

**CATAWBA COUNTY**

# **Parent Helpbook**

**2021 Directory of Services  
for Catawba County Families**



**Catawba County  
Partnership For Children**

*Published by the Catawba County Partnership for Children*





## Introduction

We understand that parenting young children today is quite a challenge, and many parents wonder what services are available to help them in this important role. The Parent Helpbook has been created to connect Catawba County families to the services they need to make sure their children are able to reach their fullest potential in life.

The Catawba County Partnership for Children was incorporated in 1994 to collaborate with community partners to ensure that children start school healthy and prepared for success. We are primarily funded through the state of North Carolina's Smart Start Initiative and the NC Pre-Kindergarten Program. Our services include technical assistance for early childhood education providers, child care subsidies, child care resource and referral services, parent education and support, and early literacy programming.

We hope that your family will find this Parent Helpbook to be a valuable resource as you continue on your parenting journey!

**Catawba County Partnership for Children**  
*"Investing in Young Children"*

P.O. Box 3123, Hickory, NC 28603 - 738 Main Avenue SW, Hickory, NC 28602  
Phone 828-695-6505 - Fax 828-328-4551 - <https://catawbakids.com>

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*All other program entries are listed in alphabetical order.  
All area codes are 828 unless otherwise indicated.*

The Catawba County Partnership for Children is primarily funded through the state of North Carolina’s Smart Start initiative, a funding stream intended to ensure that children start school healthy and prepared for success!



# Alphabetical Listing of Children's Services and Activities in Catawba County, NC

## **AIDS Leadership Foothills Area Alliance (ALFA) • 322-1447**

1120 Fairgrove Church Road, Hickory, NC 28602 [www.alfainfo.org](http://www.alfainfo.org)

*Assists people who are HIV positive and their families with support groups, emergency financial assistance, case management, and transportation. Also provides community education.*

## **Autism Society of NC • 800-442-2762 or 256-5202**

5121 Kingdom Way, Suite 100, Raleigh, NC 27607 [www.autismsociety-nc.org](http://www.autismsociety-nc.org)

*Provides services for NC residents with autism and related developmental disabilities. For a local contact, refer to the listing for Family Support Network/HOPE.*

## **BEGINNINGS for Parents of Hearing Impaired Children**

**Voice/TTY: 919-715-4092 • Voice/TTY: 800-541-4327 (NC residents only)**

156 Wind Chime Court, Suite A, Raleigh, NC 27615 [www.ncbegin.org](http://www.ncbegin.org)

*BEGINNINGS offers emotional support and technical support to families with deaf or hard of hearing children and deaf parents with hearing children and professionals serving those families. BEGINNINGS is the place to start when you have questions about the hearing of your child ages birth to 21. Anyone can call BEGINNINGS directly to ask for information or assistance.*

## **Boy Scouts of America • 704-864-2694**

1222 East Franklin Boulevard Gastonia, NC 28053 [www.piedmontcouncilbsa.org](http://www.piedmontcouncilbsa.org)

*Contact for information about Boy Scouting in your community. Designed to develop character, citizenship, and personal fitness.*

## **Bunker Hill Covered Bridge • 465-0383**

Hwy. 70 East beyond Claremont <https://catawbahistory.org/bunker-hill-covered-bridge>

*Historic covered bridge, trails, and picnic areas.*

## **Care Coordination for Children (CC4C) • 695-5800**

Catawba County Public Health, 3070 11th Avenue Drive SE, Hickory, NC 28602

<https://www.catawbacountync.gov/county-services/public-health/service-areas/care-coordination-for-children/>

*CC4C care managers help with locating a medical home for your child, help locating childcare, and provide information about family-oriented resources to help ensure that children reach their developmental potential, are raised in healthy, safe environments, and are able to connect with programs, services, and resources the family needs. Children who have been diagnosed with, or are at risk for, developmental delay or disability, long-term illness, and/or social/emotional disorders may be eligible to participate in this free and voluntary program.*



Children's Resource Center is Catawba County's accredited child care resource & referral agency.

All resource & referral services are FREE!

We are trained to help you connect with the resources you are looking for.

**828-695-6565**

Visit our offices at

738 4th Street SW Hickory, NC 28602

Office Hours: Monday-Friday, 8am - 5pm

Website: [www.childrensresourcecenter.org](http://www.childrensresourcecenter.org)



## **“One-Stop Shopping” for All Children’s Services in Catawba County**

While you can always call the Children’s Resource Center to learn about what resources you may need, there are also a lot of resources we have listed in this book for your convenience and for your information. We have included listings for health care and safety resources, plus cultural and recreational opportunities that will allow you to explore all that Catawba County offers. We also have many, many local agencies that provide support and treatment to families struggling with emotional or behavioral issues, developmental disabilities, substance abuse, housing needs, and many others. Please take some time to review all the entries in the Helpbook; you are sure to find a place to start your search and agency staff who are ready to provide support and information!

### **Catawba County 4-H Youth Programs • 465-8240**

NC Cooperative Extension Service, P.O. Box 389, 1175 South Brady Avenue, Newton, NC 28658  
<http://catawba.ces.ncsu.edu/> and <https://4-h.org>

*Offering 4-H clubs, classroom programs, and summer day camps for youth ages 5-18. Primary program areas include: Leadership and Lifeskill development, Science and Technology, and Healthy Living.*

### **Catawba County Department of Social Services • 695-5600**

(To make a report to Child Protective Services, call 324-9111 or 911)

3030 11th Avenue Drive SE, Hickory, NC 28602 [www.catawbacountync.gov/dss/](http://www.catawbacountync.gov/dss/)

*Provides a wide variety of programs including child support enforcement, child day care assistance, crisis intervention, food stamps, Medicaid, and protective services for children.*

### **Catawba County Firefighters Museum • 466-0911**

3957 Herman Sipe Road, Conover, NC 28613

[www.catawbacountync.gov/county-services/emergency-services/fire-rescue/](http://www.catawbacountync.gov/county-services/emergency-services/fire-rescue/) OR  
<https://www.visitnc.com/listing/EaSt/catawba-county-firefighters-museum>

*Displays fire trucks, uniforms, and historical information about fighting fires in Catawba County.*

### **Catawba County Historical Association and Museum • 465-0383**

30 North College Avenue, Newton, NC 28658 [www.catawbahistory.org](http://www.catawbahistory.org)

*Provides information and exhibits describing origins of Catawba County and surrounding area from prehistoric to present.*

### **Catawba County Library Branches [www.catawbacountync.gov/library](http://www.catawbacountync.gov/library)**

**Main Branch - Newton ♦ 465-8664** 115 West C Street Newton, NC 28658

**Claremont ♦ 466-6817** 3288 East Main Street Claremont, NC 28610

**Conover ♦ 466-5108** 403 Conover Station SE. Conover, NC 28613

**Maiden ♦ 428-2712** 11 South A Avenue, Maiden, NC 28650

**Sherrills Ford – Terrell ♦ 466-6827** 9154 Sherrills Ford Road, Terrell, NC 28682

**Southwest ♦ 466-6818** 2944 Highway 127 South, Hickory, NC 28602

**St. Stephens ♦ 466-6821** 3225 Springs Road, Hickory, NC 28601

### **Catawba County Parks • 312-4803**

[www.catawbacountync.gov/parks](http://www.catawbacountync.gov/parks)

*Opportunities for fishing, hiking, and wildlife observation, plus horseback riding trails, mountain biking trails, canoe/kayak access to the Catawba River & dog parks. Check in at the ranger station.*

**River Bend Park ♦ 256-9157** 6700 NC Hwy. 16 N, Conover, NC 28613

**Bakers Mountain Park ♦ 324-8461** 6680 Bakers Mt. Road Hickory, NC 28602

**St. Stephens Park ♦ 441-7277** 2247 36th Ave. NE, Hickory, NC 28601

# CAR SEAT SAFETY

A properly used child safety seat is required if the child is less than 8 years old AND weighs less than 80 pounds. Most parents and other caregivers will be able to comply using belt-positioning booster seats for children between 40 and 80 pounds. The child must be within the weight range for the child restraint/booster seat, and the seat must meet Federal Standards in effect at the time of manufacture.

## The most important tip:

Keep your child rear facing for as long as possible. Stay rear facing until your child has outgrown the car seat by weight or height. Many children will be able to take advantage of this safer ride beyond age 2 or even 3.



Children may be secured in a properly fitted seat belt at age 8 (regardless of weight) OR at 80 pounds (regardless of age), whichever comes first. Placing the shoulder belt under a child's (or adult's) arm or behind the back is both dangerous and illegal.

To make sure your car seat is installed properly or to get information about how to get a safe car seat for your child, contact SAFE KIDS at:

**828-465-2300**

Safe Kids Catawba County is focused on achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.



For updated information on car seat checks and other safety initiatives, go to <https://www.safekids.org/coalition/safe-kids-catawba-county> or call (828) 485-2300



### **Catawba County Partnership for Children • 695-6505**

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602 <https://catawbakids.com>  
*The Catawba County Partnership for Children (CCPC) administers the North Carolina Smart Start program locally; CCPC awards funding to local organizations to provide services such as child care subsidy scholarships, child care resource and referral, parent education and support, technical assistance for child care providers, and others. CCPC also administers the NC Pre-Kindergarten program, and our local Imagination Library program.*

### **Catawba County Public Health • 695-5800**

3070 11th Avenue Drive SE Hickory, NC 28602 <https://www.catawbacountync.gov/county-services/public-health/>

*Offers a variety of family services, including family planning, Breast and Cervical Cancer Control Program (BCCCP), Women, Infants and Children (WIC) supplemental nutrition program, breastfeeding support, sexually transmitted disease testing and treatment, immunizations for children and adults, and more.*

### **Catawba County Public Health Farmers Market • 695-5800**

Catawba County Public Health front parking lot, 3070 11<sup>th</sup> Avenue Drive SE, Hickory, NC 28602  
*The Public Health Farmers Market is open Thursdays from 10 a.m. to 1 p.m. from June through September. Cash, debit, SNAP, WIC Farmers Market Vouchers and Senior Farmers Market Vouchers are accepted. Vendors are local and provide access to healthy fruits and vegetables.*

### **Catawba County Schools • 464-8333**

2285 North Anderson Avenue, Newton, NC 28658 [www.catawbасchools.net](http://www.catawbасchools.net)  
*Public school system serving pre-kindergarten to 12<sup>th</sup> grade students in Catawba County.*

### **Catawba County United Way • 327-6851**

2760 Tate Blvd SE, Hickory, NC 28602 [www.ccunitedway.com](http://www.ccunitedway.com)  
*Maintains current resource information on human services available to the residents of Catawba County. Referrals to appropriate agencies. Access local resources by calling 2-1-1 or going to [www.211nc.org](http://www.211nc.org).*

### **Catawba Family Care • 994-4544 or 704-874-3316 for appointments**

122 1<sup>st</sup> Avenue SE, Hickory, NC 28602 <http://gfhs.info/catawba-family-care/>  
*Catawba Family Care provides primary care (including well & sick visits, chronic disease management for children, adults and seniors), medication assistance, counseling services & diabetes education.*

### **Catawba Family Dentistry • 695-5778**

Catawba County Public Health, 3070 11th Avenue Drive SE, Hickory, NC 28602  
<https://www.catawbacountync.gov/county-services/public-health/initiatives-partnerships/catawba-family-dentistry/>

*Providing complete examinations and a wide range of treatment and educational services for children ages 1-21 and pregnant women with Medicaid. Serves as a dental home for every patient, which means services are comprehensive, continuously accessible, coordinated and family-centered.*

### **Catawba Science Center • 322-8169**

243 3rd Avenue NE Hickory, NC 28601 [www.catawbasience.org](http://www.catawbasience.org)

*Hands-on learning for all ages. Explore physical, natural, and earth sciences through visiting exhibits, NC's only marine touch tank with sharks and stingrays, and the full-dome digital planetarium, and special summer programs. Call or see website for schedules and more.*

### **Catawba Valley Medical Center • 326-3000**

810 Fairgrove Church Road Hickory, NC 28602 [www.catawbavalleyhealth.org](http://www.catawbavalleyhealth.org)

*CVMC is a full-service hospital, also offering educational programs of interest to families with young children. See separate listing for Health First Center for more details.*

### **Centro Latino • 330-0477**

St. Stephens Lutheran ELCA, 2259 12th Avenue NE, Hickory, NC [www.centrolatinohickory.com](http://www.centrolatinohickory.com)

*A center where Hispanic/Latino families can access resources relating to child care, parent education, ESL/GED classes, employment, prenatal health care, human services, and many others.*

### **Child Day Care Unit (with Department of Social Services) • 695-5721**

*Provides financial assistance for child care expenses for low to moderate income families. Call for eligibility screening. **SMART START funded.***

### **Child Protective Services (with Department of Social Services) • 324-9111 or 911**

3030 11th Avenue Drive SE, Hickory, NC 28602 [www.catawbacountync.gov/dss/](http://www.catawbacountync.gov/dss/)

*24-hour hotline to make a report of suspected child abuse and/or neglect.*

### **Children's Advocacy & Protection Center • 465-9296**

4360 County Home Road, Conover, NC 28613 [www.catawbacountyncapc.org](http://www.catawbacountyncapc.org)

*Coordinates services for children who are victims of sexual abuse and/or severe physical abuse and their non-offending family members. Provides leadership and coordination for the prevention of child abuse and neglect, and is a "Prevent Child Abuse NC" affiliate. Coordinates the "Darkness to Light" community training program to educate adults on recognizing and preventing child sexual abuse. Also provides Yello Dino educational programming for children ages 4-7 and Camp Dragonfly for teens.*

## **≧You know your child best!≦**

If you suspect your child has a developmental delay or a disability, don't wait to ask for support!

If your child is under the age of 3, call the **Children's Developmental Services Agency at 267-6464** (see page 10). If your child is 3 or older, call your local school district. To find out your school district, you can call a school near your house and ask. Or you can search online by going to <http://gis.catawbacountync.gov/school/> and typing in your home address.

**Catawba County Schools - 327-3689**  
**Hickory City Schools - 322-5860 (ask for Early Start Program)**  
**Newton-Conover City Schools - 464-9355**



### **Children’s Developmental Services Agency (CDSA) • 267-6464**

1985 Tate Boulevard SE, 4th Floor Hickory, NC 28602 [www.bearly.nc.gov](http://www.bearly.nc.gov)

*Through a team approach with several professionals, this agency provides an in-depth evaluation of a child’s medical, psychological, educational, physical, and speech/ language needs. Early intervention service coordinators assist families in locating services and therapies (such as speech, occupational, or physical) as well as other support resources. Parents and others may refer children to the CDSA; if you suspect that your infant or toddler may have a developmental delay, call for more information.*

### **Children’s Resource Center • 695-6565**

738 4th Street SW, Hickory, NC 28602 [www.childrensresourcecenter.org](http://www.childrensresourcecenter.org)

*Catawba County’s “Child Care Resource & Referral” agency. Maintains a database on local child care availability and provides impartial referrals to legal child care centers, family child care homes, and half-day programs. Counsels parents on selecting high quality child care that fits their individual needs, and responds to parents’ requests for referrals to other community service agencies. Provides technical assistance and training to the child care community, and works closely with many community agencies to increase awareness of child care and early childhood issues. Parents may call for guidance on reporting child abuse/neglect or violations of child care regulations to the proper authorities. SMART START funded.*

### **Christian Community Outreach Ministry • 328-1803**

870 8th Street NE Hickory, NC 28601 <http://ccomhickory.org>

*Financial and biblical counseling for those who are poor, needy and in distress.*

### **Christmas Bureau • 327-6851 (Catawba County United Way) or 322-8061 (Salvation Army)**

*Catawba County’s Christmas Bureau is a community initiative to help low-income families provide Christmas gifts for their children ages birth to 18 years. Many local agencies work together to help supply toys, clothing, food, and coats each year. Families submit applications at specified locations in October; gifts are distributed in December. Call the numbers above to find out when and where to submit an application.*

### **The Cognitive Connection • 327-6026**

929 15th Street NE, Suite 100, Hickory, NC 28601 [www.thecogcon.com](http://www.thecogcon.com)

*Provides substance abuse education and prevention programs. Alternative to suspension classes are offered for youth receiving a substance-related suspension. The mission is to promote self-sufficiency and pro-social life choices through effective client education, training, and treatment programs.*

### **Community Schools Program of Catawba County • 464-9355**

605 N. Ashe Ave. Newton NC 28658 [www.yourcommunityschools.com](http://www.yourcommunityschools.com)

*Offers before-school and after-school care and summer camps in coordination with Newton-Conover City Schools and Hickory Public Schools. Ages kindergarten-age 14 at most sites, and ages 3-21 at Newton-Conover locations. Preschool summer-camp available for rising kindergartners. Also provides day camps when school is closed due to inclement weather.*

# IMMUNIZATIONS

Let's keep our kids safe!

North Carolina law requires every child to have a basic series of immunizations. In order for child care centers and schools to maintain compliance with the immunization laws, it is necessary to have a copy of an updated immunization record or immunization card endorsed by a registered nurse, physician, or clinic within 30-days of enrollment on file at the child care center or school. If a child is exempt from vaccination because of medical condition or religious objection, this should be noted on the immunization certificate and supported in the child's file with documentation from the physician or religious authority.



All children in North Carolina are required to be vaccinated against:

Diphtheria	Hepatitis B	Hib Disease	Measles
Meningococcal	Mumps	Pertussis (whooping cough)	
Pneumococcal	Polio	Rubella	
Tetanus	Varicella (chickenpox)		

The CDC also recommends children be vaccinated against the following diseases, although immunization against these diseases is not required for children in North Carolina:

Hepatitis A	Influenza	Rotavirus	Human Papillomavirus
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For more information, call 1-800-CDC-INFO (1-800-232-3646) or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents). You can also call Catawba County Public Health at 828-695-5800 with any questions or for an annual update of requirements.

American Academy  
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FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA

### **Conover City Parks • 464-1191**

101 1st Street East Conover, NC 28613 [www.conoverncc.gov/parks](http://www.conoverncc.gov/parks)

*Provides playgrounds, picnic facilities, walking trails, basketball courts, ball fields.*

City Park - 361 5th Avenue SE

Downtown Park - 112 2nd Avenue NE

Gateway Park - along 1st Street W

Hines Park - 1130 4th Street SW

Hunsucker Park - corner of 8th Street NE and 1st Avenue Place NE

Lyle Creek Greenway - Northern Drive

Majestic Park - 624 2nd Street Drive SW

Rowe Park - 217 9th Street SW

Travis Park - 612 6th Street Court NW

Washington/Southwest Park - 555 4th Street Place SW

### **Conover School • 464-9532**

108 7th Street Place SW Conover, NC 28613 <https://con.newton-conover.org/>

*Conover School is a separate school setting for children ages 3-21 years with significant intellectual and/or developmental disabilities. Also includes Future Ready Academy (pre-kindergarten classrooms).*

### **Cooperative Extension Service • 465-8240**

1175 South Brady Avenue Newton, NC 28658 <http://catawba.ces.ncsu.edu/>

*Provides information and educational programs on agriculture, gardening, locally grown foods, 4-H, and foods and nutrition. An outreach of NC State University.*

### **The Corner Table Soup Kitchen • 465-0355**

122 N Main Street, Newton, NC 28658 <http://www.thecornertable.org/>

*Provides meals with compassion, respect, and dignity to those in our community affected by hunger.*

### **Council on Adolescents • 322-4591**

1120 Fairgrove Church Road SE, Suite 22 Hickory, NC 28602 [www.coacatawba.org](http://www.coacatawba.org)

*CoA's mission is to inspire today's youth to be physically and emotionally health through education, awareness and advocacy. Offers in-school puberty and reproductive health education to youth in Catawba County through the Healthy Youth Education Program. These prevention programs educate youth about making healthy choices, bullying, future goals, healthy relationships, internet/social media safety, nutrition, peer pressure, puberty, hygiene, reproductive health, STIs, sexual violence, teen pregnancy, setting boundaries, and avoiding risky behaviors. COA also administers the Lunch Buddy Program, a mentoring program for at-risk middle school students across the Catawba county. This program provides youth a positive adult mentor who meets with them on a regular, planned, and consistent basis. The mentor develops a healthy relationship with the student and encourages them to succeed in school. See also: Teen Talk & Smart Moms & Dads program listings.*

### **Creation Station • 695-6505**

Catawba County Partnership for Children, 738 4th Street SW, Hickory, NC 28602

<https://catawbakids.com>

*A resource room with books, magazines, laminating machines, die cut machines, and more. Open to early childhood teachers and professionals, parents, and others. **SMART START funded.***

## **Division of Child Development and Early Education (DCDEE) • 1-800-859-0829**

<https://ncchildcare.ncdhhs.gov>

*Monitors and licenses child care programs in North Carolina to assure safe, healthy, and developmentally appropriate environments for young children. Also provides information to parents about choosing quality child care. Parents may call the toll-free number above to report violations of child care regulations, or call the Children's Resource Center at 695-6565 for more guidance in reporting incidents of concern.*

## **Early Childhood Resource Center • 695-6505**

738 4th Street SW, Hickory, NC 28602

*Home of the Catawba County Partnership for Children, Children's Resource Center, Early Childhood Support Team, Parent Support Team/Triple P, NC Pre-Kindergarten program, Dolly Parton's Imagination Library, Creation Station, KidsREADYCatawba, Family Fair, and more. Call or visit for information about services and programs to support families with young children. **SMART START funded.***

## **Early Childhood Support Team (ECST) • 695-6590**

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602

<http://www.catawbacountync.gov/county-services/public-health/service-areas/early-childhood-support-team/>

*This multi-disciplinary team is made up of early childhood education specialists, public health nurses, and clinical specialists who provide consultation to child care programs to improve quality, as well as information and support to parents on behavioral, emotional, and health issues. Education specialists administer developmental screenings when a child is suspected of having a delay and refer families to early intervention services as needed. **SMART START funded.***

## **Early Head Start of Catawba County • 327-3689, ext. 204**

Sweetwater Early Childhood Education Center, 2110 Main Avenue SE, Hickory, NC 28602

<https://www.catawbaschools.net/page/2343>

*Early Head Start provides services for low-income families with young children, beginning during pregnancy and continuing up to age 3. Family Resource Educators make 90-minute weekly home visits focusing on parenting and child development. EHS supports parents in preparing their children for preschool services, and helps families access health, dental, nutrition, educational opportunities and twice-monthly parent child groups. Available to families throughout Catawba County.*

## **Early Learning Sensory Support for visually Impaired & Hearing Impaired**

[www.ncpublicschools.org/earlylearning/sensory/](http://www.ncpublicschools.org/earlylearning/sensory/)

Children ages birth to 5 years (and their families) who are visually- and/or hearing-impaired may receive support services through these state funded programs. Services are provided in the child's natural environment, which may include their homes, child care centers, and schools. Services may include assessments, therapies, direct instruction, training and support for families, and others. Visit the website to contact intake coordinators for both visually-impaired and hearing-impaired support services.

# RESILIENCE

Documentary Screenings  
Available to Community  
Groups in Catawba County

THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE

KidsREADYCatawba, an initiative of the Catawba County Partnership for Children, invites community groups to schedule screenings of the documentary, “RESILIENCE... The Biology of Stress & the Science of Hope.” This viewing, along with brief facilitated discussion, will provide a critical step in promoting awareness of the issues surrounding Adverse Childhood Experiences (ACEs) and the development of collaborative community strategies to protect children from toxic stress.

This 60-minute film has a message for a wide audience including families, service providers, counselors, teachers, faith communities, medical professionals, and any others who care about the health of our community. Our goal is for Catawba County to become an active part of the national movement to prevent childhood trauma, address toxic stress for our children, and improve the health of future generations.



**Call “KidsREADYCatawba”  
at 828-695-6302  
to schedule a screening today!**

For more information about the documentary, go to <https://kplrfilms.co/resilience>



KidsREADYCatawba is an initiative of the  
**Catawba County Partnership for Children**  
[kidsready@catawbacountync.gov](mailto:kidsready@catawbacountync.gov)  
828-695-6302 [www.catawbakids.com/resilience](http://www.catawbakids.com/resilience)

**Easter Seals UCP of NC ECOS Hickory • 800-662-7119 / 465-0344**

5171 Glenwood Avenue, Suite 211, Raleigh, NC 27612-3266 [www.easterseals.com](http://www.easterseals.com)

*Easter Seals and United Cerebral Palsy (UCP) have merged to serve NC and VA, sharing a commitment to assisting people with disabilities to maximize their potential for living, learning, working and playing within the community. We offer a variety of services for children, adults, seniors, military, and veterans. These include Autism Spectrum Disorder services, employment and training services, medical rehabilitation, and more.*

**Eastern Catawba Cooperative Christian Ministry (ECCCM) • 465-1702**

245 E. N Street, Newton, NC 28658 [www.ecccm.org](http://www.ecccm.org)

*Services include provision of food, clothing, emergency financial assistance, transportation, and information and referral.*

**Exceptional Children's Assistance Center (ECAC) • 704-892-1321 or 800-962-6817**

907 Barra Row, Suites 102/103 Davidson, NC 28036 [www.ecac-parentcenter.org](http://www.ecac-parentcenter.org)

*Parent training and information center offering parents of children with disabilities information, assistance, and workshops on laws, Individualized Educational Plans (IEPs), etc.*

**Family Builders of Catawba County • 465-8901**

3050 11th Avenue Drive SE Hickory, NC 2860 [www.familybuilderscvc.org](http://www.familybuilderscvc.org)

*Provides adoption placement, counseling, and support, plus the Model Approach to Parenting class for foster and adoptive parents.*

**Family Care Center • 324-9917**

2875 Highland Avenue NE Hickory, NC 28601 [www.familycare-center.org](http://www.familycare-center.org)

*Provides housing for homeless families with dependent children on both short-term and long-term bases.*

**Family Guidance Center • 322-1400**

17 Highway 70 SE, Hickory, NC 28602 [www.fgcservices.com](http://www.fgcservices.com)

*A multi services agency with specialized services for children and families, including: Counseling for adults, couples, children, adolescents, and families to address a wide variety of needs and issues. First Step Domestic Violence services for victims of domestic violence and their children; 24-hour crisis assistance support and counseling, court advocacy, victim support group, Mate Abuse Treatment group, and community education. Credit counseling services: confidential financial counseling to reduce the stress of credit problems, resolve debt problems, and regain financial stability. Rape Crisis Services: 24-hour crisis assistance, support and counseling, court advocacy, hospital support and advocacy for rape victims.*

**Family Infant Preschool Program (FIPP) • 433-2661**

300 Enola Road, Morganton, NC 28655 <https://fipp.org/>

*Provides services to children ages birth to 5 years in Alexander, Burke, Caldwell, Catawba, and McDowell counties. Early intervention services, parent education, pregnancy supports, neonatal intensive care follow-up, and more.*



**FamilyNET • 695-6500**

Family Services Center 3050 11th Avenue Drive SE Hickory, NC 28602

[www.catawbacountync.gov/dss/familynet](http://www.catawbacountync.gov/dss/familynet)

*Family NET of Catawba County provides mental health and behavioral health services to children and adolescents. Family NET offers an array of services and has expertise in meeting the specific needs of children and adolescents. Monitoring clinical outcomes is vital to success in the treatment of children/adolescents and insures the quality of our programs. Services are provided in an office setting, schools, home, and community. Family NET is nationally accredited through the Commission on Accreditation of Rehabilitation Facilities and is a certified Critical Access Behavioral Health Agency.*

**Family Support Network - HOPE Network • 256-5202****Spanish: 704-803-7082 • Hmong: 403-1286**

P.O. Box 11395, Hickory, NC 28603 [www.fsnn.org](http://www.fsnn.org)

*Family Support Network/Hope provides support, information, and training to assist families in promoting the education, development, and quality of life for their children of all ages and with all types of special needs; and partners with parents and professionals on community, state and national levels to expand opportunities and generate resources in order to advance positive participation of people with disabilities in all aspects of society.*

**Fostering Hope Catawba**

Website: [www.fosteringhopecatawba.com](http://www.fosteringhopecatawba.com) Email: [fosteringhopecatawba@gmail.com](mailto:fosteringhopecatawba@gmail.com)

*Fostering Hope Catawba is a non-profit organization that strives to “be the village” helping foster care families and agencies in whatever way they can. They offer information and support groups, play dates, social worker appreciation events, seasonal supply drives for foster families, and much more. Contact Fostering Hope Catawba through email, their website, or Facebook.*

**Frye Regional Medical Center • 315-5000**

420 N. Center Street Hickory, NC 28601 [www.fryemedctr.com](http://www.fryemedctr.com)

*FRMC is a full-service hospital, also offering a number of programs of interest to families with young children. Call 315-3041 for more information about prepared childbirth classes, breastfeeding support, and many other programs for new parents.*

**Girl Scouts - Carolinas Peaks to Piedmont • 800-672-2148**

208 Union Square NW, Suite 101, Hickory, NC 28601 [www.girlscoutsp2p.org](http://www.girlscoutsp2p.org)

*Girl Scouting offers a variety of programs for girls ages 5-17 to build character and skills for future success; an accepting environment where girls discover the fun, friendship, and power of girls together.*

**Greater Hickory Cooperative Christian Ministry (CCM) • 327-0979**

31 1st Avenue SE, Hickory, NC 28602 [www.ccmhickory.com](http://www.ccmhickory.com)

*Assists Catawba County’s unemployed, underemployed and indigent residents by providing crisis relief, support, and education, as well as health care and food.*

# Safe Sleep



Creating a safe sleep environment means you are minimizing your baby's risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

## Here are the basic guidelines\*:

- Use a firm sleep surface, such as a waterproof mattress in a safety-approved crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers in baby's sleep area.
- Keep soft objects, toys, and loose bedding out of the sleep area.
- Do not smoke or let anyone smoke around infants.
- Make sure nothing covers the baby's head.
- Always place infants on their backs to sleep for naps and at night.
- Put infants to sleep in light clothing, such as a one-piece sleeper, and do not use a blanket.
- Infants should NEVER sleep in an adult bed, on a couch, or on a chair, alone or with anyone else.
- Tummy time is important for building strong arm and neck muscles, but only when your baby is awake and supervised.



\*Contact the  
Consumer Product  
Safety Commission,  
1-800-638-2772  
or [www.cpsc.gov](http://www.cpsc.gov)  
or more information.

For more information about Catawba County's Safe Sleep Campaign,  
go to <http://www.catawbacountync.gov/childsafety/safesleeping.asp>

### **The Green Room Community Theater • 464-6583**

10 South Main Street Newton, NC 28658 [www.the-green-room.org](http://www.the-green-room.org)

*A non-profit organization dedicated to strengthening the quality of life in Catawba County and surrounding communities through the preservation and growth of the dramatic arts. Theatre experiences for all ages.*

### **Greenway Public Transportation • 464-9444 or 465-7634**

1515 4th Street SW Conover, NC 28613 [www.mygreenway.org](http://www.mygreenway.org)

*Safe, high quality, environmentally friendly transportation services for the citizens of Catawba and surrounding counties. Fixed route and flex services are available. Also provides specialized services for disabled customers. Information available in Spanish via phone or website.*

### **Habitat for Humanity of Catawba Valley • 328-4663**

772 4th Street SW Hickory, NC 28602 [www.habitatcatawbavalley.org](http://www.habitatcatawbavalley.org)

*Builds homes in partnership with Catawba County residents in need of a simple, decent place to live. The Habitat ReStore is located at 1615 8th Street Drive SE in Hickory.*

### **Harper House & Hickory History Center • 324-7294**

310 N. Center Street, Hickory, NC 28601 [www.catawbahistory.org/harper-househickory-history-center](http://www.catawbahistory.org/harper-househickory-history-center)

*Historic home and history center featuring information about Hickory, NC.*

### **Head Start/I-CARE, Inc. • 464-1108**

249 East N Street Newton, NC 28658 <https://icare-inc.org/head-start/>

*A federally funded child development program serving low-income preschool children and families in Catawba County. Limited bus transportation is available. Children participate in a variety of activities that follow an educational curriculum and allow learning through play and in a safe environment. Services and therapy are offered on-site for children with disabilities. Medical and dental assistance is also available. Participation is contingent upon space and enrollment.*

### **Health First Center of Catawba Valley Medical Center • 485-2300**

3509 Graystone Place, Conover, NC 28613 <https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center.aspx>

*Health First Center offers a variety of resources to parents, including prepared childbirth classes, early parenting support programs, infant massage, and many others. Stop in for a tour and to receive a calendar. Open Monday-Friday, 9am-5pm.*

### **Hickory Aviation Museum • 323-1963**

3101 9th Avenue Drive NW, Hickory (Hickory Regional Airport) [www.hickoryaviationmuseum.org](http://www.hickoryaviationmuseum.org)

*A hands-on museum where all generations can learn about the history of aviation, with new exhibits and aircraft added often. Many examples of military aircraft and memorabilia are available for an up close and personal tour by knowledgeable and experienced volunteers. Admission is free.*

**Hickory City Schools • 322-2855**

432 4<sup>th</sup> Avenue SW, Hickory, NC 28602 [www.hickoryschools.net](http://www.hickoryschools.net)

*Public school system serving pre-kindergarten through 12<sup>th</sup> grade students in Hickory.*

**Hickory Community Theatre • 328-2283**

30 3rd Street NW Hickory, NC 28601 <http://hickorytheatre.org/>

*Live drama theater is open to children and adults as audience or participants.*

**Hickory Fire Department • 323-7420**

19 2nd Street Drive NE Hickory, NC 28601 <http://www.hickorync.gov/content/fire>

*Provides fire safety education to groups on request. Families in need of smoke detectors should contact Hickory Fire Department regarding eligibility for a free smoke detector.*

**Hickory Museum of Art • 327-8576**

243 3rd Avenue NE, Hickory, NC 28601 [www.hickoryart.org](http://www.hickoryart.org)

*Provides permanent art exhibits as well as themed, rotating exhibits. Children's activities available.*

**Highways & Hedges Ministry • 781-8095**

3675 Herman Sipe Road, Conover, NC 28613

*Highways and Hedges is a program offering assistance to the homeless and needy in Catawba County, North Carolina. We provide a hot meal, a time of Bible study and prayer, food, clothing, toiletries, and other supplies to those in need each Monday night. If you have needs but no transportation, please call us for assistance.*

**History Museum of Catawba County • 465-0383**

30 N. College Avenue, Newton NC 28658 <http://catawbahistory.org/museum-of-history>

*The History Museum of Catawba County offers testimony to the hardy settlers of the Catawba River Valley and their resourceful descendants who carved a world-renowned furniture and textile empire out of the backwoods.*

## **Hickory Parks and Recreation • 322-7046**

Office location: 1451 8th Street Drive NE Hickory, NC 28601\_

[www.hickorync.gov/content/parks-and-recreation](http://www.hickorync.gov/content/parks-and-recreation)

*Provides 18 public parks with a wide variety of facilities, such as basketball courts, playgrounds, picnic shelters, sports competition fields, walking trails, skate parks, fitness centers, swimming pools, and many others.*

### **Parks:**

Civitan - 460 17th Ave NE

Fairbrook Optimist Dog Park - 1560 4th Ave SE

Glenn C. Hilton - 2000 6th St NW

Hickory City - 1581 12th Street Dr NW

Ivey Arboretum at Sally Fox Park - 125 3rd NE St

Kiwanis - 805 6th St SE

LP Frans Crawdads Stadium - - 2500 Clement Blvd NW

Neill W. Clark Jr. - 3404 6th Street Dr NW

Stanford - 1451 8th Street Dr NE

West Hickory- 830 16th St SW

Cliff Teague - 1125 C Ave SE

Rotary - Geitner - 2035 12th Street Dr NW

Henry Fork River Regional - 5655 Sweet Bay Ln

Hickory Optimist - 751 2nd Ave SW

Jaycee - 1515 12th Street Dr NW

Lowe's Foods City Park - 306 Main Avenue NW

McComb Park - 421 5th Avenue Pl NE

Southside Heights - 1400 2nd St SW

Taft Broome - 115 7th Ave SW

Winkler - 2500 Clement Blvd

### **Recreation Centers:**

Brown Penn - 735 3rd St SW

Highland - 1451 8th Street Dr NE

Westmont - 1316 Main Ave Dr NW

Neill Clark - 3404 6th Street Dr NW

Ridgeview - 115 7th Ave SW

## **Hickory Public Housing Authority • 328-5373**

98 3rd Avenue SE Hickory, NC 28602 <http://hickoryhousing.org/>

*Provides affordable housing along with resources and support systems designed to facilitate self-sufficiency and foster increased economic independence within the community.*

## **Hickory Public Library • 304-0500**

<http://www.hickorync.gov/content/library>

Patrick Beaver Memorial Library ♦ 304-0500 - 375 3rd Street NE, Hickory

Ridgeview ♦ 345-6037 - 706 1st Street SW, Hickory

## **Hickory Soup Kitchen • 327-4828**

110 2nd Street Place SE, Hickory, NC 28602 <https://hickorysoupkitchen.org/>

*Serves lunch every weekday to Hickory's hungry and homeless. Also provides shower facilities, hygiene products, take-home bag of groceries once each month, and a check-out library.*

## **Imagination Library (a project of Catawba County Partnership for Children) • 695-6505**

738 4th Street SW, Hickory, NC 28602 [www.imaginationlibrary.com](http://www.imaginationlibrary.com) or [www.smartstart.org/dpil](http://www.smartstart.org/dpil)

*Dolly Parton's Imagination Library program sends all enrolled children one free age-appropriate book each month until their fifth birthday. Program promotes literacy and the importance of parents reading to their children. SMART START funded.*

### **International Newcomer Center • 855-9387**

Sweetwater Early Childhood Education Center, 2110 Main Avenue SE, Hickory, NC 28602

[www.catawbaschools.net/newcomer-center](http://www.catawbaschools.net/newcomer-center)

*The Newcomer Center serves all 25 schools in the Catawba County School System, and assists parents with limited English proficiency to enroll their children in school, complete necessary forms, review health records, assess the child's language skills, and locate needed resources and services.*

### **KidsREADYCatawba • 695-6501**

[www.catawbakids.com](http://www.catawbakids.com)

*A collaborative group with representatives from the Partnership for Children, Children's Resource Center, all three school districts, Catawba Valley Community College, and local child care centers, that is focused on improving early childhood and elementary education coordination to increase 3<sup>rd</sup> grade reading proficiency in Catawba County. **SMART START** funded.*

### **LiveWell Catawba • 695-5800**

3070 11th Ave Dr SE, Hickory, NC 28602 <https://livewellcatawbaweb.wordpress.com/>

*LiveWell Catawba is a non-profit 501(c)(3) organization committed to creating a culture of wellness where people already are, in school or in a child care center, at church, or at work. LiveWell Catawba initiatives support healthy choices and access to healthy options in Catawba County. Contact about how your school, child care program, faith community and/or workplace can become involved.*

### **Local Interagency Coordinating Council (LICC)**

Please call your local Children's Developmental Services Agency (CDSA) office to get current information about your county's LICC contacts: **267-6464** (Catawba, Alexander) **432-5430** (Burke, Caldwell, McDowell)

<https://beearly.nc.gov/>

*This organization is comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family-friendly.*

### **Longview Recreation Center • 322-3921**

3107 2nd Avenue NW Longview, NC 28602 [www.ci.longview.nc.us/recreation](http://www.ci.longview.nc.us/recreation)

*Recreation center includes adult and kiddie pool, snack bar, and lockers.*

### **Macaroni Kid • <https://hickory.macaronikid.com>**

*Macaroni Kids is a website that provides up-to-date information about kid-friendly events and activities in Hickory, Lenoir, Newton-Conover, Morganton, Taylorsville and surrounding areas of western North Carolina.*

### **Maiden Recreation Center • 428-5022**

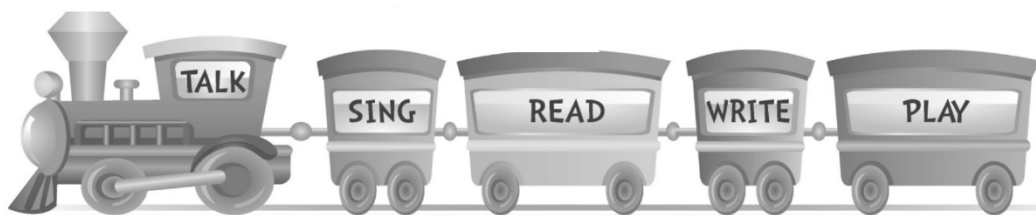
207 East Klutz Street Maiden, NC 28650 [www.maidennc.com/parks\\_recreation.html](http://www.maidennc.com/parks_recreation.html)

*Provides sports activities for youth, walking trail, picnic area, playground, and more.*

# Get your child on track to be **READY TO READ!**

Parents ... Early Literacy begins with you!

Help your child get ready to read with simple activities every day.



Go to <https://catawbakids.com/ready-to-read> for more information!



**Visit your Local Library!**

**Sign up to get free books  
from Imagination Library!**

**[www.smartstart.org/DPIIL](http://www.smartstart.org/DPIIL)**



**Maple Grove Home • 322-4731**

542 2nd Street NE, Hickory, NC 28601 [www.hickorylandmarks.org/MapleGrove.asp](http://www.hickorylandmarks.org/MapleGrove.asp)

*Historic home built in 1883, specially decorated at Christmas.*

**March of Dimes Birth Defects Foundation • 464-8905**

Carolina Foothills Division, 1220 Commerce Street, Suite G, Conover, NC 28613 [www.marchofdimes.com](http://www.marchofdimes.com)

*Community services to address maternal and infant needs; advocacy for programs and policies to improve the health of mothers and babies.*

**Mom to Mom • 327-3659 or 695-6511**

*This monthly group is open to any woman, and is designed to encourage and empower women to nurture themselves first. Meets the 3<sup>rd</sup> Thursday of each month at Sweetwater Early Childhood Center, 2110 Main Ave. SE, Hickory, NC 28602. Child care is provided during the meetings.*

**Mommies & Munchkins • [www.facebook.com/mommies.munchkins.hickory/](http://www.facebook.com/mommies.munchkins.hickory/)**

*Mommies & Munchkins is a mom & baby focused play group, organized and led by moms, where you will have the space to share stories, build relationships, & embrace motherhood.*

**MOMS Club of Hickory**

Email: [momsclubhickory@gmail.com](mailto:momsclubhickory@gmail.com) Website: [www.momsclub.org](http://www.momsclub.org)

*The MOMS Club® of Hickory is part of the International MOMS Club®, an international, non-profit, non-religious organization for at-home moms. The group provides friendship, support, and community to our members and their families. Mostly, we are a fun way to meet other moms! Whether you stay at home full-time, work part-time, or have a home-based business, if you are with your children during the day we have activities for you and your child. Our activities include play dates, coffee meetups, field trips, holiday events, charity events, and more. Find more information on our Facebook page.*

**MOPS (Mothers Of Preschoolers) • 888-910-6677**

[www.mops.org](http://www.mops.org)

*A Christian support organization for mothers of children from birth to 5. Provides encouragement, support, teaching, and friendships. Meets at a variety of times in several locations in Catawba County. Visit the website to find a group near you.*

**Murray's Mill Historic Site • 241-4299**

1489 Murray's Mill Road Catawba, NC 28609 <https://catawbahistory.org/murrays-mill>

*A working gristmill museum powered by a waterwheel, 1890's county store and folk art gallery.*

**Muscular Dystrophy Association • 704-567-2912**

2-8 Regency Exec Park, Suite 170, Charlotte, NC 28217 [www.mda.org/office/charlotte](http://www.mda.org/office/charlotte)

*Diagnostic testing, clinical services, physical and occupational therapies, summer camp, public health education.*



### **My Refuge City • 449-7441**

[www.myrefugecity.org](http://www.myrefugecity.org)

*My Refuge City is a non-profit organization specializing in helping victims of human trafficking and sexual exploitation; they provide a place of refuge for anyone who is lonely, desperate for help, or who has fallen through the cracks and loopholes of other organizations. Services include emergency interventions, case management, job placement, drug treatment, medical treatment, food/clothing, and others. Their phone is manned 24/7, you are encouraged to call any time.*

### **NC Department of Labor • 322-2619 or 1-800-625-2267**

4 West Edenton Street, Raleigh, NC 27603 [www.nclabor.com](http://www.nclabor.com)

*Job training, job seeking/keeping skills, referral services.*

### **NC Pre-Kindergarten Program • 695-6506**

Catawba County Partnership for Children, 738 4th Street SW, Hickory, NC 28602

<https://catawbakids.com>

*NC Pre-K is a free, public preschool program for 4-year-olds who are at risk for delays in school readiness. Classrooms are located throughout the county, in public schools and child care centers. Call for more information or to get an application.*

### **NC Mental Health Consumers' Organization • 919-832-2285 or 800-326-3842**

916 Richardson Drive, Raleigh, NC 27603 <https://www.facebook.com/ncmhco/>

*Promotes mutual help, advocacy, insight, support, socialization, and empowerment for people living with mental illness. Offers an annual conference, suicide prevention resources and a warmline (1-800-326-3842).*

### **NC School for the Deaf (NCSD) • 432-5200 (voice/TTY)**

517 West Fleming Drive Morganton, NC 28655 [www.ncsd.net](http://www.ncsd.net)

*NCSD is a free, accredited public school offering day and residential programs for students who are deaf and hard of hearing. Visit the website or contact your local school system's Exceptional Children's Director to discuss your child's specific needs.*

### **Newcomers of Catawba Valley • 325-9830**

[www.newcomersofcv.com](http://www.newcomersofcv.com)

*Helps newcomers become familiar with the area and all it has to offer. Meets the second Wednesday each month at the Crosswinds Cafe in the Hickory Airport at 10:30am. Visit website for list of activities.*

### **Newton-Conover City Schools • 464-8333**

605 North Ashe Avenue, Newton, NC 28658 [www.n-ccs.org](http://www.n-ccs.org)

*Public school system serving prekindergarten-12<sup>th</sup> grade students in the cities of Newton and Conover.*



# FREE PRE-K!

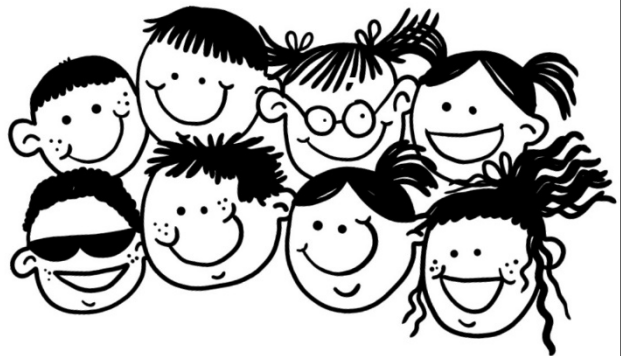
The NC Pre-Kindergarten Program provides free pre-kindergarten to eligible 4-year-old children for one year prior to going to kindergarten! Classrooms are located in many locations across the county. Transportation is not provided.

NCPK application can be found at:

<https://catawbakids.com/early-childhood-services/nc-pre-kindergarten-program>

Or by emailing [LFERRELL@catawbacountync.gov](mailto:LFERRELL@catawbacountync.gov)

**Questions?**  
**828-695-6506**  
**828-695-6515** *En español*



*The NC Pre-Kindergarten Program is administered locally by*

**Catawba County Partnership for Children**

738 4th Street SW, Hickory, NC 28602

P.O. Box 3123, Hickory, NC 28603

828-695-6506 <https://catawbakids.com>

## **Newton Parks and Recreation Department • 695-4317**

<http://www.newtonnc.gov/departments/recreation/parks.php>

*Provides sporting activities, playgrounds, picnic facilities, swimming facilities, walking trails, playing fields/courts, and more. Visit their website or call their office for more information.*

**Parks:** Southside Park - West of US Hwy. 321

Northside/Broyhill - East 22nd St and College Ave

Westside/Jaycee - US #Hwy. 321 Business and West "J" Street

East Newton - East "E" Street and South Ervin Avenue

Jacob Fork - 3730 NC Hwy. 10 West of Newton

Yount - South College and East A. Street

Little Brook - US #Hwy. 321 Business and South Main Avenue

**Recreation Centers:** Newton Recreation Center - 23 South Brady Avenue

Central Recreation Department - South Ervin Avenue

Historic Newton Depot - 1123 North Main Avenue

Southside Community Building - 1771 S. US. 321 Business

## **Old St. Paul's Lutheran Church • 464-9786**

2035 Old Conover-Startown Road Newton, NC 28658 [www.oldstpaulslutheran.org](http://www.oldstpaulslutheran.org)

*Founded in 1757, the oldest church in the county.*

## **OUTright Youth of Catawba Valley • 320-1937**

748 4th Street SW Hickory, NC 28602 <http://outrightyouthcv.com/>

*OUTRight Youth is a center for LGBTQ youth and their allies, serving the Catawba Valley. We provide bi-weekly meetings for youth ages 12-21. We provide support for local GSA (Gay Straight Alliance) clubs and trainings for schools and community members. Our mission is to create a safe community for all youth.*

## **Parents As Teachers • 695-6511**

*Catawba County's Parents as Teachers program offers home visits focusing on parenting and child development using a literacy-based curriculum. Also available are group meetings, developmental screenings, and referrals to additional services. Services are available in English and Spanish.*

*Administered by Hickory Public Schools. **SMART START funded.***

## **Parent Support Team • 695-6590**

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602

*An extension of the Early Childhood Support Team, the Parent Support Team helps parents determine what types of support they need to maintain healthy, stable families and then access those services through a variety of partner agencies. Triple P (Positive Parenting Program) programming is available in a variety of formats. Call for class schedules or for more information. **SMART START funded.***

### **Partners Behavioral Health Management • 1-888-235-HOPE (4673)**

1985 Tate Blvd SE, Hickory, NC 28602 [www.partnersbhm.org](http://www.partnersbhm.org)

*Need Help with a mental health, substance abuse, or developmental disability issue? Start by calling Access to Care. Staff are available 24/7 and are ready to assess your needs and concerns, offer a choice of mental health service providers in the community, help with emergency situations, schedule appointments, or provide information about community resources. Mental health emergencies can be serious but do not always require an evaluation at the emergency room of a hospital; call the number listed above or your current service provider or doctor. **If you have a life-threatening situation, call 911 or go to the nearest hospital emergency room.** Pregnant women and persons who are injecting drugs receive priority scheduling for service appointments.*

### **Patrick Beaver Learning Resource Center • 624-2012**

926 2<sup>nd</sup> Street NE, Suite 100, Hickory, NC 28601 [www.patrickbeaverlrc.org](http://www.patrickbeaverlrc.org)

*Information, support, and resources related to ADHD, dyslexia and other learning differences.*

### **PEEPs: Parents Empowering & Encouraging Parents • 695-6502**

Email: [libbyt@catawbacountync.gov](mailto:libbyt@catawbacountync.gov)

*PEEPs is a new group focusing on helping parents and family members of young children learn more about community support resources, share that information with others, and grow into community leadership roles. We are part of the Catawba County Partnership for Children.*

### **Physician Referral Service • 326-2876**

<https://catawbavalleyhealth.org/medical-center/find-a-provider.aspx>

*A service of Catawba Valley Medical Center; offers directory of local physicians and referrals to specialists.*

### **The POD at Catawba Valley Medical Center • 326-3062**

810 Fairgrove Church Road SE, Hickory NC 28602 [thepod@cvmc.us](mailto:thepod@cvmc.us)

<https://www.catawbavalleyhealth.org/Medical-Center/Services/Women-and-Children/POD-Maternal-Child-Education.aspx>

*Conveniently located at the Entry Level of the Center for Women & Children, our Education Center (The POD) offers a variety of classes, tours, and programs to assist every family through the childbirth experience.*

### **Postpartum / Prenatal Support - Postpartum Support International • 800-944-4773 (Helpline)**

503-894-9453 (Textline) [www.postpartum.net](http://www.postpartum.net)

*Free telephone support for expectant or new mothers and families who are experiencing prenatal or postpartum sadness, depression, or anxiety.*

# I'm Going to Kindergarten!

*Helping your family create a successful beginning to school*

Families are the most vital support system for young children. You are the key to successful experiences at school. Although we know you may be feeling some anxiety, we know that you and your child will discover that kindergarten is truly something to smile about!

## **Eligibility:**

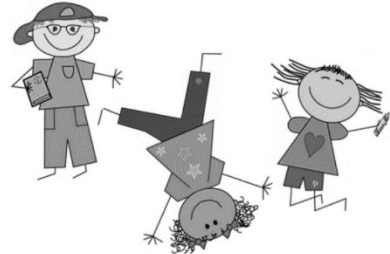
By NC state law, children are eligible for kindergarten if they turn 5 on or before August 31st.

## **Where is my school?**

You can visit or call an elementary school close to your home and ask. You can also find out your school district by going to <http://gis.catawbascountnc.gov/school> and type in your home address.

## **What skills will help my child adjust well to kindergarten?**

- Showing an interest in learning new things
- Being willing to join in new activities.
- Showing consideration for the feelings of others.
- Being able to adjust when things don't go right.
- Expressing ideas and feelings clearly most of the time.
- Asking for help when they really need it.



## **Top 10 Tips for Success in School**

1. Read to your child EVERY day!
2. Visit your child's elementary school to meet the principal, eat lunch in the cafeteria, and get a tour of the school building. Be sure to attend your screening days and parent orientations.
3. Establish a regular bedtime and morning routine and stick to it. Don't wait ... start now.
4. Use counting in daily activities (steps to your house, pieces of silverware on the table, etc.)
5. Take your child with you to run errands at the grocery store, post office, and discuss what you see, hear and touch.
6. Visit your public library and check out some new books about kindergarten. Read together!
7. Let your child practice their independence by allowing them to make some choices. "Do you want a banana or an apple?" Encourage them to try new things.
8. Set a limit to the amount of "screen time" your child has a day. (Pediatricians recommend no more than 1 hour per day, including phone, TV, computer & video games.)
9. Have a quiet place in your home for your child to work independently with materials like crayons, scissors, and pencils. Encourage them to investigate and practice with these materials.
10. Help your child to begin to learn your address and phone number, how to button and zip their clothes,



*Produced by KidsREADYCatawba, an initiative of the  
Catawba County Partnership for Children*

P.O. Box 3123, Hickory, NC 28603  
738 4th Street SW, Hickory, NC 28602  
828-695-6505 • <https://catawbakids.com>

**Pregnancy Care Center • 322-4272**

421 Main Avenue SW, Hickory, NC 28602 [www.pcchickory.com](http://www.pcchickory.com)

*Free and confidential services to women experiencing an unexpected pregnancy. Offers compassionate care, counseling options, free pregnancy tests, and other services.*

**Pregnancy Exposure Riskline • 1-866-626-6847 / 1-855-999-3525 (text)**

[www.mohtertobaby.org](http://www.mohtertobaby.org)

*Provides information about prenatal exposure to drugs, alcohol, and many other environmental substances, prenatal or while breastfeeding. Live chat available.*

**Propst Victorian House • 322-4731**

534 Third Avenue NW, Hickory, NC 28601 [www.hickorylandmarks.org/propsthouse.asp](http://www.hickorylandmarks.org/propsthouse.asp)

*Historic house originally built in 1883; call for tour information.*

**Public School Preschool Programs**

*Public schools provide services for children ages 3-5 with disabilities. Call your school system if you suspect your 3-5 year old may have trouble with hearing, speech, learning, or other skills.*

**Catawba County Schools Preschool ♦ 327-3689**

**Newton-Conover City Schools Preschool ♦ 464-9355**

**Hickory City Schools Preschool ♦ 322-5860 (ask for Early Start Program)**

**Safe Harbor Rescue Mission • 326-7233**

210 Second Street SE, Hickory, NC 28602 [www.safeharborrescuemission.org](http://www.safeharborrescuemission.org)

*Safe Harbor provides safety, shelter, and positive programming during daytime hours for homeless women and children, along with transitional housing and other support programs.*

**Safe Kids Catawba County Coalition Catawba Valley Medical Center • 485-2300, ext. 6204**

3509 Graystone Place SE, Conover, NC 28613 [www.safekids.org/coalition/safe-kids-catawba-county](http://www.safekids.org/coalition/safe-kids-catawba-county)

*The Safe Kids Catawba County Coalition is dedicated to the prevention of accidental childhood injury - the number one killer of children ages 14 and under. Representatives from local agencies work together to educate children, parents, and caregivers about safety for children through workshops and many other public events in our community.*

**Salvation Army • 322-8061**

750 3rd Avenue Place SE Hickory, NC 28602 [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

*Hunger relief, housing & homeless services, Christmas assistance, youth camps & recreation, adult rehabilitation, veterans' services, prison ministries, services for the elderly, and more.*

**Salvation Army Boys and Girls Club • 322-3066**

750 3rd Avenue Place SE Hickory, NC 28602 [www.salvationarmycarolinas.org/bqchickory/](http://www.salvationarmycarolinas.org/bqchickory/)

*Provides sports activities, recreation, after-school tutoring for community youth, and more.*

**Sipe's Orchard Home • 256-5056**

4431 County Home Road Conover, NC 28613 [www.sipesorchardhome.org](http://www.sipesorchardhome.org)

*Sipe's Orchard Home provides a variety of programs that support children. Please call for more information about: NC Pre-Kindergarten Program (for 4 year olds), Huckleberry Summer Camp and Pre-K Summer Camp (for school-aged children), and Transitional Living Program (for homeless and at-risk youth).*

**Smart Moms & Dads (a program of Council on Adolescents) • 322-4591**

1120 Fairgrove Church Road SE, Suite 22, Hickory, NC 28602 [www.coacatawba.org](http://www.coacatawba.org)

*A State of North Carolina grant-funded program which serves 15 pregnant and parenting students at Hickory High School and Hickory Career and Arts Magnet School and Newton-Conover High School. The goal of this program is to help young parents graduate high school and to prevent subsequent pregnancies.*

**Smart Start - Catawba County Partnership for Children • 695-6505**

738 4<sup>th</sup> Street SW, Hickory, NC 28602 <https://catawbakids.com>

*Smart Start is a North Carolina state-funded early childhood initiative focused on ensuring that children enter school healthy and prepared for lifelong success. Our local Smart Start grant is administered by the Catawba County Partnership for Children, a nonprofit agency that is responsible for providing the most critical services for children age birth to five and their families. In Catawba County, Smart Start funds are primarily utilized to improve the quality of child care, provide child care subsidy scholarships, provide information and referrals to families, and support parenting education. Call our office for more information or details.*

**Special Olympics of Catawba County • 612-8383 or 446-7182 (Local Coordinator)**

Email: [sonccatawba@gmail.com](mailto:sonccatawba@gmail.com) [www.sonc.net/local-programs/catawba-county/](http://www.sonc.net/local-programs/catawba-county/)

*Provides opportunities for children and adults with intellectual disabilities to develop physical fitness, engage in athletic competition, and experience the joy of sharing and friendship through a variety of sporting events.*

**Sweetwater Early Childhood Education Center • 327-3689**

2110 Main Avenue SE Hickory, NC 28602 [www.catawbaschools.net/sweetwater](http://www.catawbaschools.net/sweetwater)

*SECEC houses a variety of programs under the Catawba County Schools' umbrella, including the Catawba County Schools Preschool Program, Early Head Start, and the International Newcomer Center.*

**Tadpole Lending Library • 919-575-3093**

*Lends and delivers low-tech assistive technology devices and toys free to families and professionals who work with individuals with special needs. Free shipping.*

**TEACCH Autism Program • 704-563-4103**

5701 Executive Drive, Suite 108, Charlotte, NC 28212 [www.teacch.com](http://www.teacch.com)

*The TEACCH Charlotte Center serves individuals with Autism Spectrum Disorders. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, supported employment assistance, training opportunities and research.*



# Taking the Guesswork out of Parenting!

The Parent Support Team is here to help you to be the best parent you can be! We offer a variety of parent education programs using Triple P (Positive Parenting Program). Triple P provides a toolbox of ideas to help you manage the big and small parenting challenges in your life, and offers practical methods to help meet your family's individual needs. You can participate in group opportunities as well as one-on-one consultations, so we will help you decide which structure works best for you and your family. Triple P classes and consultations are **FREE** for Catawba County families!

## 5 Key Steps to Triple P's Positive Parenting:

- Create a safe, interesting environment.** Bored kids are likely to misbehave, and bored teenagers may find trouble. Create an environment that keeps your child entertained with healthy, age-appropriate activities. Remove potential dangers from the home and teach basic safety.
- Have a positive learning environment.** When your children come to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a short period. Encourage them to share their ideas and opinions, and play or read with your children often.
- Use assertive discipline.** Set clear rules and boundaries and follow through with fair consequences. You can negotiate some with older kids and decide on rules together. Praise little and big kids when you observe the behaviors you want to see.
- Have realistic expectations.** Nobody's perfect – kids or adults – so don't expect behaviors that are beyond your child's age or developmental range. All parents make mistakes sometimes too.
- Take care of yourself as a parent.** It's all about balance. Make sure you are getting some support, time with friends, and maybe a little time to yourself. And our local Triple P seminars and groups are a great way to find parenting encouragement and meet other families!

Find out more about Triple P in Catawba County by calling 828-695-6565, or visit [www.triplep-parenting.com](http://www.triplep-parenting.com) for more general information about the program or to take a course online.



**Call 828-695-6565**





### **Teen Talk (a program of Council on Adolescents) • 322-4591**

1120 Fairgrove Church Road SE, Suite 22, Hickory, NC 28602 [www.coacatawba.org](http://www.coacatawba.org)

*A State of North Carolina grant-funded program in which our staff provides a Teen Pregnancy Prevention Initiative (TPPI) to at-risk adolescents across the community. This program is based in the community and is aimed to prevent risky behaviors that lead to teen pregnancies and sexually transmitted infections, while encouraging youth to make healthy choices. This program utilizes two evidence-based curricula to serve both middle and high school aged youth.*

### **Triple P (Positive Parenting Program) • 695-6590**

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602

<http://www.catawbacountync.gov/county-services/public-health/initiatives-partnerships/positive-parenting-program/>

*Triple P provides a toolbox of ideas to help you manage the big and small parenting challenges in your life, and offers practical methods to help meet your family's individual needs. You can participate in group opportunities as well as one-on-one consultations, so we will help you decide which structure works best for you and your family.*

### **UNC-TV (PBS North Carolina) Contact info • 1-888-292-7070 • [viewer@unctv.org](mailto:viewer@unctv.org)**

10 UNC-TV Drive, PO Box 14900, Research Triangle Park, NC 27709-4900 [www.unctv.org](http://www.unctv.org)

*UNC-TV supports the raising of happy, healthy children here in Catawba County and across North Carolina. Through its PBS KIDS brand, Rootle, UNC-TV provides on air and online services for parents, children, educators and any caregiver involved with raising a child. For more information, visit [unctv.org/rootle](http://unctv.org/rootle), [pbs.org/parents](http://pbs.org/parents) and [pbs.org/education](http://pbs.org/education).*

### **United Arts Council of Catawba County • 324-4906**

231 3rd Ave. NE, Hickory, NC 28601 [www.artscatawba.org](http://www.artscatawba.org)

*The United Arts Council of Catawba County provides awareness of the cultural activities in our area, as well as grant and contribution opportunities.*

### **Walkin' Roll Activities League, Inc. • 228-0616**

P.O. Box 334, Claremont, NC 28610 [www.walkinroll.org](http://www.walkinroll.org)

*Provides sports and recreation activities for children and adults with disabilities and their families.*

### **WIC (Women, Infants and Children) • 695-5884**

Catawba County Public Health, 3070 11<sup>th</sup> Avenue Drive SE, Hickory, NC 28602

<http://www.catawbacountync.gov/county-services/public-health/service-areas/women-infants-and-children-wic/>

*WIC is a federal supplemental nutrition program funded by the United States Department of Agriculture (USDA) for infants and children up to age five and pregnant, postpartum and breastfeeding women. The WIC office offers breastfeeding peer counselors and a lactation consultant to assist clients who have questions and concerns about breastfeeding. The staff provides encouragement and guidance for breastfeeding, which may include supplies such as manual and electric breast pumps for women who meet the criteria. The staff also includes nutritionists who teach families how to make healthy food choices.*

**Women’s Resource Center • 322-6333**

125 3rd Street NE Hickory, NC 28601 [www.wrchickory.org](http://www.wrchickory.org)

*Resource and referral services, educational programs, support groups, and more. Women 2 Work Clothing Closet. Limited financial assistance program. Small fees for some programs.*

**YMCA of Catawba Valley • 324-2858 (Hickory) 464-6130 (Shuford)**

Hickory Branch: 701 1st Street NW, Hickory, NC 28601 [www.ymcacv.org](http://www.ymcacv.org)

Shuford Branch: 1104 Conover Blvd E, Conover, NC 28613

*Putting Christian principles into practice through programs to build strong kids, families and communities. Offers recreation facilities, sports programs, and child care facilities throughout Catawba County. Call or visit website for more details and locations.*



# NCCARE360

There’s “no wrong door” when you contact NCCARE360 for information about local resources! NCCARE360 is a coordinated statewide directory that helps connect people to resources for housing, food, jobs, and much more. The call center has text and chat capabilities, and provides follow up with agencies to ensure that callers’ needs are addressed and appropriate connections are made.

To request a referral, call 2-1-1 or visit [www.nccare360.org](http://www.nccare360.org).



Enroll your child in  
**IMAGINATION LIBRARY!**



Children receive one **FREE** children's book  
in the mail each month until their 5th birthday!

To enroll go to  
[www.smartstart.org/dpil](http://www.smartstart.org/dpil)  
or call 828-695-6505



Imagination Library is a project of the Catawba County Partnership for Children  
with generous support from these primary donors:



Catawba County Partnership for Children  
P.O. Box 3123, Hickory, NC 28603  
738 4<sup>th</sup> Street SW, Hickory, NC 28602  
828-695-6505 <https://catawbakids.com>

Follow *catawbakids* on social media!

