

**Appendix D**  
**2016-2017 Community Resource Guide**



**2016-2017**  
**Carteret County**  
**Community Resource Guide**

*This guide serves as a directory for information on community health resources in Carteret County. As the county continues to grow and change so will this guide. Help us keep this information up to date, send information about community resources to the Carteret County Health Department: 3820 A Bridges Street, Morehead City, NC 28557 or call (252) 728-8550. This guide will be reviewed and updated annually.*

## ASSISTED LIVING / FAMILY CARE HOMES / REST HOMES

<b>Brookdale- Carolina House</b>	<b>Morehead City</b>	<b>Office: (252)726-4454</b>
<b>Carteret Landing Assisted Living and Memory Care (Anticipated opening February 2017)</b>	<b>Morehead City</b>	<b>Office: (252) 773-0980 Fax: (252) 773-0979</b>
<b>Snug Harbor on Nelson Bay</b>	<b>Sea Level</b>	<b>Office: (252) 225-4411</b>
<b>Carteret House Assisted Living</b>	<b>Newport</b>	<b>Office: (252) 223-2600</b>
<b>Croatan Village</b>	<b>New Bern</b>	<b>Office: (252)634-9066</b>
<b>Carebridge Assisted Living</b>	<b>Jacksonville</b>	<b>Office: (910) 347-1300</b>
<b>Graham's Senior Living Homes</b>	<b>Beaufort</b>	<b>Office: (252) 838-9202 or 9204</b>
<b>Wadin Creek Family Care Home</b>	<b>Beaufort</b>	<b>Office: (866)825-8549</b>

## NURSING CENTERS / INTERMEDIATE CARE & SKILLED NURSING FACILITIES

<b>Croatan Ridge</b>	<b>Newport</b>	<b>Office: (252) 223-2560</b>
<b>Crystal Bluffs</b>	<b>Morehead City</b>	<b>Office: (252) 726-0031</b>
<b>Harborview Healthcare Center</b>	<b>Morehead City</b>	<b>Office: (252) 726-6855</b>
<b>Snug Harbor on Nelson Bay</b>	<b>Sea Level</b>	<b>Office: (252) 225-4411 Fax: (252) 225-0607</b>
<b>Pruitt Health</b>	<b>Sea Level</b>	<b>Office: (252) 225-4611 Fax: (252) 225-1228</b>
<b>Cherry Point Bay</b>	<b>Havelock</b>	<b>Office: (252) 444-4631</b>
<b>River Point Crest</b>	<b>New Bern</b>	<b>Office: (252) 637-4730</b>
<b>Premier Nursing &amp; Rehab</b>	<b>Jacksonville</b>	<b>Office: (910) 353-7222</b>
<b>Carolina Rivers</b>	<b>Jacksonville</b>	<b>Office: (910) 455-3610</b>
<b>Ombudsman Program NC Long Term Care (EC Council-Area Agency on Aging</b>	<b>New Bern</b>	<b>1-800-824-4648 (252) 638-3185</b>

## HOME HEALTH & HOSPICE PROVIDERS

<b>Carteret Health Care Home Health Service</b>	<b>Morehead City</b>	<b>Office: (252) 499-6081 Fax: (252) 499-6573</b>
<b>Liberty Home Care &amp; Hospice</b>	Morehead City	Office: (252) 247-4748 Fax: (252) 247-2445
<b>Gentiva Home Health</b>	<b>Morehead City</b>	<b>Office: (252) 726-9300 Fax: (252) 726-9832</b>
<b>Community Home Care &amp; Hospice</b>	Morehead City	Office: (910) 326-1037 Fax: (855) 240-5473
<b>Carteret Health Care Hospice</b>	<b>Morehead City</b>	<b>Office: (252) 499-6085 Fax: (252) 499-6573</b>
<b>**Crystal Coast Hospice House** <i>Serving Eastern NC</i></b>	Newport	Office: (252) 808-2244
<b>Craven Co. Health Dept. Home Health and Hospice</b>	New Bern	Office: (252) 636-4930 Fax: (252) 636-5301
<b>Continuum Home Care &amp; Hospice</b>	<b>Jacksonville</b>	<b>Office: (910) 989-2682 Fax: (910) 989-2693</b>
<b>Onslow Home Health &amp; Hospice</b>	Jacksonville	Office: (910) 577-6660 Fax: (910) 577-6636
<b>Vidant Home Health and Hospice</b>	Greenville	1-800-227-3894

## PRIVATE DUTY & PERSONAL CARE AGENCIES

<b>Friendly Caregivers</b>	<b>Morehead City</b>	<b>Office: (252) 240-1234 Fax: (252)240-1232</b>
<b>In Touch Home Care</b>		(252) 726-6780
<b>Private Personal Home Care</b>	Morehead City	Office: (252) 725-9003
<b>Interim Health Care</b>		<b>1-800-849-6144 Fax: (910) 483-6049</b>
<b>Access Community Based Service</b>	Morehead City	Office: (252) 247-6911 Fax: (252) 222-3831
<b>Maxim Health Care <i>(Personal Care)</i></b>		Office: (252) 726-8746 Fax: (252) 726-6673
<b>Accommodating Home Care Service</b>	<b>New Bern</b>	<b>Office: (252) 635-9005 Fax: (252)635-9006</b>
<b>Companion and Home Care</b>	<b>Emerald Isle</b>	<b>(252) 764-9574</b>

## LOW INCOME HOUSING

<b>Crystal Coast Apartments (M-TH 8-3:15)</b>	<b>Morehead City</b>	<b>Office: (252) 726-8042</b>
<b>Eastern Carolina Regional Housing Authority (Macon Court, Kings Terrace)</b>	Morehead City	Office: (252) 726-4401
<b>Westwood Square Apartments (M-TH 9-3)</b>	<b>Morehead City</b>	<b>Office: (252) 247-4666</b>
<b>Beaufort Housing Authority</b>	Beaufort	Office: (252) 728-3226
<b>Carteret Court Apartments</b>	<b>Beaufort</b>	<b>Office: (252) 728-2679</b>
<b>Brentwood Village Apartments (M-TH 10-3)</b>	Beaufort	Office: (252) 728-4557
<b>Elm Green</b>	<b>Newport</b>	<b>Office: (252) 223-1266</b>
<b>Blue Point Bay</b>	Newport	Office: (252) 222-0015

## HOUSING ASSISTANCE/ SHELTERS

<b>Coastal Community Action</b>	<b>Newport</b>	<b>Office: (252) 223-1630</b>
<b>Carteret County Domestic Violence Program</b>	Beaufort	Office: (252) 728-3788
<b>Habitat for Humanity</b>	<b>Newport</b>	<b>Office: (252) 223-2111</b>
<b>Family Promise of Carteret County</b>	Morehead City	Office: (252) 222-0019
<b>Hope Mission Men's Shelter</b> <i>*Emergency Overnight Housing*</i> <i>*Emergency Financial Assistance*</i>	<b>Morehead City</b>	<b>Office: (252) 240-2359</b>
<b>Coastal Women's Shelter</b>	New Bern	Office: (252) 638-4509, (252) 638-5995
<b>Religious Community Services Homeless Shelter</b>	<b>New Bern</b>	<b>Office: (252) 637-4185, (252) 633-2767</b>
<b>Onslow Community Outreach</b>	Jacksonville	Office: (910)455-5733, (910) 347-3227

## IN-PATIENT REHABILITATION CENTERS

<b>Carolina East Rehab</b>	<b>New Bern</b>	<b>Main: 252-633-8020</b>
<b>Coastal Rehab Hospital</b>	Wilmington	Office: (910) 343-7835

<b>Duke Rehab</b>	<b>Durham</b>	<b>Office: (919) 470-7338</b>
<b>Vidant Edgecombe Hospital (formerly Heritage Hospital Rehab)</b>	Tarboro	Office: (252) 641-7700
<b>Lenoir Memorial Rehab Center</b>	<b>Kinston</b>	<b>Office: (252) 522-7000, (252) 522-7773 Physical Therapy (252)522-7919</b>
<b>Vidant Medical Center (formerly Regional Rehab Center)</b>	Greenville	Office: (252) 847-4400 or 1-800-546-4313
<b>UNC Hospitals Rehab</b>	<b>Chapel Hill</b>	<b>Office: (919) 966-5929</b>
<b>WakeMed Rehab</b>	Raleigh	Office: (919) 350-8000

### OUT-PATIENT REHABILITATION CENTERS

<b>Beaufort Physical Therapy</b>	<b>Beaufort</b>	<b>Office: (252) 838-0222</b>
<b>Carteret Health Care Outpatient Rehabilitation</b>	<b>Morehead City</b>	<b>Office: (252) 808-6000</b>
<b>Carolinas Center for Surgery</b>	<b>Morehead City</b>	<b>Office: (252) 247-2101</b>
<b>Carteret Physical Therapy &amp; Sports Med Center</b>	Morehead City	Office: (252) 247-2738
<b>Moore Sports Therapy and Rehab</b>	<b>Morehead City</b>	<b>Office: (252) 808-3151</b>
<b>Specialty Center for Physical Therapy</b>	Morehead City	Office: (252) 726-1802
<b>Snug Harbor</b> <i>Physical and Occupational Therapy</i>	<b>Sea Level</b>	<b>Office: (252) 225-4411</b>
<b>Therapy Center of Cedar Point</b>	Cedar Point	Office: (252) 393-8828

### GENERAL MEDICAL HOSPITALS

<b>Carteret Health Care</b>	<b>Morehead City</b>	<b>Office: (252) 499-6000</b>
<b>Carolina East Medical Center</b>	New Bern	Office: (252) 633-8111
<b>Onslow Memorial</b>	<b>Jacksonville</b>	<b>Office: (910) 577-2345</b>
<b>Camp Lejeune Naval Hospital</b>	Jacksonville	Office: (910) 450-4300

<b>Lenoir Memorial Hospital</b>	<b>Kinston</b>	<b>Office: (252) 522-7000</b>
<b>New Hanover Regional Medical Center</b>	Wilmington	Office: (910) 343-7040
<b>Duplin General Hospital</b>	<b>Kenansville</b>	<b>Office: (910) 296-0941</b>
<b>Vidant Medical Center</b>	Greenville	Office: (800) 788-4473
<b>Wayne Memorial Hospital</b>	<b>Goldsboro</b>	<b>Office: (919) 736-1110</b>
<b>Duke University Hospital</b>	Durham	Office: (919) 684-8111
<b>University of North Carolina Hospitals</b>	<b>Chapel Hill</b>	<b>Office: (919) 966-4131</b>
<b>Wake Medical Center</b>	Raleigh	Office: (919) 350-8000
<b>Veteran Affairs Hospital</b>	<b>Durham</b>	<b>Office: (919) 286-0441 (888) 878-6890</b>
<b>Wake Forest Baptist Medical Center</b>	Winston-Salem	Office: (336) 716-2011

#### VETERAN AFFAIRS HOSPITALS/ TRANSFER COORDINATORS

<b>Asheville, NC</b>	<b>Ext 15219</b>	<b>Office: (828) 298-7911</b>
<b>Fayetteville, NC</b>		Office: (910) 488-2120 (800) 771-6106
<b>Durham, NC</b>	<b>Ext 6250</b>	<b>Office: (919) 286-0411 (888) 878-6890</b>
<b>Salisbury, NC</b>		Office: (704) 638-9000 (800) 469-8262
<b>Hampton, VA</b>	<b>Ext 2122</b>	<b>Office: (757) 722-9961</b>
<b>Richmond, VA</b>		Office: (804) 675-5000
<b>Salem, VA</b>	<b>Ext 1769</b>	<b>Office: (540) 982-2463 (800) 982-2463</b>
<b>Beckley, WV</b>	Ext 4778	Office: (304) 255-2121 (877) 902-5142

#### VETERAN'S SERVICES

<b>Veteran's Service Office</b>	<b>Morehead City</b>	<b>(252) 728-8440</b>
<b>Veteran's Affairs Clinic</b>	Morehead City	(252) 240-2349
<b>Veteran's Crisis Line</b>		1-800-273-8255

## MEDICAL TRANSPORT SERVICES

<b>Carteret Health Care (Paramedic)</b> <b>*Not available for public referral*</b>		<b>Office: (252) 499-6133</b>
<b>Crystal Coast Medical Transport</b> <b>CCMT (Basic Life Support Only)</b>		Office: (252) 808-5555
<b>Friendly Medical Transport</b>		<b>Office: (252) 808-3400</b>

## TRANSPORTATION

<b>Carteret County Area</b> <b>Transportation System (CCATS)</b>	<b>Morehead</b> <b>City</b>	<b>Ride Reservation Line</b> <b>(800) 735-2962</b>
<b>Coastal Community Action</b> <i>*Assistance with transportation for Seniors to appointments*</i>	Newport	Office: (252) 223-1630 (252) 223-1633
<b>R.S.V.P Retired Senior Volunteer</b> <b>Program (Senior Center)</b>	<b>Morehead</b> <b>City</b>	<b>Office: 728-3181 Ext 6105</b>

## HEALTH AND HUMAN SERVICES/ MENTAL HEALTH

<b>Carteret County Health</b> <b>Department</b> <ul style="list-style-type: none"> <li>• <i>Clinical Services</i></li> <li>• <i>WIC-Nutrition Assistance &amp; Breastfeeding Support</i></li> <li>• <i>Environmental Health</i></li> <li>• <i>Pest Management/Animal Control</i></li> <li>• <i>Mobile Dental Clinic- Miles of Smiles</i></li> </ul>	<b>Morehead</b> <b>City</b>	<b>Main Number: (252) 728-8550</b> <b>Fax: (252) 222-7739</b> <b>EH Office: (252) 728-8499</b> <b>EH Fax: (252) 222-7753</b> <b>Pest Management: (252) 728-8585</b> <b>Mobile Dental Clinic: (252) 241-4492</b>
<b>Carteret County Dept. of Social</b> <b>Services</b>	Beaufort	Office: (252) 728-3181 Fax: (252) 648-7462
<b>Trillium Health Resources</b> <i>MCO for MH/SA/DD services</i>	<b>Morehead</b> <b>City</b>	<b>1(877) 685-2415</b> <b>Admin/Business Calls:</b> <b>1(866)998-2597</b>

## PSYCHIATRIC & SUBSTANCE ABUSE HOSPITALS

<b>Brynn Marr Central Regional</b>	Jacksonville	1-800-822-9507 Fax: (910)577-2797
<b>Crossroads</b> <b>Carolina East Medical Center</b>	<b>New Bern</b>	<b>Office: (252) 633-8204</b> <b>Fax: (252)633-8198</b>
<b>Duplin General Psych Unit</b>		<b>(910) 296-2786</b>

<b>The Oaks (New Hanover Regional)</b>	Wilmington	(910) 815-5625
<b>Vidant Medical Center, Psych Unit</b>	<b>Greenville</b>	<b>Office: (252) 847-8791 Beeper: (252) 413-4117</b>
<b>Wilmington Treatment Center</b>	Wilmington	1-800-992-3671

## PRESCRIPTION DRUG DISPOSAL

<b>Carteret County Sheriff's Dept.</b> <i>*Drop Box*</i>	<b>Beaufort</b>	<b>(252) 504-4800</b>
<b>Atlantic Beach Police Department</b> <i>*Drop Box*</i>	<b>Atlantic Beach</b>	<b>(252) 726-2523</b>
<b>Cape Carteret Police Department</b> <i>*Drop Box*</i>	<b>Cape Carteret</b>	<b>(252) 393-2183</b>
<b>Emerald Isle Police Department</b> <i>*Drop Box*</i>	<b>Emerald Isle</b>	<b>(252) 354-2021</b>
<b>Morehead City Police Department</b> <i>*Drop Box*</i>	Morehead City	(252) 726-5361
<b>Pine Knoll Shores Police Department</b> <i>*Drop Box*</i>	Pine Knoll Shores	(252) 247-2474
<b>Newport Police Department</b> <i>*Drop Box*</i>	<b>Newport</b>	<b>(252) 223-5410</b>
<p><i>Conveniently dispose of unused, unwanted, or expired medications at the locations listed above. Proper storage and disposal of prescription medication can help keep you, your family, and the environment safe. Remember, never flush medication!</i></p>		

## CAROLINAS POISON CONTROL CENTER

<b>24 hr. Poison Help Line: 1-800-222-1222</b>	<a href="http://www.ncpoisoncenter.org">www.ncpoisoncenter.org</a>
--	--

## COUNSELING / EMOTIONAL SUPPORT

<b>Coastal Pregnancy Care Center</b>	<b>Morehead City</b>	<b>(252) 247-2273</b>
<b>Carteret County Domestic Violence Program</b>	Morehead City	24 hr. (252) 728-3788 (office) and 393-6361 (Crisis number) (252) 726-2336
<b>Carteret County Rape Crisis Program</b>	<b>Morehead City</b>	<b>24 hr. Crisis Line (252) 725-4040 (252) 504-3668 (office)</b>
<b>Disaster/Emergency Emotional Support American Red Cross</b>	<b>New Bern</b>	<b>(252) 637-3405</b>



<b>HIV Counseling &amp; Referral</b> <i>Carteret County Health Department</i>	Morehead City	(252) 728-8550 24 hr. Hotline: 1-800-232-4636
<b>Integrated Family Services</b>	Morehead City	(866) 437-1821: 24 hour Mobile Crisis Office: (252) 648-7850
<b>RHA Crisis Counseling</b>	<b>Morehead City</b>	<b>(252) 240-1482</b> <b>24/7: (844) 709-4097</b>
<b>NAMI-National Alliance on Mental Illness</b>	Coastal Division	(252) 422-3900 or (252) 269-7025
<b>Peer Recovery Center (Mental Health/Addiction)</b>	<b>Morehead City</b>	<b>(252) 222-3888</b> <b>Warmline: (252) 269-5317</b>
<b>Le'Chris Counseling Services, Inc.</b>	Morehead City	(252) 726-9006
<b>PORT Human Services</b>	Morehead City	(252) 222-3144
<b>Carteret Counseling Services, Inc.</b>	<b>Morehead City</b>	<b>(252) 247-1109</b>
<b>Alcoholics Anonymous/AI-Anon/ Alateen</b>	Morehead City	(252) 726-8540
<b>American Cancer Society</b>		<b>1-800-227-2345</b>
<b>NC Alzheimer Support</b>		1-800-272-3900
<b>NC Quitline Smoking Cessation</b> <i>24 hr/ 7 days a week</i>		<b>1-800-QUIT-NOW</b> <b>1-800-784-8669</b>
<b>American Lung Association</b>		1-800-586-4872
<b>National Suicide Prevention Hotline</b>		<b>1-800-273-8255</b>
<b>Narcotics Anonymous</b>		<b>(252) 278-0301</b>

## FREE CLINIC / MEDICAL CARE / SCREENINGS

<b>Broad Street Clinic</b>	<b>Morehead City</b>	<b>(252) 726-4562</b> <b>Fax: (252) 726-4459</b>
<b>MERCI Clinic</b>	New Bern	(252) 633-1599
<b>Prostate, Breast and Skin Cancer Screenings</b> <i>Sponsored by Carteret Health Care Cancer Center</i>	<b>Morehead City</b>	<b>(252) 808-6000</b> <i>*Various times throughout the year*</i>
<b>REACH Dental</b> <b>Low-Cost Dental Day</b> <i>Sponsored by One Harbor Church</i>	Morehead City	(252) 422-2899
<b>NC Baptist Men Mobile Dental Unit</b>	Cary, NC	1-800-395-5102 ext. 5603

## FOOD ASSISTANCE

<b>WIC Program</b> <b>Carteret County Health Dept.</b>	<b>Morehead City</b>	<b>Office: (252) 728-8550</b>
---	----------------------	-------------------------------

<b>Carteret County Dept. Social Services</b> <i>SNAP (Food Stamps)</i> <i>Assistance with vouchers for Martha's Mission</i>	Beaufort	Office: (252) 728-3181
<b>Hope Mission</b> <i>Soup Kitchen Open Every Day 11 am – 12:30 pm</i>	<b>Morehead City</b>	<b>Office: (252) 240-2359</b>
<b>Martha's Mission Cupboard Food Pantry</b> <i>*Need voucher from DSS or CCHD (M, W, F – 10:30 to 3)</i>	Morehead City	Office: (252) 726-1717
<b>Salvation Army</b> <i>*Need proof of income</i>	<b>Morehead City</b>	<b>Office: (252) 726-7147</b>
<b>The Storehouse Food Pantry (T &amp; TH 11 am- 2 pm)</b>	Morehead City	Office : (252) 725-5539 Call for Appointment
<b>Glad Tidings Church Food Pantry</b> <i>Open M-Th(Closed 12-1)</i>	<b>Morehead City</b>	<b>Office: (252) 726-0160</b>
<b>Woodville Baptist Church Food Pantry</b> <i>(TH 11 am- 2 pm)</i> <i>*Need voucher from DSS or CCHD</i> <i>*Every 3<sup>rd</sup> Friday Participates with NC FOOD BANK</i>	Beaufort	Office: (252) 728-1414
<b>Loaves and Fishes Food Pantry</b> <i>1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Mondays</i>	<b>Beaufort</b>	<b>Office: (252) 504-0123</b>
<b>Calvary Baptist Church</b> <i>4<sup>th</sup> Monday of each month</i>	Beaufort	Office: (252) 728-2680
<b>St. James Methodist Church Matthew: 25 Food Pantry (M &amp; TH)</b>	<b>Newport</b>	<b>Office: (252) 223-4727</b>

## MEAL DELIVERY PROGRAMS

<b>Home Delivered Meals (Service of the Leon Mann Senior Enrichment Center)</b>	<b>Morehead City</b>	<b>(252) 247-2626</b>
<b>Meals on Wheels</b>	Beaufort/Down East	(252) 241-4292
<b>Meals on Wheels</b>	<b>Cape Carteret/Emerald Isle</b>	<b>(252) 241-5282</b>
<b>Meals on Wheels</b>	Morehead City	(252) 241-1087
<b>Meals on Wheels</b>	<b>Newport</b>	<b>(252) 223-4231</b>

## DISABILITY PROGRAMS / SERVICES

<b>Services for the Blind</b> <i>Carteret County Department of Social Services</i>	<b>Beaufort</b>	<b>(252) 728-3181</b>
<b>Epilepsy Association of NC</b>		1-800-451-0694
<b>Coastal Carolina American Red Cross</b>	<b>New Bern</b>	<b>(252) 637-3405</b>
<b>Division of Motor Vehicles Handicap Parking Permits</b>	Morehead City	(252) 726-7695
<b>Social Security Administration</b>	<b>New Bern</b>	<b>1-888-491-1885</b>
<b>Vocational Rehabilitation</b>	Morehead City	(252) 247-2037
<b>Independent Living</b>	<b>New Bern</b>	<b>(252) 514-4806</b>
<b>Station Club Enterprise</b>	Morehead City	(252) 240-1022
<b>NC Division of Services for Deaf and Hard of Hearing</b>	<b>Wilmington</b>	<b>1-800-205-9915 - Voice 1-800-205-9916 - TTY</b>
<b>Special Olympics of Carteret County</b> <i>Carteret County Parks and Recreation</i>	Beaufort	252-808-3301

## FAMILY / CHILDREN'S SERVICES

<b>Carteret Partnership for Children</b>	<b>Morehead City</b>	<b>(252) 727-0440</b>
<b>Boys and Girls Club of Coastal Carolina</b>	Morehead City Beaufort Havelock	(252) 726-6584 (252) 504-2465 (252) 444-5437
<b>Carteret County Health Department</b> <ul style="list-style-type: none"> <li>• Care Coordination for Children</li> <li>• WIC-Women Infants &amp; Children</li> <li>• Breastfeeding Peer Counselor</li> <li>• Immunizations</li> <li>• Pregnancy Care Management</li> <li>• Family Planning</li> <li>• Maternal Health</li> <li>• Breast and Cervical Cancer Control Program</li> <li>• Communicable Disease Testing &amp; Treatment</li> </ul>	<b>Morehead City</b>	<b>(252) 728-8550</b>
<b>Children's Developmental Services Agency (CDSA)</b>	New Bern	(252) 514-4770 1-866-543-7662
<b>Pediatricians</b> <ul style="list-style-type: none"> <li>• Carteret Clinic for Adolescents &amp; Children</li> <li>• Ocean Side Pediatrics</li> <li>• Stanley Rule Pediatrics</li> </ul>	<b>Morehead City</b>	<b>(252) 726-0511 (252) 622-4448 (252) 240-5437</b>
<b>Coastal Community Action</b> <ul style="list-style-type: none"> <li>• Head Start</li> <li>• Early Head Start</li> </ul>	Newport	(252) 223-1650
<b>Parenting Programs</b>		

<ul style="list-style-type: none"> <li>• Love and Logic Parenting Carteret Community College</li> <li>• Carteret County Partnership for Children</li> <li>• Coastal Pregnancy Care Center</li> </ul>	<b>Morehead City</b>	(252) 222-6000 *Life Enrichment Program*  (252) 727-0440 (252) 247-2273
<b>Cooperative Extension Carteret Center</b>	Morehead City	(252) 222-6352
<b>Family Support Network of ENC</b>		<b>(252) 917-4110</b>
<b>Make-a-Wish Foundation of ENC</b>		(919) 821-7111 1-800-432-9474

## HISPANIC/LATINO RESOURCES

<b>ESL Programs</b> <b>Ingles Como Segunda Lengua</b> <i>Carteret Community College</i>	<b>Morehead City</b>	<b>(252) 222-6195</b>
<b>Legal Aid of North Carolina</b>	New Bern	1-866-219-5262

## FITNESS CENTERS & GYMS

<b>Cape Carteret Aquatics &amp; Wellness Center</b>	<b>Cape Carteret</b>	<b>Office: (252) 393-1000</b>
<b>Snap Fitness (24 hr)</b>	Morehead City Beaufort Newport Otway	Office: (252) 622-4222 Office: (252) 728-3357 Office: (252) 777-4349 Office: (252) 838-1196
<b>Anytime Fitness (24 hr)</b>	<b>Morehead City</b>	<b>Office: (252) 648-8808</b>
<b>Sports Center</b>	Morehead City	Office: (252) 726-7070
<b>Golds Gym</b>	<b>Morehead City</b>	<b>Office: (252) 247-4653</b>
<b>Crossfit Emerald Isle/Crystal Coast Strength &amp; Conditioning</b>	<b>Emerald Isle</b>	<b>Office: (252) 764-2398</b>
<b>Crossfit Carteret</b>	Beaufort	Office: (252) 269-2722
<b>Eastern Athletic Club</b>	<b>Beaufort</b>	<b>Office: (252) 728-1700</b>
<b>Iron Tide Crossfit</b>	<b>Morehead City</b>	<b>Office: 646-8489</b>
<b>Leon Mann Senior Center</b>	Morehead City	Office: (252) 247-2626

## PARKS & REC DEPARTMENTS

<b>Emerald Isle Parks and Rec</b> <i>(Rec Center Memberships Available)</i>	<b>Emerald Isle</b>	<b>Office: (252) 354-6350</b>
<b>Morehead City Parks and Rec</b> <i>(Rec Center Memberships Available)</i>	Morehead City	Office: (252) 726-5083
<b>Carteret County Parks and Rec</b> <i>*Visit <a href="http://www.ccparksrec.com">www.ccparksrec.com</a> for a list of Park Facilities and Walking Trails in the county*</i>	<b>Beaufort</b>	<b>Office: (252) 808-3301</b>
<ul style="list-style-type: none"> <li>• <b>Fort Benjamin Park Recreation Center</b> <i>Open to the Public</i></li> <li>• <b>Western Park Community Center</b> <i>Open to the Public</i></li> </ul>	<b>Newport</b>	<b>Office: (252) 222-5858</b>
	<b>Cedar Point</b>	<b>Office: (252) 393-1481 (252) 222-5836</b>

## FARM STANDS & LOCAL PRODUCE

<b>Cooperative Extension Crystal Coast Produce</b>	<a href="http://www.ces.ncsu.edu">www.ces.ncsu.edu</a>	
<b>Carteret Local Food Network</b>	<a href="http://www.carteretlocalfood.org">www.carteretlocalfood.org</a>	
<b>Olde Beaufort Farmers Market Saturdays (8:30 – 12:30)</b>	<b>Beaufort</b>	<a href="http://www.beaufortfarmersmarket.com">www.beaufortfarmersmarket.com</a>
<b>Saturday Morning Curb Market Sat 7:30-11:30 am **1st weekend in May through Labor Day weekend**</b>	<b>Morehead City</b>	<b>(252) 222-6352</b>