http://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](http://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](http://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](http://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)
- LIJEAP (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.chooselife.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

- **Al-Anon Meetings**
  www.booneaa.org/frames/17-alanont.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](http://www.highcountrypride.org/index.htm)

- **NC Outings**: a social network page for LGBTQA in the High Country
  - [http://groups.yahoo.com/group/NCOutings/](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 activities
  - LaurieBWeiner@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.com/12017977](http://www.facebook.com/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/](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 Perkinsville 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](http://www.appalcart.com)

- **Department of Motor Vehicles**
  - Driving tests and license
  - 4469 Bamboo Rd, Boone
  - (828) 265-5384
  - [www.onlinedmv.com](http://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](http://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.toddscalender.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/