

## FOOD PANTRY AND MEAL SERVICES

- ❖ **Bethany Presbyterian Church**  
910-762-7824. 2237 Castle Hayne Road  
W: 11:30-2pm – food pantry.
- ❖ **Cape Fear Christian Church (Love in Action)**  
910-399-7131. 811 N. College Road  
2<sup>nd</sup> and 4<sup>th</sup> TH: 10am-12pm – food pantry. *Need I.D. to receive food.*
- ❖ **Catholic Charities**  
910-251-8130. 20 N. 4<sup>th</sup> Street Suite 300 (Harrelson Center)  
F: 9am-11:30am – food pantry. Diapers and baby clothing bank open T-F. Referral and financial services available including Hispanic/Latino services *available by appointment.*
- ❖ **Church Without Walls of Wilmington (Vigilant Hope)**  
910-317-0239. 1401 Greenfield Street  
SU: 1pm church service and lunch.
- ❖ **Early Bread: Church of St. Peter the Fisherman**  
910-793-6640. 314 S. Carolina Avenue  
SU: 7-8am hot breakfast.
- ❖ **Epworth United Methodist Church**  
910-343-0991. 408 Willard Street  
W: 11:30am lunch.
- ❖ **First Baptist Church**  
910-763-2471. 411 Market Street  
T: 7:30 pm dinner.
- ❖ **First Baptist Church of Carolina Beach**  
NO CALLS PLEASE. 409 N. Lake Park Blvd.  
T, TH: 6-7pm. Martha's Kitchen – hot meal.
- ❖ **First Fruit Ministries**  
910-794-9656. 2750 Vance Street  
T: 11am-1pm, W: 10am-2pm, SA 11am-1pm – food pantry. W, SU: 6pm dinner at St. Paul's Church parking lot at 6th/Market.
- ❖ **First in Families (The Arc of North Carolina)**  
910-350-2737. 5041 New Centre Drive, Suite 100  
T, TH: 9am-3pm – food pantry *only* for families of those with I/DD disabilities. (Opening 2<sup>nd</sup> week of February, 2019).
- ❖ **Gateway Church**  
910-793-2556. 4815 Wrightsville Avenue  
Offers meals and other aid to residents of New Hanover County
- ❖ **Global River Church (House of Mercy Ministries)**  
910-392-2899 Ext. 103. 4702 South College Road  
TH: 12-2pm food pantry. *Call first.*
- ❖ **Good Shepherd Soup Kitchen**  
910-763-4424. 811 Martin Street  
M-F: 7am-8am breakfast, 11am-noon lunch. Food giveaway during lunch.
- ❖ **Grace United Methodist Church – Welcome Table**  
4<sup>th</sup> and Walnut Streets. Enter in rear. Lunch every other Th.
- ❖ **Harbor United Methodist Church**  
910-452-7202 x516. 4853 Masonboro Loop Road  
3<sup>rd</sup> S: 8:30am-10:30am – food pantry. *MUST be verified by church prior to receiving food and must have valid ID.*

## FOOD PANTRY AND MEAL SERVICES (cont'd)

- ❖ **Jesus Ministries (JMCO)**  
910-791-7002. 6763 Market Street #D  
Food bank/furniture assistance. *Call for hours. I.D. required.*
- ❖ **Lake Forest Baptist Church (Vigilant Hope)**  
910-317-0239. 1626 Lake Branch Drive  
M: 8:30 breakfast, 10-11:30am shower trailer; TU: 10-2pm clothing closet and shower trailer; SA:8-12pm Shower trailer, 9:00 breakfast
- ❖ **The Lord's Church (Vigilant Hope)**  
910-317-0239. 1502 E. Lake Shore Drive  
TH: 6:15pm dinner/ shower trailer at corner of 5th & Greenfield Sts.
- ❖ **Mother Hubbard's Cupboard**  
910-762-2199. 315 Red Cross Street  
M, T, W, F, SA: 1-3pm – food pantry.
- ❖ **Open Hands Food Bank (Operation Legacy/Vigilant Hope)**  
910-762-5797. 1502 Lake Shore Dr., corner of 5<sup>th</sup> & Greenfield  
W, F: 9:30-11:30am. (SUMMER HOURS ARE 8:00-10:00am)  
Fresh produce, bread, baked goods and TEFAP products while supplies last. Meat distributed once per month on F.
- ❖ **Philippians 3 Ministries**  
910-617-4595. 20 N. 4<sup>th</sup> Street, Suite 100 (Harrelson Center)  
T, TH 10am–3pm. Resource center for the homeless, those living in shelters, and re-entry citizens from prison and drug rehabilitation (focused on job interviews). *Call ahead for appt, all services appt only. Limited food pantry.*
- ❖ **Pine Valley Church of God**  
910-791-8253. 3810 Shipyard Blvd.  
1<sup>st</sup> S: Bring bagged breakfasts to various shelters.
- ❖ **The Rock of Wilmington**  
910-602-5300. 3233 Burnt Mill Drive #1  
TH: 12pm food bank. Arrive early. Around back of building
- ❖ **The Salvation Army of Wilmington**  
910-762-2070. 223 S. 3<sup>rd</sup> Street  
Food pantry M-F 9:00-3:00. Soup line (hot meal) daily at 6:00pm.
- ❖ **St. Jude's Metropolitan Community Church**  
910-762-5833. 19 N. 26<sup>th</sup> Street  
T: 9am-12pm – food pantry. *Other times available by appt.*
- ❖ **St. Luke's**  
Corner of Church & 7<sup>th</sup> Sts –  
W: noon Lunch
- ❖ **St. Stanislaus Roman Catholic Church (Helping Hands)**  
910-675-2336. 4849 Castle Hayne Road, Castle Hayne  
Every other TH: 9am-11am – food pantry.
- ❖ **Straightway Ministries Church of the Living God**  
910-836-2185. 3705 US HWY 421 N.  
TH: 3pm-6:30pm – food pantry. Call in advance.
- ❖ **The Sister Isaac Center**  
910-762-5491 x135. 412 Ann Street  
Food pantry M-TH: 8:30-11:30. (Closed during August.)
- ❖ **Upper Room Praise and Worship Center**  
406 Central Blvd.  
Food pantry TH: 7-8pm.
- ❖ **Wrightsville United Methodist Church**  
910-762-2583. 3300 N. Kerr Avenue  
W: 9-11am, TH: 5-6pm – food pantry.

## HOUSING AND SHELTER SERVICES

- ❖ **The Arc of NC (Wilmington)**  
910-791-9022. 5041 New Centre Drive # 100  
M-F: 8:30am-5pm. Assists people with intellectual and developmental disabilities. Permanent supportive housing also available to chronically homeless men and women.
- ❖ **A Safe Place**  
855-723-7529 (Anonymous line). PO Box 1271, Wrightsville Bch  
24-hour crisis hotline, direct support services and transitional housing for victims of sex trafficking.
- ❖ **Domestic Violence Shelter & Services, Inc.**  
910-343-0703. 2901 Market Street (NOT shelter address)  
Support, advocacy, emergency shelter, 24-hr crisis intervention, support and empowerment groups.
- ❖ **Endeavors**  
910-378-4913. 2970 Henderson Drive, Jacksonville, NC  
Disaster management providing support for family's victim to Hurricane Florence.
- ❖ **Family Promise of the Lower Cape Fear**  
910-769-4730. 20 N. 4<sup>th</sup> Street, Suite 440.  
Emergency shelter for families with at least one child under the age of 17; transitional housing for victims of domestic violence.
- ❖ **First Fruit Ministries**  
910-794-9656. 2750 Vance Street  
Open to women and families. *Must be 30-days sober.*
- ❖ **Good Shepherd Day/Night Shelter**  
910-763-4424. 811 Martin Street  
M-F: 8am-3:30pm. Registration D/N: M-F: 8am-3:30pm.  
Day: M-F: 8am-3:30pm, Night M-SU: 4:30-6pm check-in. *Must have ID.* Open to men, women, & families. Showers, clothing, case mgmt.
- ❖ **Gospel Rescue Mission**  
910-343-0366. 502 Castle Street  
T-S: 9am-5pm. 30 Day program requires those involved to work at store, attend church, and celebrate rehabilitation. Usually a 90 Day program but can be extended. Requires a face to face meeting.
- ❖ **Open House Youth Shelter (of Coastal Horizons Center)**  
910-392-7408, 910-617-0909 (call or text). 615 Shipyard Blvd.  
24-hour access emergency shelter for youth ages 6-18.
- ❖ **Sgt. Ashley Center (of Good Shepherd Center)**  
910-362-0292. 2002 Colwell Ave. *Call ahead for hours.*  
Transitional housing program for male veterans in recovery. Permanent supportive housing available as well. Call ahead for hours.
- ❖ **Wilmington Housing Authority**  
910-341-7700. 1524 S. 16<sup>th</sup> Street  
M-F 8-4:30pm Public housing and Section 8 rental assistance.

## HEALTH AND MEDICAL SERVICES

- ❖ **Cape Fear Clinic**  
*Call first: 910-343-8736.* 1605 Doctors Circle  
Free clinic for those who qualify; *must be prescreened.*  
M-F: 8:30am-4:30pm
- ❖ **Coastal Region Deaf & Hard of Hearing Services (RHA)**  
910-332-5734. 503 Covil Avenue, Suite 102  
Supports individuals with hearing loss with mental health and substance abuse services for the deaf and hard of hearing.
- ❖ **First Fruit Ministries**  
910-794-9656. 2750 Vance Street  
Thursdays 11:00 am to 5:00pm. For unsheltered homeless: free hot showers, laundromat, MedNorth medical, help with housing/services, dinner
- ❖ **Good Shepherd Clinic**  
910- 763-4424 x107, 811 Martin Street  
M, T, TH, F: 7:30am-11:30am, W: 4-7pm.  
Free clinic for registered Good Shepherd shelter clients.
- ❖ **Lifeline Pregnancy Center**  
910-392-0001. 4522 Fountain Drive  
M-W: 9:00am-3:30pm, TH: 9am-last appt. By appointment only; call first. Emergency needs: diapers and formula; pregnancy tests.
- ❖ **New Hanover Community Health Center (Med North)**  
910-343-0270. 925 N. 4<sup>th</sup> Street  
M, T, F: 8-5pm; W, TH: 8-8pm; SA: 9-3.
- ❖ **New Hanover County Health Department**  
910-798-6500. 2029 South 17<sup>th</sup> Street  
M, W, TH, F: 7:45-4:00, T: 7:45-6:30. – walk-ins accepted.  
Testing: HIV, TB, STDs, family planning. Sliding fee.
- ❖ **New Hanover County Regional Medical Center/ER/Clinic**  
910-343-7000. 2131 S. 17<sup>th</sup> Street  
Health and emergency services; testing: HIV, TB, STDs; family planning. Sliding scale fee.  
**Vitaline: 888-815-5188.** Free and confidential information from a registered nurse and physician referrals.
- ❖ **Planned Parenthood**  
910-762-5566. 1921 & 1925 Tradd Court  
T, TH: 1pm-7pm, W, F, S: 9am-1pm  
Women's and men's health services; testing: HIV, TB, STDs; contraception and family planning.
- ❖ **Wilmington Health Access for Teens (WHAT)**  
910-790-9949, 4005 Oleander Drive & Ashley, Laney, New Hanover, Hoggard High Schools  
M-Th 8:30am-6:30pm. Extended Hours and walk-ins welcome.
- ❖ **St. Mary Health Center**  
910-763-8163. 412 Ann Street  
Medical and dental services. M-Th 9:00am-12:00pm, T, W, TH: 4:00pm-8:00pm. *Must call for appointment.*

## MENTAL HEALTH/SUBSTANCE ABUSE SERVICES

- ❖ **Alcoholics Anonymous (Wilmington)**  
**910-794-1840. Call for meeting locations.**  
24/7 line for AA, NA, and related meeting locations, programs, and assistance.
- ❖ **Coastal Behavioral Sciences**  
**910-254-4818. 710 Military Cutoff Trail**  
M-TH: 8:00-5:00pm.  
Outpatient psychiatric, psychological, neuro psychological services.
- ❖ **Coastal Horizons Center**  
**615 Shipyard Blvd.**  
Rape Crisis Center: 910-392-7460, counseling, referrals  
Substance Abuse Services: 910-343-0145, counseling, groups  
TASC: 910-762-5333, screen, refer, criminal justice.
- ❖ **Delta Behavioral Health**  
**910-343-6890. 1606 Physicians Drive, Suite 104**  
Mental health and substance abuse services.
- ❖ **The Harbor**  
**910-632-2191. 2023-1 S. 17<sup>th</sup> Street**  
Crisis stabilization services, short-term mental health care, outpatient and detox services for adults.
- ❖ **A Helping Hand of Wilmington**  
**910-796-6868. 5013 Wrightsville Avenue; 324-R Village Rd. NE**  
M-F: 8:30am-5pm. Mental health and substance abuse services; Wilmington and Leland.
  - ❖ **Physician Alliance for Mental Health (PAMH)**  
**910-794-3929. 3208 Oleander Drive**  
M-F: 8:30am-5pm. Mental health services.
- ❖ **PORT Health**  
**910-763-6499. Crisis Hotline: 866-488-7678. 2206 Wrightsville Ave.**  
Critical Access Behavioral Health Agency (CABHA) offering mental health and substance abuse services. Walk-ins welcome.
- ❖ **Recovery Resource Center, Inc.**  
**910-769-7064. 20 N 4<sup>th</sup> Street 3210. Email: PureRecoveryResourceCenter@outlook.com**  
M-F: 10:00-2:00 "A safe place for free help." Peers helping peers with mental health and/or substance use challenges.
- ❖ **RHA Health Services**  
**910-632-2191. Crisis line: 855-345-1200. 2023, -1 S. 17<sup>th</sup> Street**  
**Mobile Crisis team: 1-844-709-4097. Office: 910-332-5734.**  
RHA Mobile Crisis: 24/7--Anyone experiencing a crisis due to mental health, developmental disabilities, or addiction issues. Onslow, Carteret, Craven, Jones, Pamlico, Pender, Brunswick and New Hanover. Mental health and substance abuse services: M-F: 8am-7pm, S: 10am-6pm -- walk-in psychiatric clinic.
- ❖ **Trillium Health Resources**  
**24 hr. Access Line: 1.877.685.2415. 3809 Shipyard Blvd.**  
Mental health, developmental disabilities, and substance abuse services. Access line provides 24-hr links and referrals.
- ❖ **Wellness City Wilmington**  
**910-399-3149. 1960 S. 17<sup>th</sup> Street**  
M-F: 9:00-5:00, S: 11:00-3:00  
Mental Health and substance abuse peer-support services. Classes and one-on-one assistance FREE to all over 18 years of age.
- ❖ **Wilmington Treatment Center**  
**877-762-3750. 2520 Troy Drive**  
Facility open 24/7, front desk hours M-F: 7:30-10:30pm, S-SU 9:00--9:00pm. Inpatient detox services for adults with private insurance, Medicare, and self-pay.
- ❖ **Integrated Family Services**  
**910-444-4191. 1602 Physicians Drive, Unit 101**  
**MOBILE CRISIS TEAM: 1-866-437-1821**  
Mental health services: therapists and psychiatrists.

## MENTAL HEALTH/SUBSTANCE ABUSE SERVICES

- ❖ **Access Family Services, Inc.**  
**910-392-4881. 725 Wellington Ave.**  
M-TH 8:30-5:30; F 8:30-5:00. 24/7 Crisis service.  
Foster care information, out-patient care, in home care, mental health services for children, adults, and families; ABA services for autism.
- ❖ **Pride in North Carolina**  
**910-452-1460. 5710 Oleander Dr; 112 & 208**  
M-F: 8:00-5:00 Outpatient therapy, intensive in-home services, medication management.

## OTHER SERVICES

- ❖ **Amigos Internacional – Centro Latino**  
**910-341-0007. 4804 Wrightsville Avenue**  
Reopening in May after Hurricane relief. M-TH: 3-9pm. Resource, activity and crisis center for Latinos and Hispanics.
- ❖ **A Safe Place**  
**855-723-7529. 20 N. 4th Street, 3<sup>rd</sup> Floor**  
Assists victims of human trafficking.
- ❖ **Benefits Management**  
**910-798-2855. 213 N. 2<sup>nd</sup> Street**  
M-F: 9am-5pm. Social and professional services.
- ❖ **disAbility Resource Center**  
**910-815-6618. 5041 New Centre Drive, Suite 210**  
M-TH: 9am-4pm. FREE services to the disabled of all ages. Information, referral, assistance and advocacy for multiple needs, including benefits guidance.
- ❖ **Early Bread: Church of St. Peter the Fisherman**  
**910-793-6640. 314 S. Carolina Avenue**  
Baby and small children's clothing available for guests
- ❖ **First in Families of Southeastern Carolina (through ARC)**  
**910-350-2737. 5041 New Centre Drive, Suite 100**  
Assists with individual and family needs. Support for families of I/DD.
- ❖ **Gateway Church**  
**910-264-0765. 4815 Wrightsville Avenue**  
Offers counseling, guidance, and other aid to the low income and needy in New Hanover County.
- ❖ **Help Hub (through the Harrelson Center)**  
**910-769-5357. 20 N. 4<sup>th</sup> Street (entrance on 4<sup>th</sup> street)**  
T, W, Th: 9-12pm. Short-term or emergency assistance to individuals and families in need of financial help and/or guidance to connection to other resources. First come first serve. Bring photo ID and current copy of bill or lease with your name.
- ❖ **Labor Finders**  
**910-794-5340. 108 N. Kerr Ave.**  
M-F: 6:00am-6:00pm, S: 6:30-12:00 and 4:00-6:00. Temp Agency work.
- ❖ **Legal Aid of North Carolina**  
**910-763-6207. 201 N. Front Street, Suite 1002**  
Apply for legal assistance: 1-866-219-5262. A Law Firm serving low income people in civil legal matters at no charge to the public, and Affordable Care Act in-person assistance. Federally funded, non-profit organization.

## OTHER SERVICES (CONT'D)

- ❖ **LINC, Inc.**  
**910-332-1132. Reentry Office: 222 Division Drive**  
**Youth Services Office: 801 Princess Street, Suite. 103**  
Comprehensive services for people with criminal histories.
- ❖ **New Hanover County Veteran's Services Office**  
**910-798-7611. 230 Government Center Drive, Suite 36**  
M-F: 8:00-5:00. Assistance to vets and families working with benefits from Dept. of Veteran Affairs.
- ❖ **NHC Workforce Center/ NC Works.gov**  
**910-251-5777. 1994 S. 17<sup>th</sup> Street.**  
M-F: 8am-4:30pm. Career Development, Job Search, Veterans Services available daily.
- ❖ **North Carolina Harm Reduction Coalition (NCHRC)**  
**336-543-8050. Wilmington office: 910-262-5837**  
Free clean needle and naloxone distribution. Call 336-543-8050 to schedule drop off.
- ❖ **NC Start**  
**Contact the (LME) access/crisis line first: 888-962-3782.**  
Prevention/intervention services for adults with intellectual and/or developmental disabilities, or complex behavioral needs.
- ❖ **Philippians 3 Ministries**  
**910-617-4595. 20 N. 4<sup>th</sup> Street, Suite 100**  
T-TH 1am-3pm. Resource center for the homeless, those living in shelters, and re-entry citizens from prison and drug rehabilitation.  
*Call ahead for apt. Limited food pantry.*
- ❖ **StepUp Wilmington**  
**910-343-8469. 20 N. 4<sup>th</sup> Street, Suite 430**  
Employment and Life skills programs for individuals seeking long-term stability. M-Th 8-4:30pm, F 8-1, walk-ins welcome.
- ❖ **Social Security Administration**  
**1-866-964-6227. 1528 S. 16<sup>th</sup> Street**  
M, TU, TH, F: 9am-4pm, W: 9am-12pm. Apply for social Security disability and replacement social security cards.
- ❖ **Swithcin' Gears**  
1202 Chestnut Street. Open Tues/Thurs 10am-4pm. Recycled bikes for those in need. Work-a-bike program.
- ❖ **Department of Social Services**  
**910-798-3400. 1650 Greenfield Street**  
M-F: 8am-5pm, (W: 8am-6pm). Apply for food stamps, and for child and adult protective services.
- ❖ **Tileston Outreach**  
**910-762-5491 x135. 412 Ann Street**  
M-TH 9:00-11:00am. Provides help for various needs, like clothing at the 4<sup>th</sup> street entrance. Arrive early (around 8:45) as the doors close when they reach capacity.
- ❖ **Vigilant Hope**  
**910-317-0239. email: info@vigilanthope.com**  
M, TU, and SA at Lake Forest Baptist Church, 1626 Lake Branch Drive: M: 8:30 breakfast, 10-11:30am shower trailer; TU: 10-2pm clothing closet and shower trailer; SA: 8-12pm Shower trailer, 9:00 breakfast TH: corner of 5<sup>th</sup> and Greenfield: 5:30-7:30 shower trailer and dinner SU: 1401 Greenfield St. 1pm church service and meal
  - ❖ **Vocational Rehabilitation Services**  
**910-251-5710. 3340 Jaeckle Drive, Suite 201**  
M-F: 8am-5pm. Employment services/rehabilitation for those with disabilities. Accessible technology lab available by apt. Ask receptionist.

**The 2019 Street Sheet**  
is the result of collaboration among  
**Tri-County Homeless Interagency Council**  
(Continuum of Care 506 - member agencies.)  
The *Street Sheet* is maintained and  
updated periodically. All requests for  
corrections, additions or deletions should  
be emailed to: [maeganz@capefearcog.org](mailto:maeganz@capefearcog.org)

The 2019 Street Sheet can be  
viewed online at:  
<http://capefearcog.org/continuum-of-care/>



Call 2-1-1 Directory Assistance for community health and human service resources.