
















Phil's List of Union County Charities and Services
Updated January 2026




Type of Help	Charity/Service Name/Address	Contact/Email/Website	Phone No.	Comments
Charity & Services Awareness List for Union County, NC	Union County Charities and Services Awareness List	Lisa Cooper at CharityAwareness@CommonHeart.org PhilsList.org		Contact CharityAwareness@CommonHeart.org to make updates to the Union County Charity & Services Awareness List and/or event announcements.
Human Services Volunteerism Economic Empowerment Programs	 Business Office 116 Business Park Drive, Indian Trail, NC 28079	CommonHeart.org	704-218-9060	Common Heart is a grassroots nonprofit organization creating a small revolution of kindness in our community to eradicate food insecurity and eliminate generational poverty. Economic Empowerment programs are based on a Bridges Out of Poverty framework. Getting Ahead brings a focus to building resources so families can move out of the instability of poverty to a place of stability creating a better life for themselves and their children. The eleven resources are: Financial, Physical, Spiritual, Emotional, Mental, Financial, Relationships & Role Models, Social Capital, Knowledge of the Hidden Rules, Language / Formal Register, Integrity & Trust, and Motivation & Persistence. Staying Ahead courses help to build individual resources to Get Ahead and Stay Ahead.
Food Pantries Grocery Delivery for families in financial need		Common Heart Pantries Cupboard Ally Manager cupboardally@commonheart.org	704-218-9060	Several pantries are located in Union County. For more information about the pantries, see: Common Heart Pantries Mobile Pantries are scheduled throughout the year and open to any qualified Union County Resident. Common Heart's Cupboard Allies are volunteers who go through training and want to build an intentional relationship while delivering groceries to 2 to 6 families once a month. The program provides the groceries the volunteers deliver. It is open to anyone with the need.

Thanksgiving Food	Great Turkey Countdown (Common Heart)	CommonHeart.org	704-218-9060	Great Turkey Countdown: The Saturday before Thanksgiving volunteers deliver turkeys and other food items to families that would otherwise not have a traditional Thanksgiving meal.
Help Paying for Food	Union County Department of Social Services 2330 Concord Avenue Monroe, NC 28110	bit.ly/3G8aB6B	704-296-4300	Applicants for FNS (Food and Nutrition Services) and Medicaid may apply online at ePASS.nc.gov
Food	 <i>Food for Families NC, Inc.</i> 2001 Van Buren Ave Indian Trail, NC 28079	ffnc.org/	ffnc.org/contact or 704-620-6391	Food for Families distributes thousands of bags of food to those in need. Our impact extends beyond simply providing meals; we recognize the profound effect that access to food has on a person's professional and academic performance, social interactions, and overall well-being. With your support, we strive to continue expanding our reach and serving those facing food insecurity in our community. Food for Families NC is a nonprofit organization located in Indian Trail, NC dedicated to alleviating hunger among families, children and seniors in Union and surrounding counties.
Food	 Loaves & Fishes of Union County, Inc. St Paul's Episcopal Church 116 S. Church St Monroe, NC 28112	Email: loavesandfishesofunionco@gmail.com Website: loavesandfishesofunioncounty.org/ Mailing Address: PO Box 790 Monroe, NC 28111-0790	704-960-1486	Loaves and Fishes of Union County is a nondenominational 501(c)3 non-profit community pantry organization that provides food, free of charge, to agency certified people of Union County up to three times in a twelve-month period. Volunteers and board members run the pantry, keep client records, raise funds, take responsibility to sort, inspect and pack groceries for distribution to families in crisis.
Support for Parents of Allergic Kids	 PAK Parents of Allergic Kids- Charlotte Area	Pakcharlotte.org/		PAK (Parents of Allergic Kids) is a network of families in and around Charlotte, NC with food, venom & latex allergies. We offer support & events for parents, teens and children, at little or no cost to the community.



Financial Literacy	 <p>The Kaizen Foundation of NC P.O. Box 79386 Charlotte, NC 28271</p>	tkfnc.org info@tkfnc.org	980-239-1871	<p>The mission of the Kaizen Foundation of NC is to improve upward mobility in underserved communities by providing access to resources that empower and create positive influences on a community's collective mindset toward change in pursuit of economic success. They believe that financial education is a key stepping stone towards a brighter future and stronger communities.</p> <p>Through their wide range of educational programs, workshops, and online tools, they aim to break down complex financial concepts into practical, easy-to-understand information. cover topics such as budgeting, saving, investing, debt management, and more, enabling you to gain the confidence and competence to take control of your financial future.</p>
Providing Youth with Mentoring, Financial Literacy and Preparing for Employment	 <p>Safe Kids Union County 600 Hospital Dr Monroe, NC 28112</p>	bit.ly/49JWvpm	980-993-7664	<p>Safe Kids Union County is led by Atrium Health Union, which provides dedicated and caring staff, operation support and other resources to assist in achieving the common goal of keeping kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.</p>
Adult English and Math Literacy Help Preparing for GED or Citizenship	 <p>Tutoring provided at various public locations</p>	<p>Free to all eligible adults: Literacy Services at South Piedmont Community College spcc.edu/programs/literacy-services/ </p>	704-290-5261	<p>South Piedmont's Literacy Services program provides free, personalized instruction to help you reach your literacy goals, whether you want to advance your career or simply read a story to your grandchildren.</p> <p>If you'd like to volunteer as a tutor or enroll as a student for FREE help, email rlightsey@spcc.edu or call 704-290-5261.</p>




Education	 <p>Our Future in UNISON</p>	bit.ly/3MNFdOz - about bit.ly/47nXWID - resources	987-552-1007	Our Future in UNiSON is a local educational attainment collaborative sponsored by myFutureNC with the goal of closing the education attainment gap in Anson and Union counties in North Carolina.
Education: Adult Basic Skills, Adult High School, Training for Jobs	 <p>Central Piedmont Community College</p> <p>Levine Campus 2800 Campus Ridge Road Matthews, NC 28105</p>	Cpcc.edu	704-330-4200	This community college offers a variety of educational programs and services. It also offers training classes for the unemployed or underemployed.
Education: Adult Basic Skills, Adult High School, Training for Jobs	 <p>South Piedmont Community College</p> <p>Old Charlotte Highway Campus 4209 Old Charlotte Highway Monroe, NC 28110</p>	Spcc.edu/	704-290-5100	This community college offers a variety of educational programs and services. It also offers training classes for the unemployed or underemployed.
Gifts for Children in Need	 <p>Bright Blessings</p> <p>1150 Crews Road, Suite C, Matthews, NC 28105</p>	BrightBlessingsUSA.org Email: contact@brightblessingsusa.org	704-846-2329	Bright Blessings remains a volunteer-led organization that impacted 25,117 homeless and impoverished children in 2025. Bright Blessings now has partnerships with over 30 local agencies and school districts and is serving children in the counties of Mecklenburg & Union.




Food Clothing Utility Bills Medicine Other Emergency needs	 Operation Reach-Out 1308 Miller St. Monroe, NC	Operationreachout.org opreachout1@gmail.com	Office: 704-289-4237	Mission: to help people in financial crisis meet their basic hunger and spiritual needs with the goal of moving towards self-sufficiency. What Operation Reach-out does: Offer a daily Bible study and free lunch (in partnership with local churches, restaurants and individuals). Provide financial assistance for those in crisis (utilities, medicine, gasoline/kerosene and other qualified items). Welcome Home Program – supplying beds, furniture, & other household items for those in crisis situations. Operate Joseph's Food Pantry to provide emergency food boxes and monthly food for the elderly. Clothing Closet Serve the homeless and those with no fixed address by providing shower and laundry facilities, and free monthly haircuts. Host the NC Baptist Men's Dental Bus – providing free dental care. Operate Finders Keepers, a resale store that sells discounted clothing, shoes, furniture, & household items.
Low Cost Furniture, clothing, etc	Finders Keepers 800 Skyway Drive Monroe, NC	https://www.facebook.com/people/Finders-Keepers/100063958275374	704-635-8992	Affiliated with Operation Reach-out – takes donations of clothing, furniture, etc and sells them at bargain prices to raise cash for providing help for needy families in Union County.

Food, Financial, Clothing	 Matthews HELP Center 119 N. Ames Street Matthews, NC 28105	www.matthewshelpcenter.org	704-847-8383	<p>The mission of Matthews HELP Center is to help the local community survive financial crisis by providing short-term assistance.</p> <p>Limitations: live within the following zip codes: 28104, 28105, 28211, 28226, 28270, and 28079</p> <p>Call for an appointment</p> <p>Crisis Assistance hours: Monday-Friday 9am-4pm</p> <p>Back Porch Treasures Thrift Boutique/Monday-Saturday 10am-5pm: Donated clothing & household items are available in the thrift boutique. Clothing is provided free of charge to qualifying clients & to the public at minimal cost. All proceeds go toward crisis assistance.</p>
Addiction Restoration/ Transition Back to the Community for Men	 Ground 40 303 Dale Street, Monroe, NC 28112	Ground40.com info@ground40.org	704 883-5185	<p>Ground 40 exists to provide practical and spiritual guidance to men transitioning back into the community. They believe in order for this to happen successfully, a biblical foundation is key, as well as the support of a healthy environment practicing accountability with an emphasis on discipleship and community. With personal experience in the addiction and recovery process, the Ground 40 founders saw that the need for a safe, faith-based facility designed to meet the needs of men trying to break free from addiction were not being met and started Ground 40 to help these men.</p>
Addiction Restoration for Women	 The House of Pearls PO Box 516 Monroe, NC 28111	HouseofPearls.org houseofpearlsministry@gmail.com	704-324-0028	<p>The House of Pearls is a long-term addiction and heart restoration program where women voluntarily reside at no cost to them and learn the healing power of the Word of God through intensive bible study and teaching. The women residents are also taught various life skills such as: manners and etiquette, communication, accountability, budgeting, cooking and a strong work ethic.</p>



Addiction Recovery/Helping to Rehabilitate Ex-offenders	 Safer Communities Ministry 4207 Paula Lane Indian Trail, NC 28079	SaferCommunitiesMinistry.org/ info@safercommunitiesministry.org	704-576-3268	<p>Safer Communities Ministry, Inc. (SCM) is a 501(c)(3) not-for-profit corporation that provides rehabilitation programs and aftercare for inmates, ex-offenders, addicts, and their families. SCM staff and volunteers work within the Union County Jail. These individuals teach Life Skills classes, provide Chaplaincy services, conduct Bible Studies, and provide spiritual guidance and support to the inmates.</p> <p>SCM staff and volunteers also work within the local community by providing assistance and support to ex-offenders, addicts, and their families.</p>
Addiction Recovery	The Bridge to Recovery 2111 Stafford Street Extension Monroe, NC 28110	thebridgetorecovery.org help@thebridgetorecovery.org	704-909-8025	<p>The Bridge To Recovery serves a diverse population that draws from all North Carolina counties and out-of-state referrals. The five main services offered are: Family Interventions, Short term Pre-treatment sober housing, Day Treatment, Residential Treatment for Men and Women, and Supervised Sober Living.</p>
Domestic Violence, Sexual Assault, Rape, Abuse Programs, Resources and Services	 Turning Point, Inc. PO Box 952 Monroe NC 28111-0952	TurningPointNC.org	704-283-9150 Domestic Violence Crisis hotline: 704-283-7233 Sexual Assault Crisis Line Union County: 704.283.7770	<p>Turning Point (TP) exists to end domestic abuse, sexual assault, and child abuse through safe shelter, advocacy, prevention, and social change. The domestic violence services include a 24/7 crisis line, 24/7 safe shelter, advocacy, case management, court accompaniment, counseling, support groups, and programs for children and teens.</p>


Child Abuse Programs, Resources and Services	 Turning Point's Tree House Children's Advocacy and Sexual Assault Resource Center 150 Winchester Ave., Monroe, NC 28111	bit.ly/47vzyVm \	704-226-1352 Crisis hotline: 704-283-7233 domestic violence	Tree House Children's Advocacy Center provides a safe, child-friendly space for children to tell their stories of abuse and find healing. Services include forensic interviews, medical exams, advocacy, trauma assessments, court accompaniment, and counseling.
Thrift Stores	 Goodwill Monroe 4109 W Highway 74 Monroe, NC 28110 Goodwill Matthews/Indian Trail 15090 Idlewild Road, Matthews, NC 28104 Goodwill Weddington 2515 Plantation Center Drive Matthews, NC 28105	https://goodwillsp.org Online shopping: https://goodwillsp.org/shop/shop-online/	704-289-3246 980-480-1300 704-814-7477	Sales from Goodwill stores fund employment training, job placement services, financial education, youth mentoring and more to people in the community.


Thrift Stores	 Underground Marketplace 2006 Old Charlotte Hwy, Monroe, NC 28110 and 101 E. Union St., Marshville	facebook.com/undergroundmarketplace info@ground40.org	704 218-2725	Community thrift stores, run by Ground 40, benefitting the transition of men back into the community from addiction, homelessness, and incarceration.
Thrift Stores	 Good Steward Ministries Marshville Location 110 E Main St Marshville, NC 28103 Monroe Location 1213 W Roosevelt Blvd, Suite B Monroe, NC 28112	goodstewardministries.org	704-776-9877	Good Steward Ministries is funded solely through the donations of clothing, books, furniture, and accessories given by the local communities. Good Steward Ministries (GSM) is a 501(c)(3) nonprofit organization whose goal is to encourage good stewardship of people's resources, with the primary focus on material goods. By doing so, GSM is able to support organizations and ministries that assist in meeting the physical, emotional and spiritual needs of others
Thrift Store	 Pearls Monroe 1855 Dickerson Blvd (Union Square Shopping Center) Monroe, NC. 28110	HouseofPearls.org/about-3 HouseofPearlsMinistry@gmail.com	704-218-2168	The Pearls Boutique provide material needs and work experience for the residents of House of Pearls. The store is not a consignment shop but specialize in consignment-quality items. When thinking about what you can donate to the stores, consider if you would actually buy that same item in its current state.


Thrift Stores	 <p>Second Chance Boutique by Turning Point 2447 Old Charlotte Hwy, Monroe, NC 28110</p> <p>Second Chance Boutique in Waxhaw 1201N. Broome Street, Waxhaw, NC 28173</p>	<p>turningpointnc.org/second-chance-stores</p>	<p>704-283-3033</p> <p>704-288-1898</p>	<p>Second Chance Boutiques are a critical piece of Turning Point's overall strength. The stores provide a significant portion of Turning Point's revenue and provide essential items such as clothing, household goods, furniture and more to the families served.</p> <p>Donations of new and most gently used items including: kitchen items, electronics, phones, flat screen tv's, radios, books, toys, furniture, bedding and linens, home décor items, pictures, jewelry, as well as clothing and shoes for men, women, and children. See the website for details.</p>
Volunteer Opportunities	 <p>Union County Charities and Services Awareness</p>	<p>Most of the charities and services on this list welcome volunteers and donations. You may contact them directly. Also see here for more volunteer opportunities:</p> <p>philslist.org/volunteer-opportunities</p>		
Volunteerism, Community Engagement	 <p>Project Greater Opportunities Daily</p>	<p>bit.ly/3QMvuJg</p> <p>projectgod2020@gmail.com</p>	<p>704-261-4950</p>	<p>Project G.O.D. (Greater Opportunities Daily) exists to ignite passion and commitment in the Union County, NC community to become the village for helping to raise, empower and uplift the children and families for which it serves.</p>




Special Needs Children - Equine Therapy	Misty Meadows Mitey Riders 455 Providence Road South Waxhaw, NC 28173	miteyriders.org ridewithus@miteyriders.org	704-841-0602	With the help of trained volunteers, Misty Meadows Mitey Riders provides equine-assisted therapy to special needs children, ranging in age from 5-17, with varying conditions including autism, cerebral palsy and Down Syndrome, and more. Riders experience a variety of activities which challenge them cognitively, physically and socially, all while developing a long-term relationship with horses. Volunteers are always needed.
Services for People with Disabilities	 LIFESPAN 1918 E. Roosevelt Blvd. Monroe NC 28110	lifespanservices.org/	704-291-2332	LIFESPAN Creative Campus programs offer a range of services to individuals with developmental and intellectual disabilities, substance use and mental health disorders. Individuals can select to participate in a collection of programs and resources including: Art Programs, Bilingual Services, Community Employment Services, Culinary Arts Program, Health & Wellness Programs, Horticulture Program, Indoor/Outdoor Recreation Activities, Music Therapy, and a Sensory Room In addition to the Creative Campus, LIFESPAN offers Community Living Supports and Respite Services
Special Needs Children	 First in Families of Southern Piedmont	http://fifsp.com/	704-702-8797	First In Families of the Southern Piedmont is a local chapter of First In Families of North Carolina. Their mission is to empower and support people with intellectual/developmental disabilities by establishing partnerships between families and the community.
Guardianship of the Disabled	 LIFEGuardianship	ArcNC.org/guardianship	919-782-4632	LIFEGuardianship is a program of The Arc of NC designed to help advocate for and protect the health and safety of individuals to ensure that their civil and human rights are not violated. Alternatives to guardianship should be pursued before the beginning of guardianship of the person, of the estate, or both. See website for more details.

Children with Chronic Health Problems and/or Disabilities	 Signposts Ministries 115 Henderson St, Monroe, NC 28112	SignpostsMinistries.org/ info@signpostsministries.org	704-219-8981	<p>Signposts Ministries is a 501(c)3 nonprofit that works both in the greater Charlotte area, and internationally. They help families that have children with disabilities or chronic health problems by connecting them with local resources, providing educational materials, and supporting them physically, emotionally, and spiritually.</p> <p>The Equipment Loan Program is a program that matches children with needed medical equipment that is not covered by insurance (or is covered by insurance but receipt is delayed) and loans it to them for the duration of need.</p> <p>The Signposts Family Resource Center (SFRC) is used for SpM programs and events. It is also shared by other nonprofits, businesses, and support groups that share a similar vision.</p>
Advocacy and Education for people with intellectual and developmental disabilities	 The Arc of North Carolina Headquarters 343 E Six Forks Rd. Suite 320 Raleigh, NC 27609	ArcNC.org	919-782-4632	<p>The Arc of NC provides advocacy and education for people with intellectual and developmental disabilities, and assists them in locating resources, navigating systems of support and making community connections.</p>
Information on Disability Rights & Resources	Disability Rights & Resources 5801 Executive Center Drive Suite 101 Charlotte, NC 28212-8870	Disability-rights.org/	704-537-0550	<p>Disability Rights & Resources is a consumer-controlled, community-based, cross-disability, non-residential, private, non-profit Center for Independent Living. They advocate and serve as mentors for people with disabilities in a four-county service area comprising <u>Cabarrus</u>, <u>Gaston</u>, <u>Mecklenburg</u>, and <u>Union</u> Counties in North Carolina.</p>



Services for People with Disabilities	Union Diversified Industries 2815 Walkup Avenue Monroe, NC 28110	uniondiversifiedindustries.org/	704-289-1571	<p>UDI is a hybrid company that bridges the gap between two major categories of individuals: underemployed adults with developmental disabilities and manufacturing organizations that are looking to outsource repetitive processes. They have strong partnerships and are the largest employer of adults with developmental disabilities in Union County, NC.</p> <p>In addition to providing employment, they offer habilitative services to adults with developmental disabilities on their campus in Monroe, NC, in an individual's home, or in the surrounding community.</p>
Housing, Employment, and Community Services for People with Disabilities	 Union County Administrative Office and Day Supports Activity Center: 146 Winchester Avenue Monroe, NC 28110-3161	InReachNC.org/info@inreachnc.org	704-536-6661	<p>RESIDENTIAL SERVICES InReach understands that affordable, stable housing in a safe neighborhood is a priority for individuals with intellectual/developmental disabilities.</p> <p>MEDICAID-B3 SERVICES B3 is a service available to individuals with disabilities who are eligible for Medicaid services based on medical necessity, but have not yet been awarded Innovations Waiver funding.</p> <p>INNOVATIONS SERVICES This service allows for residential and community based services based on the needs of the individual.</p> <p>DAY SUPPORTS & ACTIVITY CENTER Participants are connected to community-based, daytime activities that fit their needs, abilities, and interests.</p>
Assistive Technology	North Carolina Assistive Technology Program (NCATP) 2001 Mail Service Center Raleigh, NC 27699-2000	bit.ly/3uuQFYM	800-662-7030	<p>The North Carolina Assistive Technology Program (NCATP) is a state and federally funded program that provides assistive technology services statewide to people of all ages and abilities. NCATP leads North Carolina's efforts to carry out the federal Assistive Technology Act of 2004 by providing device demonstration, short-term device loans, and reutilization of assistive technology. They promote independence for people with disabilities through access to technology.</p>


Financial protection for people with disabilities	NC ABLE	NCABLE.nc.gov/	For all general questions: (888) 627-7503, Monday - Friday, 8:00 am - 5:00 pm ET	With NC ABLE, disabled North Carolinians or their benefactors can set aside money for most living expenses without loss of eligibility for certain assistance programs, like SSI and Medicaid. You're eligible if: Your disability was present before the age of 26; AND One of the following is true: You are eligible for SSI or SSDI because of a disability You experience blindness as determined by the Social Security Act; or You have a similarly severe disability with a written diagnosis from a licensed physician that can be produced if requested.
Housing for those with Intellectual and Developmental Disabilities	 The Arc of North Carolina	https://www.arnc.org/housing	919-782-4632	The Arc of North Carolina provides assistance to people with intellectual and developmental disabilities (I/DD) and their families in locating housing that meets their needs. In an effort to provide alternatives to large institutions, The Arc of North Carolina has developed over 342 residences that are operated in partnership with local organizations. These residences include group homes, small apartment buildings, duplexes, and condominiums, together serving more than 2200 residents. Through the housing program, The Arc of North Carolina has helped countless individuals with I/DD move from housing that is more restrictive to homes where they can achieve greater independence and have more opportunities.
Employment Services for People with Disabilities		bit.ly/3G3qLhB		Supported Employment - The Arc of NC helps connect employment opportunities for adults with disabilities. This process, with the support of a trained Employment Specialist, involves matching the right person with the right job by: <ul style="list-style-type: none"> • Assessment • Planning • Job Development • Job Coaching • Long-term support



Resources and Services for People with I/DD	Inclusion Connects	ncdhhs.gov/about/department-initiatives/inclusion-connects	See the link for more details	Inclusion Connects is an NCDHHS initiative to connect people with I/DD to more choices and more access to services and supports. The initiative is a collaboration among NCDHHS divisions, including the Division of Mental Health, Developmental Disabilities, and Substance Use Services and Medicaid, to provide resources for connecting individuals with I/DD to services and supports available to live, work and play in their chosen communities.
Information and Resources for People with Disabilities	 <p>Union County Charities and Services Awareness</p>	bit.ly/3MQ8rwd		Information and Resources for People with Disabilities, including applying for disability benefits, the difference between SSDI and SSI, how to survive financially while waiting for disability approval, how to greatly increase your chances of disability approval, rules for working while disabled, and resources for students with special needs
Information and Services for People with Disabilities	<p>NC Division of Health and Human Services</p> <p>2330 Concord Ave Monroe, NC 28110</p>	<p>Vocational Rehabilitation Services</p> <p>bit.ly/3sDS0fs</p>	(704) 296-4300	<p>Provides information and services for persons with disabilities.</p> <p>The Division of Vocational Rehabilitation Services (DVRS) helps people with disabilities achieve their goals for employment and independence. If you have a disability that prevents you from achieving career success or independence in the community of your choice, DVRS can connect you to services and resources to help you meet your goals.</p>
Health Care	<p>Union County Department of Social Services</p> <p>1212 W. Roosevelt Blvd Monroe, NC 28110</p>	medicaid.ncdhhs.gov/apply	800-367-2229	<p>NC Medicaid is an innovative, whole-person centered and well-coordinated system of care. It receives bipartisan support from the state legislature because it delivers for North Carolina taxpayers and helps keep North Carolinians healthy.</p> <p>It provides affordable health coverage, access to doctors and prescriptions for more than 3 million children, older adults, people with disabilities, and working North Carolinians. The federal government covers most of the cost of Medicaid.</p>



Dental Clinic	 <p>Division of Public Health 2330 Concord Ave. Monroe, NC 28110</p>	bit.ly/3MQ3sM1	704-296-4829	<p>Union County's Dental Health team offers appointments for basic dental services including:</p> <ul style="list-style-type: none"> • cleaning and exams • sealants • fillings • extractions • dentures (partial and complete)
Patient Education and Advocacy	Patient Advocate Foundation	PatientAdvocate.org	800-532-5274	<p>Some of the Patient Education Topics Covered:</p> <p>The Language of Insurance Understanding Health Insurance Choosing a Health Plan Common Barriers – Affordability & Costs Medication Benefits & Your Formulary Interacting with Insurer Interacting with Your Physician Insurance Denials & Appeals Maintaining Employment & Job Benefits Preserving Income & Federal Benefits Laws & Protections Getting Care While Uninsured</p>
Free Health Care	 <p>Matthews Free Medical Clinic 196 S. Trade Street, Matthews, NC 28105</p>	MatthewsFMC.org/	<p>704-841-8882</p> <p>For information on patient requirements, call 704-841-8882 ext 100</p>	The Matthews Free Medical Clinic provides free, quality health care to low income, uninsured patients in Mecklenburg and Union Counties. They are a nonprofit organization funded by grants, private donations, an annual spring golf tournament and Hearts & Hands, a benefit in the fall. They are not a walk in clinic, all patients must apply to become a patient on designated screening days.
Mental Illness	 <p>Union County, NC</p>	Facebook.com/NAMIUnionCo	800-451-9682	Help for people with mental illnesses and their loved ones.


Free Health Care and Health Education	 Community Health Services of Union County 1338-C East Sunset Drive Monroe, NC 28112	chsuc.org/	704-296-0909	<p>A free medical care clinic, offering free primary medical care (a medical home), free prescription assistance, diabetes education, diabetes supplies chronic illness management, and a grocery program at no cost to the patient.</p> <p>CHSUC assists patients aged 18 and up, who reside in Union or Anson County, have no family physician and no insurance.</p>
Medical Mobility Equipment	 Faith UMC Health & Wellness Ministry 3708 Faith Church Rd Indian Trail, NC	bit.ly/3R1sFFA	704-882-6623, ext. 102	<p>Serving the community through medical mobility equipment. Give your unneeded wheelchair, crutches, walkers, canes, etc. new life by donating them to Faith's health and wellness ministry. Equipment loans are available to the entire community through Faith Church.</p>
Services for the Deaf and Hard of Hearing	NCDHHS Charlotte Regional Center 5501 Executive Ctr. Dr. Suite 200 Charlotte, NC 28212	bit.ly/47hz9WM	919-527-6930 (Voice/TTY) 1-800-851-6099 (Voice/TTY) 919-890-0859 (Videophone)	<p>The NC Division of Services for the Deaf and the Hard of Hearing provides:</p> <ul style="list-style-type: none"> Assistive Technology for the Deaf and Hard of Hearing Captionists and Relay Operators Deaf Services Deaf-Blind Services Domestic Violence Support and Resources Emergency Preparedness and Public Safety for the Deaf and the Hard of Hearing Regional Centers for the Deaf and the Hard of Hearing Sign Language Interpreters Technical Assistance for Agencies and Businesses Telecommunications Access for the Deaf and Hard of Hearing.

Traumatic and Acquired Brain Injuries	 <p>Hinds Feet Farm 14625 Black Farms Rd., Huntersville, NC 28078</p>	HindsFeetFarm.org	<p>Huntersville: 704-992-1424</p> <p>Asheville: 828-274-0570</p>	<p>Unique and innovative programs for persons living with traumatic and acquired brain injuries and their families.</p> <p>Hinds' Feet Farm is dedicated to serving persons living with brain injury. Their mission is to maximize the post injury potential of persons living with brain injury with integrated, unique and holistic programs; allowing our members to pursue meaningful activities while developing a sense of belonging at home and in the surrounding communities. They will accomplish this mission with unique, person-centered, post-rehabilitation, community-based programs</p>
Psychiatric Residential Treatment Outpatient Therapy Family Education Child Development Center Early Childhood Outreach Services	 <p>Thompson Main Headquarters 6800 Saint Peter's Lane, Matthews, NC 28105</p>	https://www.thompsoncfc.org/	704-536-0375	<p>Children and families struggling with neglect, abuse and hardship require the kind of commitment and compassion that is unique to the kind of support we provide. Thompson goes where their clients need them - at their own campuses and treatment centers, through outpatient services in homes and schools, through family education or with full psychiatric services and residential programs. Thompson provides comprehensive education, treatment and care designed to transform lives.</p> <p>Thompson is contracted with all Managed Care Organizations in North Carolina.</p>
Aging Services, Children's Services, Disability Services, Low-Income Services, Health Services, Veteran's Services, Vital Records	NC Department of Human Services Statewide Information and Referral Service	NCDHHS.gov/assistance	800-662-7030	Aging And Adult Services Children's Services Deaf-Blind Services Disaster Preparation And Recovery Guardianship Hearing Loss Low-Income Services Medicaid Transformation Medicaid Mental Health And Substance Abuse NC Assistive Technology Pregnancy Services Vendor Resources Veteran's Services Vision Loss Vital Records

Eyeglasses	New Eyes for the Needy	New-eyes.org		Applications are submitted online. It is optimal for social service agencies/health advocates to apply on a client's behalf.
Diabetes Information and Management	Diabetes Free North Carolina	DiabetesNC.com/diabetes-management		Diabetes Free North Carolina provides resources and information for people at risk for diabetes, those with prediabetes and those who work with them. Find onsite and online Diabetes Prevention Programs, or try the many healthy eating and physical activity strategies designed to help prevent you from getting type 2 diabetes
Public Utilities Complaints and disconnected service assistance	The North Carolina Utilities Commission Public Staff 430 North Salisbury Street Raleigh, NC, 27603	PublicStaff.NC.gov/	919-733-9277	Assists consumers with complaints against public utilities. Public Staff assists with resolving high utility bill complaints, and investigates disconnections of service.
Employment Searches, Resumes, Training		www.NCWorks.gov	855-629-6757	NCWorks provides assistance finding employment, training, career exploration and resume building.
Workplace Readiness	Dabi's Daughter Monroe, NC	DabisDaughter.org info@dabisdaughter.org	980-210-3317	<p>Dabi's Daughter is a 501 (c) 3 nonprofit organization developed to help high school females learn the necessary skills to get a head start in business by understanding leadership and character.</p> <p>Dabi's Daughter specializes in teaching Business Etiquette, something that every employee/employer should be applying in their job. In teaching these skills, they will ensure that each person is properly trained for the future of Business Having these skills instilled at an earlier age, when they are the most teachable, will make our youth stand out more when they begin to apply for work.</p>


Childcare for Single Low Income Parents Educational Resources for Raising Children	 Christ Our Shepherd Child Development Campus 226 W. John St. Matthews, NC 28105	http://coskidsmatthews.org/	704-845-4673	Christ Our Shepherd, following Christ's example of love and compassion, strives to: ° Provide quality, Christian-based children's programs and education for all children, regardless of family structure; ° Empower, minister to and advocate for the unique needs of single parents; and ° Provide educational resources to the community through the COS Library.
Food, toiletries, short-term lodging, utilities, rent	 Union County Crisis Assistance Ministry 1335 W. Roosevelt Blvd. Monroe, NC 28110	UnionCrisis.org uccam@carolina.rr.com	704-225-0440	Through the support of United Way, churches, private foundations and our community partners, Union County Crisis Assistance Ministry provides emergency assistance to help pay: <ul style="list-style-type: none"> • Mortgage • Rent • Utilities • Food and Personal Care Items Today, UCCAM is supported by more than 30 churches, over 100 volunteers, and a diverse group of community and corporate partners.
Housing and Financial Management	Monroe-Union County Community Development Corporation 349 Franklin St. Monroe, NC 28111	MUCCDC.com/	704-283-8804	The Monroe-Union County Community Development Corporation (MUCCDC) is a non-profit agency. It was founded in 1989 to help all Union County residents gain access to affordable housing, decent jobs, and to develop a sense of security. MUCCDC offers opportunities for low-income families to fulfill their dreams of home ownership and economic self-sufficiency.
Assistance with Buying and Keeping a Home	NC Housing Finance Agency 3508 Bush Street Raleigh, NC 27609	www.NCHFA.com	919-877-5700	The North Carolina Housing Finance Agency is a self-supporting public agency that provides safe, affordable housing opportunities to enhance the quality of life of North Carolinians. The Agency provides financing through the sale of tax-exempt bonds and management of federal tax credit programs, the federal HOME Program, the state and national Housing Trust Funds, and other programs.




Housing for Disabled and Aging Veterans	755 Washington Ave Statesville, NC 28677	PurpleHeartHomesUSA.org/ info@phhusa.org	704-838-4044	Purple Heart Homes is dedicated to providing housing for Service Connected Disabled and Aging Veterans that is substantial in function, design, and quality fit to welcome home the fighting men and women of America.
Veterans Services	Union County Veterans Services 407 N Main Street Monroe, NC 28112	bit.ly/46lgjwB	704-283-3807	Provides Union County veterans access to federal, state and county benefits based on their service in the United States Armed Forces and auxiliary services. For the most efficient process, contact them first and they will help you connect easily with the VA resources you need.
Children & Family Services	 Union County Community Action, Inc. (UCCA) 1401-H W. Roosevelt Blvd. Monroe, NC 28110	UCCAInc.org	704-283-7583	Union County Community Action, Inc. (UCCA) provides comprehensive services to promote self-sufficiency for children, youth, adults, and families across Union, Anson, & Richmond counties.
Food for School Children	National School Breakfast and Lunch Program for North Carolina	Online Application: lunchapplication.com		The School Breakfast Program provides funding that makes it possible for schools to offer a nutritious breakfast to students each day. Similarly, the goal of the National School Lunch Program (NSLP) is to protect the health and well-being of the nation's children by providing nutritious school meals every day.
Child Care Resources	 Child Care Resources, Inc. 200B Regency Executive Park Drive Suite 240 Charlotte, NC 28217	www.childcareresourcesinc.org	704-376-6697	Provides referrals and information on childcare in Mecklenburg, Cabarrus, Union, Rowan, and Stanly counties


Supplemental Nutrition Program for Women, Infants, and Children (WIC)	WIC Service 2330 Concord Avenue Monroe, NC 28110	bit.ly/3R46Y7Z	704-296-4893	The Union County Women, Infants, and Children (WIC) program offers nutritional and breastfeeding services free of charge for the community. WIC provides services to eligible pregnant, breastfeeding and postpartum women, as well as infants and children.
Children & Family Services	NC START NC Department of Health and Human Services 2001 Mail Service Center Raleigh, NC 27699	bit.ly/49B7CBf	888-974-2937	<p>North Carolina Systemic, Therapeutic, Assessment, Resources and Treatment (NC START) is a statewide community crisis prevention and intervention program for individuals age six and above with intellectual/developmental disability and co-occurring complex behavioral and/or mental health needs. START crisis prevention and intervention services are provided through clinical systemic consultation, training, education, therapeutic respite, crisis response and therapeutic coaching.</p> <p>The model works to improve the lives of the individuals served and their families by providing services and supports using a person-centered, positive, multidisciplinary, cost-effective, systemic, and evidence-informed approach.</p>
Early Childhood Development	 <p>Alliance for Children Pre-Kindergarten Office</p> <p>Street Address: 2661 W. Roosevelt Blvd., Suite A Monroe, NC 28110</p>	TheAllianceforChildren.org	704-226-1407	<p>Equipping young children for success by advocating and investing in efforts that strengthen their health, education and emotional development. Contributing to Union County's sustained economic vitality in a globally competitive world.</p> <p>Alliance for Children is dedicated to ensuring that every child in Union County has the opportunity for a bright and successful future by attending to the entire spectrum of early childhood needs, including physical, emotional, and educational development.</p> <p>Additional Resources: bit.ly/3R52RII</p>




Social Services for Children	Union County Department of Social Services 2330 Concord Avenue Monroe, NC 28110	bit.ly/47isonj	704-296-4300	Union County's Child Welfare Section is committed to achieving safety, permanence, and well-being for children at risk for abuse, neglect, and dependency. Based upon received and accepted reports, staff work one-on-one with families to assess, coordinate, and provide services that address the safety, risk, family strengths and needs, and well-being of children.
Children with Special Health Care Needs		https://bit.ly/46jhxs7	800-737-3028 or email CYSHCN.Helpline@dhhs.nc.gov.	<p>The Department of Health and Human Services offers a toll-free helpline for parents of and professionals who work with Children and Youth with Special Health Care Needs (CYSHCN).</p> <p>These children have or are at risk for chronic physical, developmental, behavioral or emotional conditions, and require health and other specialized services.</p> <p>The helpline provides information about potential benefits, services and resources these children may be eligible for.</p>
After School Care	Old Armory Community Center 500 South Johnson Street Monroe, NC 28110	https://www.monroenc.org/facilities/facility/details/oldarmorycommunitycenter-4	704-282-5765	The after-school program offered at Old Armory Community Center is provided through a partnership with the YWCA.





After School Care	<p>J. Ray Shute Community Center 506 East Green Street Monroe, NC 28110</p> <p>Sutton Park Community Center 2303 Brooks Street Monroe, NC 28111</p> <p>Winchester Community Center 1001 Winchester Avenue Monroe, NC 28111</p> <p>Dickerson Community Center 899 North Johnson Street Monroe, NC 28110</p>	<p>https://www.monroenc.org/facilities/facility/details/jrayshutecommunitycenter-3</p> <p>https://www.monroenc.org/facilities/facility/details/suttonparkcommunitycenter-5</p> <p>https://www.monroenc.org/facilities/facility/details/winchestercommunitycenter-1</p> <p>https://www.monroenc.org/facilities/facility/details/dickersoncommunitycenter-2</p>		<p>The Beyond the Bell After-School Enrichment Program provides enrichment programs to children after school. Kids will be exposed to cultural activities through community partnerships in a fun and safe environment. Activities include theatre groups, arts and crafts, gym activities, mentorships, food service, and much more.</p>
Child Support Services	<p>Child Support Services 1501 Charlotte Ave. Monroe, NC 28111</p>	bit.ly/3SNvr2r	800-992-9457	<p>Child Support Services (CSS) are available to anyone who needs help collecting child support through a network of state and locally run offices.</p> <ul style="list-style-type: none"> • Individuals who receive services through Public Assistance (IV-A) or Foster Care (IV-E) programs are automatically referred for CSS free of charge. • Custodial parents in Non-Public Assistance cases can inquire about CSS by telephone and receive an application and Supplemental Data Sheet to complete or they can visit any local CSS office. • Custodial parents are responsible for paying up to a \$25 non-refundable application fee. <p>The CSS program is not authorized to help with custody, visitation or property settlements.</p>

Assistance with Heating Bills	Union County Department of Social Services 1212 W. Roosevelt Blvd Monroe , NC 28112	bit.ly/47iHQjD		LIEAP – Helps to cover the cost of heating and cooling in the home during a family crisis.
Support for Pregnant Girls and Women, Young Families in Need	 <p>HELP Pregnancy Center 480 Help Street Monroe, North Carolina 28110</p> <p>Help Pregnancy Indian Trail 319 A Unionville-Indian Trail Road Indian Trail , NC 28079</p> <p>Marvin Pregnancy Center 10004 New Town Road, Waxhaw, NC 28173</p>	MonroeHelp.com Email: info@monroehelp.com	704-289-5133 704-839-0071 704-627-4015	Free & Confidential Services (Call for appointment) Limited OB ultrasounds Pregnancy Test Maternity Clothes Baby/Children's Clothes Baby Supplies Information on Parenting, Adoption, and Abortion Abortion Recovery Help and Support Adoption Counseling Peer Counseling Support Services & Education, Including Pregnancy and Parenting Classes
Support for Pregnant Girls and Women in Crisis	Angel House Maternity Home 2000 Newland Rd Charlotte, NC 28216 704-392-6270	AngelHouseMaternityHome.org/	704-392-6270	Angel House Maternity Home, located in Charlotte, NC, is dedicated to helping displaced pregnant adolescent and adult women in crisis realize their dreams by providing safe housing, education, comprehensive health care, personal growth and counseling.



Newborn Safe Surrender	<p>Your best options for a Safe Surrender contact include:</p> <p>health care provider law enforcement officer social services worker emergency medical personnel</p>	ncdhhs.gov/safesurrender	704-296-4300	North Carolina's Safe Surrender Law allows a parent to surrender a newborn up to seven days old to a responsible adult without the parent providing his or her name. Safe Surrender is legal and aims to prevent newborns from being hurt or abandoned.. The baby will be adopted into a healthy, safe and loving home.
Adoption Services	 <p>Christian Adoption Services 7884 Idlewild Road, Indian Trail, NC 28079, United States</p>	www.christianadopt.org cas@christianadopt.org	800-453-1011	<p>Christian Adoption Services is a private, non-profit agency whose primary purpose is to provide domestic and international children the opportunity of having a loving, Christ-centered family.</p> <p>CAS provides services to birth parents throughout North Carolina and places children with adoptive families throughout North Carolina and the United States.</p>
Special Needs Adoption Service	 <p>CHASK (Christian Homes and Special Kids) P.O. Box 310 Moyie Springs, Idaho 83845</p>	www.chask.org	208-267-1491	<p>Help for parents with a special needs child or expecting a special needs child.</p> <p>Loving families are waiting to adopt special babies if birth moms and dads are not able to parent.</p> <p>CHASK also provides family-to-family support, helping families raise their child with special needs.</p>
Human Trafficking		humantraffickinghotline.org	888-373-7888 TTY: 711 Text: 233733	The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.



Help for Abusive Men		www.impactdv.org	980-721-7268	IMPACT is a North Carolina-certified abuse intervention program for men age 16+ who acknowledge or have been found to have abused, coerced or controlled their partners or former partners (domestic violence, or DV).
Victim Assistance	 P.O. Box 32173 Raleigh, NC 27622	NC-van.org	919-831-2857	Provides information, support, advocacy and referrals for family members of homicide victims, and for victims of other crimes Develops and hosts homicide support groups in communities across NC Provides financial assistance for the family members of homicide victims to attend court proceedings Educates communities about victims' resources, victims' rights, and crime trends Hosts training for victim service providers
Services for the Blind	NCDHHS Department of Social Services 5501 Executive Center Drive, Suite 102 Charlotte, NC 28212	bit.ly/46rzTHj	919-527-6700	The North Carolina Division of Services for the Blind offers these resources: <ul style="list-style-type: none"> • Assistive Technology • College/University Training • On-the-Job Training • Diagnostic Eye Exams and Medical Exams • Evaluation Unit • Job Development/Placement • On-the-Job Training • Physical Restoration (limited services available) • DSB Career and Training Center (formerly the Rehabilitation Center for the Blind) • Supported Employment • Transition Services • Vocational Training
Gynecologic Cancer Awareness and Support	 Serenity, Courage & Wisdom	Scawinc.org inform.me@scawinc.org	704-493-0185	Serenity Courage and Wisdom, Inc. is a nonprofit based in North Carolina. Started by a cervical cancer survivor, SC+W provides information, advocacy, and awareness about HPV and cervical cancer.


Breast Cancer Support	 <p>Cindy's Hope Chest PO Box 1215, Indian Trail, NC 28079</p>	Cindyshopechest.org/services	704-277-1489	<p>Cindy's Hope Chest's mission is to support women battling breast cancer emotionally and financially.</p> <p>Although Cindy's Hope Chest provides a personalized service, the most commonly provided services are listed below but not limited to:</p> <ul style="list-style-type: none"> House cleaning Hair Stylist Grocery/pharmacy errands Gift baskets Local meals delivered Friendship, encouragement, and visits during treatment
Breast Cancer Support	 <p>Core Compassion Project 4705 Indian Trail Fairview Rd. Indian Trail, NC 28079</p>	Corecompassionproject.org	800-413-1092	<p>Core Compassion Project® supports recipients by providing Pilates Scholarships, specialized fitness bras, and lymphedema sleeves, for breast cancer patients and survivors.</p>
Legal Help	 <p>Charlotte Center for Legal Advocacy 5535 Albemarle Rd Charlotte, North Carolina 28212</p>	http://www.charlottelegaladvocacy.org/	704-376-1600 English 800-247-1931 Espanol	<p>The mission of Charlotte Center for Legal Advocacy (formerly Legal Services of Southern Piedmont) is to pursue justice for those in need. CCLA serves low-income people with emphasis on the needs of target populations including children, seniors, immigrants, veterans and people living with disabilities.</p> <p>Services Include:</p> <ul style="list-style-type: none"> - Health Care & Public Benefits - Low-Income Taxpayer Clinic - Immigrant Justice - Veteran Legal Services - Consumer Disputes & Home Preservation - Legal Services for the Elderly



NC Legal Aid	 Legal Aid of North Carolina	http://www.legalaidnc.org/get-help	866-219-5262	Provides free legal help to low-income North Carolinians in civil cases involving basic human needs like safety, shelter, income and more. They do not handle criminal cases.
Help Understanding NC Legal Issues	 Law Help NC	https://www.lawhelpnc.org		Website lists information on these legal issues: Family and Juvenile Housing Money & Taxes Government Benefits Veterans and Military Work and Jobs Criminal Law Health and Disability Disaster Assistance Economic Development Education and Schools Farmworkers Immigration Individual Rights Wills and Life Planning The Legal System
NC Legal Aid for Seniors	 Senior Law Project	bit.ly/3ukShof	Senior Legal Helpline Toll-free: 877-579-7562 Mon - Fri: 9-3 p.m.	The Senior Law Project helps people 60 years of age or older with wills, powers of attorney, public benefits, abuse and neglect, unemployment compensation, housing (foreclosure, eviction, subsidized housing, repairs, utilities, etc.), consumer issues and wrongful repossession.
Social Security Disability Benefits		SSA.gov/benefits/ssi/		The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits.



Replacement Social Security Card		https://www.ssa.gov/number-card		A Social Security number is important because you need it to get a job, collect Social Security benefits and get some other government services. You should keep your Social Security card in a safe place with your other important papers and avoid giving it out unnecessarily.
Affordable Home Ownership/Urgent Home Repairs	 3702 Old Charlotte Highway Monroe, NC 28111	bit.ly/49FXIOC bit.ly/3SLLeGVK	Office: (704)296-9414	Union-Anson County Habitat for Humanity is a Christian, non-profit organization that builds homes for lower-income families in Union, Anson and Chesterfield Counties. Union-Anson County Habitat is sometimes able to assist with urgent repairs to homes
Affordable Furniture, Home Accessories and Building Materials	 Union County Habitat for Humanity Re-Store 1642 W. Roosevelt Blvd. Monroe, NC 28110	unionhabitat.org/restore/our-purpose.html	(704) 289-6067	Habitat for Humanity ReStores are nonprofit home improvement stores and donation centers that sell new and gently used furniture, home accessories, building materials, and appliances to the public at a fraction of the retail price. Habitat for Humanity ReStores are proudly owned and operated by local Habitat for Humanity affiliates, and proceeds are used to build homes, community, and hope locally and around the world.
Unemployment Services	 Division of Employment Security North Carolina Department of Commerce NC Division of Employment Security	bit.ly/3SNS5I5	888-737-0259	The fastest and most efficient way to file a new unemployment claim is to file online bit.ly/3SNS5I5
Resources for Potential and Actual Home Business and Small Business Owners	 Union County Charities and Services Awareness	bit.ly/3G4gOQU		Links to: Guide To Starting A Business In Downtown Monroe Free Online Business Classes Carolina Small Business Development Fund North Carolina Lawyers For Entrepreneurs Assistance Program (NC Leap) Carolina Minority Supplier Development Council Self-help Credit Union Small Business Center Network




Housing (transitional)	YMCA Central Carolinas, Inc 3420 Park Road Charlotte, NC 28209	ywcacentralcarolinas.org/ywca-housing-programs/	704-525-5770	<p>Through transitional housing programs; hundreds of students in our after-school literacy programs; and hundreds of fitness members walk through the YWCA doors every month.</p> <p>They are a safe place for women and their families facing instability, an empowering place for children to reach literacy goals. They motivate women and men of all fitness levels to reach their personal goals and to feel stronger in the process.</p>
Affordable Housing	North Carolina Housing Finance Agency Foreclosure Prevention	NCHFA.com To apply for this program contact the Office of Economic Opportunity at 919-715-5850	919-877-5700	<p>The North Carolina Housing Finance Agency Agency:</p> <ul style="list-style-type: none"> -offers low-cost mortgages and down payment assistance for qualified home buyers -finances affordable homes and apartments developed by local governments, nonprofit organizations and private owners -finances the development of housing for people with special needs -finances the repair and rehabilitation of substandard owner-occupied homes -provides foreclosure prevention assistance and access to housing counseling services -administers rental assistance contracts (including Section 8, the Transitions to Community Living Voucher and Key Rental Assistance)
Prescription Medication Assistance	 Needy Meds	needymeds.org/	HELPLINE (800) 503-6897	NeedyMeds is a national non-profit organization that maintains a website of free information on programs that help people who can't afford medications and healthcare costs. All our information is accessible online, at no charge and without registration.
Low Cost Prescription Medication		costplusdrugs.com/		<p>Supplies some prescription medications at costs far lower than the pricing available in the marketplace.</p> <p>Every product is priced exactly the same way - cost to the company plus 15%, plus the pharmacy fee, if any.</p>


Prescription Medication Assistance	 HealthQuest 415 East Franklin Street, Monroe, NC 28112	healthquestpharmacy.org	704-226-2050 Fax: 704-226-0712	HealthQuest is a licensed non-profit pharmacy that provides free medication to residents of Union, Anson, Stanly, Mecklenburg, Lancaster and Chesterfield Counties to treat their chronic medical conditions. HealthQuest assists people without prescription insurance or other reimbursement and who are without funds to buy maintenance medications. HealthQuest provides medications for conditions such as high blood pressure, depression, high cholesterol, diabetes and many others.
Prescription Medication Assistance	Rx Assist	rxassist.org		Comprehensive directory of Patient Assistance Programs. Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need. All in one place.
Prescription Medication Assistance	Main Office and Pharmacy Location: 4428 Taggart Creek Road, Suite 101 Charlotte, NC 28208	https://medassist.org	704-536-1790	The Free Pharmacy program provides free prescription medication to North Carolina residents who are low-income, uninsured with no access to Medicaid, Medicare, VA insurance or private insurance. (Medicaid patients with family planning only and Medicare patients in the Part D coverage gap are still eligible.) and fall at or below 300% of the Federal Poverty Level.
Free or Low Cost Internet and/or phone service	Lifeline	bit.ly/46nVFMm		See the website for qualifications
Mental Health Substance Abuse Outpatient Treatment	 Daymark® Recovery Services 701 East Roosevelt Boulevard Suite 600	DaymarkRecovery.org/	704-296-6200	Daymark Recovery Services is a non-profit organization established to provide comprehensive behavioral healthcare services as defined by those in the community in need of mental health or substance abuse treatment options. All staff are highly qualified individuals with a plethora of knowledge to suit individual care as needed. Each facility has a core set of service options available, however; some centers offer various group meetings or community outreach programs according to the service area.

	Monroe, NC 28112			
Weatherization Assistance	North Carolina Weatherization Assistance Program	usa.gov/weatherization-energy-programs	To apply for this program contact the BRCA - bit.ly/46sfVMB	The Weatherization Assistance Program is designed to help eligible low-income citizens save energy and reduce expenses through the installation of energy conservation materials and the implementation of energy efficiency measures in their homes. The goal of the program is to create a safe, energy efficient and comfortable home environment for the families served.
Aid for the Underinsured	 HEALTHWELL FOUNDATION® <small>When health insurance is not enough.®</small>	HealthWellfoundation.org/	800-675-8416	The HealthWell Foundation is a leading non-profit dedicated to improving access to health care for America's underinsured. When health insurance is not enough, we fill the gap by assisting with copays, premiums, deductibles and out-of-pocket expenses.
Activities for Senior Citizens	Phil Bazemore Active Adult Center 500 W Jefferson St. Monroe, NC 28112	www.monroenc.org/428/Active-Adult-Center	704-282-5776	Serves Union County residents ages 55 & up. Hours: Monday – Thursday, 8:00am – 5:00pm and Friday, 8:00am – 12:00 noon The majority of classes and activities are free of charge. Some of these include classes in ceramics and woodworking, card games, fitness classes, a fitness room, and health programs.
Meals for Senior Citizens	Union County Senior Nutrition 2330 Concord Ave Monroe, NC 28110	bit.ly/47mpl8g	704-283-3893	Nutrition services are provided free to Union County senior citizens through two programs. (Donations are encouraged.) The Home Delivered Meals Program provides nutritious meals Monday through Friday for homebound senior citizens who meet the criteria for the program. See the website for more information. The group dining lunch program is available at four county locations for any senior citizen 60 years or older. Lunchtime meals are provided Monday through Friday. Transportation may be provided through Union County Transportation to any of the four dining locations. See bit.ly/47PfiHj for more information.

Palliative and End of Life Care: In Home In Nursing Home & Other facilities	Hospice of Union County 700 West Roosevelt Boulevard Monroe, NC 28110	bit.ly/47kZa7A	980-993-7300	Hospice is a special way of caring for people who are living with a life-limiting illness as well as their families and caregivers. The goal is to help people live their last days as comfortably as possible, surrounded by family and friends.
Services for Seniors age 60+ Options Counseling Medicare Counseling Durable Medical Equipment and Incontinence Supplies – No Cost Home Safety Repairs & Yard Work In-Home Services Family Caregiver Support Classes & Programs	 Council on Aging in Union County 1401 Skyway Dr Monroe, NC 28111	www.coaunion.org Email: coa@coaunion.org	704-292-1797	Council on Aging in Union County is an independent, non-profit agency supporting people 60 and over in their efforts to remain healthy, active, and in control of their own lives. The agency connects clients with the services they need to live independently for as long as possible. Services: -Senior Voice Quarterly Newsletter -Information & Referral to Aging Services -Senior Health Insurance Information Program (SHIIP) Medicare Counseling -Medical Equipment & Supplies -No/Low Cost Home Safety Repairs -Volunteer-led Yard Work for County seniors -In-Home Services, including Household Chore Assistance, Personal Care Assistance, and Errand assistance. -Family Caregiver Referrals, including Support Groups and Caregiver Respite Opportunities for individuals caring for their aging loved ones and grandparents raising their grandchildren. -Next Door Group Respite Program -And they're happy to speak to civic, faith or service groups, regarding aging and the tasks of family caregiving.
Adult Day Care Meals, medication administration, recreational activities and structured programming and fellowship	 New Testament Adult Day Center 2603 Goldmine Rd Monroe, NC 28110	NTBCMonroe.org/adult-day-center	704-283-5606	New Testament Adult Day Center provides families with day-time care for their adult family members. Services include: •Recreational activities •Reality therapy •Spiritual and emotional support •Nutritious breakfast, lunch and snacks •Medication Supervision & Other Health Services •Field trips

Protection of: Citizens Property & Law Enforcement IN THE EVENT OF AN EMERGENCY CALL 911	 <p>UNION COUNTY SHERIFF'S OFFICE</p> <p>Union County Sheriff's Office Main Office 3344 Presson Road Monroe, NC 28112</p>	UnionCountySheriffsOffice.com	704-283-3789 Indian Trail Office 109 Navajo Trail Indian Trail, NC 704-283-3791	The UCSO is a full-service law enforcement agency, meaning that we provide the full range of law enforcement services for our citizens, including: Patrol, Jail, Civil Process, Criminal Investigation and Animal Services.
Adult Day Care	 <p>Blessed Assurance Adult Day Care 13001 Idlewild Road, Matthews, NC 28105</p>	Blessedadultcare.org/	704-576-1359	Blessed Assurance provides programs and services to disabled veterans, seniors, and special needs adults on weekdays from 6am to 6pm. Services include: •Recreational activities •Personal hygiene, including showers •Intergenerational programs •Nutritional noon meals and snacks •Medication Supervision & Other Health Services
Transportation	<p>Union County Transportation 1407 Airport Rd. Monroe, NC 28110</p>	bit.ly/47PfiHj	704-292-2511	Union County Transportation's goal is to improve and enhance the quality of life for residents by enabling them to access medical care, educational opportunities, jobs, and other resources where they can conduct activities of daily living and enjoy recreational opportunities. Transportation services are available to residents of Union County through limited NCDOT funded grant programs or through sponsorship of a local human service agency. Cost depends on time of registration and type of trip scheduled.
Cat Rescue and Fostering Spay/Neuter Assistance	<p>Paws4Life mailing address : P.O. Box 3015, Indian Trail, NC 28079</p>	Paws4LifeInc.com paws4.life@yahoo.com	paws4.life@ya hoo.com	Paws4Life, Inc. is a 501(c)(3) non-profit organization formed primarily to better the lives of stray, feral & abandoned homeless cats in Union County, NC. Their hope is that through their endeavors they will begin to see a reduction in the number of stray, feral, and abandoned homeless cat population, which should in turn reduce the needless high kill rate of completely healthy & adoptable cats in the county's animal control facility.

Pet Adoption Pet Fostering Lost & Found Pets	 Humane Society of Union County, Inc (HSUC) 4015 Waxhaw Hwy., Monroe NC 28112	HSUC.org/	704-283-9126	The purpose of this society is the prevention of cruelty to animals, the relief of suffering among animals, and the extension of humane education. One of their primary goals is to rescue dogs and cats from Union County Animal Services. The Humane Society does not operate out of a shelter facility. All of the animals available for adoption are cared for in foster homes.
Low-Cost Spay/Neuter Clinic	 Monroe Low Cost Spay/Neuter Clinic 1404 E. Franklin St. Monroe, NC 28112	bit.ly/3uhfFTk	704-292-7729	Companion animals are abandoned and euthanized every day due to pet over-population. The clinic mission is to reduce those alarming statistics. The Monroe Low Cost Spay Neuter Clinic is a program of the Humane Society of Union County (HSUC). HSUC is a 501(c)3 non-profit organization possible due to donations from the community.
Tree Planting Projects and Information		Treesunion.org/	Email: info@TreesUnion.org	TreesUnion is a group of concerned citizens in Union County, NC. Their mission is to preserve, grow and diversify Union County's public and private tree canopy. They do this through tree planting events and educational events throughout the county.
Foster and Adoptive Parents	Union County Child and Family Services	bit.ly/3R9WC6l	704-296-4300	Union County Division of Social Services (DSS) helps prospective families navigate the initial stages of foster care and adoption and connect children in need of adoptive and foster homes with families.
Young Adults Aging Out of Foster Homes	Key Step 6720 Old Monroe Rd Suite B 65 Indian Trail, NC 28079	keystepnc.org	980-269-9666 Email: info@keystepnc.org	Keystep's mission is to provide support, resources, and opportunities for young adults who have aged out of the foster care system. Their goal is to empower their participants to achieve independence, stability, and success in their personal and professional lives.

Alternative to Finishing High School	National Guard Youth Challenge Program (NGYCP)	NGChallenge.org		The National Guard Youth Challenge Program, is an alternative program which offers youth 16-18 who have dropped out of school or are not progressing, the opportunity to change their future. Participants look for a way to succeed outside of a traditional school setting learn self discipline, leadership, and responsibility while working to obtain their high school diploma or equivalency.
Residential and Treatment Facility	Miracle Houses of North Carolina (Headquarters) 7508 E Independence Blvd, Charlotte, NC 28227	Miraclehouses.org/	704-535-4447	The residential program in Charlotte specializes in offering a nurturing and secure environment for children and adolescents who are at risk of being removed from their homes, or require a higher level of care. The experienced team is dedicated to creating personalized care plans that address emotional, psychological, and developmental needs, fostering growth and stability for every individual under their care.
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Academic Enrichment	E.X.C.E.L. Enrichment Program 115 Henderson Street, Monroe, NC 28112	EXCELenrichmentprogram.com	404-242-7765 Email: excelprogram1 8@gmail.com	The E.X.C.E.L. Enrichment Program is a nonprofit organization 501c3. They provide an afterschool program for children ages 5-10, grades K-4th. Assistance with Homework Reading Math Writing Cultural enrichment activities

For updates to this list or if you wish to be removed from this mailing list, please contact Lisa Cooper at CharityAwareness@CommonHeart.org. Please forward any needs or promotional events to my attention for publication to all charities and services through Facebook and mailings.

Please let me know of any new or not yet published Union County charities or services that we might add to this list. (These can be charities that operate across county lines). The more awareness we develop of each charity and their outreach program, the more efficiently we can help clients in need and each other to meet those needs.