



# Helpful Numbers from the Exchange Family Center

If you need help finding help, call us at 403-8249 (se habla español). (Jan 2021)

"Sp" next to the Agency means that there is a Spanish speaking representative **Sp** significa que se habla español.

<b>Financial Help:</b>	<b>Asistencia económica:</b>		
DSS Immediate Services <b>Sp</b>	414 E. Main St.	919-560-8000	Assistance depends on worker assessment
Catholic Charities <b>Sp</b>	2020 Chapel Hill Rd., Suite 30	919-286-1964	Call and select 0
Salvation Army <b>Sp</b>	909 Liberty St. (9-12, 1-5).	919-688-7306x100	Call 7:30-8am and leave message with name, # and assistance needed. Receptionist will start calling back at 8am to set appt. Financial, clothing and food.
*New Greater Zion Wall House of Miracles	721 Hopkins St.	919-682-3029	Some rent, utilities, NO phone, NO deposit.
White Rock Baptist Church	3400 Fayetteville St.	919-683-1649	3rd Tues at 6am. Basic rent & utilities up to \$100
Greystone Baptist Church Second Mile Ministry (distancing during Covid)	2601 Hillsborough Rd	919-286-3596	Call number to request application. Rent, utilities, food.
<b>Credit and Financial Counseling:</b>	<b>Consejos Financieros:</b>		
Consumer Credit Counseling	Telephone service	(919) 845-3212	Credit/budget counseling, debt management, home ownership counseling, reverse mortgages, foreclosures, insurance enrollment, tax filing.
Compass Ctr. For Women and Families <b>Sp</b>	210 Henderson St. Chapel Hill	919-968-4610	Currently remote: Financial counselors, career counseling (resume, CV) financial workshops for women and men.
<b>Food pantry</b>	<b>Comida:</b>		
Catholic Charities <b>Sp</b>	2020 Chapel Hill Rd., Suite 30	919-286-1964	Pick up times Wed.10am-1pm, Wed. 5-7, Th. 10am-1pm, 1xmonth
Russell Memorial CME Church	703 S. Alston Ave.	919-682-2523	Wed 9a-12p. No need to call.
Urban Ministries of Durham <b>Spa</b>	410 Liberty St.	919-682-0538	Hot meals Mon-Fri.8-9am, 6-7pm, sat 9:30-10:30am, 1230-130pm, 6-7pm. Drive thru food pantry Tues. 10am-12pm Durham county residents
Mt. Zion Christian Church	3519 Fayetteville St.	919-688-4245	Food box available M-Th. Must call between 7-8am to pick up box at 12:30pm
<b>Emergency &amp; Transitional Housing:</b>	<b>Albergue Temporal o de Emergencia:</b>		
Urban Ministries of Durham	410 Liberty St.	919-682-0538	Clothes, food, 6-9 months shelter provided for individuals/families. Clients sign up with DSS M-F. Client have to attend orientation at shelter from 1-3pm & have to return before 8:30 pm each night.
Durham Rescue Mission <b>Sp</b>	1201 E. Main St. (Male) 507 E. Knox St. (Female)	919-688-9641	Shelter/furniture/food/clothing/men & women w/kids. Educational training
Families Moving Forward <b>Sp</b>	300 N. Queen St.	919-683-5878	Transitional housing up to 3 mos. Children in home. Sign up at DSS aging and adult services for intake 8:30-3 pm (919-560-8000) 801 Gilbert Street 4-8pm for afterhours* DCRC if fleeing violence 919-403-6542
<b>Housing Assistance:</b>	<b>Ayuda con Hogares:</b>		
NC Housing Search <b>Spa</b>	www.nchousingsearch.org	1-877-428-8844	Website that can be used to search for affordable housing in NC.
Reinvestment Partners <b>Spa</b>	110 E. Geer St.	919-667-1000	Mortgage & taxes assistance. 1 <sup>st</sup> -time homebuyer workshops 1x per month. Foreclosure prevention.
City Inspector <b>Sp</b>	101 City Hall Plaza	919-560-4144 Spanish:919-560-4148	Call if having problems with landlord following through with repairs/physical safety.
Durham Housing Authority <b>Sp</b>	330 E Main St. 8:30-5:30 M-F	919-683-1551	Public housing. Section 8 (closed). Emg. # 919-683-2545 maintenance issues after hours.
<b>Home Repairs/Weatherizing:</b>	<b>Reparación de Casa:</b>		
Operation Breakthrough	1101 E Lawson St. (M-F 8-5)	919-688-8111	CSBG, weatherization, some emergency asst. Call for info
Durham County Health Dept. <b>Sp</b>	414 E. Main St. (8:30-5:00 walk in)	919-560-7600	Blood tests for lead levels & investigates lead risks, immunizations.
<b>Phone: Health &amp; Human Services</b>	<b>Teléfono:</b>		
Safe Link Wireless <b>Sp</b>	Call	1-800-977-3768	Through calling number or through DSS. Must have DSS benefits. www.safelink.com
<b>Clothing:</b>	<b>Ropa Gratis:</b>		
Giving Closet (Welcome Baby) <b>Sp</b>	721 Foster St.	919-560-7150	Fri 8:30- 11:15 and 1:00- 3:15, 2 <sup>nd</sup> Thurs 4:00-6:15. Free clothes birth-5 (up to clothing sz 8) & expecting mothers.  COVID Procedure: Families can visit 6x's/year for clothing July-June. Diapers available every other week.  Time: 9a-1p Fridays diaper pick up at parking lot, clothing requires an order, can make an apt for Thursday clothes pick up. A form needs to be signed first.
Urban Ministries of Durham	410 Liberty St.	919-682-0538	Mon-Wed-Fri 1-3p, Tues. and Thurs. AM 9-11a, 5-6:30pm. Can go once every 30 days.
<b>Legal Assistance</b>	<b>Asistencia Legal:</b>		
Legal Aid of NC <b>Sp</b> If documented	201 W. Main St. #400 (Call 1st),	919-688-6396	Free legal advice for low income families, or 866-219-5262 toll free
Duke Law School Children's Law clinic <b>Sp</b>	<a href="https://law.duke.edu/childlaw/services/">https://law.duke.edu/childlaw/services/</a>	919-613-7169 888-600-7274	Office Mon-Fri 8:30- 5:00. Free legal advice and representation to low-income families regarding special education, school discipline, and disability benefits
U.S. Committee for Refugees and Immigrants <b>Sp</b>	3824 Barrett Dr. Suite 200, Raleigh 27609	919-334-0072	Assistance with immigration law. <a href="mailto:info@uscir.org">info@uscir.org</a>

NC Central Family Law Clinic Compass Ctr. For Women and Families <b>Sp</b>	<a href="http://law.nccu.edu/clinics/family-law/">http://law.nccu.edu/clinics/family-law/</a> 210 Henderson St., Chapel Hill	919-968-4610	Family law advice and assistance with child custody filings. Info regarding legal issues --divorce, custody, family law, housing, etc. Appt. for landlord tenants and family law.
<b>Medical Care:</b>	<b>Salud:</b>		
Lincoln Community Health <b>Sp</b>	1301 Fayetteville St.	919-956-4000	Sliding scale or Medicaid. Dental, WIC, pediatrics.
Durham County Health Dept. <b>Sp</b>	414 E. Main St.	919-560-7600	Sliding scale or Medicaid. Immz. STD testing, reproductive health.
Planned Parenthood <b>Sp</b>	105 Newsom St. Suite 101	919-286-2872	COVID Related (919)635-8150 Sliding scale, Medicaid, provide well women exams & emergency contraceptives. Prenatal care referrals. Family planning services.
LATCH <b>Sp</b>	411 West Chapel Hill St. 3rd floor	919-613-6509	Help find free access to services.
Duke Medical Clinics <b>Sp</b>	Numerous locations	919-416-3853	Medicaid accepted at most offices, but call to find out.
<b>Transportation to med appt:</b>	<b>Transporte a citas:</b>		
*Go Durham Access, <b>Sp</b>  Lincoln	<a href="https://godurhamtransit.org/access">https://godurhamtransit.org/access</a>	919-560-1551  919-956-4000	Runs 7 days a week. Can book out as early as 2 weeks, everyday 8-4:30 pm M-F. Not charging right now. \$2 1 way, application required Free, Lincoln patients only, 2 days advance notice
<b>Free or low cost insurance:</b>	<b>Seguranza:</b>		
Health Choice/Health Check <b>Sp</b>	Nhealthystart.org	1-800-367-2229	For children health insurance, child care center, child special healthcare needs, WIC, substance use services for mothers & pregnant women.
<b>Police/Fire/Medical Emergency Sp</b>	<b>Policia/Fuego/Emergencia</b>	<b>911</b>	Poison Control <b>Sp</b> 1-800-222-1222
<b>Dentist</b>	<b>Dentista:</b>		
Durham County Health Dept <b>Sp</b>	414 E. Main St. (8:30 – 4:30)	919-560-7681	Go to the office to fill out paperwork before making appt.
<b>Parenting Information/Help</b>	<b>Apoyo por los Padres:</b>		
Baby Love (NC Medicaid Contact Center) <b>Sp</b>	414 E. Main St.	919-855-4260	Medicaid services. Services for pregnant parents and parents of newborns.
Pregnancy Support Services <b>Sp</b>	1777 N. Fordham Blvd Suite 250	919-490-0203	Pregnancy testing, 1 <sup>st</sup> trimester ultra sounds, options counseling and referrals. Post abortion support.
Welcome Baby <b>Sp</b>	721 Foster St.	919-560-7150	Groups, classes, phone help, birth-5. Cribs with provider referral
Exchange Family Center <b>Sp</b>	3400 Croasdaile Dr STE 206, Durham, NC 27705	919-403-8249	Home visiting for families, any age child.
Family Support Program	UNC SSW Tate-Turner-Kuralt 325 Pittsoro St. Suite 116 Chapel Hill	919-966-2841	Info/support for parents of kids with special needs (1-800-852-0042).
Early Head Start, <b>Sp</b>	1201 S. Briggs Ave. Suite 110	919-439-7107	For parents of kids birth-3. Provide support on parenting, nutrition and development. Provide services in home or in centers.
Communities in Schools	3412 Westgate Dr. Suite 301	919-403-1936	Parenting classes for families with children age 5-14.
Healthy Families Durham <b>Sp</b>	1121 W. Chapel Hill St., Ste. 100	919-385-0773	In-home services for pregnant and new mothers
<b>National Parenting Assistance Hotline Sp</b>	<b>Línea de ayuda padres nacional</b>	<b>1-800-448-3000</b>	<b>24 hr crisis, resource &amp; referrals for kids &amp; parents.</b>
<b>Child Care:</b>	<b>Cuidado de niños:</b>		
CCSA <b>Sp</b>	1201 S. Briggs Ave.	1-855-327-5933	\$\$ (Durham Co, waitlist) to help pay for and locate quality childcare and afterschool. Spanish language support.
Durham SS Child Care Subsidy Prog. <b>Sp</b>	1201 S. Briggs Ave. Suite 100	919-560-8300	Voucher to help for child care if parent is working or in school.
NC Pre-K <b>Sp</b>	1201 S. Briggs Ave.	919-403-6960x214	Free for children year before kindergarten.
Head Start <b>Sp</b>	215 W Seminary	919-688-5541	Free for 3 and 4 year olds. Income based- 5 sites
<b>Car Seat Safety Program</b>	<b>La Programa Silla De Niño:</b>		
Welcome Baby <b>Sp</b>	721 Foster St. / welcomebaby.org	919-560-0525	Car seat safety classes, free or discounted car seat.
<b>Public Schools</b>	<b>Escuelas Públicas:</b>		
Durham Public Schools <b>Sp-</b> (x1)	511 Cleveland St./ www.dpsnc.net	919-560-2000	Main number—info on transportation, school assignment, afterschool.
<b>Before &amp; After School Care &amp; Recreation:</b>	<b>Recreación:</b>		
Durham County Parks & Rec <b>Sp</b>	400 Cleveland St. dpr.playmore.org	919-560-4355	Classes (free for DSS recipients), sports, and camps (sliding fee).
Durham Public Schools before & after care <b>Sp</b>	302 Morris St.	919-560-3816	Located at various schools. <b>Sp</b> 919-560-2510 – Donna Scaggs
Salvation Army Boys & Girls Club	909 Liberty St.	919-972-7761	Recreational activities for children/youth – after school and summer
John Avery Boys & Girls Club	808 E. Pettigrew St.	919-688-7315x21	Recreational activities for youth – after school and summer
<b>Mentors &amp; Tutors:</b>	<b>Actividades y clases:</b>		
Big Brother/Big Sister <b>Sp</b>	909 Aviation Pkwy. Suite 1500	919-850-9772	For kids 6-14 living with a single parent. www.bbbstriangle.org
Project FINE (by Calvary Ministries)	1311 Morehead Avenue	919-688-7833	Mentoring/tutoring for preschool- grad school on Sat 10-12pm. Currently not offering services.
PROUD <b>Sp</b>	212 Corcoran St.	919-956-8366	Summer camp for ages 9-1. Partnership with Alliance, no cost to parents in need of care
Durham Public Library <b>Sp</b>	300 N. Roxboro & 7 other sites	919-560-0100	Children's activities, computers, classes, book/CDs/videos to borrow Currently closed to public- COVID but take out services available at Durhamcountylibrary.org
<b>Counseling &amp; Development:</b>	<b>Consejería:</b>		
Duke Child Dev & Behavior Clinic	402 Trent Dr.	919-668-5559	Mental Health for children & adolescents. Spa translator available.

Alliance Behavioral Health Care <b>Spa</b>	alliancebhc.org	1-800-510-9132	Outpatient Mental Health children & adults, and referrals.
Durham Recovery Response Center <b>Spa</b>	309 Crutchfield St.	919-560-7305	Substance Abuse Treatment, Detox & mental health
Durham Child Development Services Agency <b>Sp</b>	115 Market St. #201	919-560-5600	Evaluation and treatment under age 3 for developmental delay or special needs
Durham Pub. School Office of Early Edu <b>Sp</b> 919-560-2673 Erica SPA	302 Morris St.	919-560-3933	Evaluation and treatment ages 3-5 if suspect developmental delay. Providing virtual services.
Exceptional Children Asst. Ctr. <b>Sp</b>	www.ecac-parentcenter.org	1-800-962-6817	Info/support for parents w/ children w/ disabilities. (M-Fri 9-4) State wide. Birth to 26
Compass Center for Women & Families <b>Sp</b>	210 Henderson St., Chapel Hill	919-968-4610	Mon.-Wed. 9-5, Thurs. 9-7, Career counseling, teen program
Spaulding Conflict Resolution	634 Foster St	919-680-4575	Conflict resolution center. Both parties must agree to meet w mediator.
<b>Domestic or Sexual Violence:</b>	<b>Para Mujeres Golpeadas:</b>		
Durham Crisis Response Center <b>Sp</b>	24-hour crisis line	919-403-6562 <b>Sp</b> 919-519-3735	Counseling, shelter, and court advocacy to victims of domestic violence & sexual assault victims.
National Domestic Violence Hotline <b>Sp</b>	24-hour crisis line--multilingual	1-800-799-7233	National hotline- provide crisis counseling services
National Sexual Violence Hotline <b>Sp</b>	24-hour crisis line/ www.rainn.org	1-800-656-4673	National hotline that connects to local hotlines
Compass Center for Women & Families <b>Sp</b>	24-hour crisis line	919-929-7122	Counseling, referrals for Orange County
<b>Substance Abuse Treatment</b>			
Duke Family Care	Civitan Building, 2213 Elba Street	919-373-3863	Outpatient substance abuse treatment for mothers
Freedom House Recovery Center	400-D Crutchfield St.	919-251-8806	Crisis, residential and outpatient substance abuse treatment for adults and adolescents