



Beaufort-Hyde
PARTNERSHIP
for CHILDREN

Family Resource Guide

Beaufort & Hyde
Counties





Enroll Your Child Today!
FREE Books for Your Child!

Every child in North Carolina from birth to five years old, is eligible to receive a FREE, age-appropriate book each month from Dolly Parton's Imagination Library.

Scan to register you child!



Beaufort County Table of Contents

• Clothing and Household Goods	1
• Christmas Assistance	2
• Food and Pantry Sites	3
• Shelter Sites	5
• Housing, Utility, and Rent	7
• Transportation	8
• Health	9
◦ Children's Health	9
◦ Adult Health	12
◦ Women's Health	14
◦ Specialty Health	16
◦ Mental Health	17
• Education	20
◦ Early Education	20
◦ Adult Education	23
◦ Parent Education	24
• Employment	26
• Crisis, Safety, and Prevention	27
• Armed Forces and Veteran	29
• Financial Assistance	30
• Legal Assistance	31
• Adoption and Foster Care	32
• Substance Abuse/Support Group	33
• Grandparent Resources	34
• Libraries	35
• Recreation	37
• Miscellaneous	40

Hyde County Table of Contents

• Clothing and Household Goods	41
• Christmas Assistance	42
• Food and Pantry Sites	43
• Shelter Sites	44
• Housing, Utility, and Rent	45
• Transportation	46
• Health	47
◦ Children's Health	47
◦ Adult Health	49
◦ Women's Health	51
◦ Mental Health	52
• Education	55
◦ Early Education	55
◦ Adult Education.....	58
◦ Parent Education	59
• Employment	61
• Crisis, Safety, and Prevention	62
• Armed Forces and Veteran	64
• Legal Assistance	65
• Adoption and Foster Care	66
• Substance Abuse/Support Group	67
• Libraries	68
• Recreation	69
• Miscellaneous	70

Milestones

- Social and Emotional Milestones 71
- Language and Communication Milestones 73
- Cognitive Milestones 75
- Movement and Physical Milestones 77

Finding Quality Childcare

- Begin your search for childcare early in your pregnancy.
- Increase your chances of enrolling in quality childcare by adding your name to multiple waiting lists.
- When visiting facilities, be observant and ask questions. Carefully listen to the answers.
- Use the website <https://ncchildcare.ncdhhs.gov/> to verify information and look at star ratings for childcare providers.



Quality Childcare Checklist

- Are caregivers trained in CPR and First-Aid?
- Do the caregivers have NC Child Care Credentials?
- Is the program licensed?
- Are caregivers willing to answer your questions?
- Are there enough staff members to serve every child?
- Will caregivers tell you what your child is doing everyday?
- Are the children's needs quickly met?
- Are activities developmentally appropriate for the age group?
- Do you agree with the discipline practices?

Clothing and Household Goods

- House of Hope (15th Street Church of God)
 - Address: 336 E 15th Street, Washington, NC 27889
 - Phone Number: 252-946-7771
 - Services: Provides quality, free clothing, shoes, and accessories for men, women, and children.
 - Website: <https://www.facebook.com/churchonthehill12/>
- Martha's Thrift Store
 - Address: 1064 US Highway 264 Bypass, Belhaven, NC 27810
 - Phone Number: 252-943-2124
 - Services: Sells clothing and household items.
 - Website: <https://bathumc.net/marthas-thrift-store/>
- Salvation Army
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Sells clothing and shoes for men, children, and women. May offer clothing or furniture vouchers for victims of domestic abuse.
 - Website: <https://www.salvationarmycarolinas.org/washington/>



Home Safety Tips

- Cover all unused electrical outlets.
- Place gates at top and bottom of stairs.
- Lock all potential poisons (cleaners, polishes, lighter fluid, soaps, medicines, etc.) in cabinets.
- Store knives and electrical appliances out of reach.
- Test bath water temperature before putting a child into the bath.
- Supervise children while in the bath.
- Turn pot handles away from the stove.
- Charge batteries in smoke detectors and check regularly.

Christmas Assistance

- Toys for Tots - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Offers a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.
 - Website: <https://mount-nc.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200&nRedirectInd=3>
- Salvation Army Angel Tree Program
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Provides Christmas gifts for children.
 - Website: <https://saangeltree.org/>

Food and Pantry Sites

- Athen's Chapel
 - Address: 35 Delia Wallace Road, Bath, NC 27808
 - Phone Number: 252-927-5401
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://athenschapel.site/index.php/youth-group/manna-ministry/>
- Isaiah 58 Food Distribution
 - Address: 2020 W 15th Street, Washington, NC 27889
 - Phone Number: 252-833-4898
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://www.harvestchurchnc.com/ministries/isaiah-58>
- Manna Ministries
 - Address: 520 E 10th Street, Washington, NC 27889
 - Phone Number: 252-946-5236
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://firstchurchnc.net/ministries/adults>
- Martha's Food Distribution
 - Address: 857 W Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-2124
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://bathumc.net/marthas-thrift-store/>
- St. Vincent de Paul Pantry - Mother of Mercy Catholic Church
 - Address: 112 W 9th Street, Washington, NC 27889
 - Phone Number: 252-495-8255
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://www.motherofmercync.com/event/saint-vincent-de-paul-food-pantry>

- Salvation Army
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://www.salvationarmycarolinas.org/washington/>
- Eagle's Wings Food Pantry
 - Address: 932 W 3rd Street, Washington, NC 27889
 - Phone Number: 252-975-1138
 - Services: Assists population by providing free nutritional assistance. Contact for information about the Homebound Program, WinKids Pantry, Eaglets Backpack Program, the mobile food pantry and the Washington site schedule.
 - Website: <https://eagles-wings.org/>
- Zion's Kitchen
 - Address: 114 E Martin Luther King Drive, Washington, NC 27889
 - Phone Number: 252-975-1978
 - Services: Serves a hot meal to adults who join daily. Contact for schedule.
 - Website: <https://zionshelterandkitchen.wordpress.com>

Shelter Sites

- Open Door Community Center (ODCC)
 - Address: 1204 Cowell Farm Road, Washington, NC 27889
 - Phone Number: 252-623-2150
 - Services: Provides safe shelter for women and children while they navigate resources to secure permanent housing.
 - Website: <https://odccwashington.org/>
- Ruth's House Domestic Violence Shelter
 - Phone Number: 252-940-0007
 - Services: Provides shelter, counseling, court advocacy, and support services for victims of domestic violence.
 - Website: <https://www.ruths-house.org/>
- Zion's Shelter
 - Address: 114 E Martin Luther King Drive, Washington, NC 27889
 - Phone Number: 252-975-1978
 - Services: Offers a safe place for men to stay for up to 120 days to get back on their feet. Connects men with community agencies to help obtain jobs and housing.
 - Website: <https://zionshelterandkitchen.wordpress.com>



Child Abuse Prevention Tips

- Know that child abuse and neglect rarely stop without help from someone outside the family.
- Know that you can report suspected child abuse or neglect to the Department of Social Services where the child lives, and you don't even have to use your name.
- Use resources to educate yourself on the signs and symptoms of child abuse.
- To make a report contact:

Beaufort County Department of Social Services

Address: 632 W 5th Street, Washington, NC 27889

Phone Number: 252-975-5500

Website: [https://nc-](https://nc-beaufortcounty.civicplus.com/256/Department-of-Social-Services-DSS)

[beaufortcounty.civicplus.com/256/Department-of-Social-Services-DSS](https://nc-beaufortcounty.civicplus.com/256/Department-of-Social-Services-DSS)

Prevent Child Abuse North Carolina

Address: 3000 Aerial Center Parkway, Suite 180, Morrisville, NC 27560

Phone Number: 919-829-8009

Website: <https://www.preventchildabusenc.org/>

Housing, Utility, and Rent

- Metropolitan Community Development Corporation
 - Address: 402 N Market Street, Washington, NC 27889
 - Phone Number: 252-946-1668
 - Services: Provides low-income housing assistance.
 - Website: <https://www.metropolitancommunity.net/>
- Mid-East Regional Housing Authority
 - Address: 2995 Radio Station Road, Greenville, NC 27834
 - Phone Number: 252-752-9548
 - Services: Provides low-income housing assistance.
 - Website: <https://merha.org/>
- Trillium Health Resources
 - Address: 201 W 1st Street, Greenville, NC 27858
 - Phone Number: 866-998-2597
 - Services: Provides rental assistance to qualifying homeless individuals and/or families with a disabling condition.
 - Website: https://www.ncceh.org/media/files/files/83b1ca55/4.2_PSH_Goss_Williams.pdf
- Washington Housing Authority
 - Address: 809 Pennsylvania Avenue, Washington, NC 27889
 - Phone Number: 252-946-0061
 - Services: Provides public housing to eligible low-income families, the elderly, and persons with disabilities.
 - Website: <https://www.washingtonhousingauthority.org/>
- Habitat for Humanity
 - Phone Number: 252-495-0225
 - Services: Works with families to help them acquire the access, skills and financial education necessary for them to be successful homeowners.
 - Website: <https://beaufortcountynchabitat.org/>
- NC Department of Health and Human Services (DHHS) Low-Income Services (Statewide)
 - Services: Provides access to health care, child care, housing, financial assistance and nutrition assistance regardless of financial status.
 - Website: <https://www.ncdhhs.gov/assistance/low-income-services>

Transportation

- Beaufort Area Transit System (BATS)
 - Address: 1534 W 5th Street, Washington, NC 27889
 - Phone Number: 252-946-5778
 - Services: Provides safe, reliable transportation for the general public, elderly, and those with disabilities. Transit will assist clients with several activities including taking riders to doctor's appointments, pharmacies, grocery stores, school/work, shopping, or to places for nutritional meals.
 - Website: <https://bcdcsolutions.org/41-2/>

Health

Children's Health

- Beaufort County Department of Social Services
 - Address: 632 W 5th Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Promotes the health, well-being, and safety of the most vulnerable populations.
 - Website: <https://nc-beaufortcounty.civicplus.com/256/Department-of-Social-Services-DSS>
- Agape Health Services
 - Address: 120 W Martin Luther King Jr. Drive, Washington, NC 27889
 - Phone Number: 252-940-0602
 - Services: Provides direct primary and preventative medical, dental, pharmacy, and behavioral health services to Eastern NC population on a sliding fee scale.
 - Website: <https://www.agapechc.org/>
- Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-1902
 - Services: Offers a variety of health care programs and services including immunizations, health screenings, prenatal care, behavioral health, health education, TB tests and treatments, and other services.
 - Website: <https://www.bchd.net/174/Public-Health>
- Women, Infants, and Children (WIC) - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-9705
 - Services: Offers services (for women who are pregnant or who have just given birth) including breastfeeding support, nutrition education and referrals for health care programs.
 - Website: <https://co.beaufort.nc.us/252/Women-Infants-Children-WIC>

- CMARC - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-9705
 - Services: Serves families with children birth to five who are at risk for developmental delay or disability, long-term illness and/or social and emotional disorders by connecting them to community resources and services.
 - Website: <https://www.bchd.net/184/Care-Management-for-At-Risk-Children>
- Healthy Beginnings - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-9705
 - Services: Provides care coordination that begins during pregnancy for African American and Latino women and families. Support continues until the child's second birthday.
 - Website: <https://www.bchd.net/187/Healthy-Beginnings>
- Washington Pediatrics
 - Address: 1206 Brown Street, Washington, NC 27889
 - Phone Number: 252-946-4134
 - Services: Specializes in the management of well and sick infants and children through age 18 years.
 - Website: <https://www.washingtonpediatrics.com>
- ECU Health Beaufort Hospital
 - Address: 628 E 12th Street, Washington, NC 27889
 - Phone Number: 252-975-4100
 - Services: Provides medical and surgical treatment, emergency care, laboratory and diagnostic services, recovery and inpatient treatment, labor and delivery services, family support services, and other services.
 - Website: <https://www.ecuhealth.org>
- ECU Health Family Medicine - Washington
 - Address: 501 W 15th Street, Washington, NC 27889
 - Phone Number: 252-975-2667
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>
- ECU Health Family Medicine - Aurora
 - Address: 151 3rd Street, Aurora, NC 27806
 - Phone Number: 252-322-4021
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>

- ECU Health Family Medicine - Chocowinity
 - Address: 740 Bragaw Lane, Chocowinity, NC 27817
 - Phone Number: 252-946-9562
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>
- ECU Health Multispecialty Clinic - Belhaven
 - Address: 598 W Old County Road, Belhaven, NC 27810
 - Phone Number: 252-943-0600
 - Services: Provides urgent care and medical care including well-visits, immunizations and health screenings. Follow-up care includes physical therapy, cardiac consults, prenatal care, lab work, ultrasounds and X-rays.
 - Website: <https://www.ecuhealth.org>
- Coastal Family Practice
 - Address: 820 W Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-0056
 - Services: Provides a full range of health care services
 - Website: <https://www.facebook.com/CoastalFamilyPractice/>
- Urgent Care Down East
 - Address: 853 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-623-2000
 - Services: Offers a range of acute care services including treatment for sinus infections, flu, earaches and infections, skin irritations, UTIs, sprains, muscle strains, blood work, etc.
 - Website: <http://www.urgentcaredowneast.com/>
- Carolina East Medical Associates
 - 1201 Carolina Avenue, Washington, NC 27889
 - Phone Number: 252-975-1111
 - Services: Provides urgent and primary care.
 - Website: <http://www.carolinaeastmedicalassociates.com/>

Adult Health

- Beaufort County Department of Social Services
 - Address: 632 W 5th Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Promotes the health, well-being, and safety of the most vulnerable populations.
 - Website: <https://nc-beaufortcounty.civicplus.com/256/Department-of-Social-Services-DSS>
- Agape Health Services
 - Address: 120 W Martin Luther King Jr. Drive, Washington, NC 27889
 - Phone Number: 252-940-0602
 - Services: Provides direct primary and preventative medical, dental, pharmacy, and behavioral health services to Eastern NC population on a sliding fee scale.
 - Website: <https://www.agapehc.org/>
- Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-1902
 - Services: Offers a variety of health care programs and services including immunizations, health screenings, prenatal care, behavioral health, health education, TB tests and treatments, and other services.
 - Website: <https://www.bchd.net/174/Public-Health>
- ECU Health Beaufort Hospital
 - Address: 628 E 12th Street, Washington, NC 27889
 - Phone Number: 252-975-4100
 - Services: Provides medical and surgical treatment, emergency care, laboratory and diagnostic services, recovery and inpatient treatment, labor and delivery services, family support services, and other services.
 - Website: <https://www.ecuhealth.org>
- ECU Health Family Medicine - Washington
 - Address: 501 W 15th Street, Washington, NC 27889
 - Phone Number: 252-975-2667
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>

- ECU Health Family Medicine - Aurora
 - Address: 151 3rd Street, Aurora, NC 27806
 - Phone Number: 252-322-4021
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>
- ECU Health Family Medicine - Chocowinity
 - Address: 740 Bragaw Lane, Chocowinity, NC 27817
 - Phone Number: 252-946-9562
 - Services: Provides family medicine and primary care.
 - Website: <https://www.ecuhealth.org>
- ECU Health Multispecialty Clinic - Belhaven
 - Address: 598 W Old County Road, Belhaven, NC 27810
 - Phone Number: 252-943-0600
 - Services: Provides urgent care and medical care including well-visits, immunizations and health screenings. Follow-up care includes physical therapy, cardiac consults, prenatal care, lab work, ultrasounds and X-rays.
 - Website: <https://www.ecuhealth.org>
- Coastal Family Practice
 - Address: 820 W Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-0056
 - Services: Provides a full range of health care services.
 - Website: <https://www.facebook.com/CoastalFamilyPractice/>
- Urgent Care Down East
 - Address: 853 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-623-2000
 - Services: Offers a range of acute care services including treatment for sinus infections, flu, earaches and infections, skin irritations, UTIs, sprains, muscle strains, blood work, Department of Transportation screenings, physicals, etc.
 - Website: <http://www.urgentcaredowneast.com/>

- Carolina East Medical Associates
 - 1201 Carolina Avenue, Washington, NC 27889
 - Phone Number: 252-975-1111
 - Services: Provides urgent and primary care.
 - Website: <http://www.carolinaeastmedicalassociates.com/>
- Diabetes Prevention - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-940-5090
 - Services: Works to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Committed to educating the public about how to stop diabetes and support those living with the disease.
 - Website: <https://www.bchd.net/228/Diabetes-Prevention-Program-DPP>
- Community Alternative Program for Disabled Adults (CAP/DA) (State Resource)
 - Services: Provides a cost-effective alternative to institutionalization for a Medicaid beneficiary who is medically fragile and at risk for institutionalization.
 - Website: <https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-disabled-adults-capda>

Women's Health

- Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-1902
 - Services: Offers a variety of health care programs and services. Immunizations, health screenings, prenatal care, behavioral health, health education, TB tests and treatments, and other services.
 - Website: <https://www.bchd.net/174/Public-Health>

- Breast and Cervical Care Control Program - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington NC 27889
 - Phone Number: 252-946-1902
 - Services: Qualifying women may receive a breast exam, pap smear, and referral for mammograms at no cost.
 - Website: <https://www.bchd.net/183/Breast-Cervical-Cancer-Control-Program-B>
- CMHRP - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-1902
 - Services: Provides support to help qualifying women achieve a healthy pregnancy.
 - Website: <https://www.bchd.net/190/Care-Management-for-High-Risk-Pregnancie>
- Women, Infants, and Children (WIC) - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-9705
 - Services: Offers services (for women who are pregnant or who have just given birth) including breastfeeding support, nutrition education and referrals for health care programs.
 - Website: <https://co.beaufort.nc.us/252/Women-Infants-Children-WIC>
- Healthy Beginnings - Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-9705
 - Services: Provides care coordination that begins during pregnancy for African American and Latino women and families. Support continues until the child's second birthday.
 - Website: <https://www.bchd.net/187/Healthy-Beginnings>

- Coastal Pregnancy Center
 - Address: 1312 John Small Avenue, Washington, NC 27889
 - Phone Number: 252-946-8040
 - Services: Offers services for new and expecting parents including options education for pregnancy decisions, pregnancy tests, baby and maternity supplies, post-abortion recovery, adoption information & referrals for parenting classes, and referrals to community abstinence/fertility education.
 - Website: <https://coastalpregnancycenter.org/>
- ECU Health Women's Care - Washington
 - Address: 1210 Brown Street, Washington, NC 27889
 - Phone Number: 252-975-1188
 - Services: Provides services through every stage of life from adolescence, family planning and maternity care to perimenopause and menopause management.
 - Website: <https://www.ecuhealth.org>

**Refer to Adult Health Section
for General Adult Health Needs**

Speciality Health

- Agape Health Services
 - Address: 120 W Martin Luther King Jr. Drive, Washington, NC 27889
 - Phone Number: 252-940-0602
 - Services: Provides direct primary and preventative medical, dental, pharmacy, and behavioral health services to Eastern NC population on a sliding fee scale.
 - Website: www.agapechc.org

Mental Health

- Agape Health Services
 - Address: 120 W Martin Luther King Jr. Drive, Washington, NC 27889
 - Phone Number: 252-940-0602
 - Services: Provides direct primary and preventative medical, dental, pharmacy, and behavioral health services to Eastern NC population on a sliding fee scale.
 - Website: www.agapechc.org
- Beaufort County Health Department
 - Address: 1436 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-1902
 - Services: Offers a variety of health care programs and services. Immunizations, health screenings, prenatal care, behavioral health, health education, TB tests and treatments, and other services.
 - Website: <https://www.bchd.net/174/Public-Health>
- Child First: Easter Seals UCP
 - Address: 600 Lynndale Court, Suite D, Greenville, NC 27858
 - Phone Number: 252-689-6024
 - Services: Provides therapy programs to families with children from birth to age five who have experienced trauma, feel overwhelmed with behavioral issues and need additional support.
 - Website: <https://www.childfirst.org/affiliate/easter-sealsucp>
- Children's Developmental Services Agency (CDSA)
 - Address: Brody School of Medicine, Irons Building, East Carolina University, Oglesby Drive, Greenville, NC 27834
 - Phone Number: 252-737-1177
 - Services: Provides services for the development of infants and toddlers with special needs. Services include service coordination/case management and evaluation, and access to other support services (e.g., physical, occupational and speech-language therapies, nutrition, special instruction).
 - Website: <https://beearly.nc.gov/>

- Family Support Network of Eastern NC
 - Address: PO Box 30040, Greenville, NC 27833 (mailing address)
 - Phone Number: 252-917-4110
 - Services: Empowers parents who have a child with a disability, chronic illness, or premature birth with knowledge of how to care for their baby. Parents can be connected with a parent mentor who provides support and resource information.
 - Website: <https://fsnenc1987.wordpress.com/>
- Integrated Family Services
 - Address: 2269 Stantonsburg Road, Greenville, NC 27834
 - Phone Number: 252-439-0700
 - Services: Provides a wide variety of comprehensive mental health services in a manner that promotes dignity, respect, and empowerment to all consumers.
 - Website: <http://www.integratedfamilyservices.net/>
- The Arc of Beaufort County
 - Address: 1534 W 5th Street, Washington, NC 27889
 - Phone Number: 252-946-0150
 - Services: Provides services as an advocacy group serving people with intellectual and developmental disabilities.
 - Website: <https://thearc.org/chapter/the-arc-of-beaufort-county-inc/>
- Trillium Health Resources
 - Address: 201 W 1st Street, Greenville, NC 27858
 - Phone Number: 866-998-2597
 - Services: Helps eastern North Carolinians with serious mental health conditions, intellectual/developmental disabilities, and substance use disorders to get the services they need to improve well-being and lead fulfilling lives.
 - Website: <https://www.trilliumhealthresources.org/for-individuals-families>
- Dixon Social Interactive Services, Inc
 - Address: 313 Clifton Street, Greenville, NC 27858
 - Phone Number: 252-353-0100
 - Services: Offers adult services, couples therapy, psychological assessments, and child & family services.
 - Website: <https://www.dixonsocial.com/>

- DREAM Provider Care Services
 - Address: 216 Stewart Parkway, Washington, NC 27889
 - Phone Number: 252-946-0585
 - Services: Offers diagnostic assessment, substance abuse services, therapy services, medication management, and more.
 - Website: <http://www.dreamprovidercare.com/>
- New Hope Counseling Services
 - Address: 122 S Harvey Street, Washington, NC 27889
 - Phone Number: 252-833-4047
 - Services: Provides accessible, quality mental health care by offering psychotherapy services to children, adolescents, adults, and families with anxiety, autism spectrum disorder, complex trauma, depression, and post traumatic stress disorder.
 - Website: <http://newhopecounselingsvs.com/about-us.html>
- Ray G Silverthorne Crisis Center
 - Address: 1379 Cowell Farm Road, Washington, NC 27889
 - Phone Number: 252-975-8852
 - Services: Provides diagnostic, treatment, and prescriptive services related to mental and behavioral health.
 - Website: <https://doctor.webmd.com/practice/ray-g-silverthorne-crisis-center-ec094ad1-2b4a-479c-9968-c8261dd49697-overview>

Education

Early Education

- Beaufort County Schools
 - Address: 321 Smaw Road, Washington, NC 27889
 - Phone Number: 252-946-6593
 - Services: Provides students with the opportunity to learn using the best resources and most current technology.
 - Website: <https://www.beaufort.k12.nc.us>
- Exceptional Children's Program - Beaufort County Schools
 - Address: 321 Smaw Road, Washington, NC 27889
 - Phone Number: 252-946-6593
 - Services: Provides students with disabilities an appropriate education that will help them to develop intellectually, physically, emotionally, and vocationally.
 - Website: <https://www.dpi.nc.gov/districts-schools/classroom-resources/exceptional-children-division>
- Child Care Referrals - Craven Smart Start
 - Address: 2111-F Neuse Boulevard, New Bern, NC 28560
 - Phone Number: 252-636-3198
 - Services: Provides trained specialists who offer families free, customized referrals to child care, after-school, pre-school and summer camps, including location, operating hours, program costs, and quality standards.
 - Website: <https://www.cravensmartstart.org/grant-proposals/>
- Beaufort Head Start Center
 - Address: 689 Flanders Filter Road, Washington, NC 27889
 - Phone Number: 252-482-4495
 - Services: Provides a nurturing setting for preschool children where physical, social, cognitive, and emotional needs are met through inquiry driven and culturally diverse resources.
 - Website: <https://eicca.org/head-start>

- Facilitated Playgroup - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides caregivers and their children (birth to five) an interactive, free weekly early-learning experience where they hear stories, create artwork, sing, and play with others.
 - Website: <https://bhckids.org/families/play-groups/>
- NC-Pre K - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides high-quality educational experiences to enhance school readiness for eligible four-year-old children.
 - Website: <https://bhckids.org/families/nc-pre-k/>
- Dolly Parton's Imagination Library - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides free monthly age-appropriate books mailed to the homes of young children between the ages of birth to five.
 - Website: <https://bhckids.org/families/dolly-partons-imagination-library/>
- Triple P Positive Parenting Program - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Gives parents skills to manage misbehavior and prevent problems from happening in the first place.
 - Website: <https://bhckids.org/families/triple-p-positive-parenting-program/>

- Resource Library - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Offers a variety of developmentally appropriate toys, books and early educator resource materials designed to help parents and caregivers maximize their child's development from infancy through age five.
 - Website: <https://bhckids.org/families/lending-library/>
- Parents as Teachers (PAT) - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Evidence-based home visiting program for parents of children from the prenatal stage to kindergarten entry that offers home visits, group connections, resource referrals and child screenings. The program promotes parent knowledge of child development and early learning.
 - Website: <https://bhckids.org/families/parents-as-teachers-pat/>
- Reach Out and Read
 - Agape Health Services
 - 20 W Martin Luther King Jr. Drive, Washington, NC 27889
 - Phone Number: 252-940-0602
 - Washington Pediatrics
 - 1206 Brown Street, Washington, NC 27889
 - Phone Number: 252-946-4134
 - ECU Health Family Medicine - Chocowinity
 - 740 Bragaw Lane, Chocowinity, NC 27817
 - Phone Number: 252-946-9562
 - Services: Gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together. Free books are given out at well child visits until age five.
 - Website: <https://reachoutandread.org/>

Adult Education

- Beaufort County Community College
 - Address: 5337 US Highway 264, Washington, NC 27889
 - Phone Number: 252-946-6194
 - Services: A higher education institution that provides a two-year curriculum that can lead to an associate's degree. Other programs in place include a transfer program towards a four-year degree, occupational programs, and one and two-year programs of study.
 - Website: <https://www.beaufortccc.edu/>
- Beaufort County Community College Career and College Readiness
 - Address: 5337 US Highway 264, Washington, NC 27889
 - Phone Number: 252-940-6325
 - Services: Provides basic skills for entry level employment.
 - Website: <https://www.beaufortccc.edu/continuing-education/college-and-career-readiness/home>
- East Carolina University
 - Address: 1000 E Fifth Street, Greenville, NC 27858
 - Phone Number: 252-328-6131
 - Services: Public 4-year university in Greenville, NC that offers a variety of both undergrad and graduate programs.
 - Website: <https://www.ecu.edu>
- Literacy Volunteers of Beaufort County
 - Address: 113 E 15th Street, Washington, NC 27889
 - Phone Number: 252-974-1812
 - Services: Provides free, confidential, one to-one or small group tutoring in reading, writing, English, and mathematics (and specialty areas including GED, citizenship tests, ESL, job applications, etc.) to adults 18 and older.
 - Website: <https://beaufortcoliteracy.org/>

Parent Education

- Cornerstone Families Understanding Nurturing Program (FUN)
 - Address: 1918 W 5th Street, Washington, NC 27889
 - Phone Number: 252-946-6109
 - Services: Provides parental and sibling interaction with a nationally recognized parenting curriculum designed to help parents and children recognize destructive patterns, break these habits, and replace them with positive, rewarding, nurturing family relationships.
 - Website: <https://www.ccbps.org/cornerstone-fun>
- Coastal Pregnancy Center
 - Address: 1312 John Small Avenue, Washington, NC 27889
 - Phone Number: 252-946-8040
 - Services: Offers services for new and expecting parents including options education for pregnancy decisions, pregnancy tests, baby and maternity supplies, post-abortion recovery, adoption information & referrals for parenting classes, and referrals to community abstinence/fertility education.
 - Website: <https://coastalpregnancycenter.org/>
- Facilitated Playgroup - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides caregivers and their children (birth to five) an interactive, free weekly early-learning experience where they hear stories, create artwork, sing, and play with others.
 - Website: <https://bhckids.org/families/play-groups/>
- Triple P Positive Parenting Program - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Gives parents skills to manage misbehavior and prevent problems from happening in the first place.
 - Website: <https://bhckids.org/families/triple-p-positive-parenting-program/>

- Car Seat Safety - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Buckle Up Kids of Beaufort County provides certified child passenger safety technicians to check child-car seats for proper installation.
 - Website: <https://bhckids.org/families/car-seat-safety>
- Resource Library - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Offers a variety of developmentally appropriate toys, books and early educator resource materials designed to help parents and caregivers maximize their child's development from infancy through age five.
 - Website: <https://bhckids.org/families/lending-library/>
- Parents as Teachers (PAT) - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Evidence-based home visiting program for parents of children from the prenatal stage to kindergarten entry that offers home visits, group connections, resource referrals and child screenings. The program promotes parent knowledge of child development and early learning.
 - Website: <https://bhckids.org/families/parents-as-teachers-pat/>
- Adolescent Parenting Program (APP) - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides support for teens (19 or younger who are pregnant or parenting and attending school) through intensive home visiting, along with PAT and peer group education.
 - Website: <https://bhckids.org/families/adolescent-parenting-program/>

Employment

- Beaufort County NC Works Career Center
 - Address: 1502 N Market Street, Washington, NC 27889
 - Phone Number: 252-940-0900
 - Services: Offers career and job seeking services, resume building, education services, and workplace training.
 - Website: <https://www.ncworks.gov/vosnet/>
- Purpose of God Annex
 - Address: 1015 E 6th Street, Washington, NC 27889
 - Phone Number: 252-974-1484
 - Services: Offers job training, employability skills, and job placement for young adults and adults with children who may have felonies, former criminal activity, or just need guidance.
 - Website: <https://www.pogannex.com>
- Vocational Rehabilitation
 - Address: 953 Washington Square Mall, Washington, NC 27889
 - Phone Number: 866-580-1226
 - Services: Helps people with disabilities achieve their goals for employment and independence. Offers career counseling, education and training, job placement assistance, and more.
 - Website: <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>
- Work First Family Assistance- Department of Social Services
 - Address: 632 W 5th Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Aids in assisting recipients in finding work, reducing welfare dependence and increasing personal responsibility. Work First provides financial/medical assistance to families that meet eligibility requirements.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/work-first-family-assistance>

Crisis, Safety, and Prevention

- Adult Protective Services - Beaufort County Department of Social Services
 - Address: 632 W 5th Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Receives and evaluates reports to determine whether or not disabled adults are in need of protective services.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/beaufort-county-department-social-services>
- Child Protective Services - Beaufort County Department of Social Services
 - Address: 632 W 5th Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Works to ensure safe, permanent, nurturing families for children by protecting them from abuse and neglect while attempting to preserve the family unit.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/beaufort-county-department-social-services>
- Car Seat Safety Checks - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides certified child passenger safety technicians to check child-car seats for proper installation.
 - Website: <https://bhckids.org/families/car-seat-safety>
- Red Cross Preparedness Education
 - Address: 135 N Market Street, Washington, NC 27889
 - Phone Number: 252-946-4110
 - Services: Teaches families, classrooms, organizations, and corporations how to be Red Cross Ready for disasters and emergencies by taking simple steps to get prepared.
 - Website: <https://www.redcross.org/local/north-carolina/eastern-north-carolina/about-us/our-work/virtual-emergency-preparedness-programs.html>

- REAL Crisis Center
 - Address: 1310 E Arlington Boulevard, Greenville, NC 27858
 - Phone Number: 252-758-4357
 - Services: Provides resources, crisis counseling, and domestic violence assistance.
 - Website: <https://realcrisis.org>
- Ruth's House Domestic Violence Shelter
 - Phone Number: 252-940-0007
 - Services: Provides shelter, counseling, court advocacy, and support services for victims of domestic violence.
 - Website: <https://www.ruths-house.org/>



Car Safety Tips

- “Look before you lock”- always check the backseat of your car before leaving the vehicle.
- If you see a child alone in the car, call 911 immediately.
- Never leave children alone in or around cars.
- If a child goes missing, check the inside passenger compartments and trunks of all cars in the area, even if they are locked.
- Make sure you have a strict policy with your childcare provider about drop-off and pick-up.
- Keep the vehicle locked at all times, even if your car is in the driveway or the garage.

Armed Forces and Veterans

- NC Works Veteran Employment
 - Address: 1502 N Market Street, Washington, NC 27889
 - Phone Number: 252-940-0900
 - Services: Provides job seeker services for veterans, transitioning service members, and eligible spouses.
 - Website: <https://veterans.ncworks.gov/vosnet/Default.aspx>
- Beaufort County Veterans Services
 - Address: 1308 Highland Drive, Washington, NC 27889
 - Phone Number: 252-946-8016
 - Services: Provides disability benefits, dependents' & survivors' benefits, education & training, vocational rehabilitation & employment, medical treatment, loans, burial benefits, and life insurance.
 - Website: <https://co.beaufort.nc.us/311/Veterans-Services>
- Veteran Affairs Education Benefits
 - Address: Beaufort County Community College, Building 9, Office 902, Washington, NC 27889
 - Phone Number: 252-940-6327
 - Services: Enhances the education experience of veterans and eligible family members by providing access to education benefits within a supportive environment.
 - Website: <https://www.beaufortccc.edu/financial-aid/veteran-affairs-benefits>

Financial Assistance

- NC Department of Health and Human Services (DHHS) Low-Income Services (Statewide)
 - Services: Provides access to health care, child care, housing, financial and nutrition assistance regardless of financial status.
 - Website: <https://www.ncdhhs.gov/assistance/low-income-services>

Legal Assistance

- Legal Aid of North Carolina
 - Address: 301 Evans Street, Suite 102, Greenville, NC 27858
 - Phone Number: (Toll Free) 1-800-682-4592, (Local) 252-758-0113
 - Services: Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.
 - Website: <https://www.legalaidnc.org/get-help/our-services>

Adoption and Foster Care

- Beaufort County Department of Social Services
 - Address: 632 W Fifth Street, Washington, NC 27889
 - Phone Number: 252-975-5500
 - Services: Facilitates foster care, adoptions, and foster parent orientation.
 - Website: <https://nc-beaufortcounty.civicplus.com/290/Social-Work>
- NC Kids Adoption and Foster Care Network- State Resource
 - Address: 2001 Mail Service Center, Raleigh, NC 27699-2000
 - Phone Number: 1-800-662-7030
 - Services: Provides assistance with the process and getting started with fostering or adoption.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/child-welfare-services/adoption-and-foster-care>

Substance Abuse/ Support Group

- District 92 Alcoholics Anonymous Meetings
 - Address: Varies by meeting
 - Phone Number: 252-975-6113
 - Services: Serves as a fellowship of people who come together to recover from alcoholism. Membership is free and open to anyone. No age or education requirements to participate.
 - Website: <http://www.aanortheasternnc.org/index.htm>
- Trillium Health Resources
 - Address: 201 W 1st Street, Greenville, NC 27858
 - Phone Number: 877-685-2415
 - Services: Helps with serious mental health conditions, intellectual/developmental disabilities, and substance use disorders.
 - Website: <https://www.trilliumhealthresources.org/for-individuals-families>
- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - Phone Number: 1-800-662-4357
 - Services: Provides a 24-hour free and confidential treatment referral service helpline.
 - Website: <https://www.samhsa.gov/find-treatment>

Grandparent Resources

- Washington Senior Center
 - Address: 310 W Main Street, Washington, NC 27889
 - Phone Number: 252-975-9368
 - Services: Offers the “Grand Ideas” support group for grandparents raising their grandchildren.
 - Website:
https://www.washingtonnc.gov/departments/parks__recreation/senior_center.php

Libraries

- Beaufort, Hyde and Martin (BHM) Regional Library
 - Address: 158 N Market Street, Washington, NC 27889
 - Phone Number: 252-946-6401
 - Services: Provides free check out of books, audio books, e-books, movies, internet access, and fun & educational programs for all ages.
 - Website: <https://bhmlib.org/>
- George H & Laura E Brown Library
 - Address: 122 Van Norden Street, Washington, NC 27889
 - Phone Number: 252-946-4300
 - Services: Provides free check out of books, audio books, e-books, movies, magazines, and fun & education programs for all ages.
 - Website: <https://washington-nc.libguides.com/home>
- Hazel W Guilford Memorial Library
 - Address: 524 E Main Street, Aurora, NC 27806
 - Phone Number: 252-322-5046
 - Services: Provides free check out of books, audio books, e-books, movies, internet access, and fun & educational programs for all ages.
 - Website: <https://bhmlib.org/>
- Belhaven Public Library
 - Address: 333 E Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-2993
 - Services: Provides free check out of books, audio books, e-books, movies, internet access, and fun & educational programs for all ages.
 - Website: <https://bhmlib.org/>
- Bath Community Library
 - Address: 102 S Harding Street, Bath, NC 27808
 - Phone Number: 252-923-6371
 - Services: Provides free check out of books, audio books, e-books, movies, internet access, and fun & educational programs for all ages.
 - Website: <https://bhmlib.org/>

- Beaufort County Community College Library
 - Address: 5337 US HWY 264 East, Washington, NC 27889
 - Phone number: 252-940-6282
 - Services: Provides a wide variety of printed books, newspapers, and periodicals on a wide range of subjects for both academic and leisure purposes.
 - Website: <https://beaufortccc.libguides.com/home>
- Little Libraries
 - Services: Provides free books in small structures located throughout Beaufort County.

Recreation

- North Carolina Estuarium
 - Address: 223 E Water Street, Washington, NC 27889
 - Phone Number: 252-948-0000
 - Services: Provides an interactive center experience exploring river and estuary environments including an aquarium and river boat trips.
 - Website: <https://www.partnershipforthesounds.net/nc-estuarium>
- Underground Railroad Museum
 - Address: Corner of Gladden and W Main Street, Washington, NC 27889
 - Phone Number: 252-833-0995
 - Services: Shares the history of slavery and enslaved people seeking freedom in Washington & Beaufort County.
 - Website: <https://www.facebook.com/washingtonundergroundrailroad/> ; <https://whda.org/underground-railroad-museum/>
- Washington Waterfront
 - Address: 301 Stewart Parkway, Washington, NC 27889
 - Phone Number: (Dockmaster's Office) 252-940-1231
 - Website: <https://www.washingtonnc.gov/visitors/123.php>
- Goose Creek State Park
 - Address: 2190 Camp Leach Road, Washington, NC 27889
 - Phone Number: 252-923-2191
 - Website: <https://www.ncparks.gov/goose-creek-state-park/home>
- Aurora Fossil Museum
 - Address: 400 Main Street, Aurora, NC 278706
 - Phone Number: 252-322-4238
 - Services: Provides a fun interactive experience around fossils. Nonprofit science education resource center.
 - Website: <https://aurorafossilmuseum.org/>

- Havens Garden Park
 - Address: 1001 Park Drive, Washington, NC 27889
 - Website: <https://www.facebook.com/HavensGardenWashingtonNC/>
- Festival Park
 - Address: 119 E Waters Street, Washington, NC 27889
 - Website: <https://www.visitnc.com/listing/rUcf/festival-park-2>
- Bonner's Point
 - Address: 207 Front Street, Bath, NC 27808
- 7th Street Playground and Park
 - Address: 231 E 7th Street, Washington, NC 27889
 - Website: https://www.washingtonnc.gov/departments/parks__recreation/parks_and_recreation_facilities.php
- Bobby Andrews Recreation Center
 - Address: 231 E 7th Street, Washington, NC 27889
 - Phone Number: 252-975-9309
 - Services: When not reserved for organized sports, gym is available for: basketball, adults free-play, multi-purpose room (rental), concession stand (rental).
 - Website: https://www.washingtonnc.gov/departments/parks__recreation/parks_and_recreation_facilities.php
- Beebe Memorial Park
 - Address: 1101 Bridge Street, Washington, NC 27889
 - Website: <https://co.beaufort.nc.us/Facilities/Facility/Details/Beebe-Memorial-Park-7>
- Belhaven Northside Park
 - Address: Railroad Street, Belhaven, NC 27810
 - Website: <https://www.townofbelhaven.com/recreation/pages/recreation>

- Charlie Smith Center
 - Address: 914 E Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-3055
 - Services: Provides playground, volleyball court, waterfront, and outdoor space (commonly used for family gatherings, birthday parties, picnics, etc.)
 - Website:
<https://www.townofbelhaven.com/community/pages/charlie-smith-center>
- Chocowinity Recreation Complex
 - Address: 101 Williamson Lane, Chocowinity, NC 27817
 - Website: <https://www.leaguelineup.com/location.asp?url=chocorec>

Miscellaneous

- Beaufort County Cooperative Extension
 - Address: 155-A Airport Road, Washington, NC 27889
 - Phone Number: 252-946-0111
 - Services: Provides educational programming to help families make healthier decisions and increase their knowledge in nutrition, gardening and physical activity.
 - Website: <https://beaufort.ces.ncsu.edu>

Clothing and Household Goods

- Village Thrift
 - Address: 271 Irvin Garrish Highway, Ocracoke, NC 27960
 - Phone Number: 252-928-2855
 - Services: Provides clothing at reduced prices.
 - Website: <https://yellow.place/en/village-thrift-ocracoke-usa>
- Martha's Thrift Store
 - Address: 1064 US Highway 264-Bypass, Belhaven, NC 27810
 - Phone Number: 252-943-2124
 - Services: Sells clothing and household items.
 - Website: <https://bathumc.net/marthas-thrift-store/>
- Hyde County Hotline Thrift Store
 - Address: 34818 US Highway 264, Engelhard, NC 27824
 - Phone Number: 605-870-1010
 - Services: Provides clothing and goods at reduced prices.
 - Website: <https://hydecountry-hotline.org/information/hotline-thrift-store/>
- Salvation Army
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Sells clothing and shoes for men, children, and women. May offer clothing and furniture vouchers to victims of domestic abuse.
 - Website: <https://www.salvationarmycarolinas.org/washington/>



Home Safety Tips

- Cover all unused electrical outlets.
- Place gates at top and bottom of stairs.
- Lock all potential poisons (cleaners, polishes, lighter fluid, soaps, medicines, etc.) in cabinets.
- Store knives and electrical appliances out of reach.
- Test bath water temperature before putting a child into the bath.
- Supervise children while in the bath.
- Turn pot handles away from the stove.
- Charge batteries in smoke detectors and check regularly.

Christmas Assistance

- Toys for Tots - Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4482
 - Services: Offers a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.
 - Website: <https://mount-nc.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200&nRedirectInd=3>
- Salvation Army Angel Tree Program
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Provides Christmas gifts for children.
 - Website: <https://saangeltree.org/>

Food and Pantry Sites

- Hyde County Mobile Food Pantry
 - Phone Number: 252-394-6461
 - Services: Distributes food to those in need. Contact for food distribution schedule.
 - Website: <https://afoodbank.org/get-help/mobile-food-pantries/>
- Job's Chapel Missionary Baptist Church
 - Address: 121 Quarter Road, Swan Quarter, NC 27885
 - Phone Number: 252-926-1180
 - Service: Offers home delivered meals. Contact for food distribution schedule.
- The Bread of Life Food Pantry
 - Address: 459 Lighthouse Road, Ocracoke, NC 27960
 - Phone Number: 252-996-5501
 - Services: Serves the needy, ill, infants, and elderly of Ocracoke Island. Contact for food distribution schedule.
 - Website: Bread of Life Food Pantry - Home | Facebook
- Salvation Army
 - Address: 112 E 7th Street, Washington, NC 27889
 - Phone Number: 252-946-2523
 - Services: Provides food assistance to those in need. Contact for food distribution schedule.
 - Website: <https://www.salvationarmycarolinas.org/washington/>

Shelter Sites

- Hyde County Hotline
 - Phone Number: 252-925-2500 (24-hour hotline), 252-925-2502 (business office)
 - Services: Serves victims of domestic abuse and sexual victimization with crisis intervention, domestic and sexual violence advocacy, survivor services, safe shelter, safety planning, referrals, program presentations, and support groups.
 - Website: <https://hydecountry-hotline.org>



Child Abuse Prevention Tips

- Know that child abuse and neglect rarely stop without help from someone outside the family.
- Know that you can report suspected child abuse or neglect to the Department of Social Services where the child lives, and you don't even have to use your name.
- Use resources to educate yourself on the signs and symptoms of child abuse.
- To make a report contact:
 - Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4476
 - Website: <http://www.hydecountync.gov/>

Prevent Child Abuse North Carolina

Address: 3000 Aerial Center Pkwy, Suite 180, Morrisville, NC 27560

Phone Number: 919-829-8009

Website: <https://www.preventchildabusenc.org/>

Housing, Utility, and Rent

- Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4476
 - Services: Provides financial assistance to help individuals and families meet housing needs.
 - Website: <http://www.hydecountync.gov/>
- Mid East Regional Housing Authority
 - Address: 415 E Boulevard, Williamston, NC 27892
 - Phone Number: 252-789-4924
 - Services: Provides public housing, voucher programs, and home ownership assistance.
 - Website: <https://merha.org>
- Trillium Health Resources
 - Address: 201 W 1st Street, Greenville, NC 27858
 - Phone Number: 866-998-2597
 - Services: Provides rental assistance to qualifying homeless individuals and/or families with a disabling condition.
 - Website:
https://www.ncceh.org/media/files/files/83b1ca55/4.2_PSH_Goss_Williams.pdf
- NC Department of Health and Human Services (DHHS) Low-Income Services (Statewide)
 - Services: Provides access to health care, child care, housing, financial assistance and nutrition assistance regardless of financial status.
 - Website: <https://www.ncdhhs.gov/assistance/low-income-services>

Transportation

- Hyde Transit
 - Address: 20968 US Highway 264, Swan Quarter, NC 27885
 - Phone Number: 252-926-1637
 - Services: Provides transportation to county residents.
 - Website:
https://www.hydecountync.gov/public_transportation.php

Children's Health

- Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4476
 - Services: Promotes the health, well-being, and safety of the most vulnerable populations.
 - Website: <http://www.hydecountync.gov/>
- Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-4399
 - Services: Offers a variety of health care programs and services including primary care, substance awareness (Peer Support Specialists, WRAP services, and MAT), immunizations, health screenings, prenatal care, behavioral health, health education, and other services.
 - Website: https://www.hydecountync.gov/departments/health_department.php
- Hyde County Women, Infants, and Children (WIC) - Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-4379
 - Services: Offers services (for women who are pregnant or who have just given birth) including breastfeeding support, nutrition education and referrals for health care programs.
 - Website: https://www.hydecountync.gov/departments/health_department.php
- Engelhard Medical Center
 - Address: 33270 US Highway 264, Engelhard, NC 27824
 - Phone Number: 252-925-7000
 - Services: Provides pediatric care for newborns through adolescence (age 18), including well child visits, and treatments of acute and chronic diseases.
 - Website: <https://engelhardmedicalcenter.org/services/pediatric-care-services/>

- Ocraoke Medical Center
 - Address: 305 Back Road, Ocracoke, NC 27960
 - Phone Number: 252-928-1511
 - Services: Provides pediatric care for newborns through adolescence (age 18), including well child visits, and treatments of acute and chronic diseases.
 - Website: <https://ocracokehealthcenter.org/services/primary-care-services/>
- Roanoke Chowan Community Health Center
 - Address: 9500 NC-94, Creswell, NC 27928
 - Phone Number: 252-797-0135
 - Services: Provides health related care for infants and children and the treatment of their diseases.
 - Website: <https://www.rcchc.org/clinical-services/pediatric-care.html>
- Outer Banks Hospital
 - Address: 4800 S Croatan Highway, Nags Head, NC 27959
 - Phone Number: 252-449-4500
 - Services: Provides emergency services, urgent care, women's health, orthopedics, sports medicine, and cancer care.
 - Website: <https://www.theouterbankshospital.com/services/>
- ECU Health Beaufort Hospital
 - Address: 628 E 12th Street, Washington, NC 27889
 - Phone Number: 252-975-4100
 - Services: Provides medical and surgical treatment, emergency care, laboratory and diagnostic services, recovery and inpatient treatment, labor and delivery services, family support services, and other services.
 - Website: <https://www.ecuhealth.org>
- ECU Health Multispecialty Clinic - Belhaven
 - Address: 598 W Old County Road, Belhaven, NC 27810
 - Phone Number: 252-943-0600
 - Services: Provides urgent care and medical care including well-visits, immunizations, and health screenings. Follow-up care includes physical therapy, cardiac consults, prenatal care, lab work, ultrasounds, and X-rays.
 - Website: <https://www.ecuhealth.org>

- Coastal Family Practice
 - Address: 820 W Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-0056
 - Services: Provides a full range of health care services.
 - Website: <https://www.facebook.com/CoastalFamilyPractice/>

Adult Health

- Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4476
 - Services: Promotes the health, well-being, and safety of the most vulnerable populations.
 - Website: <http://www.hydecourtnc.gov/>
- Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-4399
 - Services: Offers a variety of health care programs and services including primary care, substance awareness (Peer Support Specialists, WRAP services, and MAT), immunizations, health screenings, prenatal care, behavioral health, health education, and other services.
 - Website: https://www.hydecourtnc.gov/departments/health_department.php
- Ocracoke Medical Center
 - Address: 305 Back Rd, Ocracoke, NC 27960
 - Phone Number: 252-928-1511
 - Services: Provides quality, accessible, affordable community-based medical care.
 - Website: <https://ocracokehealthcenter.org/services/primary-care-services/>
- Engelhard Medical Center
 - Address: 33270 US Hwy 264, Engelhard, NC 27824
 - Phone Number: 252-925-7000
 - Services: Provides quality, accessible, affordable community-based medical care.
 - Website: <https://engelhardmedicalcenter.org/services/primary-care-services/>

- Roanoke Chowan Community Health Center
 - Address: 9500 NC-94, Creswell, NC 27928
 - Phone Number: 252-797-0135
 - Services: Provides primary care.
 - Website: <https://www.rcchc.org/clinical-services/primary-care.html>
- ECU Health Beaufort Hospital
 - Address: 628 E 12th Street, Washington, NC 27889
 - Phone Number: 252-975-4100
 - Services: Provides medical and surgical treatment, emergency care, laboratory and diagnostic services, recovery and inpatient treatment, labor and delivery services, family support services, and other services.
 - Website: <https://www.ecuhealth.org>
- ECU Health Multispecialty Clinic - Belhaven
 - Address: 598 W Old County Road, Belhaven, NC 27810
 - Phone Number: 252-943-0600
 - Services: Provides urgent care and medical care including well-visits, immunizations and health screenings. Follow-up care includes physical therapy, cardiac consults, prenatal care, lab work, ultrasounds and X-rays.
 - Website: <https://www.ecuhealth.org>
- Coastal Family Practice
 - Address: 820 W Main Street, Belhaven, NC 27810
 - Phone Number: 252-943-0056
 - Services: Provides a full range of health care services.
 - Website: <https://www.facebook.com/CoastalFamilyPractice/>
- Outer Banks Hospital
 - Address: 4800 S Croatan Highway, Nags Head, NC 27959
 - Phone Number: 252-449-4500
 - Services: Provides emergency services, urgent care, women's health, orthopedics, sports medicine and cancer care.
 - Website: <https://www.theouterbankshospital.com/services/>

- Community Alternative Program for Disabled Adults (CAP/DA) (State Resource)
 - Services: Provides a cost-effective alternative to institutionalization for a Medicaid beneficiary who is medically fragile and at risk for institutionalization.
 - Website: <https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-disabled-adults-capda>

Women's Health

- Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252- 926-4399
 - Services: Offers a variety of health care programs and services including primary care, substance awareness (Peer Support Specialists, WRAP services, and MAT), immunizations, health screenings, prenatal care, behavioral health, health education, and other services.
 - Website: https://www.hydecourtnc.gov/departments/health_department.php
- Hyde County Women, Infants, and Children (WIC) - Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-4379
 - Services: Offers services (for women who are pregnant or who have just given birth) including breastfeeding support, nutrition education and referrals for health care programs.
 - Website: https://www.hydecourtnc.gov/departments/health_department.php
- Roanoke Chowan Community Health Center
 - Address: 9500 NC-94, Creswell, NC 27928
 - Phone Number: 252-797-0135
 - Services: Provides care for most of women's health needs and coordinates additional health care services beyond the clinician's area of expertise.
 - Website: <https://www.rcchc.org/clinical-services/primary-care.html>

- ECU Health Women's Care - Williamston
 - Address: 800 Park Street, Williamston, NC 27892
 - Phone Number: 252-789-1933
 - Services: Offers the expertise of our specialists for the lifelong health care needs of women.
 - Website: <https://www.ecuhealth.org>
- Coastal Pregnancy Center
 - Address: 1312 John Small Avenue, Washington, NC 27889
 - Phone Number: 252-946-8040
 - Services: Offers services for new and expecting parents including options education for pregnancy decisions, pregnancy tests, baby and maternity supplies, post-abortion recovery, adoption information & referrals for parenting classes, and referrals to community abstinence/fertility education.
 - Website: <https://coastalpregnancycenter.org/>

**Refer to Adult Health Section
for General Adult Health Needs**

Mental Health

- ECU Health Behavioral Health - Swan Quarter
 - Address: 1221 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-3751
 - Services: Provides mental health services. Contact for specific days of the week.
 - Website: <https://www.ecuhealth.org>
- ECU Health Behavioral Health - Ocracoke
 - Address: 305 Back Road, Ocracoke, NC 27960
 - Phone Number: 252-928-6580
 - Service: Provides services for mental health.
 - Website: <https://www.ecuhealth.org>

- Engelhard Medical Center
 - Address: 33270 US Hwy 264, Engelhard, NC 27824
 - Phone Number: 252-925-7000
 - Services: Provides access for mental illness, substance abuse, and developmental disabilities. Face-to-face visit and telemedicine available.
 - Website: <https://engelhardmedicalcenter.org/services/behavioral-health-services/>
- Ocracoke Medical Center
 - Address: 305 Back Road, Ocracoke, NC 27960
 - Phone Number: 252-928-1511
 - Services: Provides access for mental illness, substance abuse, and developmental disabilities. Face-to-face visit and telemedicine available.
 - Website: <https://ocracokehealthcenter.org/services/behavioral-health-services/>
- Hyde County Health Department
 - Address: 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252- 926-4399
 - Services: Offers a variety of health care programs and services including primary care, substance awareness (Peer Support Specialists, WRAP services, and MAT), immunizations, health screenings, prenatal care, behavioral health, health education, and other services.
 - Website: https://www.hydecountync.gov/departments/health_department.php
- Family Support Network of Eastern NC
 - Address: PO Box 30040, Greenville, NC 27833 (mailing address)
 - Phone Number: 252-917-4110
 - Services: Empowers parents who have a child with a disability, chronic illness or premature birth with knowledge of how to care for their baby. Parents can be connected with a parent mentor who provides support and resource information.
 - Website: <https://fsnenc1987.wordpress.com/>

- Integrated Family Services
 - Address: 2269 Stantonsburg Road, Greenville, NC 27834
 - Phone Number: 252-439-0700
 - Services: Provides a wide variety of comprehensive mental health services in a manner that promotes dignity, respect, and empowerment to all consumers.
 - Website: <http://www.integratedfamilyservices.net/>
- Trillium Health Resources
 - Address: 201 W 1st St, Greenville, NC 27858
 - Phone Number: 866-998-2597
 - Services: Helps eastern North Carolinians with serious mental health conditions, intellectual/developmental disabilities, and substance use disorders to get the services they need.
 - Website: <https://www.trilliumhealthresources.org/for-individuals-families>
- Child First: Easter Seals UCP
 - Address: 600 Lynndale Court, Suite D, Greenville, NC 27858
 - Phone Number: 252-689-6024
 - Services: Provides therapy programs to families with children from birth to age five who have experienced trauma, feel overwhelmed with behavioral issues and need support.
 - Website: <https://www.childfirst.org/affiliate/easter-sealsucp>
- Children's Developmental Services Agency (CDSA)
 - Address: Brody School of Medicine, Irons Building, East Carolina University, Oglesby Drive, Greenville, NC 27834
 - Phone Number: 252-737-1177
 - Services: Provides services for the development of infants and toddlers with special needs. Services include service coordination/case management and evaluation, and access to other support services (physical, occupational and speech-language therapies, nutrition, special instruction, etc.).
 - Website: <https://beearly.nc.gov/>

Education

Early Education

- Hyde County Schools
 - Address: 1430 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-3281
 - Services: Provides students opportunities to learn using the best resources and most current technology. Provides resources for NC-Pre K which is designed to provide high-quality educational experiences to enhance school readiness for eligible four-year-old children.
 - Website: <https://www.hyde.k12.nc.us/>
- Exceptional Children's Program - Hyde County Schools
 - Address: 1430 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-0221
 - Services: Provides students with disabilities an appropriate education that will help them to develop intellectually, physically, emotionally, and vocationally.
 - Website: <https://www.dpi.nc.gov/districts-schools/classroom-resources/exceptional-children-division>
- Child Care Referrals - Craven Smart Start
 - Address: 2111-F Neuse Boulevard, New Bern, NC 28560
 - Phone Number: 252-636-3198
 - Services: Provides trained specialists who offer families free, customized referrals to child care, after-school, pre-school and summer camps, including location, operating hours, program costs, and quality standards.
 - Website: <https://www.cravensmartstart.org/grant-proposals/>
- Ethel F Whitaker Hyde Head Start
 - Address: 33480 US 264, Engelhard, NC 27824
 - Phone Number: 252-925-1902
 - Services: Provides a nurturing setting for preschool children where physical, social, cognitive, and emotional needs are met through inquiry driven and culturally diverse resources.
 - Website: <https://eicca.org/head-start>

- Dolly Parton's Imaginary Library- Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides free monthly age-appropriate books mailed to the homes of young children between the ages of birth to five.
 - Website: <https://bhckids.org/families/dolly-partons-imagination-library/>
- Facilitated Playgroup - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides caregivers and their children (birth to five) an interactive, free weekly early-learning experience where they hear stories, create artwork, sing, and play with others. Call for playgroup information in Hyde County.
 - Website: <https://bhckids.org/>
- Triple P Positive Parenting Program - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Gives parents skills to manage misbehavior and prevent problems from happening in the first place.
 - Website: <https://bhckids.org/families/triple-p-positive-parenting-program/>
- Resource Library - Beaufort-Hyde Partnership for Children
 - Address: (Location of Hyde Resource Library) - Hyde-Davis Business Enterprise Center, 33460 US 264, Engelhard, NC 27824
 - Phone Number: 252-975-4647
 - Services: Offers a variety of developmentally appropriate toys, books and early educator resource materials designed to help parents and caregivers maximize their child's development from infancy through age five.
 - Website: <https://bhckids.org/families/lending-library/>

- NC-Pre K - Hyde County Schools
 - Address: 1430 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-3281
 - Services: Provides high-quality educational experiences to enhance school readiness for eligible four-year-old children.
 - Website: <https://www.hyde.k12.nc.us/>
- Parents as Teachers (PAT) - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Evidence-based home visiting program for parents of children from the prenatal stage to kindergarten entry that offers home visits, group connections, resource referrals and child screenings. The program promotes parent knowledge of child development and early learning.
 - Website: <https://bhckids.org/families/parents-as-teachers-pat/>
- Reach Out and Read
 - Hyde County Health Department
 - 1151 Main Street, Swan Quarter, NC 27885
 - Phone Number: 252-926-4399
 - Ocracoke Health Center
 - 305 Back Road, PO Box 543, Ocracoke, NC 27960
 - Phone Number: 252-928-1511
 - Engelhard Medical Center
 - 33270 US Hwy 264, Engelhard, NC 27824
 - Phone Number: 252-925-7000
 - Services: Gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together. Books are given out at well child visits until age five.
 - Website: <https://reachoutandread.org/>

Adult Education

- Beaufort County Community College (Regional Center)
 - Address: 33478 US Highway 264, Engelhard, NC 27824
 - Phone Number: 252-946-6194
 - Services: Provides a two-year curriculum that can lead to an associate's degree, a transfer program towards a four-year degree and occupational programs, and one and two-year programs of study.
 - Website: <https://www.beaufortccc.edu/>
- Beaufort County Community College Career and College Readiness
 - Address: 5337 Hwy 264, Washington, NC 27889
 - Phone Number: 252-940-6325
 - Services: Provides basic skills for entry level employment. Website:<https://www.beaufortccc.edu/continuing-education/college-and-career-readiness/home>
- Martin County Community College
 - Address: 1161 Kehukee Park Road, Williamston, NC 27892
 - Phone Number: 252-792-1521
 - Services: Offers classes, scholarships, and training.
 - Website: <https://www.martincc.edu/>
- College of the Albemarle (Dare County Campus)
 - Address: 132 Russell Twiford Road, Manteo, NC 27954
 - Phone Number: 252-473-2264
 - Services: Provides classes, scholarships, and training.
 - Website: <https://www.albemarle.edu/for-the-community/locations/dare-county-campus/>
- East Carolina University
 - Address: E 5th Street, Greenville, NC 27858
 - Phone Number: 252-328-6131
 - Services: Public four-year university in Greenville, NC that offers a variety of both undergrad and graduate programs.
 - Website: <https://www.ecu.edu/>

Parent Education

- Facilitated Playgroup - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides caregivers and their children (birth to five) an interactive, free weekly early-learning experience where they hear stories, create artwork, sing, and play with others. Call for playgroup information in Hyde County.
 - Website: <https://bhckids.org/>
- Triple P Positive Parenting Program - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Gives parents skills to manage misbehavior and prevent problems from happening in the first place.
 - Website: <https://bhckids.org/families/triple-p-positive-parenting-program/>
- Car Seat Safety - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Buckle Up Kids of Beaufort County provides certified child passenger safety technicians to check child-car seats for proper installation.
 - Website: <https://bhckids.org/families/car-seat-safety/>
- Resource Library - Beaufort-Hyde Partnership for Children
 - Address: (Location of Hyde Resource Library) - Hyde-Davis Business Enterprise Center, 33460 US 264, Engelhard, NC 27824
 - Phone Number: 252-975-4647
 - Services: Offers a variety of developmentally appropriate toys, books and early educator resource materials designed to help parents and caregivers maximize their child's development from infancy through age five.
 - Website: <https://bhckids.org/families/lending-library/>

- Parents as Teachers (PAT) - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Evidence-based home visiting program for parents of children from the prenatal stage to kindergarten entry that offers home visits, group connections, resource referrals and child screenings. The program promotes parent knowledge of child development and early learning.
 - Website: <https://bhckids.org/families/parents-as-teachers-pat/>
- Coastal Pregnancy Center
 - Address: 1312 John Small Avenue, Washington, NC 27889
 - Phone Number: 252-946-8040
 - Services: Offers services for new and expecting parents including options education for pregnancy decisions, pregnancy tests, baby and maternity supplies, post-abortion recovery, adoption information & referrals for parenting classes, and referrals to community abstinence/fertility education.
 - Website: <https://coastalpregnancycenter.org/>

Employment

- Hyde County Employment Services
 - Address: 30 Oyster Creek Road, PO Box 188, Swan Quarter, NC 27885
 - Phone Number: 252-956-4178
 - Services: Provides job opportunities within Hyde County.
 - Website: <http://www.hydecountync.gov/employment/>

Crisis, Safety, and Prevention

- Mobile Crisis
 - Phone Number: 252-209-0388
 - Services: Involves all support, services, and treatment necessary to provide integrated crisis response, crisis stabilization interventions, and crisis prevention activities 24 hours a day/seven days a week.
 - Website: <http://www.integratedfamilyservices.net/services/mobile-crisis-management/>
- Hyde County Hotline
 - Phone Number: 252-925-2500 (24-hour hotline), 252-925-2502 business office
 - Services: Serves victims of domestic abuse and sexual victimization with crisis intervention, domestic and sexual violence advocacy, survivor services, safe shelter, safety planning, referrals, program presentations, and support groups.
 - Website: <https://hydecounty-hotline.org>
- Ocracoke Interfaith Relief and Recovery Team (OIRRT)
 - Address: PO Box 415, Ocracoke, NC 27960
 - Phone Number: 252-921-0348
 - Services: Provides disaster relief and advocates for preparedness within the community.
 - Website: www.oirrt.org
- Child Protective Services - Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4199
 - Services: Works to ensure safe, permanent, nurturing families for children by protecting them from abuse and neglect while attempting to preserve the family unit.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/hyde-county-department-social-services>

- Adult Protective Services - Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4199
 - Services: Receives and evaluates reports to determine whether or not disabled adults are in need of protective services.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/hyde-county-department-social-services>
- Car Seat Safety Checks - Beaufort-Hyde Partnership for Children
 - Address: 979 Washington Square Mall, Washington, NC 27889
 - Phone Number: 252-975-4647
 - Services: Provides certified child passenger safety technicians to check child-car seats for proper installation.
 - Website: <https://bhckids.org/families/car-seat-safety>



Car Safety Tips

- “Look before you lock”- always check the backseat of your car before leaving the vehicle.
- If you see a child alone in the car, call 911 immediately.
- Never leave children alone in or around cars.
- If a child goes missing, check the inside passenger compartments and trunks of all cars in the area, even if they are locked.
- Make sure you have a strict policy with your childcare provider about drop-off and pick-up.
- Keep the vehicle locked at all times, even if your car is in the driveway or the garage.

Armed Forces and Veterans

- Hyde County Veteran Services
 - Address: 160 Juniper Bay Road, Swan Quarter, NC 27885
 - Phone Number: 252-926-1956
 - Services: Assists veterans in finding resources.
 - Website:
https://www.hydecourtnc.gov/departments/veterans_services.php#:~:text=The%20Veteran%20Services%20office%20hours,926%2D4383%20during%20these%20hours.
- Veteran Affairs Education Benefits
 - Address: Beaufort County Community College, Building 9, Office 902, Washington, NC 27889
 - Phone Number: 252-940-6327
 - Services: Enhances the education experience of veterans and eligible family members by providing access to education benefits within a supportive environment.
 - Website: <https://www.beaufortccc.edu/financial-aid/veteran-affairs-benefits>

Legal Assistance

- Legal Aid of North Carolina
 - Address: 610 East Church Street, Ahoskie, NC 27910
 - Phone Number: 252-332-5124
 - Services: Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.
 - Website: www.legalaidnc.org

Adoption and Foster Care

- Hyde County Department of Social Services
 - Address: 35015 US 264, Engelhard, NC 27824
 - Phone Number: 252-926-4199
 - Services: Works with individuals and other agencies to provide services that will improve the quality of life and foster a sense of neighborhood, community, and family for all the people of Hyde County.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/hyde-county-department-social-services>
- NC Kids Adoption and Foster Care Network- State Resource
 - Address: 2001 Mail Service Center, Raleigh, NC 27699-2000
 - Phone Number: 1-800-662-7030
 - Services: Provides assistance with the process and getting started with fostering or adoption.
 - Website: <https://www.ncdhhs.gov/divisions/social-services/child-welfare-services/adoption-and-foster-care>

Substance Abuse/Support Groups

- District 92 Alcoholics Anonymous Meetings
 - Address: Varies by meeting
 - Phone Number: 252-975-6113
 - Services: Serves as a fellowship of people who come together to recover from alcoholism. Membership is free and open to anyone. No age or education requirements to participate.
 - Website: <http://www.aanortheasternnc.org/index.htm>
- Trillium Health Resources
 - Address: 201 W 1st Street, Greenville, NC 27858
 - Phone Number: 877-685-2415
 - Services: Helps with serious mental health conditions, intellectual/developmental disabilities, and substance use disorders.
 - Website: <https://www.trilliumhealthresources.org/for-individuals-families>
- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - Phone Number: 1-800-662-4357
 - Services: Provides a 24-hour free and confidential treatment referral service helpline.
 - Website: <https://www.samhsa.gov/find-treatment>

Libraries

- Hyde County Public Library (Engelhard)
 - Address: 33460 US 264, Engelhard, NC 27824
 - Phone Number: 252-925-2222
 - Services: Provides books, computer use and training and educational resources.
 - Website: <https://bhmlib.org/>
- Hyde County Public Library (Ocracoke)
 - Address: 225 Back Road, Ocracoke, NC 27960
 - Phone Number: 252-928-4436
 - Services: Provides books, computer use and training and educational resources.
 - Website: <https://bhmlib.org/>

Recreation

- Mattamuskeet National Wildlife Refuge
 - Address: 85 Mattamuskeet Road, Swan Quarter, NC 27885
 - Phone Number: 252-926-4021
 - Website: <https://www.fws.gov/refuge/mattamuskeet/visit-us/activities>
- Springer's Point Trail Access
 - Address: 104 Loop Rd, Ocracoke, NC 27960
 - Phone Number: 910-790-4524
 - Website: <https://coastallandtrust.org/lands/springers-point-preserve/>
- Cape Hatteras National Seashore - Ocracoke Island
 - Phone Number: 252-473-2111
 - Website: <https://www.nps.gov/caha/index.htm>
- Ocracoke Lighthouse
 - Address: Lighthouse Road, Ocracoke, NC 27960
 - Website: <https://www.nps.gov/caha/planyourvisit/ols.htm>
- Hammock Hills Nature Trails
 - Address: NC Highway 12, Ocracoke, NC 27960
 - Website: <https://www.visitocracokenc.com/hammock-hills-nature-trail/>

Miscellaneous

- Hyde County Cooperative Extension
 - Address: 30 Oyster Creek Road, Swan Quarter, NC 27885
 - Phone Number: 252-926-4486
 - Services: Provides educational programming to help families make healthier decisions and increase their knowledge in nutrition and physical activity.
 - Website: <https://hyde.ces.ncsu.edu>

Social and Emotional Milestones

Birth → 1½ Months	<ul style="list-style-type: none">• Expresses different needs with different cries• Focuses on high contrast objects• Sucks efficiently• Lifts head briefly while on tummy• Turns heads in the direction of your voice• Makes simple sounds like "eh"• Briefly makes eye contact with others
2 Months	<ul style="list-style-type: none">• Calms down when spoken to or picked up• Looks at your face
4 Months	<ul style="list-style-type: none">• Smiles on their own to get your attention• Looks at you, moves, or makes sounds to get or keep your attention
6 Months	<ul style="list-style-type: none">• Knows familiar people• Laughs
9 Months	<ul style="list-style-type: none">• Is shy, clingy, or fearful around strangers• Shows several facial expressions, like happy, sad, angry, and surprised• Reacts when you leave
1 Year	<ul style="list-style-type: none">• Plays games with you like pat-a-cake
15 Months	<ul style="list-style-type: none">• Copies other children while playing, like taking toys out of a container when another child does• Claps when excited• Shows you affection

18 Months	<ul style="list-style-type: none"> ● Moves away from you, but looks to make sure you are close by ● Points to show you something ● Puts hands out for you to wash them
2 Years	<ul style="list-style-type: none"> ● Notices when others are hurt or upset, like pausing or looking sad when someone is crying ● Looks at your face to see how to react in a new situation
30 Months	<ul style="list-style-type: none"> ● Plays next to other children and sometimes plays with them ● Follow simple rules when told, like helping to pick up toys when you say "it's clean up time"
3 Years	<ul style="list-style-type: none"> ● Calms down within 10 minutes after you leave, like at childcare drop off ● Notices other children and joins them to play
4 Years	<ul style="list-style-type: none"> ● Pretends to be something else during play (teacher, superhero, dog) ● Comforts others who are hurt or sad, like hugging a crying friend ● Avoids danger, like not jumping from tall heights at the playground ● Changes behavior based on where they are (a place of worship, library, playground)
5 Years	<ul style="list-style-type: none"> ● Follows rules or takes turns when playing games with other children ● Sings, dances, or acts for you ● Does simple chores at home, like matching socks or clearing the table after eating

Language and Communication Milestones

Birth → 1½ Months	<ul style="list-style-type: none">• Turns head to the sounds of caregiver's voice
2 Months	<ul style="list-style-type: none">• Makes sounds other than crying• Reacts to loud sounds
4 Months	<ul style="list-style-type: none">• Makes sounds like "oooo", "aahh"
6 Months	<ul style="list-style-type: none">• Takes turns making sounds with you• Makes squealing noises
9 Months	<ul style="list-style-type: none">• Makes a lot of different sounds like "mamamama" and "bababababa"• Lifts arms to be picked up
1 Year	<ul style="list-style-type: none">• Calls a parent "mama" or "dada" or another special name• Understands "no" (pauses briefly or stops when you say it)
15 Months	<ul style="list-style-type: none">• Tries to say one or two words besides "mama" or "dada", like "ba" for ball or "da" for dog• Looks at a familiar object when you name it• Follows directions given with both a gesture and words (for example, he gives you a toy when you hold out your hand and say, "Give me the toy.")
18 Months	<ul style="list-style-type: none">• Tries to say three or more words besides "mama" or "dada"• Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."

2 Years	<ul style="list-style-type: none"> ● Points to things in a book when you ask questions like, "Where is the bear?" ● Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
30 Months	<ul style="list-style-type: none"> ● Says about 50 words ● Names things in a book when you point and ask, "What is this?"
3 Years	<ul style="list-style-type: none"> ● Talks with you in conversation using at least two back-and-forth exchanges ● Says what action is happening in a picture or book when asked like "running", "eating", or "playing"
4 Years	<ul style="list-style-type: none"> ● Says sentences with four or more words ● Says some words from a song, story, or nursery rhymes ● Talks about at least one thing that happened during his day like "I played soccer." ● Answers simple questions like "Why do we wear a coat?" or "What do we do with a crayon?"
5 Years	<ul style="list-style-type: none"> ● Tells a story she heard or made up with at least two events (for example, a cat was stuck in a tree and a firefighter saved it) ● Keeps a conversation going with more than three back-and-forth exchanges ● Uses or recognizes simple rhymes (bat-cat, ball-tall)

Cognitive Milestones

Birth → 1½ Months	<ul style="list-style-type: none">● Stares at high contrast colors and patterns● Looks at surroundings briefly● Looks at faces● Slowly follows a close-range, moving object or person with eyes
2 Months	<ul style="list-style-type: none">● Watches you as you move● Looks at a toy for several seconds
4 Months	<ul style="list-style-type: none">● If hungry, opens mouth when seeing breasts or bottle● Looks at hands with interest
6 Months	<ul style="list-style-type: none">● Puts things in their mouth to explore them● Closes lips to show that they do not want any more food
9 Months	<ul style="list-style-type: none">● Looks for objects when dropped out of sight (like a spoon or toy)● Bangs two things together
1 Year	<ul style="list-style-type: none">● Puts something in a container, like a block in a cup● Looks for things they see you hide, like a toy under a blanket
15 Months	<ul style="list-style-type: none">● Tries to use things the right way, like a phone, cup, or book● Stacks at least two small objects like blocks
18 Months	<ul style="list-style-type: none">● Copies you doing chores, like sweeping with a broom● Plays with toys in a simple way, like pushing a toy car

2 Years	<ul style="list-style-type: none"> ● Holds something in one hand while using the other hand (for example, holding a container and taking the lid off) ● Plays with more than one toy at the same time, like putting toy food on a toy plate
30 Months	<ul style="list-style-type: none"> ● Uses things to pretend, like feeding a block to a doll as if it were food ● Shows simple problem-solving skills, like standing on a small stool to reach something
3 Years	<ul style="list-style-type: none"> ● Draws a circle when you show them how ● Avoids touching hot objects, like a stove, when you warn them
4 Years	<ul style="list-style-type: none"> ● Tells what comes next in a well- known story ● Draws a person with three or more body parts
5 Years	<ul style="list-style-type: none"> ● Counts to 10 ● Names some numbers between 1 and 5 when you point to them ● Uses words like “yesterday”, “tomorrow”, “morning”, or “night” ● Pays attention for 5 to 10 minutes during activities (for example, during story time or making arts and crafts - screen time does not count) ● Writes some letters in their name ● Names some letters when you point to them

Movement and Physical Milestones

Birth → 1½ Months	<ul style="list-style-type: none">• Lifts head briefly when lying on tummy• Sucks to eat as well as for comfort• Movements are largely controlled by reflexes
2 Months	<ul style="list-style-type: none">• Holds up head when on tummy• Moves both arms and both legs
4 Months	<ul style="list-style-type: none">• Holds head steady without support when you are holding them• Holds a toy when you put it in their hand• Pushes up onto elbows/forearms when on tummy
6 Months	<ul style="list-style-type: none">• Rolls from tummy to back• Pushes up with straight arms when on tummy
9 Months	<ul style="list-style-type: none">• Moves things from one hand to their other hand• Sits without support
1 Year	<ul style="list-style-type: none">• Walks, holding on to furniture• Drinks from a cup without a lid, as you hold it
15 Months	<ul style="list-style-type: none">• Takes a few steps on their own• Uses fingers to feed themselves
18 Months	<ul style="list-style-type: none">• Walks without holding on to anyone or anything• Tries to use a spoon

2 Years	<ul style="list-style-type: none"> ● Kicks a ball ● Walks (not climbs) up a few stairs with or without help ● Eats with a spoon
30 Months	<ul style="list-style-type: none"> ● Uses hands to twist things, like turning door knobs or unscrewing lids ● Takes some clothes off by themselves, like loose pants or an open jacket
3 Years	<ul style="list-style-type: none"> ● Strings items together, like large beads or macaroni ● Uses a fork
4 Years	<ul style="list-style-type: none"> ● Catches a large ball most of the time ● Serves themselves food or pours water, with adult supervision ● Unbuttons some buttons ● Holds crayon or pencil between fingers and thumb (not a fist)
5 Years	<ul style="list-style-type: none"> ● Buttons some buttons ● Hops on one foot

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Centers for Disease Control and Prevention, CDC's Developmental Milestones, 2022

For more information, please visit the Centers for Disease Control (CDC) Important Milestones website at:
<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



Important Phone Numbers

- Community Health & Human Services: 211
- Emergency: 911
- Poison Control: 800-222-1222
- Child Find of America: 800-I AM-LOST
- Beaufort-Hyde Partnership for Children: 252-975-4647
- N.C. Division of Child Development: 800-859-0829
- REAL Crisis Intervention: 252-758-4357

Beaufort County

- Sheriff's Office: 252-946-7111
- Beaufort County Health Department: 252-946-1902
- Beaufort County Department of Social Services: 252-975-5500

Hyde County

- Sheriff's Office: 252-926-3171
- Hyde County Health Department: 252-926-4399
- Hyde County Department of Social Services: 252-926-4476
- Hyde Hotline: 252-925-2500

Scan for online resource guide.

English



Spanish



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