Health and Wellness Resource Guide for Cleveland County
This resource guide was compiled in part through the work of two individuals who served as interns at the Cleveland County Health Department: Sarah Jolley and Alicia Glenn.
Adventure House
924 North Lafayette Street
Shelby, NC 28150
Phone: (704) 482-3370    Fax: (704) 482-3383
Email: adventureh@aol.com
Hours of Operation: Monday – Friday (8:00am- 4:30pm)

The Adventure House is a day rehabilitation program that provides services to adult residents of Cleveland County with mental illness, and helps them to regain the confidence and skills necessary to lead productive lives.

Services provided include:
- Employment programs
- Supported housing
- Work ordered day
- Supported education
- Social and recreational program
- Community support services
- Transportation

For more information about services provided, refer to www.adventurehouse.org

Alliance for Health in Cleveland County, Inc.
315 East Grover Street
Shelby, NC 28150
Phone: (704) 484-5112    Fax: (704) 484-5135
Email: Anne.short@clevelandcounty.com
Hours of Operation: Monday-Friday 8:00 a.m.-5:00 p.m.

The Alliance for Health in Cleveland County is the county’s certified Healthy Carolinians partnership and functions as a community-based organization to identify and address emerging health issues in Cleveland County.

Mission Statement: The Alliance for Health will collaboratively organize, operate and fund a unified system of preventive health initiatives to improve community health.

Governed by a Board of Directors, the Alliance hosts five meetings annually with its partner members to engage in community dialogue about emerging health issues.

The Alliance works with five coalitions on a regular basis: the Minority Health Council, the Teen Pregnancy Prevention Task Force, the Cleveland County Asthma Coalition, the Substance Abuse Prevention Coalition and the Eat Smart Move More Coalition.
American Heart Association
Mid-Atlantic Affiliate
222 South Church Street, Suite 303
Charlotte, NC 28202
Phone: (704) 481-1012   Fax: (704) 481-1013
Email: aha.nsc.general@heart.org

Our mission statement is “Building healthier lives, free of cardiovascular disease and stroke”
We serve all Americans with educational and informational services as well as providing research, guidelines and courses.
Information is free – please visit the web site www.heart.org

Cleveland County programs include the Search Your Heart/Power to End Stroke programs offered in collaboration with the Alliance for Health in Cleveland County, Inc.

American Red Cross
1333 Fallstown Road Hwy 18 North
Shelby, NC 28150
Phone: (704) 487-8594     Fax: (704) 487-8595
Email: redcross@clevelandcountyredcross.org
Hours of Operation: Monday – Thursday (9:00am-5:00pm)
                   Friday (9:00am-12:00pm)

The Cleveland County Chapter of the American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. The organization provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

Services provided include:
• Service to the armed forces
• Emergency Services
• Blood services
• Health & Safety Classes

For more information about services provided, refer to www.redcrosshelps.org/clevelandcounty
Broad River Greenway
PO Box 1015
Boiling Springs, NC 28017
Phone: (704) 434-2357     Fax: (704) 434-2358
Email: kduren@broadrivergreenway.com
Hours of Operation: Everyday (6:00am- 6:00pm EST)
(6:00am- 9:00pm DST (daylight savings time))

The Broad River Greenway is a 501c3 not-for-profit corporation dedicated to developing the passive recreation activities along the Broad River, creating exciting educational opportunities for the region, and preserving open space for the community.

Services provided include:
- Outdoor recreation- hiking, biking, horseback riding, and canoeing

For more information about services provided, refer to www.broadrivergreenway.com

Care Solutions
208 East Grover Street
Shelby, NC 28150
Phone: (704) 487-0968     Fax: (704) 487-4209
Email: jwrigh@carolinas.org
Hours of Operation: Monday- Friday (8:00am- 5:00pm)

Care Solutions is a care management service that helps older and disabled adults and their families who are coping with the challenges of aging and changes in functional abilities. Care Solutions helps caregivers identify needs and locate resources that are available based upon individual caregiving needs.

Services provided include:
- In-home assessments to identify needs
- Coordination of services
- Respite information and referrals
- Information, referral and assistance on community resources and aging issues

For more information about services provided, refer to www.caresolutions.org
Established in 1998, Community Care is a partnership between the NC Department of Health and Human Services and 14 independent networks covering all 100 NC counties. Community Care brings together 4,200 local doctors, as well as hospitals, health clinics, mental health agencies and other healthcare stakeholders to improve care and save money in the NC Medicaid system.

**Clinical Improvement Initiatives:**
- Chronic Care Management
- Asthma Disease Management
- Diabetes Disease Management
- Aged, Blind, and Disabled
- Congestive Heart Failure Disease Management
- Emergency Room Utilization
- Care Management of High Risk/high Cost Patients
- Hypertension Initiative
- Hospital Transition Initiative
- Chronic Obstructive Pulmonary Disease (COPD) Initiative
- Medical Pain Initiative
- Health Check Initiative
- New Pilot Initiatives
  - Palliative Care
  - Behavioral Health Integration into Primary Care
  - Pregnancy Medical Home
  - Care Coordination for Children

**Pharmacy Management Initiative:**
- Generic Prescribing
- Implement Drug of Choice List (DOC)
- Encourage Provider’s use of e-Prescribing
- Network Pharmacist Assisted Medication Reconciliation after hospital discharge
- Monitor patient adherence to medication plan

For more information about services provided, refer to [www.communitycarennc.org](http://www.communitycarennc.org)
Carillon Assisted Living develops and operates assisted living communities for seniors who desire assistance and prefer not to live alone. They provide quality care for residents while seeking to enrich their physical, social and emotional well being.

**Services provided include:**
- Alzheimer’s and Dementia care
- Three nutritious meals served daily in the dining room
- Medication Management
- Social, educational and devotional services
- Leisure and recreational activity program
- Local scheduled transportation
- Coordination with resident’s personal physician
- Utilities (excluding telephone and cable tv)
- Housekeeping and personal laundry services

For more information about services provided, refer to www.carillonassistedliving.com

Child Care Connections of Cleveland County, Inc.

327-A Market Street  
Shelby, NC 28192  
Phone: (704) 487-7397  Fax: (704) 487-6220  
Email: director@ccchildcareconnections.org  
Hours of Operation: Monday- Friday (8:00am – 5:00pm)

Child Care Connections is a child care resource and referral service. It is a non-profit community-based organization funded in part by Smart Start through the Cleveland County Partnership for Children and the North Carolina Division of Child Development.

**Services provided include:**
- Free and confidential child care referrals to families which will assist them in their search for child care services for children birth to twelve years of age.
- Parent education on quality child care indicators
- Assist families in connecting with community resources to help meet each child’s needs

For more information about services provided, refer to www.ccchildcareconnections.org
Children’s Developmental Services Agency
1429 E Marion Street
Suite 5
Shelby, NC 28150
Phone: 704-480-5440  Fax: 704-480-5477
Email: Thomas.Mchee@ncmail.net
Hours of Operation: Monday-Friday (8:00am-5:00pm)

The infant toddler program for children 0-3 years of age provides services to children with special needs and support to their families.

Services provided include:

• Service Coordination
• Physical, occupational and speech-language therapies
• Family support
• Special instruction
• Assistive technology
• Other services

For more information about services provided, refer to http://www.beearly.nc.gov/.

Children’s Homes of Cleveland County
425 C Cherryville Road
Shelby, NC 28150
Phone: (704) 484-2558  Fax: (704) 484-2042
Email: mcehcc@bellsouth.net
Hours of Operation: Monday, Wednesday – Friday (8:30am – 5:00pm)
Tuesday (8:30am – 7:30pm)
James Home & Aaron’s House (24 hours/day, 7 days/week)

Children’s Homes of Cleveland County is a community based, non-profit agency serving children and families with an array of services.

Services provided include:

• Residential care
• Supervised visitation
• Social services to families
• Adoptions
• Parenting classes
• Therapeutic services
• Co-parenting classes
• Stewards of children training

For more information about services provided, refer to www.chccinc.org
CLECO Primary Care Network

CLECO of Cherryville
600 West Church Street
Cherryville, NC 28021
Phone: (704) 435-4111
Fax: (704) 435-4113
Hours: M-F (8:00am – 5:00pm)

CLECO Primary Care- Upper Cleveland
5009 Fallston Road
Lawndale, NC 28090
Phone: (704) 538-8532
Fax: (704) 538-5802
Hours: M-F (8:00am – 5:00pm)

CLECO Medical Center of Shelby
808 Schenck Street
Shelby, NC 28150
Phone: (704) 480-9344
Fax: (704) 482-9958
Hours: M-F (8:00am – 7:00pm); Sat. (8:00am-12:00pm)

CLECO of Kings Mountain
812 West King Street
Kings Mountain, NC 28086
Phone: (704) 739-5456
Fax: (704) 739-5271
Hours: M-F (8:00am – 5:00pm)

CLECO Primary Care Network is a local community network of not-for-profit health care centers. Providing care for adults and children, the centers provide outpatient medical services, and when needed will arrange for hospital admissions.

Services provided include:
- Physical exams
- Sports/school physicals
- Pap and pelvic exams
- Wart/mole removal
- Treatment for illnesses and injuries
- Diabetes monitoring
- EKGs and lab work
- Allergy and flu shots

For more information about services provided, refer to www.clevelandregional.org
The Cleveland County Abuse Prevention Council, Inc. provides quality, confidential services to survivors of domestic violence, rape, sexual assault, homelessness, and homemaker displacement. They do so by providing safe shelter, advocacy, support services, and preventive education.

**Services provided include:**
- 24-hour Crisis Hotline
  - Safe shelter
  - Court advocacy
  - Professional counseling
  - Support groups
  - Career planning
  - Hospital accompaniment
  - Supportive housing
  - Comprehensive case management
  - New Choices

For more information about services provided, refer to www.apcouncil.wordpress.com
The mission of the Cleveland County Asthma Coalition is to increase community awareness of asthma in Cleveland County through a comprehensive public health approach. The Coalition was founded in 2002 and will celebrate its tenth anniversary in 2012. Activities of the coalition include:

- Air Quality Flag program available to sites throughout Cleveland County
- Anti-Idling campaign addressing air quality issues in the county
- Annual No-Wheeze Asthma Day Camp for youth diagnosed with asthma
- Nebulizer loaner program in collaboration with Medical Arts Pharmacy
- Asthma Resource and Referral line for community education – number above
- Asthma education for individuals and community groups
- Co-sponsorship of Healthy Kids Day to include an Asthma Expo

For more information, refer to www.nowheezeclevelandcounty.com

Cleveland County Department of Social Services (DSS)
315 East Grover Street
Shelby, NC 28150
Phone: 704-484-5195    Fax: 704-484-5112
Email: Pam.Ellwood@clevelandcounty.com

From birth to death, families count on County Departments of Social Services for direct services that address issues of poverty, family violence and exploitation. County DSSs provide citizens with resources and services to maximize their well-being and self-determination. They aim to prevent abuse, neglect, and exploitation of vulnerable citizens- the poor, the children, the aged, the disabled and the sick - as well as, promote self-reliance and self-sufficiency for individuals and families.

**Services provided include:**

- Social work services
- Economic services programs
- Food and nutrition services
- Crisis intervention

For more information about services provided, refer to www.ncdhhs.gov/dss
Cleveland County Emergency Medical Services (EMS)
100 Justice Place Room 104A
Shelby, NC 28151
Phone: (704) 484-4984    Fax: (704) 484-4990
Email: ccemsjlord@yahoo.com
Hours of Operation: 24 hours/day, 7 days/week, 365 days/year

The mission of Cleveland County Emergency Medical Services (CCEMS) is to provide a superior patient care system which is compassionate and cost effective. To continuously strive to develop and incorporate advancements in pre-hospital care and knowledge to improve the quality of patient care.

Services provided include:
- Ambulance services
- Safety education classes
- Free blood pressure and blood glucose checks
- Flu clinic

For more information about services provided, refer to www.ccncems.clevelandcounty.com

Cleveland County Guardian ad Litem Program
100 Justice Place
Shelby, NC 28150
Phone: (704) 484-4774, Ext. 2    Fax: (704) 480-5487
Email: betsy.sorrell@ncourts.org
Hours of Operation: Monday- Friday (8:00am- 5:00pm)

The Guardian ad Litem (GAL) is a trained community volunteer appointed by a district court judge to investigate and determine the needs of abused and neglected children who are petitioned into the court system by the Department of Social Services. The Guardian ad Litem makes independent recommendations to the court for services, which focus on the needs of the child and advocates for a permanent and safe home for every child within the shortest time possible.

Services provided include:
- Independent investigation and written report
- Considers the best interest of the child and what the child’s wishes are
- The Attorney Advocate presents the volunteer’s recommendations
- For more information about services provided, refer to www.clevelandcounty.com
Cleveland County HealthCare System
Cleveland County Regional Medical Center
201 E. Grover Street
Shelby, NC 28150
Phone: (980) 487-3000     Fax: (980) 487-3794
Email: patricia.aycock@carolinashealthcare.org
Hours of Operation: 24 hours/day, 7 days/week, 365 days/year (See website for program hours)

Cleveland County HealthCare System is committed to providing excellent care and service to all those we serve. Our staff strives daily to care for and fulfill patients’ needs with compassion and respect.

Services provided include:
- Blumenthal Cancer Center
- Breastfeeding Support Group
- Mom to Mom Support Group
- Bridges Educational Program
- Cardiac Rehab
- Charity Care
- Cleveland County Safe Kids
- Daddy Boot Camp
- Diabetes Center/Support Group
- Early Bird Pregnancy Class
- Expectant Grandparents Class
- Healthy Hearts Support Group
- Infant/Child CPR
- Joint Academy
- Kangaroo Kapers
- Lifeline
- Medical Services/ Emergency
- Rehabilitation Services
- Safe Sitter
- Volunteer Services
- Wings Cancer Support Group
- Women’s Life Center
- Would Healing Center

Kings Mountain Hospital
706 W King Street
Kings Mountain, NC 28086
Phone: (980) 487-5000
Hours of Operation: 24 hours/day, 7 days/week, 365 days/year (See website for program hours)

Services provided include:
(Kings Mountain)
- Sanger Heart and Vascular Institute
- Diagnostic Services
- Emergency Department
- Pain Management Center
- Psychiatric/Adult Behavioral Health
- Radiology Services
- Rehabilitation Services
- Dental Care

Crawley Memorial Hospital
315 West College Avenue
Boiling Springs, NC 28017
Phone: (980) 487-1300

Services provided include:
- Skilled Nursing Center
- Pharmacy Services
- Speech Language Pathology
- Occupational Therapy
- Life Enhancement Activities
- Resident Council
- Psychiatric Services

For more information about services provided, refer to www.clevelandregional.org
Cleveland County Health Department
315 East Grover Street
Shelby, NC 28150
Phone: (704) 484-5100
Hours of Operation: Monday- Friday (8:00am-5:00pm)

General Clinic Services
Phone: (704) 484-5110
- Immunizations
- Tuberculin skin tests
- Communicable disease/STD clinic
- Sickle cell testing
- Professional counseling
- Pregnancy testing
- Foreign travel immunizations
- Eye Clinic
- Diabetes Clinic

Family Planning Unit Services
Phone: (704) 484-5140
- Contraception
- Initial and annual physicals
- Early diagnosis and treatment
- Referrals
- Postpartum services
- Pregnancy tests and counseling
- Infertility services
- Diabetes Clinic

Maternal Health Services
Phone: (704) 484-5150
- Medical care
- Screening test for genetic disorders
- Counseling
- Health education
- Nutrition & WIC
- Breastfeeding education and support
- Car seat program
- Referral to pregnancy care management

Child Health Services
Phone: (704) 484-5120
- Routine physicals
- Sports physicals
- Blood pressure screening
- Developmental screening
- Blood lead screen
- Vision and hearing screen
• Nutritional counseling
• Hemoglobin screen
• Immunizations

School Health Services
Phone: (704) 484-5211
• Immunizations
• Medication administration
• Lab tests, physicals
• Education
• Referrals

Dental Services
Phone: (704) 484-5260
• Preventative services
• Restorative services
• Emergency treatment
• Referrals
• Interpreters

Nurse Family Partnership
Phone: (704) 669-3152
• Referrals for healthcare, childcare, job training,
• Healthy pregnancy and healthy baby

For more information about services provided, refer to www.clevelandcounty.com/cchd
Cleveland County Partnership for Children
312 W. Marion Street
Shelby, NC 28150
Phone: (704) 480-5620    Fax: (704) 480-5625
Email: crtaylor@carolina.rr.com
Hours of Operation: Monday- Thursday (8:00am- 5:00pm)
                     Friday (8:00am- 12:00 pm)

The Cleveland County Partnership for Children is the administrative unit for the Smart Start initiative in Cleveland County.

Services provided include:

- Preschool classrooms
- Scholarships for child care
- Referrals
- Financial assistance for child care services
- Support for children with developmental delays and children with disabilities
- Support to provide immunizations and well child checks
- Activities for young children such as art, drama, and storytelling
- Dental education and services
- Parenting information

For more information about services provided, refer to www.ccchildcareconnections.org
Cleveland Rutherford Kidney Association
1017 N. Washington Street
Shelby, NC 28150
Phone: (704) 481-9535
Email: michellecrka@aol.com
Hours of Operation: Monday-Friday (9:00am-5:00pm)

Cleveland Rutherford Kidney Association’s mission is to identify and meet the needs of patients with kidney disease in Cleveland and Rutherford county of North Carolina.

Services provided include:

- Transportation
- Medication assistance
- Grocery assistance
- Stress management counseling
- Education
- Holiday assistance
- The Rainbow newsletter
- Patient/family support center; advocacy
- Organ and tissue donor program
- Post-transplant support
- Volunteer training

For more information about services provided, refer to www.freewebs.com/crkarainbow
The Salvation Army is committed to doing the most good for the most people.

Services provided include:

- Emergency food
- Clothing
- Medication
- Housing referrals
- Utility assistance

For more information about services provided, refer to www.salvationarmyusa.org
The mission of CPTA is to glorify and honor God by reaching out to people with the love of Jesus Christ. At CPTA, we strive to achieve this by providing exceptional care and by using our resources to promote healing in the lives of our associates, our patients, and our community.

**Services provided include:**
- Physical/Occupational Therapy
- Advanced Manual Therapy
- Post Surgical Rehab
- Aquatic Therapy
- Gait Lab/Orthotics
- Low back and Neck Pain
- TMJ/Headaches
- Therapeutic Exercise
- Functional Capacity Evaluations (FCEs)
- Wellness Center/Gym
- Sports Performance Training

For more information about services provided, refer to [www.cpta-rx.com](http://www.cpta-rx.com)
Cleveland County YMCA

Dover Foundation YMCA
411 Cherryville Highway
Shelby, NC 28150
Tel: (704) 484-9622 Fax: (704) 669-3605
Email: wlegrand@clevecoymca.org
Hours of Operation: Mon.-Thurs. (5am – 9:00pm)
                          Friday (5:00am – 9:00pm)
                          Saturday (8:00am – 6:00pm)
                          Sunday (1:00pm – 6:00pm)

Ruby C. Hunt YMCA
1322 Patrick Avenue
Boiling Springs, NC 28017
Phone: (704) 434-0441 Fax: (704) 669-3650
Email: ccorder@clevecoymca.org
Hours of Operation: Mon.-Thurs. (5am-9pm)
                          Friday (5:00am-7:00pm)
                          Saturday (8:00am-3:00pm)
                          Sunday (1:00pm- 5:00pm)

Girls Club YMCA
821 West Warren Street
Shelby, NC 28150
Phone: (704) 482-8431
Email: cjohnson@clevecoymca.org
Hours of Operation: School Days (2:30pm – 6:00pm)
                          Teacher Workdays (7:30am – 5:30pm)
                          Holidays & Summer (7:30am – 5:30pm)

Gardner-Webb Student YMCA
PO Box 2272
Shelby, NC 28150
Phone: (704) 484-9622
Email: ccorder@clevecoymca.org
Hours of Operation: see website

Kings Mountain Family YMCA
211 North Cleveland Avenue
Kings Mountain, NC 28086
Phone: (704) 739-9631 Fax: (704) 669-3691
Email: hwilson@clevecoymca.org
Hours of Operation: Monday- Thursday (5:00am- 9:00pm)
                          Friday (5:00am-7:00pm)
                          Saturday (8:00am-3:00pm)
                          Sunday (2:00pm-5:00pm)

The YMCA is the nation’s leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

Services provided include: (see individual campus websites for class schedules and programs)
- Health & Wellness
- Family Programs
- Aquatics
- Sports

For more information about services provided, refer to www.clevecoymca.org

20  Community Assessment
The Council on Aging provides a program of services to Cleveland County residents 55 and above that promotes quality of life and independent living throughout the life span by maintaining the Senior Center as a focal point, promoting aging as a normal process and opening doors that improve the quality of life.

Services provided include:
- Home visits and assessment of needs
- Information referral and case management answer question and provides access to needed services available in Cleveland County
- Incontinent supplies and nutritional supplements
- Trained counselors provide insurance counseling- SHIIP (Seniors Health Insurance Information Program
- Home delivered meals
- Medical Equipment
- Transportation for groceries and medical

For more information about services provided, please call.

The Country Time Inn is an assisted living care unit for Alzheimers & Dementia Residents.

Services provided include:
- 24 hour care
- Assisted Living
- Memory Care
- Respite Care

For more information about services provided, please call.
Crossroads Rescue Mission
206 Mt. Sinai Church Road
Shelby, NC 28152
Phone: (704) 484-8770 Fax: (704) 484-8768
Email: crm@crossroadsrescuemission.org
Hours of Operation: Monday – Saturday (8:00am– 9:00pm)

Crossroads Rescue Mission is a 45 bed, faith based, long-term residential recovery center for people with addictions.

Services provided include:
- Residential substance abuse program
- Educational resources

For more information about services provided, refer to www.crossroadsrescuemission.org
Eat Smart Move More Coalition of Cleveland County
315 E Grover St.
Shelby, NC 28150
Phone: 704-484-5138     Fax: 704-669-3123
E-mail: joyce.king@clevelandcounty.com
Hours of Operation: Monday-Friday (8:00am- 5:00pm)

The mission of the Eat Smart Move More Coalition of Cleveland County is to empower Cleveland County residents to prevent and reduce chronic diseases and related risk factors through environmental approaches that impact policies addressing lifestyle changes such as healthy eating, physical activity, and tobacco use.

Strategies:
- Create a Sustainable Infrastructure
- Advocate for Nutrition Environmental/Policy Changes
  - Faith-based nutrition policy changes
  - Community gardens
  - Mobile Farmers’ Markets
  - Healthy meetings policies for workplaces
  - Healthy choice menu options at local restaurants
  - Healthy snack policies for after school programs
- Advocate for Physical Activity Environmental/Policy Changes
  - Physical activity policies for after school programs
  - Community walking routes with appropriate signage
  - Faith-based physical activity policy changes
  - Development of pedestrian-friendly plans for county municipalities
  - Support development of trails/greenways network across county
  - Worksite physical activity strategies
  - Community walking programs
Faith and Health Ministry of Greater Cleveland County
201 E Grover St.
Shelby, NC 28150
Phone: 704-487-4781   Fax: 704-487-4209
E-mail: linda.page@carolinashchealthcare.org
Hours of Operation: Tuesdays 1:00pm-5:00pm, Wednesdays and Thursdays 9:00 am-5:00 pm by appointment. Calling ahead is recommended.

The Faith and Health Ministry of Greater Cleveland County’s purpose is to coordinate a volunteer ministry of nurses and lay persons who are interested in the connection between faith and health.

Services provided include:
- Assisting registered nurses, pastors and lay persons with forming health committees or teams within the church for the purpose of providing health education and disease prevention education
- Provide monthly meeting for faith community nurses and health team representatives to provide education, encouragement and networking
- Provide Healing Link meetings monthly.

For more information about services provided, refer to www.clevelandregional.org

First in Families of NC
Gaston/Cleveland Chapter
PO Box 550533
Gastonia, NC 28055
Phone: 704-689-6648
E-mail: lmaddox@fifnc.org
Hours of Operation: Monday-Friday (9:00am-5:00pm)

The mission of First in Families of NC Gaston/Cleveland Chapter is to empower people with developmental disabilities and their families, one family at a time, to strengthen their health, hope and home by embracing partnerships and bridging resources between communities and families.

For more information about services provided, refer to http://www.fifnc.org
Florence Crittenton Services of North Carolina
1300 Blythe Blvd.
Charlotte, NC 28203
Phone: (704) 372-4663
Email: kcaya@fcsnc.org

Florence Crittenton Services is one of the largest comprehensive residential programs for at-risk and pregnant girls and women in the United States. Established in 1903, our agency serves as a healthy alternative for at-risk and pregnant adolescents and women in North Carolina.

Services provided include:
- Housing/Financial assistance
- Counseling
- Medical and health care
- Education services and vocational training
- Spiritual enrichment
- Parenting support
- Early Child Development education
- Adoption support
- Mother-infant/non-pregnant residential foster care program

For more information about services provided, refer to www.fcsnc.org

Greater Cleveland County Baptist Association, Inc.
1175 Wyke Road
Shelby, NC 28150
Phone: (704) 481-9119     Fax: (704) 482-1107
Email: charles@gccba.org

For more information about services provided, refer to www.gccba.org
Habitat for Humanity of Cleveland County
323 W. Grover St
Shelby, NC 28150
Phone: 704-482-6200    Fax: 704-482-2070
E-mail: edclevelandcofh@carolina.rr.com
Hours of Operation: Tuesday-Friday (10:00am-6:00pm), Saturday (8:00am-noon)

HFH in Cleveland County is a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization. Habitat for Humanity works in partnership with people in need to build and renovate decent, affordable housing. The houses then are sold to those in need at no profit and with no interest charged.

For more information about services provided or to volunteer, refer to local.habitat.org/clevelandconc

Hospice Cleveland County
951 Wendover Heights Drive
Shelby, NC 28150
Phone: (704) 487-4677    Fax: (704) 481-8050
Email: patti.mcmurry@hospicecares.cc
Hours of Operation: 24 hours/day, 7 days/week

Hospice Cleveland County exists to provide high quality skilled compassionate care and support for individuals with a life-limiting illness, their families, and the community, regardless of their ability to pay.

Services provided include:
- Hospice Medical Director
- Nursing
- Social Worker
- Chaplain Services
- Hospice Aide
- Volunteer Services
- Grief Support

For more information about services provided, refer to www.hospicecares.cc
House of Mercy
21 McAuley Drive
Belmont, NC 28012

Administration
701 Mercy Drive
Belmont, NC 28012
Phone: (704) 825-8832    Fax: (704) 825-9976
Email: hse4mercy@aol.com
Hours of Operation: Monday- Friday (8:30am-5:00pm)

The House of Mercy provides compassionate nursing care to persons living with advanced AIDS.

Services provided include:
- HIV case management
- Coordination of recreational and social activities
- Residential care
- Coordination of medical services
- Health education
- Nutritional services and meals

For more information about services provided, refer to www.thehouseofmercy.org

H. Lawrence Patrick Senior Center
909 E. King Street
Kings Mountain, NC 28086
Phone: (704) 734-0447    Fax: (704) 734-4477
Email: mthornburg@cityofkm.org
Hours of Operation: Monday – Friday (8:00am-5:00pm)

The H. Lawrence Patrick Senior Life and Conference Center is a non-profit public organization that provides services to persons 55 years of age and older. The center serves as a focal point on aging providing a broad range of ever changing services and programs that enhance the well-being and dignity of senior adults in the greater Kings Mountain area.

Services provided include:
- Health & wellness programs
- Information and referral service
- Educational opportunities
- Transportation services
- SHIIP insurance counseling
- Loan out medical equipment
- Nutrition site and Meals on Wheels
- Annual Health Care Fair

For more information about services provided, refer to www.cityofkm.com/senior_0.asp
Kings Mountain Crisis Ministry
208 North Cleveland Ave.
Kings Mountain, NC 28086
Phone: (704) 739-7256
Hours of Operation: Monday, Wednesday-Friday (10:00am-2:00pm)
Tuesday (closed)

The Kings Mountain Crisis Center provides temporary assistance to families and individuals who live in the Kings Mountain and Grover areas of Cleveland County.

Services provided include:
- Clothing and food assistance
- Rent and utilities assistance
- Medicine

For more information about services provided, refer to www.kmcrisisministry.com

La Leche League of Cleveland County
Private residence- contact for location
Phone: (704) 538-9601 Helpline-24 hours: (877) 452-5324
Meetings: 1st Friday of the month (10:00am)

The mission of the La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Services provided include:
- Local meetings
- Lending library
- Breastfeeding information
- 24-hour telephone help

For more information about services provided, refer to www.lllusa.org
Life Enrichment Center

Life Enrichment Center Adult Day Care and Health Service is a private, not-for-profit organization doing “whatever it takes” to help families stay together in the home and community by providing a wide range of services during the day for adults of all ages.

Services provided include:

- Health Care
- Physical, speech, and occupational therapies
- Personal care
- Socialization
- Overnight respite
- Meaningful programs
- Veteran’s services

For more information about services provided, refer to www.lifeenrichmentcenter.org

Mental Health Association of Cleveland County

The Cleveland County Mental Health Association will create and promote education, advocacy and support for individuals and families affected by mental illness. We will work tirelessly to eliminate the stigma of mental illness and create an informed community of citizens who will defend and support the rights of those persons impacted by mental illness.

Services provided include:

- Effective information and referral
- Emergency Medication Fund
- Support Groups
- Community Outreach and Education
- Effective advocacy, training and workshops

For more information about services provided, refer to www.clevelandcountymha.org
The Minority Health Council is sponsored by the Alliance for Health, the Cleveland County Health Department and the Cleveland County HealthCare System to identify and respond to identified health disparities in the county.

Membership is open to any member of the minority community in Cleveland County. The Council annually develops a strategic plan based upon information provided from the Community Assessment or State of the County Health report.

The Council also sponsors an annual Minority Health Conference focusing on a topic selected by its members.

Currently in its tenth year of operation, the Council is chaired by Mr. Robert Miller.

The March of Dimes mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. We carry out this mission through research, community services, education and advocacy to save babies’ lives.

Services/Programs provided include:

- March for Babies
- Bikers for Babies
- Helping Families Prepare for a Disaster
- Grand Rounds
- The March of Dimes North Carolina Preconception Health Campaign
- North Carolina Community Grants Program
- Breastfeeding Initiative

For more information about services provided, refer to http://www.marchofdimes.com/northcarolina
The Mid-Atlantic Chapter is dedicated to achieving a world free of MS. We help each person address the challenges of living with MS.

**Services provided include:**

- Educational materials and programs about MS
- Employment and financial counseling
- Support groups
- Financial assistance
- Supports national research to find a cure for MS
- For more information about services provided, refer to www.nationalmssociety.org

The North Carolina Division of Services for the Blind (DSB) has a long and rich history of services to the blind and visually impaired citizens of the State.

**Services provided include:**

- Assistance for eye examinations, glasses, treatments, surgeries, and eye medications
- Mobility instruction and equipment
- Training in self-help skills, techniques, and home management

For more information about services provided, refer to www.ncdhhs.gov/dsb/aboutus/index.htm
Nurse Family Partnership of Cleveland County
315 E Grover St
Shelby, NC 28150
Phone: 704-669-3152 Fax: 704-669-3155
Hours of Operation: Monday-Friday (8:00am-5:00pm)

Nurse-Family Partnership is an evidence-based, community health program that uses nurse home visits to help transform the lives of low income, first-time parents and their children. The Nurse Family Partnership is currently implemented in over 32 states across our country. NFP strives to help women have a healthy pregnancy and a healthy baby.

They can help you:

- Become a better parent.
- Build a strong network of support for you and your baby.
- Make your home a safe place for your baby to live and play.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Find ways to continue your education and develop job skills.
- Set goals for your family’s future and find ways to help you reach them.

For more information about services provided, refer to www.nursefamilypartnership.org.

Pathways Local Management Entity (LME)
901 S. New Hope Road
Gastonia, NC 28054
Phone: (704) 884-2501 Fax: (704) 854-4809
Email: webmaster@pathwayslme.org
Hours of Operation: Monday- Friday (9:00am-5:00pm)

Pathways Local Management Entity manages developmental disability, mental health and substance abuse services for the citizens of Cleveland, Gaston and Lincoln counties.

Services provided include:
- Intellectual and developmental disabilities
- Mental health
- Substance abuse
- Evaluation
- Psychiatric services
- Outpatient counseling/therapy
- Medication administration

For more information about services provided, refer to www.pathwayslme.org
Piedmont Family Services
824 Dekalb Street
Shelby, NC 28151
Phone: (704) 482-2460    Fax: (704) 487-5950
Email: piedmontfamilyse@bellsouth.net
Hours of Operation: Monday & Wednesday (8:30am-7:00pm)
      Tuesday, Thursday, & Friday (8:30am- 5:00pm)
      Saturday (By appointment)

Piedmont Family Services works with patients from adolescence onward providing individual, couples, family, and group therapy.

**Services provided include:**
- Individual psychotherapy
- Psychoanalysis
- Couples therapy
- Family therapy
- Group therapy
- Medication management

For more information about services provided, refer to www.piedmontfamilyservices.com

Pregnancy Resource Center of Cleveland County
232 S. Lafayette Street
Shelby, NC 28151
Phone: (704) 487-4357
Email: prccc@carolina.rr.com
Hours of Operation: Monday-Friday (9:00am-5:00pm)

The Pregnancy Resource Center provides services for women and families facing unplanned pregnancies through Godly education and by helping them with their spiritual, emotional, and maternal needs.

**Services provided include:**
- Free pregnancy tests,
- Free first and second trimester limited ultrasound,
- Information about pregnancy and sexually transmitted infections,
- Clothing and furnishings for mom and baby through the Solid Foundation program,
- Referrals for adoption, housing, medical assistance and community services,
- Volunteer peer counseling for women, men, and families.

For more information about services provided, refer to www.prccc.org
Every year in North Carolina, some 200 children die from accidental injuries and another 45,000 visit a doctor’s office for treatment of such injuries. Safe Kids North Carolina works to prevent these injuries in children 14 and under through education and outreach.

**Services provided include:**

- Providing child safety information to parents and caregivers
- Advocating and promoting child passenger safety laws in NC
- Operation Medicine Drop
- Buckle Up Kids
- Fire Safety for Kids
- Buckle Bear

For more information about services provided, refer to [www.ncsafekids.org](http://www.ncsafekids.org)

**Substance Abuse Prevention Coalition**

315 E Grover St  
Shelby, NC 28150  
Phone: 704-484-5199  
Fax: 704-669-3123  
E-mail: deshay.oliver@clevelandcounty.com  
Hours of Operation: Monday-Friday (8:00am- 5:00pm)

The Cleveland County Substance Abuse Prevention Coalition’s mission is to bring Cleveland County together for the common goal of reducing the use of alcohol, tobacco, and other drugs among the community through coordinated and committed efforts.

**Services provided include:**

- Inform the public about alcohol and other drug related issues
- Provide information and referral to community resources
- Identify community needs concerning alcohol and drug abuse and find ways to meet them through coordinated services
- Create home and school environments in which to raise healthy, drug-free kids
- Equip parents with the necessary skills and knowledge to help their children fight the temptation of alcohol and drug use
- Provide healthy and entertaining activities to participate in that exclude alcohol and other drug use
- Educate and empower youth to advocate for issues concerning alcohol and drug use
Summit Place of Kings Mountain is a warm, inviting community providing assisted care service for senior adults.

**Services provided include:**
- Assisted living
- Alzheimer’s/ Memory /Care
- Apartment amenities
- Community amenities
- Social/physical activities
- Medication management
- Respite care and short term stays

For more information about services provided, refer to www.summitplaceofkingsmountain.com

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**Transportation Administration of Cleveland County, Inc. (TACC)**

952 Airport Road  
Shelby, NC 28150  
Phone: (704) 482-6465    Fax: (704) 484-6954  
Cleveland County Transit: (704) 482-2311  
Email: tacc2@bellsouth.net  
Hours of Operation: Monday- Friday (6:00am- 6:00pm)

TACC is a non-profit agency that coordinates and provides rural and general public transportation for all of Cleveland County.

**Services provided include:**
- Provides transportation services to all citizens of Cleveland County

For more information about services provided, refer to www.tacc.cc
Teen Pregnancy Prevention Coalition
315 East Grover Street
Shelby, NC 28150
Phone: 704-484-5112    Fax: 704-484-5135
Email: anne.short@clevelandcounty.com
Hours of Operation: Monday-Friday (8:00 a.m.-5:00 p.m.)

The Teen Pregnancy Prevention Coalition is collaboratively sponsored by the Alliance for Health in Cleveland County and the Cleveland County Health Department to address the issue of teen pregnancy in the county. The Coalition meets monthly and is charged with reviewing, researching, developing and implementing programs in five target areas: school-based, community-based, adolescent health services, parent education and community awareness. Membership is open to the public.

UCAN Inc. (Upper Cleveland County Area Needs)
The Bliss Center
230 East Main Street
Lawndale, NC 28090
Phone: (704) 538-8417     Fax: (704) 538-0089
Email Address: ucan@carolina.rr.com
Hours of Operation: Monday-Friday (9:00am-12:00pm)

UCAN serves all citizens in Upper Cleveland County

Services provided include:

- Financial assistance for power, water, rent, and life-saving medication
- Food
- Clothing assistance

For more information about services provided, please call or email.
United Way of Cleveland County
132 West Graham Street
Shelby, NC 28150
Phone: (704) 482-7344   Fax: (704) 482-9662
Hours of Operation: Monday- Friday (8:00am-5:00pm)

The United Way of Cleveland County remains a local, independent, not-for-profit organization, governed by volunteers from our community whose mission is to enhance the organized capacity of Cleveland County citizens to assist and care for one another through volunteer and professional leadership and action.

Services provided include:
- funds local health and human service agencies
- offers information and referral services which links people in need with appropriate resources

For more information about services provided, refer to www.uwclevco.org
County Fitness Centers — Source: Shelby Star, January 2012

Dover Foundation YMCA
411 Cherryville Road
Shelby, NC 28150
(704) 484-9622

Ruby C. Hunt YMCA
1322 Patrick Avenue
Boiling Springs, NC 28017
(704) 434-0441

Kings Mountain Family YMCA
211 North Cleveland Avenue
Kings Mountain, NC 28086
(704) 739-9631

Planet Fitness
1659 East Dixon Boulevard
Shelby, NC 28150
(704) 600-6550

Shelby City Park
850 West Sumter Street
Shelby, NC 28150
(704)-484-6811

State Parks

Crowder’s Mountain State Park
522 Park Office Lane
Kings Mountain, NC 28086
(704) 853-5375

South Mountain State Park
3001 South Mountain Park Avenue
Connelly Springs, NC 28612
(828) 433-4772