

# CATAWBA COUNTY

# Family Helpbook

**Directory of Services  
for Catawba County Families**



**Catawba County  
Partnership For Children**

*Published by the Catawba County Partnership for Children*

Access the  
Family Helpbook online:  
[www.catawbakids.org/helpbook](http://www.catawbakids.org/helpbook)





# Introduction

We understand that parenting young children today is quite a challenge, and many parents wonder what services are available to help them in this important role. The Helpbook was created in 1999 to connect Catawba County families to the services they need to make sure their children are able to reach their fullest potential in life. Each year we work to update the information so that families can easily connect with services they need.

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

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

## Catawba County Partnership for Children

P.O. Box 3123, Hickory, NC 28603  
738 4<sup>th</sup> Street SW, Hickory, NC 28602  
Phone 828-695-6505 - Fax 828-328-4551 -  
<https://catawbakids.org>



Follow  
CatawbaKids  
on social media!



Supported by  
Catawba County  
United Way

# Catawba County Family Helpbook

## SPECIAL PROGRAM PAGES

Car Seat Safety.....	7
Children’s Resource Center.....	5
Credible Mind .....	36
Developmental Milestones .....	34
Diaper Pantry.....	5
Early Literacy .....	21
First Five Years .....	38
I’m Going to Kindergarten.....	29
Imagination Library.....	back page
Immunizations .....	12
NC Pre-Kindergarten Program .....	26
NC-211.....	33
NCCARE360.....	9
PEEPs Playgroups.....	37
Ready to Read.....	23
Resilience.....	14
Safe Sleep .....	19
Triple P Parent Education Program .....	32
<b>Quick Reference Guide.....</b>	<b>35</b>

*All other program entries are listed in alphabetical order.*

While the Catawba County Partnership for Children primarily focuses on young children, this book includes related services for older children and adults. All parents in our county can get referrals to any type of services by calling the **Children’s Resource Center** at **828-695-6565**. More information can be found on Page 5.



# Alphabetical Listing of Family Services and Activities in Catawba County, NC

## **Appalachian State University - Hickory Campus**

800 17th St NW, Hickory, NC 28601 [www.appstate.edu/hickory/](http://www.appstate.edu/hickory/)

*Offering a wide variety of college level classes and degrees to the Greater Hickory area.*

## **Area Agency on Aging (through WPCOG) • 828-322-9191**

1880 2nd Avenue NW, Hickory, NC 28601 [www.wpcog.org/area-agency-on-aging](http://www.wpcog.org/area-agency-on-aging)

*Provides support, education, and resources for older people, persons with disabilities, and their families. Provides support for grandparents who are raising grandchildren.*

## **Ashure Ministry (formerly ECCCM) • 828-465-1702**

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

*Food support, crisis assistance, rent and utility help, financial training, and thrift store.*

## **Autism Society of NC • 800-442-2762 or 828-256-5202**

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

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

## **Before-School and After-School Care • 828-695-6565**

*Call the Children's Resource Center for referrals to available programs in the county.*

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

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

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

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

## **Bunker Hill Covered Bridge • 828-465-0383**

Hwy. 70 East beyond Claremont [www.catawbahistory.org/our-sites/bunker-hill-bridge](http://www.catawbahistory.org/our-sites/bunker-hill-bridge)

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

## **Care Management for At-Risk Children (CMARC) • 828-695-5800**

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

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

*CMARC is a program offered to families at no charge as a part of their Medicaid plan. CMARC Care managers recognize parents as the expert of their child, assist parents in meeting the goals for their children and family and provide information and education to parents on healthy lifestyles, growth and development. CMARC care managers link children who are ages 0-5 to medical homes, assist families in preventing barriers to community services, refer families to helping agencies within the community, work alongside your child's medical home to ensure positive health outcomes.*

## **Carolina Caring • 828-466-0466**

3975 Robinson Rd Suite B, Newton, NC 28658 <https://www.carolinacaring.org/>

*Offers a variety of hospice and palliative care services, including free grief counseling and support services for children and families.*



Get connected to services for children and families in Catawba County!

**828-695-6565**

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

Children's Resource Center provides **FREE** referrals to services for you and your family, such as:

- CHILD CARE (COSTS, LOCATIONS, QUALITY, OPENINGS)
- CAR SEAT SAFETY
- BEFORE & AFTER SCHOOL CARE
- BEHAVIOR CONCERNS
- DEVELOPMENTAL DISABILITIES
- FOOD PANTRIES
- HOUSING NEEDS
- MENTAL HEALTH SUPPORTS
- PARENT EDUCATION
- PARENT RESOURCES (DIAPERS, SAFE SLEEP, POTTY TRAINING)
- RECREATIONAL OPPORTUNITIES
- SUBSTANCE ABUSE
- SUMMER CAMPS



Parents who are in need of supplemental diapers (sizes newborn to 4T/5T) can receive diapers and wipes (as available) up to six times per year. Call 828-695-6517 or come by our office at 738 4th Street SW in Hickory (Monday-Friday, 8am - 5pm) for more information .

### **Catawba County 4-H Youth Programs • 828-465-8240**

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

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

### **Catawba County Department of Social Services • 828-695-5600**

(To make a report to Child Protective Services, call 324-9111 or 911)  
3030 11th Avenue Drive SE, Hickory, NC 28602 [www.catawbacountync.gov/dss/](http://www.catawbacountync.gov/dss/)

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

### **Catawba County Firefighters Museum • 828-466-0911**

3957 Herman Sipe Road, Conover, NC 28613

[www.visithickorymetro.com/listing/catawba-county-firefighters-museum/10/](http://www.visithickorymetro.com/listing/catawba-county-firefighters-museum/10/)

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

### **Catawba County Historical Association and Museum • 828-465-0383**

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

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

### **Catawba County Juntos • 828-465-8240**

<https://catawba.ces.ncsu.edu>

*The Juntos program empowers 8th-12th grade Latino students and their parents by focusing on family engagement, 4-H clubs, one-on-one coaching, and summer programming to promote high school graduation and college and career readiness. (Provided through Cooperative Extension.)*

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

**Main Branch - Newton ♦ 828-465-8664** 115 West C Street Newton, NC 28658

**Claremont ♦ 828-466-6817** 3288 East Main Street Claremont, NC 28610

**Conover ♦ 828-466-5108** 403 Conover Station SE. Conover, NC 28613

**Maiden ♦ 828-428-2712** 11 South A Avenue, Maiden, NC 28650

**Sherrills Ford – Terrell ♦ 828-466-6827** 9154 Sherrills Ford Road, Terrell, NC 28682

**Southwest ♦ 828-466-6818** 2944 Highway 127 South, Hickory, NC 28602

**St. Stephens ♦ 828-466-6821** 3225 Springs Road, Hickory, NC 28601

### **Catawba County Parks • 828-312-4803**

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

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

**River Bend Park ♦ 828-256-9157** 6700 NC Hwy. 16 N, Conover, NC 28613

**Bakers Mountain Park ♦ 828-324-8461** 6680 Bakers Mt. Road Hickory, NC 28602

**Mountain Creek Park ♦ 828-465-9645** 6554 Little Mountain Rd., Sherrills Ford, NC 28673

**St. Stephens Park ♦ 828-441-7277** 2247 36th Ave. NE, Hickory, NC 28601

# CAR SEAT SAFETY



---

## Car Seat Best Practices

**Birth to 2 years old** - Rear facing in the back seat

**2 years old to 5 years old** - Forward facing with harness in the back seat

**5 years old to 8 years old or 80 lbs** - Booster seat in the back seat

**12 years old and younger, over 80 lbs** - Shoulder/lap belt in the back seat

---

## Did you know ...

All car seats have an expiration date! Always check the sticker with the date on your child's car seat or the owner's manual before you buy or borrow one.

Use this Safety Checklist ... all must be TRUE for the seat to be safe!

- The seat fits your child's age, weight, and fits well in your vehicle
  - The seat has no cracks or tears in the straps
  - The seat has a readable label with the model number and date of manufacture (Expiration = 6 years from date of manufacture)
  - The seat has manufacturer and installation instructions
  - The seat has never been in a crash
  - The seat has been correctly installed (call SAFE KIDS!)
- 

## Important tip

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

---

**SAFE  
K:DS**

For updated information on car seat checks  
and other safety initiatives, go to

<https://www.safekids.org/coalition/safe-kids-catawba-county>

or call 828-732-6206

### **Catawba County Partnership for Children • 828-695-6505**

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

### **Catawba County Public Health • 828-695-5800**

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

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

### **Catawba County Public Health Farmers Market • 828-695-5800**

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

### **Catawba County Schools • 828-464-8333**

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

### **Catawba County Sheriff's Department • 828-464-5241**

100 Government Dr Unit E, Newton, NC 28658 [catawbacountync.gov/county-services/sheriffs-office/](http://catawbacountync.gov/county-services/sheriffs-office/)  
*Law enforcement and public safety services for Catawba County.*

### **Catawba County United Way • 828-327-6851**

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

### **Catawba Science Center • 828-322-8169**

243 3rd Avenue NE, Hickory, NC 28601 [www.catawbascience.org](http://www.catawbascience.org)  
*Hands-on learning for all ages. Explore physical, natural, and earth sciences through visiting exhibits, NC's only marine touch tank with sharks and stingrays, and the full-dome digital planetarium, and special summer programs. Call or see website for schedules and more.*

### **Catawba Valley Community College • 828-327-7000**

2550 US Hwy 70 SE, Hickory, NC 28602 [www.cvcc.edu](http://www.cvcc.edu)  
*CVCC is a community college that provides a wide variety of educational opportunities such as classes for Early Childhood Educators, as well as programs for children, such as Summerscapes summer camps.*



**Catawba Valley Healthcare • 828-695-5900**

327 1st Avenue NW Hickory, NC 28601/205 Morgan Street SE Valdese NC 28690 [www.cvhnc.org](http://www.cvhnc.org)

*We provide counseling, psychiatric medication management and Primary Care services. Primary Care services can be provided at no cost to you, if you do not have insurance.*

**Catawba Valley Medical Center • 828-326-3000**

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

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

**Centro Latino • 828-330-0477**

HCS Professional Development, 151 25<sup>th</sup> St SW, Hickory, NC 28602 [www.centrolatinohickory.com](http://www.centrolatinohickory.com)

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

**Child Care • 828-695-6565**

*Call the Children’s Resource Center for referrals to available programs in the county.*

**Child Day Care Unit (with Department of Social Services) • 828-695-5721**

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

**Child Protective Services (with Department of Social Services) • 828-324-9111 or 911**

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

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

**Children’s Advocacy & Protection Center • 828-465-9296**

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

*Coordinates services for children who are victims of sexual abuse and/or physical abuse and their non-offending family members. Provides leadership and coordination for the prevention of child abuse and neglect, and is a “Positive Childhood Alliance NC” affiliate. Coordinates the “Darkness to Light” community training program to educate adults on recognizing and preventing child sexual abuse. Also coordinates the Monique Burr Child Safety Matters in area elementary, middle and high schools.*

**Children’s Developmental Services Agency (CDSA) • 828-267-6464**

1985 Tate Boulevard SE, 4th Floor Hickory, NC 28602 [www.ncdhhs.gov/itp-beearly](http://www.ncdhhs.gov/itp-beearly)

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

**There’s “no wrong door” when you contact NCCARE360 for information about local resources!**



**NCCARE360**

NCCARE360 is a coordinated statewide directory that helps connect people to resources for housing, food, jobs, and much more.

The call center has text and chat capabilities, and provides follow up with agencies to ensure that callers’ needs are addressed and appropriate connections are made.

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

**Children's Resource Center • 828-695-6565**

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

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

**Christmas Bureau • 828-327-6851 (Catawba County United Way) or 322-8061 (Salvation Army)**

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

**Cognitive Connection - Advanced Medical Home Tier 3 Services • 828-327-6026**

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

*Provides comprehensive holistic care services which include: behavioral health services for substance use, mental illness and dual diagnoses; individual counseling; cognitive behavioral intervention services; medication assisted recovery (MAR) services for opioid and mental illness diagnoses; primary care services including Hep C testing/treatment, women's health services and health nutrition weight loss services; care management and peer support services; substance use education/outreach and prevention programs. The mission is to promote self-sufficiency and pro-social life choices through effective client education, training and treatment programs.*

**Cognitive Connection Corporation Services for Adolescents • 828-256-3436**

4330 Viola Sipe Drive, Conover, NC 28613 [www.thecogcon.com](http://www.thecogcon.com)

*Provides behavioral health services for substance use, mental illness and dual diagnoses; substance use/outreach and prevention programs; family counseling; individual counseling; care management and community navigator services. The mission is to promote self-sufficiency and pro-social life choices through effective client education, training and treatment programs.*

**Community Health Workers • 828-695-5800**

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

*Connects residents to essential services, including healthcare, prescription assistance, food, housing, employment support, and transportation. They help individuals access resources that promote overall well-being and a healthier community.*

**Conflict Resolution Center • 828-397-2566**

218-A Main Avenue East, Hildebran, NC 28637 <https://theconflictresolutioncenter.org/>

*Provides mediation programs, teen court, and other educational opportunities for adolescents and adults.*

### **Conover City Parks • 828-464-1191**

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

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

**City Park** - 361 5th Avenue SE

**Downtown Park** - 112 2nd Avenue NE

**Gateway Park** - along 1st Street W

**Hines Park** - 1130 4th Street SW

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

**Lyle Creek Greenway** - Northern Dr.

**Majestic Park** - 624 2nd Street Drive SW

**Rowe Park** - 217 9th Street SW

**Travis Park** - 612 6th Street Court NW

**Washington/Southwest Park** - 555 4th Street Place SW

### **Conover School • 828-464-9532**

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

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

### **Cooperative Extension Service • 828-465-8240**

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

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

### **The Corner Table Soup Kitchen • 828-464-0355**

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

*Provides meals with compassion, respect, and dignity to those in our community affected by hunger. Also provides food for students through programs like the Backpack Program.*

### **Council on Adolescents • 828-322-4591**

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

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

### **Creation Station • 828-695-6505**

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

<https://catawbakids.org>

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

### **CredibleMind**

[Catawbacountync.crediblemind.com](http://Catawbacountync.crediblemind.com)

*Free online platform with mental wellbeing resources, confidential and available 24/7.*

# IMMUNIZATIONS

## Let's keep our kids safe!

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



### All children in North Carolina are required to receive the following vaccines:

DTap (Diphtheria, Tetanus and Pertussis)	PCV (Pneumococcal Conjugate Vaccine)
Polio	MMR (Measles, Mumps and Rubella)
Hib (Haemophilus influenzae type B)	Var (Varicella - Chickenpox)
Hep B (Hepatitis B)	

### Recommended, but not required, vaccines:

Hepatitis A	Rotavirus	Flu	COVID-19
-------------	-----------	-----	----------

For more information, call the NC Immunization Branch at 919-707-5550 or visit [www.immunize.nc.gov](http://www.immunize.nc.gov).

You can also call Catawba County Public Health at 828-695-5800 with any questions or for an annual update of requirements.



### **Diaper Pantry - “Our Nest Diaper Pantry” • 828-695-6517**

Children’s Resource Center, 738 4th Street SW, Hickory, NC 28602 <https://catawbakids.org>

*Parents who are in need of supplemental diapers (sizes newborn to 4T/5T) can receive diapers and wipes (as available) up to six times per year.*

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

<https://ncchildcare.ncdhhs.gov>

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

### **Early Childhood Resource Center • 828-695-6505**

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

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

### **Early Childhood Support Team (ECST) • 828-695-6590**

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602 <https://catawbakids.com/ecst/>

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

### **Early Head Start of Catawba County • 828-327-3689, ext. 204**

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

[www.catawbасchools.net/academics/early-childhood](http://www.catawbасchools.net/academics/early-childhood)

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

# RESILIENCE

Documentary Screenings  
Available to Community  
Groups in Catawba County

THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE

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

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



Call "KidsREADYCatawba"  
at 828-695-6302  
to schedule a screening today!

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



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

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

<https://www.dpi.nc.gov/>

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

## **Easter Seals UCP of NC • 800-662-7119**

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

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

## **Family Builders of Catawba County • 828-465-8901**

3050 11th Avenue Drive SE, Hickory, NC 28602 [www.familybuilderscv.org](http://www.familybuilderscv.org)

*Provides adoption placement, counseling, and support, plus the "National Training Development Curriculum" for foster and adoptive parents.*

## **Family Care Center • 828-324-9917**

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

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

## **Family Infant Preschool Program (FIPP) • 828-608-6700**

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

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

## **FamilyNET • 828-695-6500**

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

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

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

**Family Support Network - HOPE Network • 828-256-5202**

**Spanish: 704-803-7082 • Hmong: 828-403-1286**

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

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

**Fostering Hope Catawba • 828-205-6274**

P.O. Box 381, Hickory, NC 28603 [www.fosteringhopecatawba.com](http://www.fosteringhopecatawba.com)

Email: [fosteringhopecatawba@gmail.com](mailto:fosteringhopecatawba@gmail.com)

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

**Frye Regional Medical Center • 828-315-5000**

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

*FRMC is a full-service hospital, also offering a number of programs of interest to families with young children. Call 828-315-3041 for more information about prepared childbirth classes, breastfeeding support, and many other programs for new parents.*

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

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

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

**Greater Hickory Cooperative Christian Ministry (CCM) • 828-327-0979**

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

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

**The Green Room Community Theater • 828-464-6583**

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

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

**Greenway Public Transportation • 828-464-9444 or 828-465-7634**

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

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



**Guardian ad Litem • 828-466-6121**

District Court Annex, 1097 South Brady Ave., Newton, NC 28658 [www.catawbacountync.gov/state/gal](http://www.catawbacountync.gov/state/gal)  
*Organization that provides independent advocates trained to represent and promote the best interests of abused, neglected, and dependent children of the state court system and to work toward a plan to ensure these children are in a safe, permanent home.*

**Habitat for Humanity of Catawba Valley • 828-328-4663**

102 3<sup>rd</sup> Ave NE, Hickory, NC 28602 [www.habitatcatawbavalley.org](http://www.habitatcatawbavalley.org)  
*Builds homes in partnership with Catawba County residents in need of a simple, decent place to live. The Habitat ReStore is located at 1615 8th Street Drive SE in Hickory.*

**Harper House & Hickory History Center • 828-324-7294**

310 N. Center Street, Hickory, NC 28601 [www.catawbahistory.org/our-sites/harper-house](http://www.catawbahistory.org/our-sites/harper-house)  
*Historic home and history center featuring information about Hickory, NC.*

**Head Start/I-CARE, Inc. • 828-464-1108**

249 East N Street, Newton, NC 28658 [www.icare-inc.org](http://www.icare-inc.org)  
*A federally funded child development program serving low-income preschool children and families in Catawba County. Children participate in a variety of activities that follow an educational curriculum and allow learning through play and in a safe environment. Services and therapy are offered on-site for children with disabilities. Medical and dental assistance is also available. Participation is contingent upon space and enrollment.*

**Health First Center of Catawba Valley Medical Center • 828-732-6200**

3509 Graystone Place, Conover, NC 28613 <https://www.catawbavalleyhealth.org/Medical-Center/Health-Wellness/Health-First-Center.aspx>  
*Health First Center offers a variety of resources to parents, including prepared childbirth classes, early parenting support programs, infant massage, and many others. Stop in for a tour and to receive a calendar. Open Monday-Friday, 9am-5pm.*

**Hickory Aviation Museum • 828-323-1963**

3101 9th Avenue Drive NW, Hickory (Hickory Regional Airport) [www.hickoryaviationmuseum.org](http://www.hickoryaviationmuseum.org)  
*A hands-on museum where all generations can learn about the history of aviation, with new exhibits and aircraft added often. Many examples of military aircraft and memorabilia are available for an up close and personal tour by knowledgeable and experienced volunteers. Admission is free.*

**Hickory City Schools • 828-322-2855**

432 4<sup>th</sup> Avenue SW, Hickory, NC 28602 [www.hickoryschools.net](http://www.hickoryschools.net)  
*Public school system serving pre-kindergarten through 12<sup>th</sup> grade students in Hickory.*

**Hickory Community Theatre • 828-328-2283**

30 3rd Street NW, Hickory, NC 28601 <http://hickorytheatre.org/>  
*Live drama theater is open to children and adults as audience or participants.*

### **Hickory Fire Department • 828-323-7420**

19 2nd Street Drive NE, Hickory, NC 28601 [www.hickorync.gov/fire](http://www.hickorync.gov/fire)

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

### **Hickory Museum of Art • 828-327-8576**

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

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

### **Hickory Parks and Recreation • 828-322-7046**

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

[www.hickorync.gov/recreation-and-sports-tourism](http://www.hickorync.gov/recreation-and-sports-tourism)

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

#### **Parks**

**Bruce Meisner** - 35 Cloninger Mill Rd NE

**Cliff Teague** - 1125 C Ave SE

**Rotary - Geitner** - 2035 12th Street Dr NW

**Henry Fork River Regional** - 5655 Sweet Bay Ln

**Hickory Optimist** - 751 2nd Ave SW

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

**Kiwanis** - 805 6th Street SE

**LP Frans Crowdads Stadium** - 2500 Clement Blvd NW

**Miracle of Hickory** - 1515 12th St. Dr. NW

**Robinson** - 140 1st Ave SE

**Southside Heights** - 1411 2nd Street SW

**Taft Broome** - 115 7th Avenue SW

**West Hickory-** 830 16th Street SW

#### **Recreation Centers**

**Brown Penn** - 735 3rd Street SW

**Highland** - 1451 8th Street Drive NE

**Westmont** - 1316 Main Avenue Drive NW

**Civitan** - 460 17th Ave NE

**Fairbrook Optimist Dog Park** - 1560 4th Ave SE

**Glenn C. Hilton** - 2000 6th Street NW

**Hickory City** - 1581 12th Street Drive NW

**Highland** - 824 6th St Pl NE

**Jaycee** - 1250 15<sup>th</sup> Avenue NW

**Lowes Foods City Park** - 306 Main Avenue NW

**McComb** - 421 5th Avenue Pl NE

**Neill W. Clark Jr.** - 3404 6th Street Drive NW

**Shuford House & Gardens** - 534 3rd Ave NW

**Stanford** - 1451 8th Street Drive NE

**Viewmont** - 109 16th Ave NW

**Winkler** - 2500 Clement Blvd NW

**Neill Clark** - 3404 6th Street Drive NW

**Ridgeview** - 115 7th Avenue SW

### **Hickory Police Department • 828-328-5551**

347 2nd Ave SW, Hickory, NC 28602 [www.hickorync.gov/police](http://www.hickorync.gov/police)

*Law enforcement and public safety services for the city of Hickory.*

### **Hickory Public Housing Authority • 828-485-4297**

*Manages Section 8 housing voucher program in Hickory.*

### **Hickory Public Library • 828-304-0500**

[www.hickorync.gov/library](http://www.hickorync.gov/library)

Patrick Beaver Memorial Library • 828-304-0500 - 375 3rd Street NE, Hickory

Ridgeview • 828-345-6037 - 706 1st Street SW, Hickory

### **Hickory Soup Kitchen • 828-327-4828**

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

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

A photograph of a baby sleeping peacefully in a crib. The baby is wearing a yellow and grey striped onesie and has their arms raised above their head. The crib has a white and green patterned sheet. The text 'Does Your Baby Sleep Safe?' is overlaid on the left side of the image.

# Does Your Baby Sleep Safe?

## Share the Room, Not the Bed.

Your baby sleeps safest **on their back**  
and **in a crib or pack n play.**

Over 130 babies in NC die each year of sleep-related causes.  
Many of these deaths could be prevented.



Learn more at [SafeSleepNC.org](https://www.SafeSleepNC.org)

### **Highways & Hedges Ministry • 828-781-8095**

3675 Herman Sipe Road, Conover, NC 28613 <https://www.facebook.com/highwaysandhedgesnc/>

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

### **History Museum of Catawba County • 828-465-0383**

30 N. College Avenue, Newton, NC 28658

<https://www.catawbahistory.org/our-sites/history-museum-of-catawba-county>

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

### **The HOPE Center • 828-471-6884**

110 2nd Street Place SE, Hickory, NC 28602 [www.hskhopecenter.org](http://www.hskhopecenter.org)

*The Hope Center helps individuals find employment and provide reliable transportation when needed.*

### **Imagination Library (a project of Catawba County Partnership for Children) • 828-695-6505**

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

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

### **International Newcomer Center • 828-855-9387**

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

<https://www.catawbaschools.net/academics/esl>

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

### **KidsREADY Catawba • 828-695-6302**

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

*A multi-agency collaborative focused on providing resilience education & increasing literacy outcomes for children in Catawba County.*

### **Kintegra Health & Kintegra Family Dentistry • 704-874-3316 for appointments**

122 1st Avenue SE, Hickory, NC 28602 [www.kintegra.org](http://www.kintegra.org)

*Kintegra Health is a community sponsored, family-centered provider of health care, health education and preventive care services without regard for the ability to pay.*

### **Lenoir Rhyne University • 828-328-1741**

625 7th Ave NE, Hickory, NC 28601 [www.lr.edu](http://www.lr.edu)

*Offering a wide variety of college level classes and degrees.*

On the road to

# EARLY LITERACY

Check out these local connections to CHILDREN'S BOOKS!

## 1. Imagination Library

Dolly Parton's Imagination Library program mails you a FREE book every month! All children birth to age 5 in the state of North Carolina are eligible. Enroll today!



## 2. Little Free Libraries

The Catawba County Partnership for Children refills several Little Free Libraries across the county with free children's books as well as free interactive games. Locations can be found at [www.catawbakids.com](http://www.catawbakids.com) and clicking on the blue box that says, "Visit our Little Free Libraries." Current locations include:



Bruce Meisner Park  
Catawba County Partnership for Children  
Catawba County Public Health  
Centro Latino  
Christ Lutheran Church  
Conover City Park  
Corner Table Soup Kitchen  
Glenn Hilton Park  
Hickory Foundation YMCA

Honey's IGA (Vale)  
Maiden Community Center  
Newton Train Depot  
Open Door Baptist Church (Long View)  
Ridgeview Co-Op Laundromat  
Southside Park (Newton)  
Western Piedmont Council of Governments  
Zahra Baker Park

## 3. Literacy Trails

Discover early literacy opportunities across the county! Check out Catawba County's Literacy Trails at the following locations:

Bakers Mountain Park  
Murray's Mill Historic Site  
Bunker Hill Covered Bridge  
St. Stephens Park & Dog Park



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

Please call your local Children's Developmental Services Agency (CDSA) office to get current information about your county's LICC contacts: **267-6464** (Catawba, Alexander) **433-1127** (Burke, Caldwell, McDowell) [www.ncdhhs.gov/itp-bearly](http://www.ncdhhs.gov/itp-bearly)

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

### **Long View Recreation Center • 828-322-3921**

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

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

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

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

### **Maiden Recreation Center • 828-428-5022**

207 East Klutz Street, Maiden, NC 28650

[https://maidennc.com/departments/parks\\_and\\_recreation/index.php](https://maidennc.com/departments/parks_and_recreation/index.php)

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

### **Maple Grove Home • 828-322-4731**

542 2nd Street NE, Hickory, NC 28601 <https://hickorylandmarks.org/maple-grove/>

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

### **March of Dimes Birth Defects Foundation • 828-464-8905**

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

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

### **Meals on Wheels of Catawba County • 828-695-5610**

507 Boundary St. SW, Newton, NC 28658

*Traditional Meals on Wheels and Frozen Meals are available to any person living in Catawba County who is 60 or older, homebound and who has no member of the household who is able or willing to shop for or prepare meals. There are no income requirements to participate, and there is no cost to recipients.*

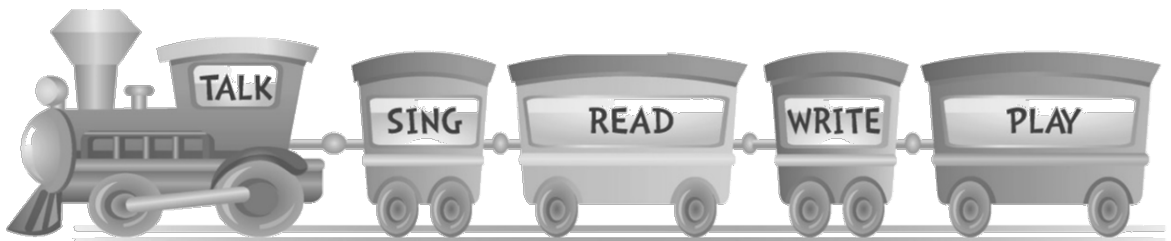
### **Mom to Mom Group • 828-327-3659 or 828-695-6511**

*This monthly group is open to any woman, and is designed to encourage and empower women to nurture themselves first. Meets the 3<sup>rd</sup> Monday of each month at Open Door Baptist Church, 3310 Main Ave NW, Hickory, NC 28601. Child care is provided during the meetings.*

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

Parents ... Early Literacy begins with you!

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



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



catawba county  
library system



**Visit your local Library!**

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

**[www.imaginationlibrary.com](http://www.imaginationlibrary.com)**



## **MOMS Club of Hickory**

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

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

## **MOPS (Mothers Of PreschoolerS) • 888-910-6677**

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

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

## **Murray's Mill Historic Site • 828-241-4299**

1489 Murray's Mill Road, Catawba, NC 28609

[www.catawbahistory.org/our-sites/murrays-mill-historic-district](http://www.catawbahistory.org/our-sites/murrays-mill-historic-district)

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

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

207 Regency Exec Park, Suite 170, Charlotte, NC 28217 [www.mda.org](http://www.mda.org)

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

## **My Refuge City • 828-449-7441**

<https://www.facebook.com/myrefugecity/>

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

## **NC Department of Labor • 1-800-NC-LABOR (1-800-625-2267)**

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

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

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

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

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



### **NC Pre-Kindergarten Program • 828-695-6506**

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

<https://catawbakids.com/nc-pre-k/>

*NC Pre-K is a free, public preschool program for eligible 4-year-olds for 1 year prior to kindergarten entry. Classrooms are located throughout the county, in public schools and child care centers. Call for more information or to get an application.*

### **NC School for the Deaf (NCSD) • 828-432-5200 (voice/TTY)**

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

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

### **NCWorks • 828-466-5535**

403 Conover Station SE, Conover, NC 28613, [www.ncworks.gov](http://www.ncworks.gov)

*NCWorks Career Centers are your one-stop shop for all things employment! We can assist in a variety of areas including, but not limited to Career Coaching and Planning, Resume Review and Development, Job Prep Workshops (offered virtually), Scholarships for Training, Business Recruitment and Retention Services, Skills Assessments, NextGen Customized Youth and Young Adult Services, and Veteran's Services.*

### **Newcomers of Catawba Valley**

<https://newcomersofcv.org/>

*Helps newcomers to the Unifour (Alexander, Burke, Caldwell, and Catawba counties) become familiar with the area and all it has to offer. Visit website for list of activities.*

### **Newton-Conover City Schools • 828-464-8333**

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

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

### **Newton Parks and Recreation Department • 828-695-4317**

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

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

**Parks:** Southside Park - West of US Hwy. 321    Northside/Broyhill - East 22nd St and College Ave

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

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

Jacob Fork - 3730 NC Hwy. 10 West of Newton    Yount - South College and East A. Street

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

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

**Central Recreation Department** - South Ervin Ave.    **Historic Newton Depot** - 1123 North Main Ave.

**Southside Community Building** - 1771 S. US. 321 Business

### **Nu-Dimensions • 828-328-5373**

*Offers affordable housing to low income families within the city of Hickory.*

### **Old St. Paul's Lutheran Church • 828-464-9786**

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

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



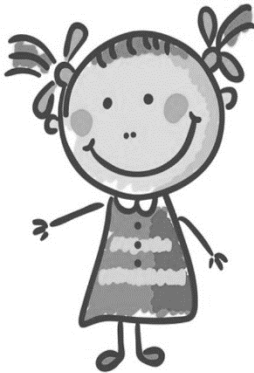
# FREE PRE-K

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

NCPK application can be found at:

<https://catawbakids.com/nc-pre-k/>

or by emailing [NCPK@catawbacountync.gov](mailto:NCPK@catawbacountync.gov)



**Questions?**  
**828-695-6505**  
(hablamos español!)



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

**Catawba County Partnership for Children**

738 4th Street SW, Hickory, NC 28602

P.O. Box 3123, Hickory, NC 28603

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

### **Our Nest Diaper Pantry • 828-695-6517**

Children's Resource Center, 738 4th Street SW, Hickory, NC 28602 <https://catawbakids.org>

*Parents who are in need of supplemental diapers (sizes newborn to 4T/5T) can receive diapers and wipes (as available) up to six times per year.*

### **OUTright Youth of Catawba Valley • 828-320-1937**

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

*OUTright Youth is a center for LGBTQ youth and their allies, serving the Catawba Valley. We provide programming for youth ages 12-21. Our mission is to create a safe community for all youth.*

### **Parents As Teachers • 828-695-6511**

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

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

### **Parent Support Team (Triple P - Positive Parenting Program) • 828-695-6590**

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

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

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

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

*Need help with a mental health, substance abuse, or developmental disability, or traumatic brain injury? Start by calling Access to Care. Staff are available 24/7 and are ready to assess your needs and concerns, offer a choice of mental health service providers in the community, help with emergency situations, transportation, schedule appointments, or provide information about community resources.*

### **Patrick Beaver Learning Resource Center • 828-624-2012**

1925 Tate Blvd SE, Hickory, NC 28602 [www.patrickbeaverlrc.org](http://www.patrickbeaverlrc.org)

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

### **PBS North Carolina • 1-888-292-7070**

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

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

### **PEEPs (Parents Engaging & Empowering Parents) Playgroups • 828-695-6565**

*PEEPs is a weekly playgroup hosted by the Parents as Teachers program, for kids ages birth to 5 years and their parents & caregivers. Call 828-695-6565 for more locations, times, and additional information.*

### **Physician Referral Service • 828-326-2876**

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

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

### **The POD at Catawba Valley Medical Center • 828-326-3062**

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

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

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

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

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

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

### **Pregnancy Care Center • 828-322-4272**

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

*We offer free and confidential services to women and their families experiencing pregnancy, pregnancy loss, or post-abortive recovery. We offer medical, spiritual, material, and mental health resources. We also provide educational classes and referrals for our clients. Some of our resources include but are not limited to; pregnancy testing, limited ultrasounds, STI testing and treatment, material assistance, and mental health counseling from a licensed professional.*

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

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

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

### **Propst Victorian House • 828-322-4731**

534 3rd Avenue NW, Hickory, NC 28601 <https://hickorylandmarks.org/propst-house/>

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

### **Public School Preschool Programs**

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

**Catawba County Schools Preschool ♦ 828-327-3689**

**Newton-Conover City Schools Preschool ♦ 828-464-9355**

**Hickory City Schools Preschool ♦ 828-322-5860 (ask for Early Start Program)**

# I'm Going to Kindergarten!

*Helping your family create a successful beginning to school*

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

## **Eligibility:**

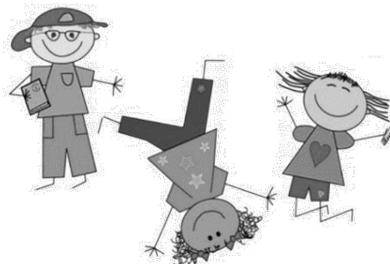
By NC state law, children are eligible for kindergarten if they turn 5 on or before August 31st.

## **Where is my school?**

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

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

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



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

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



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

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

**Regional Housing Authority • 828-322-9191**

1880 2nd Avenue NW, Hickory, NC 28601 [www.wpcog.org/regional-housing-authority](http://www.wpcog.org/regional-housing-authority)

*Manages Section 8 housing voucher program, helping families find safe, affordable housing in the private market.*

**Safe Harbor Rescue Mission • 828-326-7233**

210 Second Street SE, Hickory, NC 28602 <https://safeharbornc.org>

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

**SAFE KIDS Catawba County • 828-732-6206**

Catawba Valley Medical Center, 810 Fairgrove Church Rd SE, Hickory, NC 28602 [www.safekids.org](http://www.safekids.org)

*SAFE KIDS Catawba County is a nonprofit organization working to help families and communities keep kids safe from preventable injuries at home, at play, and on the way. Important safety information available related to: Car Seat Safety, Safe Sleep, Bike Safety, Water Safety, Poison Prevention, TV Tip Overs, Smoke Alarms/Fire Safety, hot car awareness, babysitting classes, distracted driving for teens, protecting children walking to school, etc.*

**Salvation Army • 828-322-8061**

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

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

**Salvation Army Boys and Girls Club • 828-322-3066**

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

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

**Scouting America - Piedmont Council (formerly Boy Scouts) • 980-888-8649**

1222 East Franklin Boulevard Gastonia, NC 28054 [www.piedmontcouncilbsa.org](http://www.piedmontcouncilbsa.org)

*Youth programs that develop character, citizenship, and personal fitness.*

**Shelter Home • 828-758-0888**

*Crisis lines available for all Catawba county residents Domestic Violence & Sexual and Human Trafficking Support (828) 758-7088. Trained advocates from Shelter Home of Caldwell County will answer these crisis lines and will provide services to victims. Additionally, Shelter Home will be working with other non-profits in our community for referrals and all domestic violence and sexual assault services for Catawba County.*

**Shining Hope Farms • 704-827-3788**

6347 St. Peter's Church Road, Conover, NC 28613 [www.shininghopefarms.org](http://www.shininghopefarms.org)

*Provides equine assisted activities and therapies for all ages.*

**Sipe's Orchard Home • 828-256-5056**

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

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

**Smart Moms & Dads (a program of Council on Adolescents) • 828-322-4591**

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

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

**Smart Start - Catawba County Partnership for Children • 828-695-6505**

738 4<sup>th</sup> Street SW, Hickory, NC 28602 <https://catawbakids.org> and [www.smartstart.org](http://www.smartstart.org)

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

**Special Olympics of Catawba County • 828-612-8383 or 446-7182 (Local Coordinator)**

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

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

**Summer Camps • 828-695-6565**

*Call the Children's Resource Center for referrals to available programs in the county.*

**Sweetwater Early Childhood Education Center • 828-327-3689**

2110 Main Avenue SE, Hickory, NC 28602 <https://www.catawbaschools.net/academics/early-childhood>

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

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

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

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

5701 Executive Drive, Suite 108, Charlotte, NC 28212 <https://teacch.com/>

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

**Teen Talk (a program of Council on Adolescents) • 828-322-4591**

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

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



# Connecting with your Child

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

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

- 1 Create a safe, interesting environment.
- 2 Have a positive learning environment.
- 3 Use assertive discipline.
- 4 Have realistic expectations.
- 5 Take care of yourself as a parent.



**828-695-6565**

[www.triplep-parenting.com](http://www.triplep-parenting.com)





### Teen Up • 828-695-6556

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

*Weekly school groups to teach self-sufficiency and encourage responsible decisions about adolescent issues including health, handling emotions, conflict resolution, peer pressure, making career choices, and developing strong character.*

### Triple P (Positive Parenting Program) • 828-695-6590

Early Childhood Resource Center, 738 4th Street SW, Hickory, NC 28602 <https://catawbakids.org>

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

### United Arts Council of Catawba County • 828-324-4906

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

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

### Walkin' Roll Activities League, Inc. • 828-446-5106

P.O. Box 1994 / 202 South Center Street, Hildebran, NC 28637 [www.walkinroll.org](http://www.walkinroll.org)

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

### Western Piedmont Council of Governments (WPCOG) • 828-322-9191

1880 2nd Avenue NW, Hickory, NC 28601 [www.wpcog.org](http://www.wpcog.org)

*WPCOG provides access to a number of resources for families, including workforce development, housing support, homelessness response team, and the Area Agency on Aging.*

## MAKE THE RIGHT CALL



**WIC (Women, Infants and Children) • 828-695-5884**

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

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

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

**Women’s Resource Center • 828-322-6333**

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

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

**YMCA of Catawba Valley • 828-324-2858 (Hickory) 828-464-6130 (Shuford)**

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

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

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

**≡ You know your child best! ≡**

Help your child grow & thrive. From birth to 5 years, your child should reach milestones in how he plays, learns, speaks, acts and moves. Track your child’s development and act early if you have a concern.

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

If your child is under the age of 3, call the **Children’s Developmental Services Agency - 828-267-6464**

If your child is 3 or older, call your local school district.

To find out your school district, you can call a school near your house and ask.

Or you can search online by going to <http://gis.catawbacountync.gov/school/> and typing in your home address.



**Catawba County Schools - 828-327-3689**  
**Hickory City Schools - 828-322-5860 (Early Start Program)**  
**Newton-Conover City Schools - 828-464-9355**  
<https://catawbakids.com/development>

**What are “Developmental Milestones?”**

Every child grows and develops at their own pace, but developmental milestones are *things most children can do by a certain age*. These skills include taking a first step, smiling for the first time, and waving “bye-bye.” Children reach milestones in how they play, learn, speak, act, and move.

Go to <https://www.cdc.gov/ncbddd/actearly> to learn more about your child’s development at various ages!



# Quick Reference Guide

NOTE: Many agencies provide services in a number of different categories.

This list just reflects the primary services.

Call the Children's Resource Center at 828-695-6565 if you have any questions!

## **Adolescent Support**

Catawba County Juntos  
Cognitive Connection - Services for Adolescents  
Council on Adolescents  
OUTRight Youth  
Sipe's Orchard Home  
Teen Talk  
Teen Up

## **Child Protection & Support**

Catawba County Social Services  
Child Protective Services (DSS)  
Children's Advocacy & Protection Center  
Family Builders  
Guardian ad Litem  
SAFE KIDS

## **Education**

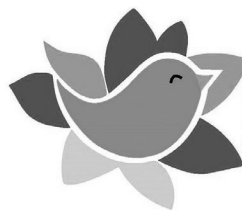
Appalachian State University  
Catawba County Partnership for Children  
Catawba County Schools  
Catawba Valley Community College  
Child Care  
Children's Resource Center  
Conover School  
Cooperative Extension Service  
Creation Station  
Division of Child Development & Early Education  
Early Childhood Resource Center  
Early Childhood Support Team  
Head Start / I-CARE  
Hickory City Schools  
Imagination Library  
KidsREADY Catawba  
Lenoir-Rhyne University  
NC Pre-Kindergarten  
Newton-Conover City Schools  
Patrick Beaver Learning Resource Center  
PBS-NC  
Sipe's Orchard Home (Tyndall Center)  
Smart Start  
Sweetwater Early Childhood Education Center

## **Employment Support**

HOPE Center through Hickory Soup Kitchen  
NC Department of Labor  
NCWorks

## **Food - Housing - Financial Resources**

Ashure Ministry  
Catawba County Social Services  
Catawba County United Way  
Child Day Care Unit (DSS)  
Children's Resource Center  
Christmas Bureau  
Corner Table Soup Kitchen / Backpack Program  
Diaper Pantry  
Family Care Center  
Greater Hickory CCM  
Habitat for Humanity  
Hickory Public Housing Authority  
Hickory Soup Kitchen  
Highways & Hedges  
Meals on Wheels  
My Refuge City  
Nu-Dimensions  
Our Nest Diaper Pantry  
Regional Housing Authority  
Safe Harbor Rescue Mission  
Salvation Army  
Western Piedmont Council of Governments



Children's  
Resource  
Center

Call to get connected to any types of support services and resources in our community!

**828-695-6565**

## Local Activities

Before and After School  
Bunker Hill Covered Bridge  
Catawba County Firefighters Museum  
Catawba County Historical Museum  
Catawba County Library  
Catawba Science Center  
Green Room Community Theater  
Harper House  
Hickory Aviation Museum  
Hickory Community Theater  
Hickory Museum of Art  
History Museum of Catawba County  
Hickory Public Library  
Macaroni Kid  
Maple Grove Home  
Murray's Mill  
Old St. Paul's Lutheran Church  
Propst Victorian House  
Summer Camps  
United Arts Council

## Parent Resources & Support

Area Agency on Aging  
Catawba County Department of Social Services  
Catawba County Partnership for Children  
Centro Latino  
Children's Resource Center  
Conflict Resolution Center  
Early Head Start  
Fostering Hope  
International Newcomer Center  
Mom to Mom Group  
Mom's Club  
Mothers of Preschoolers  
Newcomers of Catawba Valley  
Parents as Teachers  
Parent Support Team  
PBS-NC  
PEEPs Playgroups  
Smart Moms and Dads  
Triple P (Positive Parenting Program)  
UNC-TV  
Women's Resource Center

## Physical & Mental Health

Care Management for At-Risk Children (CMARC)  
Carolina Caring  
Catawba County Public Health & Farmers Market  
Catawba Valley Healthcare  
Catawba Valley Medical Center  
Cognitive Connection  
Community Health Workers  
CredibleMind  
Early Childhood Support Team  
FamilyNET  
Frye Regional Medical Center  
Health First Center  
Kintegra Health & Family Dentistry  
NC Mental Health Consumers' Organization  
Partners Health Management  
Physician Referral Service  
The POD at CVMC  
Postpartum/Prenatal Support  
Pregnancy Care Center  
Pregnancy Exposure Riskline  
Shining Hope Farms  
WIC (Women, Infant, & Children)



## One Stop Shop for Mental Wellbeing Resources

A free online platform that provides confidential access to learn new skills, understand your mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

**[catawbacountync.crediblemind.com](http://catawbacountync.crediblemind.com)**



**Sign Up  
Today!**



**catawba county**  
MAKING. LIVING. BETTER.

## Recreation

Catawba County 4-H  
Catawba County Parks  
Conover City Parks  
Girl Scouts  
Hickory Parks & Recreation  
Long View Recreation Center  
Maiden Recreation Center  
Newton Parks & Recreation  
Salvation Army Boys & Girls Club  
Scouting America (Boy Scouts)  
Shining Hope Farms  
YMCA of Catawba Valley

## Safety

Catawba County Sheriff's Department  
Hickory Fire Department  
Hickory Police Department  
SAFE KIDS  
Shelter Home

## Special Needs Services

Autism Society of NC  
BEGINNINGS  
Children's Developmental Services Agency  
Conover School  
Early Learning Sensory Support  
Easter Seals  
Family Infant Preschool Program  
Family Support Network  
Local Interagency Coordinating Council  
March of Dimes  
Muscular Dystrophy Association  
NC School for the Deaf  
Public School Preschool Programs  
Special Olympics  
Tadpole Lending Library  
TEACCH Autism Program  
Walkin' Roll Activities League

## Transportation

Greenway Public Transportation  
HOPE Center through Hickory Soup Kitchen  
Partners Health Management



**Weekly family  
playgroups for kids  
ages birth to 5 years and  
their parents & caregivers**

.....  
**Free playtime in the playroom • Storytime • Art • Music • Snack**  
Time just for parents, caregivers, and their young children to have fun together!  
.....

Call for times & locations  
**828-695-6565**



Why are the

# FIRST 5 YEARS

so important?

## Brain development

Brains are built, not born! Early childhood experiences shape the brain's architecture, which affects a child's future learning, health, and behavior.

## Skill development

Early childhood education helps children develop skills like critical thinking, collaboration, and self-help.

## Social and emotional development

Early interactions with caregivers and peers help children develop social skills like empathy, cooperation, and emotional regulation.

## Language

The foundation for language development is laid in early childhood, impacting future literacy skills.

## Future success

Research shows that high-quality early childhood education is linked to better academic performance, improved health outcomes, and reduced risk of future social problems.

For more information, go to:



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



*Each Child. Every Community.*

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

Enroll your child in  
**IMAGINATION LIBRARY!**



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

To enroll go to  
[www.imaginationlibrary.com](http://www.imaginationlibrary.com)  
or call 828-695-6505



Imagination Library is a project of the Catawba County Partnership for Children with generous support from the NC General Assembly to:



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

Follow *catawbakids* on social media!

