



LINK CHILD CARE RESOURCE AND REFERRAL Parent Resource Guide

Revised 2022

Child Development Information Parent Supports & Resource List

Link Child Care Resource & Referral

**611 7th Avenue, Suite 100
Huntington, WV 25701
Phone: 304- 523-9540
1-800-894-9540
Fax: 304-697-4821**

Link Child Care Resource & Referral

**19 Circle Drive
Logan, WV 25601
Phone: 304-752-3932
Fax: 304-752-2897**

*Link CCR&R is a program of River Valley Child Development Services
This program is being presented with financial assistance as a grant from the
West Virginia Department of Health and Human Resources*

Partnering with Your Child Care Provider

As a parent, you have many responsibilities. High-quality child care programs work closely with you to care for your children and help you meet your family's goals. The best child care providers will ask you for feedback on whether they are meeting your and your child's needs.

Finding a provider who sees you as a partner is important because strong relationships between all the people important to children—parents, extended family members, family friends, and teachers—help children grow and learn. High-quality environments and good relationships prepare children for school and future success.

High-quality child care providers will work to develop a long-term relationship with you that is based on trust and respect. They will want to learn about your family and talk about what you feel is going well. If you are experiencing challenges, they will listen to you, and work with you to find a solution.

What do partnerships look like in high-quality programs? You can expect programs to do the following:

- Welcome all families.
- Support you in developing strong relationships with your children.
- Support you in making connections with other families.
- Include you in activities and programs that support your child's development.
- Offer activities at times that work for your family's schedule.
- Communicate with you in clear language and in your home language if it is not English.
- Ask for your opinion on how they can improve quality.
- Create opportunities to share information about your child's learning and development.
- Honor your family's culture, language, and experience in supporting your child's learning and development.
- Make sure you have access to your child at all times.
- Offer opportunities for home visits to support relationship building.
- Support you as a decisionmaker in the child care program. Some programs, including Head Start, may offer opportunities for leadership training or mentoring.
- Help families transition to new learning settings; for example, preparing to move from child care into prekindergarten or kindergarten.
- Invite you to provide feedback on the program.
- Ask you to share your knowledge about your child before offering their own solutions. They respect your knowledge and acknowledge your strengths.
- Build a trusting relationship with you so that you can safely discuss your concerns.
- See you as the expert on your child and support your parenting.

Resource: <https://childcare.gov/consumer-education/partnering-with-your-child-care-provider#:~:text=Invite%20you%20to%20provide%20feedback,can%20safely%20discuss%20your%20concerns.>

Who Regulates Child Care?

Understanding child care regulations and who regulates child care programs can be confusing. The links below can help you learn more about child care licensing regulations and other standards that may apply to child care programs.

What is a child care license?

A child care license shows that a program has met the state standards for operating a child care program. Licensing covers standards such as health and safety, safe sleep practices, caregiver to child ratios, group size, food preparation and serving, staff training requirements, sanitation, emergency preparedness plans, and background checks for staff.

Each state has different licensing standards.

Who licenses child care programs?

Each state has an agency that issues child care licenses. They are responsible for inspecting the programs to make sure licensing standards are met. Licensed programs are inspected regularly to make sure they are complying with regulations. Your licensing office can tell you how often child care programs in your state are inspected.

How does a program become licensed?

Although states may have different licensing requirements, there are similar steps that providers must take to obtain a license:

- Providers must complete an application for a child care license.
- Staff must complete a background check that is required by the state.
- Most programs must receive an inspection to prove they meet the state's requirements for health and safety in child care.

Some states may also require that staff meet certain educational levels.

Go to <https://www.childcareaware.org/families/child-care-regulations/who-regulates-child-care/> for more information

Go to <https://dhhr.wv.gov/bcf/ece/policies/Pages/default.aspx> for State of WV Child Care Provider Regulations

Family Child Care Home

A family child care home is a program typically run by one or two child care providers. The setting is a residential building, often the caregiver's home. Family child care providers are able to care for a small group of children of varying ages. This type of care may offer non-traditional hours such as weekends or evenings.

Preschool Program

Preschool programs are typically offered for children ages 3-5 years old. These types of settings are designed to help prepare children for Kindergarten. They are often part-time and may be provided through a school, faith-based organization, non-profit organization, or child care center.

School-Age Program

School-age programs provide child care for before-and after-school hours. They may also offer care during school holidays and breaks. These programs may be offered by the school, through a community or non-profit organization, or at a family child care home or child care center.



WHO WE ARE

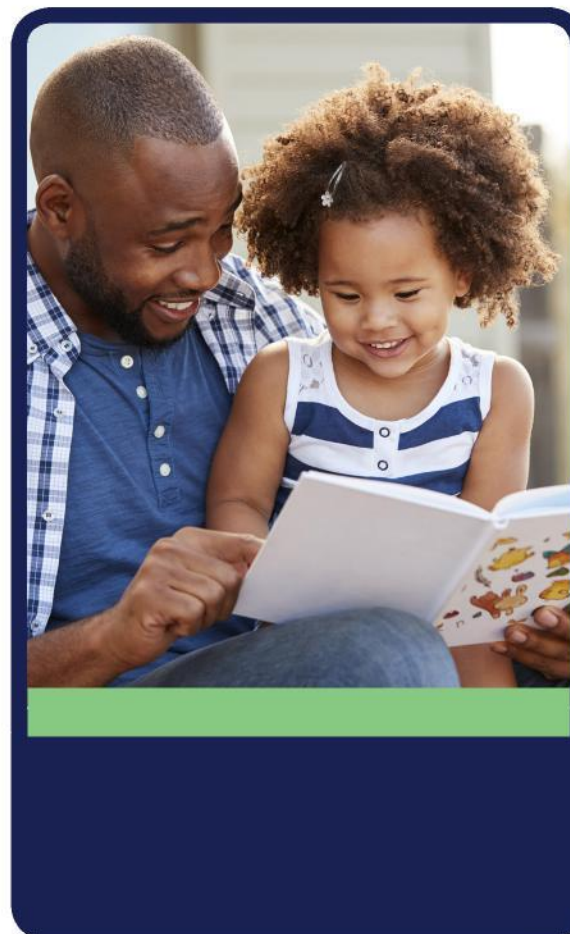
Child Care Aware® of America is our nation's leading voice for child care. We advance a child care system that effectively serves all children's growth, development and educational advancement and creates positive economic impact for families and communities.

To learn more about our mission, visit childcareaware.org



Copyright© 2019 by Child Care Aware® of America. All rights reserved. No part of this publication may be reproduced in any form – except in case of brief quotations embodied in critical articles or reviews – without prior written permission from Child Care Aware® of America.

Searching for the Right Child Care Program



If this is your first time looking for child care, you may be wondering where to begin or who to call. We've got you covered with everything you need to know to get started.

How are child care programs regulated?

A child care license is often required for a program to legally operate. States typically have a child care licensing office that oversees and monitors licensed programs. Some cities or counties also have licensing requirements that programs must meet in order to operate. A child care license is important to ensure that programs have met basic health and safety standards in order to protect children.

What types of child care programs are available?

When you are looking for child care, there are several types that you may choose from. There is no one-size-fits-all child care program. You will want to take your family's needs, preferences, and experiences into account and choose the type of care that is the best fit for you. If choosing a formal child care setting, be sure to verify that the program is licensed to provide care in your state, city, or county.

Child Care Centers

A child care center often has a classroom-type setting. Centers tend to be larger and can enroll more children. Children are cared for with others their same age. There is a dedicated director and numerous staff members.



childcareaware.org | 1-800-424-2246



Step 4: Take the tour

Your child care visit is the best opportunity to:

- / Get a feel for the environment, caregiver interactions, and daily routines
- / Ensure that health and safety measures are in place to protect your child
- / Look for indicators of quality child care

Visit <http://childcareaware.org/selecting-child-care-program/> to find checklists that you can take with you on your child care tour.



Family, Friend, and Neighbor (FFN) Care

This type of informal child care setting is often provided in the child's or the caregiver's home. The caregiver may be a relative, friend or neighbor, or a babysitter or nanny. FFN care may be more flexible in terms of hours. This type of care is typically not regulated or monitored (unless they care for children who receive government child care subsidies or vouchers).

How can I find and choose the right program? **Step 1: Get a child care list**

Once you have learned about the types of care available to you, it is a good time to call your local Child Care Resource and Referral agency (CCR&R). Your local CCR&R will ask you questions about your family and your child, and they will create a list of child care providers for you to contact based on your needs. They may also have an option to search for child care online. You can search for

your local CCR&R at <http://childcareaware.org/ccr-search-form/>.

Step 2: Do your homework

Once you have your list of child care programs, you can begin to learn about the ones that interest you.

Take time to find out about a program's:

- / **Licensing status:** Many states have child care licensing databases that allow families to verify that a provider's license is up-to-date.
- / **Health and safety inspections:** Inspection reports provide details about a program's compliance with health, safety, and program standards. Many states post inspection reports online.
- / **Quality rating:** Child care providers may be participating in a Quality Rating and Improvement System (QRIS) that rates their quality using specific standards. Ask your local CCR&R if your state or area has a QRIS and how to find out if a provider is rated.
- / **National accreditation:** Some child care programs are nationally accredited. This means that they have chosen to meet higher quality standards

than those required by state licensing. Your CCR&R may be able to tell you if any of the providers on your list are nationally accredited.

Child Care Aware®'s State by State Resource Map (<http://childcareaware.org/resources/map/>) can help you find much of this information in your state.

Step 3: Call providers

Once you've done some research on the child care programs you're considering, call each one to get additional information. Use this time to ask about whether there is space for your child, the weekly or monthly rate for your child, hours of operation, and if there are any discounts or scholarships available for child care. If you plan to apply for child care assistance, make sure the provider participates or is willing to participate in your state's program.

If the program sounds like it may meet your needs, set up a time with the child care provider for you to take a tour of the facility. Choose a time when you'll be able to stay for at least an hour.

CHOOSING CHILD CARE

that Boosts Your Child's Developing Brain



Parents are their child's first and most important teacher. As a parent, you know that positive learning experiences at home and in the care of other trusted adults are important for helping your child get ready for school and life. Families and early childhood educators are critical partners for building young children's brains!



When visiting a child care program, look for the five Brain Building Basics™

REFLECT

1 LOOK

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

Is the educator watching to see what interests the children? Does the educator connect with the children on their level with eye contact, smiles, talking, a high-five, or even a silly face?

2 FOLLOW

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements, and ideas! Then respond with your own words and actions.

Does the educator describe or talk about what children are doing or playing? Do they imitate cooing and babbling? Do they ask questions and

REFLECT

3

CHAT

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

Can you hear pleasant

?

... better from educators and

4

TAKE TURNS

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

Do you see the educator having back and forth interactions with the children?

?

5

STRETCH

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how, or why!

Does the educator know how to keep a learning moment going?

?

Visit WeAreBrainBuilders.org for more information on brain building resources for families.

To learn more about what to look for and ask when choosing child care visit ChildCareAware.org/families or contact your local Child Care Resource and Referral agency.



LET'S TALK ABOUT FEELINGS: Brain Building Tips for Encouraging Healthy Emotional Development in Young Children



HAPPY

PRACTICE POSITIVITY

Tip

Practice saying things in new ways with your child. You can take turns saying something negative then try to talk about the same thing in a positive way: "I don't like loud noises" can become "I like quiet sounds."

Brainy Background™

When your child learns how to describe things and people in different ways, they're learning communication skills and how to understand others' perspectives. These skills are helpful in having good relationships now and in the future.



Like adults, children experience a variety of emotions every day. In the first five years of life, children are making important connections in their brains as they learn about feelings – their own and others- and also how to communicate their emotions.

Positive, supportive interactions during everyday moments with parents and caregivers help children develop important skills for understanding and communicating emotions.

Try these fun, science-based tips with your child to support healthy brain development that will help them thrive now and in life!



STRESSED

STRESS BUSTERS

Tip

During a calm moment, invite your child to come up with their own ideas for managing stressed feelings. You can make suggestions, such as using words to explain their feelings, hitting something that can't be hurt, or counting numbers. Try out the ideas and brainstorm others.

Brainy Background™

When you give your child some responsibility for coming up with their own ideas for managing stressed feelings, you're helping them learn to manage their emotions and behavior. You're also helping them learn to take on challenges.



FRuSTRATED

USE YOUR WORDS

Tip

Does your child get upset and start to cry and whine? Remind them to use their words to say what is bothering them or what they want. If they're too upset to talk, try to guess what they want to say until they let you know you "got" it!

Brainy Background™

Helping your child learn to communicate their upset feelings in words is one of the most important tools you can give them for managing these feelings, and expressing themselves in ways that can be understood and responded to.



PROMOTING EMPATHy

FACE OFF

Tip

Make a face that expresses a feeling and ask your child to make a face that expresses the opposite feeling. If you make a happy face, they should make a sad face. Talk about when they remember people making these faces. Then take a selfie together with your goofiest faces!

Brainy Background™

This game helps your child learn empathy, by practicing to understand the emotions of others, and express their own feelings. It's an important skill that we use every day as adults!



LONELY

SEE YOU LATER

Tip

Before you go to work or drop your child off somewhere, share a favorite "See you later" story, such as "After a while, crocodile" or "See you soon, cocoon." Create a new goodbye tradition. Tell them that after it's finished, it will be time for you to leave. Reassure them you will see them later.

Brainy Background™

Transitions can be difficult for toddlers. When you create a goodbye tradition through the "See you later" poem or another story, you give them some control, which helps them feel safe.

Visit WeAreBrainBuilders.org for more information on brain building tips to make the most of everyday moments with your child.

HABLEMOS SOBRE LOS SENTIMIENTOS: Actividades para desarrollar el cerebro para fomentar el desarrollo emocional saludable en los niños pequeños



FELIZ

PRACTICA LO POSITIVO

ACTIVIDAD

Practica con tu niño a decir las cosas de nuevas maneras. Turnándose, digan algo negativo y luego traten de decir lo mismo de forma positiva. “No me gustan los ruidos fuertes” puede convertirse en “Me gustan los sonidos suaves.”



La ciencia tras la acción™

Cuando tu niño aprende a describir cosas y personas de diferentes maneras, aprende habilidades de comunicación y formas de tener nuevas perspectivas. Estas habilidades son útiles para establecer buenas relaciones ahora y en el futuro.



Al igual que los adultos, los niños experimentan una variedad de emociones todos los días. En los primeros cinco años de vida, los niños están haciendo conexiones importantes en sus cerebros a medida que aprenden sobre sus propios sentimientos y los de otras personas y cómo comunicar sus emociones.

Las interacciones positivas alentadoras durante los momentos cotidianos con los padres y cuidadores ayudan a los niños a desarrollar habilidades importantes para comprender y comunicar las emociones.

¡Prueba estas actividades divertidas basadas en la ciencia con tu hijo para apoyar el desarrollo saludable del cerebro que lo ayudará a prosperar ahora y en la vida!



ESTRESADO

DESTRUCTORES DE ESTRÉS

ACTIVIDAD

En un momento de calma, pídele a tu niño que invente sus propios modos de controlar los sentimientos de estrés. Puedes hacer sugerencias, tales como usar palabras para explicar sus sentimientos, golpear algo que no lastime a nada ni a nadie o contar números. Prueben estas opciones y piensen en otras.



La ciencia tras la acción™

Cuando le das la responsabilidad a tu niño de generar sus propias ideas para controlar sus sentimientos de estrés, lo ayudas a aprender a controlar sus emociones y comportamiento. También lo estás ayudando a enfrentarse a desafíos.



FrUStRADO

USA TUS PALABRAS

ACTIVIDAD

¿Tu niño empieza a llorar y quejarse cuando se enoja? Recuérdale a tu niño que use sus palabras para decir lo que le molesta o lo que quiere. Si tu niño está demasiado enojado para hablar, intenta adivinar lo que quiere hasta que tu niño diga, “eso.”

La ciencia tras la acción™

Ayudar a tu niño a aprender a comunicar sus sentimientos de enojo con palabras es uno de los recursos más importantes que le puedes dar para manejar estos sentimientos y expresarse en formas que se pueden entender y generar respuesta.



AI SLADO

NOS VEMOS LUEGO

ACTIVIDAD

Antes de ir a trabajar o dejar a tu niño en algún lugar, comparte una despedida especial, como por ejemplo, “Adiós corazón de arroz.” Crea una nueva tradición de despedida. Dile que después del saludo especial es el momento en que te vas. Asegúrale a tu niño que lo verás más tarde.

La ciencia tras la acción™

Las transiciones pueden ser difíciles para los niños de corta edad. Cuando creas una tradición de despedida con una rima u otra historia, le estás dando algo de control que lo ayuda a sentirse seguro.



PROMUEVE LA EMPATÍA

COMPETENCIA DE CARAS

ACTIVIDAD

Haz un gesto que exprese un sentimiento y pídele a tu niño que haga un gesto que exprese el sentimiento contrario. Si haces una cara feliz, él debe hacer una cara triste. Conversen sobre alguna vez en la que tu niño recuerde haber visto a una persona haciendo esas caras. ¡Después, tómense una foto haciendo sus caras más graciosas!

La ciencia tras la acción™

Este juego ayuda a tu niño a aprender empatía al practicar entender las emociones de los demás y expresar sus propias emociones. ¡Es una habilidad importante que usamos todos los días como adultos!



Visita WeAreBrainBuilders.org para obtener más información sobre las actividades para desarrollar el cerebro para aprovechar al máximo los momentos cotidianos con tu hijo.

Wellness for Families

Healthy habits begin early. Active play, sleep, nutrition and helping children navigate emotions are essential for young children's growing bodies and developing brains. Try these activities for calming moments, bedtime, mealtime, and playtime from Vroom®.



9-18
MONTHS

Physical Activity

Pillow Practice

Is your child trying to stand up and climb on everything? You can help them practice by putting some pillows on the floor and letting them climb or jump on them. Say "low" and "tall" as you make different sized stacks of pillows. Talk to them about what they're doing.

Brainy Background™

Providing opportunities for your child to practice the skills they're working on, like crawling, walking, jumping, keeps them engaged in learning. Talking about words like low and tall builds their vocabulary. How else can you help them practice what they're learning?



2-5
YEARS

Nutrition

Lunch Packer

Packing a school lunch? Have your child help! Put out veggies, dips, fruit, and other healthy options and invite them to pick two or three items for their lunch. Talk back and forth with them about the taste of these foods (crunchy, sweet) as you pack them together.

Brainy Background™

When your child helps pack their own lunch, with healthy choices, they're learning good health habits as well as how to take small steps toward making their own lunch in the future. Continuing to go back and forth in conversation is one of the best brain builders.



0-12
MONTHS

Rest & Sleep

Nightly Routine

As you get your child ready for bed, talk to them about what you're doing—taking off their day-time clothes ("night night clothes") turning the lights down ("night night lights"), closing the shades ("night night outside").

Brainy Background™

Regular routines help children learn to go to sleep more easily. When you name the activities, you're helping them learn words for these activities—even before they can say those words themselves.



3-5
YEARS

Emotional Wellness

Belly Breathing

Help your child learn to breathe deeply when feeling upset. Have them close their eyes and put their hand on their belly to feel it go out when they breathe in. When breathing out, their belly moves in. Remind them to use Belly Breathing to help them calm down.

Brainy Background™

When you ask your child to focus on their breathing when they feel upset, you help them practice self-control. They also learn to manage emotions in hard situations. This ability continues to develop throughout life and supports your child in solving problems on their own.

For more brain building tips to make the most of everyday moments with your child visit:

[WeAreBrainBuilders.org](https://www.WeAreBrainBuilders.org)

Creating Calm Moments at Home



Everyone experiences stress and can feel overwhelmed – **children, too!** We all need to take a break sometimes.

Children learn best through positive, back-and-forth moments with their parents. Making opportunities and providing tools that help your child calm moments in their daily lives makes important connections in their brain and helps get them ready for friends, school, and life!

You have what it takes to help your child learn! Try these brain-building tips from Vroom®.

CALM DOWN KIT

Suggested Age:
2 1/2 y– 5 years

Using an empty shoebox or other container, have your child put special items inside that help them calm down, like a book, a favorite toy, or piece of clothing. Have them decorate the box and when they're feeling upset, remind them to use the Calm Down Kit.

Brainy Background™

By creating a Calm Down Kit before upset feelings happen, you're helping your child plan for how to handle stress so they can take action in a difficult situation. This gives them more control and builds their skill in learning to take on challenges.

STORY SNUGGLES

Suggested Age:
0-2 years

Your child loves snuggling and hearing your voice. Get close and cuddle with them while sharing a story or song. Use a calm, quiet, and soothing voice to help them fall asleep quickly. This can become a nightly routine that lets them know it is time for bed.

Brainy Background™

Creating a trusting relationship, with feelings of closeness and security, sets up an environment for learning. Talk back-and-forth and share words and sounds with them in stories and songs. When you do, you help them become lifelong learners.

Powered by
vroom.

Let's Create!

Sample Calm Down Kit Items

- A sensory bottle or calm down jar
- A picture or small photo album
- Favorite stuffed animal
- Favorite toy
- Book
- Fidget toy
- Stress ball
- A pinwheel
- Piece of clothing/fabric



Visit WeAreBrainBuilders.org for more brain building tips to make the most of everyday moments with your child.

SELF-CARE CHALLENGE

Life can be stressful. Doing small things every day to take care of our minds, bodies, and health can help us handle what life brings our way. Try these self-care activities, even add your own self-care ideas, and cross them off as you go!

Self-care is giving the world the best of you, instead of what's left of you. – Katie Reed

 <p>Go outside</p>	 <p>Read a book</p>	 <p>TAKE A NAP</p>	 <p>Learn something NEW</p>	 <p>DRINK WATER</p>
 <p>Unplug from social media</p>	 <p>Listen to your favorite song</p>	 <p>Try a new RECIPE</p>	 <p>Call a FRIEND</p>	 <p>MEDITATE</p>
 <p>Watch your favorite movie</p>	 <p>Declutter your space</p>	 <p>your choice</p>	 <p>Make a GRATITUDE list</p>	 <p>Take a bath</p>
 <p>HAVE FUN</p>	 <p>HA ha HA ha HA ha HA ha HA Laugh</p>	 <p>Ask for HELP</p>	 <p>EXERCISE</p>	 <p>TREAT YOURSELF</p>
 <p>Find a new podcast</p>	 <p>DANCE</p>	 <p>Write in your journal</p>	 <p>Take a day off</p>	 <p>Go to bed early</p>

How Parents of Infants Can Support Social-Emotional Development



Provide a safe home and play environment for your baby

- Do a safety check at home to make it safe for your baby.
- Have a safe way to transport your baby.
- Know ways to keep your baby safe throughout the day.
- Have someone you trust who can help take care of your baby.
- Provide access to health care for your baby.
- Know how to manage your feelings of anger and frustration that come up when you are with your baby.



Provide predictable schedule/routines and an appropriate environment for your baby

- Create and follow routines that make eating enjoyable and satisfying for you and your baby.
- Provide a nap and sleeping routine for your baby that is predictable and appropriate for your baby's age.
- Use daily activities as playtime or make time each day to play with your baby.



Respond to your baby's needs

- Understand your baby's nonverbal communication and know how to respond.
- Understand your baby's verbal communication and know how to respond.
- Know how to help your baby calm down.



Provide activities and play with your baby

- Provide your child with books, toys, and playthings that are safe and that your baby enjoys.
- Know the age-appropriate games that your baby enjoys.



This infographic was created from **Social-Emotional Assessment/Evaluation Measure (SEAM™), Research Edition**

Learn more at <http://bit.ly/SEAMPost>

How Parents of Toddlers Can Support Social-Emotional Development



Respond to your child's needs

- Understand your child's nonverbal communication and know how to respond.
- Understand your child's verbal communication and know how to respond.
- Support your child's emotional needs.
- Use positive comments and language with your child.
- Successfully redirect your child's inappropriate behaviors.
- Understand why your child engages in inappropriate behaviors and know how to modify the environment.



Provide predictable schedule/routines and an appropriate environment for your child

- Provide a mealtime routine for your child that is predictable and appropriate for your child's age.
- Provide a rest and sleeping routine for your child that is predictable and appropriate for your child's age.
- Provide your child with predictable limits and consequences.
- Take time each day to play with your child.



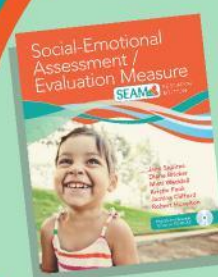
Provide a safe home and play environment for your child

- Do a safety check at home to make it safe for your child.
- Have a safe way to transport your child.
- Provide your child with safe care and supervision.
- Provide access to regular medical and dental care for your child.
- Know how to manage your feelings of anger and frustration that come up when you are with your child.



Provide activities that match your child's development level

- Provide your child with books, toys, and playthings that match your child's developmental level.
- Know the age-appropriate games that your child enjoys.



This infographic was created from **Social-Emotional Assessment/Evaluation Measure (SEAM™), Research Edition**

Learn more at <http://bit.ly/SEAMPost>

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free Milestone Tracker app to find fun and easy activities for each age.



Track & Share
Milestones

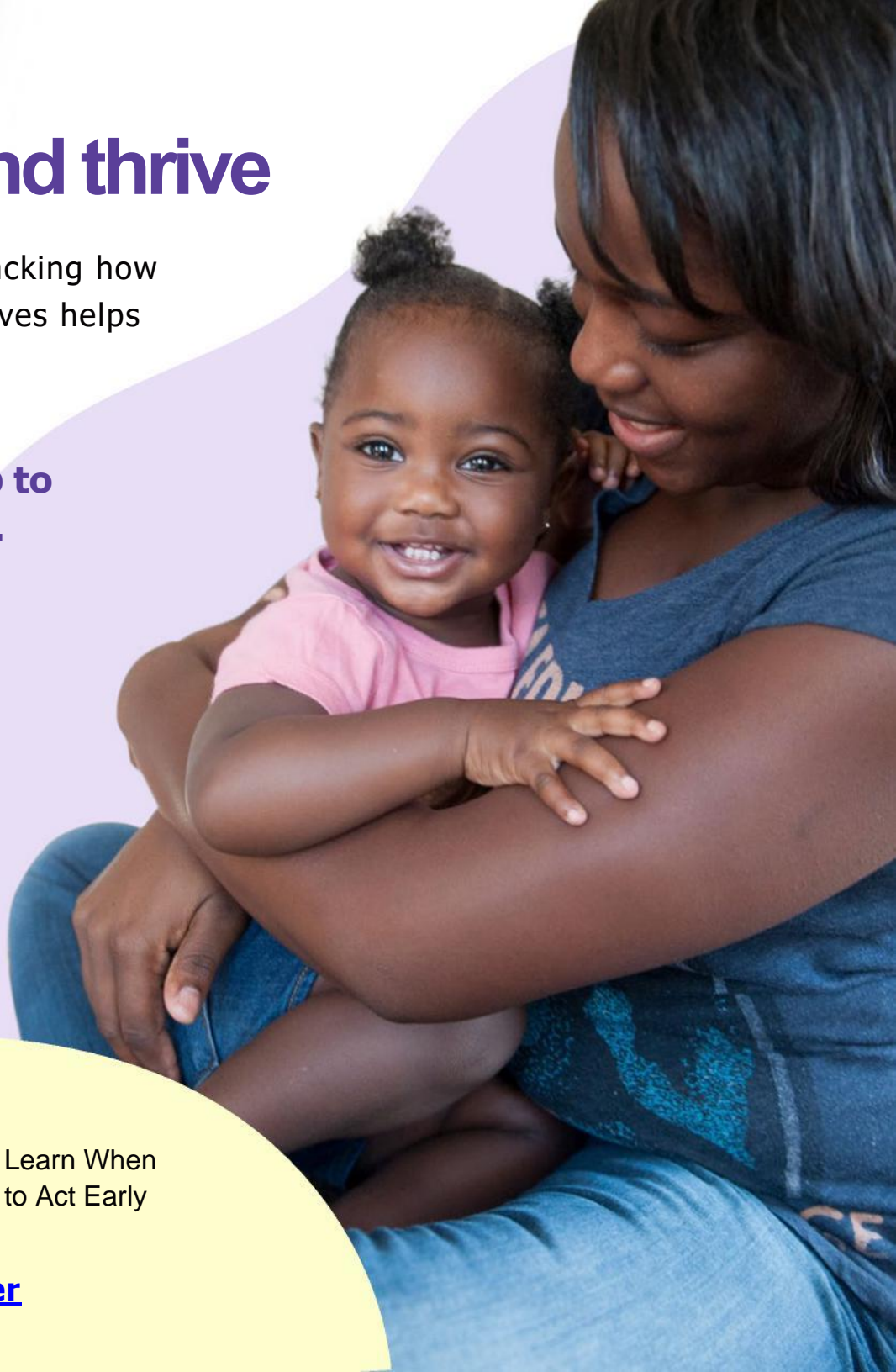


Get Tips &
Activities



Learn When
to Act Early

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)



Apoye su desarrollo y crecimiento

Los primeros años de su hijo son muy importantes. Seguir cómo su pequeño juega, aprende, habla, actúa y se mueve lo puede ayudar en su desarrollo.

Descargue la aplicación gratuita de los CDC *Sigamos el desarrollo* para encontrar actividades fáciles para cada edad.



Siga y comparta los indicadores del desarrollo



Vea consejos y actividades



Sepa cuándo debe reaccionar pronto

Encuentre más información en www.cdc.gov/Sigamos

Concerned about Development?

How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones
- Write down your questions and concerns; take these with you to the doctor's appointment.

3 During the doctor's appointment

- **Show the completed milestone checklist to the doctor**
 - > If your child **is** missing milestones, point them out, and share any other concerns that you have.
 - > If your child **is not** missing milestones but you still have concerns, tell the doctor about them.
- **Ask the doctor for developmental screening for your child**
 - > Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child. > For more information about developmental screening, go to www.cdc.gov/DevScreening.
- **Ask the doctor if your child needs further developmental evaluation**
 - > If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

4 Make sure you understand what the doctor tells you, and what to do next

- Before you leave the appointment, check the notes you have written and make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- When you get home, review your notes and follow the steps the doctor has given you. Remember, you can always contact the doctor's office if you have any questions.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with another doctor to get a second opinion

AND

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

- **If your child is under age 3:**

Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEI.

- **If your child is age 3 or older:**

Call the local public elementary school.

You do not need a doctor's referral to have your child evaluated for services.

Find more information, including what to say when you make these important calls, visit www.cdc.gov/Concerned.

Don't wait.
Acting early can make a real difference!



www.cdc.gov/ActEarly 1-800-
CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

¿Le preocupa el desarrollo de su hijo?

Cómo ayudar a su



Si le preocupa el desarrollo de su hijo (la forma en que juega, aprende, habla, actúa o se mueve), el primer paso para darle ayuda es hablar con el médico. **No espere.** ¡Reaccionar pronto puede marcar una gran diferencia!

1 Haga una cita con el médico de su hijo

- Cuando haga la cita, dígame al personal del médico que usted tiene preocupaciones sobre el desarrollo de su hijo y que le gustaría hablar sobre ellas con el médico.

2 Complete una lista de verificación de los indicadores del desarrollo

- Antes de la cita, complete una lista de verificación de los indicadores del desarrollo. Lo puede hacer al descargar de las tiendas App Store o Google Play la [aplicación móvil GRATUITA Sigamos el Desarrollo](#) de los CDC o al visitar www.cdc.gov/Indicadores para imprimirla en papel.
- Anote las preguntas que tenga y llévelas a la cita médica.

3 Durante la cita médica

- **Muéstrele al médico la lista de verificación de los indicadores del desarrollo completada**
 - > Si su hijo **no ha alcanzado** alguno de los indicadores del desarrollo, indíqueselos al médico y menciónale cualquier otra preocupación que tenga. >
 - Si su hijo **ha alcanzado** los indicadores del desarrollo, pero usted aún tiene preocupaciones, dígaselas al médico.
- **Pídale al médico pruebas del desarrollo para su hijo**
 - > Se recomiendan pruebas del desarrollo cuando existe una preocupación. Estas le dan al médico más información para que pueda buscar la mejor manera de ayudar a su hijo.
 - > Para obtener más información acerca de las pruebas del desarrollo, consulte www.cdc.gov/EvaluacionDelDesarrollo.
- **Pregúntele al médico si su hijo necesita más evaluaciones del desarrollo**
 - > Si las necesita, pídale una remisión y llame lo antes posible para solicitar una cita. Si tiene dificultades para conseguir la cita, avísele al médico.

4 Asegúrese de entender lo que el médico le diga y qué hacer a continuación

- Antes de irse de la cita médica, revise las notas que haya tomado y asegúrese de que el médico le haya contestado todas sus preguntas.
- Si no entiende algo, pídale que se lo explique de nuevo o de una manera diferente.
- Cuando llegue a su casa, revise las notas y siga los pasos que el médico le haya dado. Recuerde, siempre puede comunicarse con el consultorio del médico si tiene alguna pregunta.

Usted conoce a su hijo mejor que nadie

Si el médico de su hijo le dijo que “espere y vea”, pero a usted le inquieta ese consejo:

Hable con otro médico para obtener una segunda opinión

Y

Llame para solicitar una evaluación gratuita a fin de averiguar si su hijo puede recibir gratis o a bajo costo servicios que pueden ayudar.

- **Si su hijo tiene menos de 3 años:**
Llame al programa de intervención temprana de su estado. Busque el número telefónico en www.cdc.gov/IntervencionTemprana.

- **Si su hijo tiene 3 años o más:**
Llame a la escuela primaria pública local.

No necesita la remisión de un médico para que evalúen si su hijo necesita servicios.

Obtenga más información, incluso sobre qué decir cuando haga estas importantes llamadas, al visitar www.cdc.gov/Preocupado.

No espere.
¡Reaccionar pronto puede marcar una gran diferencia!



www.cdc.gov/Pronto 1-800-
CDC-INFO (1-800-232-4636)



Descargue la app
Sigamos el Desarrollo



Aprenda los signos. Reaccione pronto.

PREPARING FOR EMERGENCIES

TIPS for Families with Young Children

Birth to 5 years



Powered by vrom™



It is important to ensure that you and your family are well-prepared and ready should disaster strike; preparedness and planning are key. Children have unique needs, especially during a disaster or emergency. Using everyday moments in your child's life to help your child learn and build skills will help them if faced with an emergency in the future. Back-and-forth interactions with you can help your child's developing brain make connections with what is happening around them and help them feel **safe** and **secure**.

Try the brain building tips below with your child for **preparing**, **responding** or **recovering** from an emergency.



Brain Building Tip



Preparedness

This takes place before an emergency. It includes being informed, making and communicating plans, practicing your plan, and building emergency supply kits. During this phase, you learn about your risks.

TODAY IS...

As you ride in the bus or car, describe to your child how the day is: "Today is bright and sunny. Today I can feel the warmth of the sun on my face," or "Brrr, today is cold! That's why we have coats on." Ask them to take a turn. Be sure to respond to their words or sounds.

Brainy Background

When your child hears you describe the weather and things associated with the weather, they're learning to make connections between what and why. These connections will help them develop critical thinking and communicating skills.



Brain Building Tip



Response

This begins when you are alerted to an emergency and when an event actually occurs; this is when you either evacuate or shelter-in-place depending on the type of emergency.

FROM HERE TO THERE

Do you have magazines, newspapers, or pieces of cardboard at home? Ask your child to create a path to get from one side of a room to the other without touching the ground. Make it harder by increasing the distance and timing them to see how fast they can go. Take turns!

Brainy Background

Your child uses critical thinking skills to make a plan and test it out, and also think flexibly to come up with different solutions, such as putting one piece of paper in front of the other. This is a great group activity where they can practice communicating and working with others.



Brain Building Tip

Recovery

This is the period of time (hours, days, weeks, months) after an emergency occurs where returning to your everyday life is a focus. This is when you work to get back to your day-to-day; emotions may be running high during this phase.

CALM DOWN KIT

Using an empty shoebox or other container, have your child put special items inside that help them calm down, like a book, a favorite toy, or piece of clothing. Have them decorate the box and when they're feeling upset, remind them to use the Calm Down Kit.

Brainy Background

By creating a Calm Down Kit before upset feelings happen, you're helping your child plan for how to handle stress so they can take action in a difficult situation. This gives them more control and builds their skill in learning to take on challenges.



Visit ChildCarePrepare.org for more information on emergency preparedness and visit WeAreBrainBuilders.org for information on brain building.



Questions to ask when calling agencies :



- Who am I speaking to?
- What services does your agency offer?
- Who is eligible to receive your services?
- Can you help me find out if I am eligible?
- If you can't help me, can you put me in touch with someone who can please?
- Is there a fee for this service, or can I get it at a reduced cost?
- What days and hours are you open?
- Do I need to make an appointment, or do you take walk ins?
- Can you send me any necessary papers that I will need to fill out and mail in?
- What personal papers and items do I need to bring with me (such as license, birth certificate(s), social security card, paycheck stubs, utility bill, etc.)?
- Can you tell me your address, and give directions how to get there please?
- THANK YOU!



**Barbour County**

Contact: John Boskovic
Phone: 304-457-2691
Email: john.barbourfrn@gmail.com

Berkeley, Jefferson, and Morgan Counties

Contact: Kat Hagedorn
Phone: 304-262-5360
Email: director@frnotp.org

Boone, Kanawha, and Putnam Counties

Contact: Cathy Schrader
Phone: 304-414-4470
Email: executivedirector@regionalfrn.org

Braxton County

Contact: Amanda Criner
Phone: 304-364-6021
Email: bcc11@hotmail.com

Brooke and Hancock Counties

Contact: Luann Decker
Phone: 304-748-7850
Email: ldecker@brookehancockfrn.org

Cabell County

Contact: Jeff Evans
Phone: 304-697-0255
Email: jevans@cabellfrn.org

Calhoun County

Contact: Tina Persinger
Phone: 304-354-7177
Email: calhounfrn@gmail.com

Clay County

Contact: Melinda Samples
Phone: 304-587-4389
Email: melindasizemore@hotmail.com

Doddridge County

Contact: Robin VanScoy
Phone: 304-873-1245
Email: doddridgecountyfrn@yahoo.com

Fayette County

Contact: Diane Callison
Phone: 304-574-4338
Email: Fayettefrn@gmail.com

Gilmer County

Contact: Jessica Greenlief
Phone: 304-462-7545
Email: gilmercountyfrn@gmail.com

Grant, Hampshire, Hardy, and Pendleton Counties

Contact: Joanna Kuhn
Phone: 304-530-5480
Email: erfm@hardynet.com

Greenbrier County

Contact: Lisa Snedegar
Phone: 304-646-3622
Email: greenbrierfrn@yahoo.com

Harrison County

Contact: Amber Blankenship
Phone: 304-423-5049
Email: amber@wvpreventionsolutions.org

Jackson County

Contact: Renee DeLong
Phone: 681-358-8722
Email: jacksoncountyfrn@hotmail.com

Lewis County

Contact: Deanna Palmer
Phone: 304-269-4000
Email: hello@lewiscountyfrn.org

Lincoln County

Contact: Audrey Robinette
Phone: 304-824-7002
Email: audreyrobinettecfrn@outlook.com

Logan County

Contact: John Keith White
Phone: 304-688-2567
Email: logancountyfrn@gmail.com

Marion County

Contact: Frank Jarman
Phone: 304-366-4445
Email: marioncountyfrn@gmail.com

Marshall County

Contact: Stacie Dei
Phone: 304-845-3300
Email: marshallcountyfrn@comcast.net

Mason County

Contact: Greg Fowler
Phone: 304-593-0072
Email: frnmasoncounty@hotmail.com

McDowell County

Contact: Ginger Day
Phone: 304-436-5255
Email: facesfrn@yahoo.com

Mercer County

Contact: Greg Puckett
Phone: 304-913-4956
Email: drugfree@strongcommunities.org

Mineral County

Contact: Dayla Harvey
Phone: 304-788-9099
Email: mineralfamilyresourcenetwork@gmail.com

To learn more about the FRN in your community, please visit: www.wvfrn.org

**Mingo County**

Contact: Amy Dearfield-Hannah
Phone: 304-235-5607
Email: frndirector@hotmail.com

Monongalia County

Contact: Abbie Wallace
Phone: 304-322-2062
Email: frn@unitedwaympc.org

Monroe County

Contact: Michelle Groves McFall
Phone: 304-772-5960
Email: monroefrn@frontier.com

Nicholas County

Contact: Robin Brown
Phone: 304-872-4707
Email: nicholasfrn@frontier.com

Ohio County

Contact: Claudia Raymer
Phone: 304-232-5600
Email: ohiocountyfrn@yahoo.com

Pleasants County

Contact: Debbie Thompson
Phone: 304-684-3962
Email: debbiethompson2187@gmail.com

Pocahontas County

Contact: Laura Young
Phone: 304-799-6847
Email: pocahontasfrn@outlook.com

Preston County

Contact: Richelle Layman
Phone: 304-329-1968
Email: richelleprestonfrn@yahoo.com

Raleigh County

Contact: Deborah Williams
Phone: 304-255-3764
Email: raleighfrn@frontier.com

Randolph County

Contact: Gillian Adams
Phone: 304-636-4454
Email: rcfmdirector@gmail.com

Ritchie County

Contact: Pam Ward
Phone: 304-643-2022
Email: pamrcfrn@gmail.com

Roane County

Contact: Casey Hicks
Phone: 304-927-6070
Email: roanecountyfrn@frontier.com

Summers County

Contact: Doris Selko
Phone: 304-466-2226
Email: doris.starcher.selko@reachhfrc.org

Taylor County

Contact: Cathy Coontz-Griffith
Phone: 304-265-6838
Email: tccfrn1@gmail.com

Tucker County

Contact: April Miller
Phone: 304-478-3827
Email: tuckerfrn@hotmail.com

Tyler County

Contact: Jill Ash
Phone: 304-771-0530
Email: tylercountyfrn1@gmail.com

Upshur County

Contact: Lori Ulderich Harvey
Phone: 304-473-1051
Email: upshurfrn@yahoo.com

Wayne County

Contact: Carol Damron
Phone: 304-272-6003
Email: waynefrn@frontier.net

Webster County

Contact: Todd R. Farlow
Phone: 304-847-2943
Email: websterfrn@yahoo.com

Wetzel County

Contact: Elizabeth Seckman
Phone: 304-455-2468
Email: eseckman@wcccfwv.org

Wirt County

Contact: Kathy Mason
Phone: 304-275-4833
Email: wirtcountyfrn@frontier.com

Wood County

Contact: Ashley Way-Fankhauser
Phone: 304-420-9574
Email: woodcountyfrn@frontier.com

Wyoming County

Contact: Tina Acord
Phone: 304-673-2004
Email: wyoingfrn@gmail.com

To learn more about the FRN in your community, please visit: www.wvfrn.org

Quick Guide to Boone County Community Services

Provided by United Way of Central WV Information & Referral
working with the Regional Family Resource Network



United Way
of Central West Virginia

Updated January 23, 2019

unitedwaycww.org

United Way of Central WV • 1 United Way Square • WV • 25301 • 304.340.3500

NOTE: All numbers are 304 area code unless otherwise noted

COUNTYWIDE AGENCIES/SERVICES

Boone County Health Dept 369-7967
Boone County Community & Economic
Development Corp. 369-9127
Libraries:
Madison 369-7842
Coal River Racine 837-8437
Wharton 247-6530
Whitesville 854-0196
LINK Child Care Res. & Referral ... 800-894-9540
Probation Office 369-7373
Regional Family Resource Network. 414-4470
Sheriff's Dept. Anonymous Tip Line... 369-7387
WVU Extension Office 369-5869

EMERGENCY NUMBERS (911)

Non-emergency 369-9913
Fire, Police, Ambulance 911
Sheriff (Boone) 369-7340
State Police (Boone) 369-7800
Adult/Child Abuse 800-352-6513
Poison Center 800-222-1222
Ambulance – non emergency
Madison 837-3912

ADDICTIONS/COUNSELING/MENTAL HEALTH SERVICES/ TRANSITIONAL LIVING

Alcoholics Anonymous 800-333-5051
Children First 553-1055
Family Counseling Connection 340-3676
Highland Partial Program..... 926-1610
Kanawha Pastoral Counseling 346-9689
Kanawha Valley Fellowship Home... 342-8051
Lily's Place (care of babies suffering from
prenatal drug exposure) 523-5459
Mattie V Lee Home 344-1827
Narcotics Anonymous 1 800 766-4442
Prestera Center 369-1930
Problem Gambler's Help Network
..... 800-426-2537
Rea of Hope 344-5363
Samaritan Inn 343-9632
Thomas Memorial Behavioral Health
..... 766-3553
WV Substance Abuse and Mental Health
Hotline 844HELP4WV (844 435-7498)
WV Tobacco Quit Line 877-966-8784

ADOPTION/FOSTER CARE

Adoption Services toll free 800-943-0400
Braley and Thompson 744-2155
toll free 877-399-9140
Burlington United Methodist 720-1904
Kanawha Valley Center (KVC) 752-8972
WV DHHR 369-7802 or 800-642-9704

BOONE COUNTY COURTHOUSE

Boone County Courthouse 369-7331
Assessor 369-7308
Circuit Clerk 369-7321
County Commission 369-7301

County Clerk 369-7321
Family Court Judge 369-7847
Judges 369-7350
Magistrate 369-7360 and 369-7361
Prosecuting Attorney 369-7383
Sheriff's Tax Office 369-7390

CLOTHING

EnAct 369-9081
Prayer Connection 369-6957

COUNSELING/MENTAL HEALTH

Adolescent Suicide Prevention and Early
Intervention (ASPEN) 341-0511
Children First 553-1055
Cornerstone Family Interventions .. 369-5283
Family Counseling Connection 340-3676
Highland Hospital 926-1600
Kanawha Pastoral Counseling..... 346-9689
Kanawha Valley Center (KVC) 752-8972
Prestera Center... 369-1930 or 800-642-3434
Prestera Partial Hosp 369-1930 x 1622
REA of Hope Fellowship Home 344-5363
WV Mental Health Consumers' Association
toll free 800-598-8847
Lighthouse Resource Center 369-1110
WV Council for the Prevention of Suicide
..... 296-1731 ext. 4197
WVU Behavioral Medicine 388-1000

CRISIS INTERVENTION

Adult/Child Abuse Hotline 800-352-6513
Alcoholics Anonymous 800-333-5051
ASPEN (Adolescent Suicide Prevention and
Early Intervention) 341-0511
Child Abuse/Sexual Assault Unit 369-0387
Narcotics Anonymous 1 800 766-4442
Nat'l Suicide Prevention..... 800-273-8255
Problem Gamblers Help 800-426-2537
Resolve Family Abuse 369-4189
toll free..... 800-681-8663
VINE/24-hr Victim Notification 866-984-8463

DAY CARE CENTERS

Kids Are Us 836-8200
LINK Child Care Resource & Referral
toll free 800-894-9540
Little Bow Peep 369-9593

DENTAL SERVICES

FamilyCare Hills Plaza Charleston .. 720-4466
Harts Health Clinic 855-4595
Upper Kanawha Med. Center 595-1770
WV Health Right 414-5930

DISABILITY SERVICES

Aging, Disability and Resource Center
Toll Free 866-987-2372
Appalachian Center for Independent Living
..... 965-0376

ARC of the Three Rivers 344-3403
Birth to Three toll free 1-800-642-9704
Boone Nursing and Rehab 369-0986
Childhood Language Disorders Center
..... 342-7852
Children's Therapy Clinic 342-9515
Community Access, Inc 766-2413
Community Services, Inc 205-7978
Epilepsy Foundation of WV 800-332-1000
Fair Shake Network 800-497-4746
Family Advocacy, Support & Training
Toll Free 866-255-4370
Hear Now Program (hearing aids) ... 414-4405
Meadow Brooke 369-0038
Prestera Family Support 369-1930
Region II Family Network 369-1930 x 1614
toll free 888-711-4334
Traumatic Brain Injury 877-724-8244
WV Advocates 346-0847
WV Learning Disabilities Assoc 866-985-3211
WV Rehabilitation 766-2634

DISASTER SERVICES

American Red Cross 340-3650
Boone County Community Org 369-0451
Boone County Health Department.. 369-7967
Office of Emergency Services 369-9913
Salvation Army 792-1147

EDUCATION/TRAINING

Adult Basic Education/GED 369-4099
Adult Literacy 800-642-2670
Appalachian Council Head Start 369-1000
Apprenticeship for Child Development
Specialist toll free 866-982-2237
Boone County Vocational School ... 369-4585
Boone County Schools 369-3131
Preschool Special Needs 369-8245
Boone County Trucking Academy ... 369-4548
Charleston Job Corps 925-3200
Christian Faith Academy 245-5711
EnAct 369-9081
Mountaineer ChalLeNGe Acad ... 800-529-7700
Safe Schools Helpline 866-723-3982
So. WV Com.& Tech. College 369-2952
WVDHHR/WV Works 369-7802

EMPLOYMENT

Job Squad 848-0850
WV Job Service 792-7010
Workforce WV Career Center 369-2951

FINANCIAL and /or UTILITY ASSISTANCE

Boone County Community Org 369-0451
Boone County DHHR 369-7802
EnAct 369-9081
Salvation Army 343-4548

FOOD/NUTRITION

Boone County Community Org. 369-0451
NOTE: Congregate meal sites listed under Boone County Community Centers listed under Recreation.
Catholic Charities of Boone Co 854-1043
Food Stamps 369-7802
EnAct 369-9081
Heart of God Soup Kitchen 369-4803
Madison Baptist Church Food Pantry 369-1061
Salvation Army 343-4548
Union Mission 925-0366
WIC Program 369-7967

HEALTH CARE/CLINICS/HOSPITAL

Boone Memorial Hospital 369-1230
Boone County Health Dept 369-7967
CAMC 348-5432
FamilyCare 369-0393
Raleigh-Boone Medical Center 854-1321
Sherman Wellness Center 837-3100
..... 837-3399
Wharton Medical Center 247-6202
WV Health Right 414-5930

HEALTH ORGANIZATIONS

Aetna Better Health of WV..... 888-348-2922
AIDS Hotline 800-642-8244
Alzheimer’s 800-272-3900
American Cancer Society
 local toll free 800-227-2345
American Heart Association 720-9001
American Red Cross 340-3650
Arthritis Foundation 844-571-4357
Boone County Health Dept 369-7967
Blind Phys. Handicapped Services .. 356-2371
Community Access Program for Health Care (CAP) 388-7385
CAMC Reg. Tobacco Prevention 388-9967
Diabetes Association 800-342-2383
Easter Seal Society toll free 800-221-6827
Head Injury 877 724-8244
Hygeia Facilities Foundation, Inc. 341-0200
Lions Club Eyeglass Program ... 800-641-3021
Lung Association 342-6600
Lupus Foundation toll free 800-538-0121
Make a Wish Foundation 342-9474
March of Dimes 720-2229
Unicare Health Plan 888-611-9958
WCWV Reg. Tobacco Prevention ... 356-4193
..... 866 384-5250
WV Family to Family Health Information Center Toll Free 800-281-1436
WV FREE 342-9188

HOME HEALTH CARE

Aracoma 792-1726
Boone County Community Org. 369-0451
Boone Memorial Hospital 369-1230
Comforts of Home 414-4475
Pro Careers 800 924-0028

HOSPICE

HospiceCare toll free 800-560-8523

HOUSING

Black Diamond Arbors 369-3442
Boone County Housing (HUD) 369-3442
Mountain Terrace Apt 854-0590

People with Harts Comm. Dev 855-9480
Religious Coalition for Community Renewal 346-6398

LEGAL SERVICES

WV Lawyer Referral toll free .. 800-642-3617
Legal Aid of WV toll free 866 255-4370
Senior Legal Aid toll free 800-229-5068

NURSING HOMES

Boone Health Care..... 369-0986
Meadow Brooke..... 369-0038
Marmet Health Care..... 949-2000

PARENTING SUPPORT

Bralely and Thompson 744-2155
Children First 553-1055
Cornerstone Family Interventions 369-5283
Gabriel Project 414-4666
Help Me Grow 800 642-8522
Kanawha Valley Center (KVC) 752-8972
Prestera Respite Program 369-1930 x 3024
Right From the Start 800-642-8522
WV State University Extension 866-987-8283

RECREATION

Boone County Parks & Recreation ..369-6125
Water Ways 369-1235
Wharton Pool 247-6066
Racine Pool 837-3015
Hatfield-McCoy Trail toll free 800-592-2217
Riverview Country Club 369-9835
Boone County Community Centers
 **Madison-Danville Center 369-4142
 **Van Center 245-8087
 **Spruce River Center 369-3313
 **Orgas-Whitesville Center 837-3275
 **Wharton Center..... 247-6096
 **Racine Center 837-3722
 **Morrisvale 524-9198
WV State Museum 558-0220

SENIOR SERVICES

Aging, Disability and Resource Center Toll Free 866-987-2372
Boone County Community Org. 369-0451
NOTE: Congregate meal sites listed under Boone County Community Centers listed under Recreation.
United Way Retired Senior Vol. Program (RSVP) 389-6687
WV Bureau for Senior Services 558-3317

SHELTERS

Sojourners 340-3562
Giltinan Center 340-3581
Union Mission Crossroads 343-4352
Davis Child Shelter 345-3891
Patchwork 340-3670
YWCA-Resolve Family Abuse ... 800-861-8663

TRANSPORTATION

Good News Mountaineer Garage 866-448-3227
Tri-River Transit 824-2944 or 877-212-0815

VETERANS

Veterans Affairs ... 369-3471 or 800-827-1000
Veterans Clinic 746-5300

YOUTH SERVICES

Bralely & Thompson 744-2155
Toll Free..... 800-969-1704
Children First 553-1055

Children’s Home Society 345-3894
Daymark 340-3675
DR Kuhn Juvenile Detention Ctr 369-2987
Kanawha Valley Center (KVC) 752-8972
Mountaineer ChalleNGe Acad 800-529-7700
Prestera Center ... 369-1930 or 800-642-3434
WV Nat’l Guard Child & Youth 866 986-4326
Salvation Army 310-4260
Secret Santa 344-8697

YOUTH ORGANIZATIONS

Boy Scouts 340-3663
4-H 369-5869
Girl Scouts 345-7722 x16

STATEWIDE SERVICES/AGENCIES

WV DHHR:
Abuse Hotline 800-352-6513
Child Advocate Office 800-249-3778
Office of Inspector General 558-2278
Automated Health Systems (Medicaid) toll free 800-449-8466
Believe in WV storehouse 552-7601
Breast & Cervical Cancer Screening Program 558-5388
CHIP (Children’s Health Insurance) toll Free 877-982-2447
Children with Special Health Care Needs 792-7095
Child Support Hotline 800-249-3778
Client Services (DHHR) 800-642-8589
Crime Victims Compensation Fund 877-562-6878
Family Planning toll free 800-642-8522
Literacy WV toll free 257-3723
Vital Statistics 558-2931
Worker’s Compensation 866-452-7425
WV Advocates 346-0847
WV Army National Guard Family Assistance Center toll free 866-986-4326
WV Bureau for Senior Services 558-3317
WV Hate Crime Task Force 888-676-5546
WV Prescription Drug Abuse 866-987-8488
WV Public Service Comm 344-5113
WV Tobacco Quit Line 877-966-8784

WEATHERIZATION

Coalfield Community Action Partnership 235-1701

Special thanks to the Boone County Family Resource Network for their assistance.

For more detailed information please call Information and Referral

304 414-4405 or 1 800 540-8659

After Hours just dial 3 numbers ... 211 to connect with the Statewide Information and Referral.





All area codes are (304) unless noted. **Cabell County Quick Guide - Updated: January 2021**

COMMUNITY SERVICE ORGANIZATIONS

- Buddy to Buddy WV Volunteer Veterans Resources. 844-734-8316
- Cabell Co. Family Resource Network.....697-0255
- Cabell Huntington Coalition for the Homeless523-2764
- Cabell Co. Student Empowerment Team697-0256
- Dress for Success522-3011
- Family Resource Center526-4471
- Military One Source..... 800-342-9647
- Mission WV/ Adoption/ Relatives As Parents562-0723
- Nancy Stewart Tonkin Children’s Resource Room ...681-378-2530 ext. 22006
- United Way, Cabell Co. Substance Abuse Prevention Partnership, Education Matters, Financial Stability, Success by 6....523-8929
- The Center Youth Opportunity Hub..... 544-1877
- Volunteer WV & AmeriCorps 800-WV-HELPS
- WV National Guard Family Program 561-6545

COUNSELING BEHAVIORAL HEALTH

- Cabell Huntington Hospital Counseling..... 526-2049
- Family Service of Goodwill Industries 523-7461
- Homeless Veterans Outreach Center..... 529-9142
- Huntington Behavioral Health 523-1142
- Life Encouragement Outreach @ Christ Temple (counseling & support groups) 781-6526
- Marshall University Psychology Clinic 696-2772
- Necco 733-0036
- Oak Ridge Treatment Center, Inc (PAIS) 302-2010
- Oasis Behavioral Health..... 733-3331
- Prestera Center for Mental Health Services 525-7851
- Peace Tree Center for Wellness 955-5111
- Problem Gamblers Help Network of WV 800-426-2537
- Regional Youth Service Center.....525-7851 ext. 1681
- Starlight Behavioral Health Services 302-2078
- The Word House 523-9673
- Valley Health – East Huntington- 399-3310, Milton – 743-1407, Huntington – 525-0572, Southside – 529-0645
- Wellspring Family Services (in Huntington) 681-378-3881

COUNTY/ GOVERNMENT – Links to County, State, Cities of Barboursville, Huntington, Milton <http://www.cabellcounty.org>

- Family Court Judge..... 526-8535
- Juvenile Court Referee..... 526-8617
- Traffic Safety 696-5540 x. 2066
- Western Regional Jail 733-6821

CRISIS & EMERGENCY NEEDS

- American Red Cross 526-2900
- Abuse Hotlines (Children & Adult Protective services, Domestic Violence)..... 800-352-6513
- Branches Domestic Violence Shelter 529-2382
- CONTACT Rape Crisis Ctr. (24 Hr. hotline)..... 399-1111
- Fire, Police, Ambulance..... 9-1-1
- Huntington City Mission (Temp. Shelter, meals).....523-0293
- Information & Referral (Referrals, utility assistance, Food & Clothing pantries, etc.) 528-5660
- National Runaway Switchboard..... 800-786-2929
- Prestera Center for Mental Health Services800-642-3434
- Prevent Suicide WV 800-273-TALK
- QRT: Quick Response Team for Over Doses 526-8541
- WV Poison Center 800-222-1222

DISABILITY

- Autism Services Center..... 525-8014
- Coordinating Council for Independent Living 733-6415
- Cabell-Wayne Assoc. of the Blind.....522-6991
- Commission for the Deaf & Hard of hearing (TTY).. 558-1675
- Developmental Therapy Center 523-1164
- Diversified Assessment & Therapy.....453-2800
- Family Advocacy Support & Training 866-255-4370
- Goodwill Industries.....523-7461

- Grace Gospel Ministries (Deaf Services)..... 522-8635
- Green Acres Regional Center 762-2520
- Marshall –Disabled Student Services 696-2271
- Mountain State Centers for Independent Living..... 525-3324
- ResCare/Voca Corp 220-8930
- Tangible Alternatives 523-7670
- WV Rehabilitation.....528-5585
- WV Aging Disability & Resource Center 558-2358
- WV Parent Training & Info..... 800-281-1436
- Center for Excellence in Disabilities 877-724-8244
- Workforce WV Disability Navigator 528-5525

DRUG CRIMES HOTLINES: *If you are aware of crimes or suspicious activities, you can call the confidential hotlines:* Huntington Police Department...696-4444, Cabell Sheriff’s Office...526-8442 or 8443

EARLY CHILDHOOD/DEVELOPMENT/DAY CARE/MENTOR

- A New Beginning Crisis Pregnancy Center..... 697-0411
- Big Brothers/ Big Sisters 522-2101
- Birth to Three 523-5444
- Head Start & Pre-K 697-4600
- LINK Child Care Resource & Referral 800-894-9540
- River Valley Child Dev 523-3417
- TEAM for WV Children (CASA - Court Appointed Special Advocate, Mountain State Healthy Families)..... 523-9587
- WV Help Me Grow 800-642-8522

HEALTH CARE/ NUTRITION (Also see Counseling)

- Abuse & Neglect 24 hour Hotline 800-352-6513
<https://www.wvdhhr.org/report.asp>
- American Cancer Society (24 hr. cancer resources, prevention, early detection info).....800-227-2345
- American Heart Association..... 800-926-4278, or 720-9001
- Cabell-Huntington Health Department 523-6483
- Ebenezer Medical Outreach..... 529-0753
- Hospice of Huntington..... 529-4217
- The Leukemia & Lymphoma Society..... 502-719-0547
- Make-A-Wish Foundation..... 342-9474
- Marshall Health Dentistry & Oral Surgery ... 691-1247, Family Med... 691-1100, Internal Med...691-1000, Pediatrics...691-1300
- Marshall Health Pediatrics-Parent Partners in Ed 691-1393
- Marshall University Speech & Hearing Clinic 696-3641
- Medicaid (DHHR) 528-5800
- Medicaid Managed Care Organizations:** Aetna Better Health of WV...888-348-2922, The Health Plan ...800-624-6961, UniCare ...888-611-9958, MCO Broker - Maximus ...800-449-8466
- Medicare/ WV State Health Insurance Promotion...877-987-4463
- National Poison Control Center..... 800-222-1222
- Right from the Start 733-9019
- Tri-State AIDS Taskforce..... 522-4357
- Valley Health System (main #, sites below) 525-3334
 - VH- 10th Street 399-3366
 - VH-A Women’s Place..... 697-2014
 - VH- Diagnostics Lab 525-0573
 - VH-Ear, Nose & Throat 522-6388
 - VH-East Huntington... 399-3310, Pharmacy... 525-4112, Optometry ... 399-3335
 - VH-Food Fair Rt. 60 399-3350
 - VH-Harmony House 523-2764
 - VH-Huntington 525-0572, Pharmacy 399-3355
 - VH-Milton 743-1407
 - VH-Mountwest.....399-3337
 - VH at Prestera 399-7770
 - VH-Southside ...529-0645 & Dental.....523-6955
 - VH-School Based: Cabell Midland - 743-7495, Huntington High -528-6445, Huntington Middle & Southside Elem. -528-2070
 - VH-Westmoreland medical & dental 781-5800
- VAMC – Veteran’s Justice Outreach429-6755 ext. 4622

Quick Reference to Community Services for Lincoln County



Provided for you by:

Lincoln County Family Resource Network

“Working Together for Children and Families”

Adult Education

Alum Creek 756-9211
Charles Yeager Career Center.. 824-5449
Guyan River 824-4640
Hamlin Library..... 824-5481

Ambulance Services

Duval 524-7044
Harts 855-5148
Lincoln EMS 824-7871

Benefits/Eligibility Issues

Lincoln Cnty Opportunity Co. 824-3448
Lincoln DHHR 824-5811

Business Development

Lincoln County Economic
Development Authority 824-3838

Child/Adult Protective Services/Foster Care Adoption

Braley & Thompson 720-2331
Crimes Against Children Unit 746-2276
Children’s Home Society ...681-378-2530
Davis Child Shelter.... 345-3894
Golden Girl’s Group Home... 453-1401
KVC 824-3244
Lincoln DHHR 824-5811
Mission WV 562-0723
NECCO 733-0036

Children’s Service Provider

ABLE Families 393-4937
Cornerstone Family Intervention 369-5283
Mountain State Healthy
Families 824- 4330
Hope Pregnancy Center 824-4673
Right From the Start... 1-877-240-7387
Starting Points 824-2278
Successby6 523-8929 Ext. 102
WV Birth To Three..... 1-866-321-4728
Vance Family Services 807-6227

Community Centers

Big Ugly Community Center. 855-5402
Ferrellsburg Community Ctr. 855-3166
Garretts Bend Community Ctr. 756-2702
Hamlin Community Center 824-5500
Harts Community Center..... 855-3166
McCorkle Community Center 756-2834

Child Support Enforcement

Lincoln DHHR 824-5811

Community Based Groups

Lincoln County Family Resource
Network 824-7002
Step By Step 855-5402

Counseling Services/Advocacy

Court Appointed Special
Advocate 343-9711
KVC Behavioral Health 824-3244
Lincoln Primary Care..... 824-5806
New Horizons Therapy Services 824-4506
WV Crime Victims
Compensation Fund 347-4850
Valley Health Systems 525-3334

Child Care/Day Care

Family Day Care
Food Program..... 1-800-581-3031
Lincoln Day Care and
Enrichment Center 824-5930
LINK Child Care Resource... 523-9540

Developmental/Disabilities

Rehabilitation

Autism Services Guyan/
Day Program..... 824-7809
WV Birth To Three..... 1-866-321-4728

Domestic Violence

Branches 824-2600
Contact Rape Crisis Center 866-399-7273
Lincoln County Contact..... 272-2503

Fire Departments

Alum Creek 756-2011
East Lynn 849-5601
Griffithsville 524-7108
Guyan River Volunteer 778-7800
Hamlin 824-7444
Harts 855-9560
Morrisvale 524-2865
West Hamlin 824-7337

Food, Clothing & Emergency Assistance

Bread From Heaven..... 824-2051
Ranger Food Pantry 855-3706
McCorkle Community Center 756-2834
Salvation Army..... 529-2401

Health Programs/Clinics

Alum Creek Medical.... 756-9001
Harts Health Center.... 855-4595
Lincoln Co. Health Dept. 824-3330
Lincoln Primary Care.... 824-5806

School Based Health Centers

Guyan Valley Wildcat 824-5707
Lincoln Co. Panther 824-6090

Home Health Care

Girling HealthCare 855-7104
Hospice..... 824-5800
LCOC 824-3448
Preferred Home Health... 453-3590
WV Personal Options..... 558-3317
WV’s Choice CCIL 1-800-2861454

Housing for Seniors And Disabled

Colonel McGhee Apt 824-3448
Lincoln Unity Apt 824-3717

Housing/General Family & Repair

Branchland Apt 740-886-8703
Victorville Apt 824-5224
USDA Rural Dev..... 697-6033
Youth Works 1-800-968-8504
Alum Creek Apt 756-4055
Emerald Gardens Apt 539-8268

Information and Referral

Lincoln County Family Resource
Network 824-7002
Help Me Grow..... 1-800-642-8522
West Virginia 211 211

Legal Services

Davenport Law Office..... 824-5711
Jerry Alford 756-2100
Legal Aid of WV... 1-866-255-4370
Office of Public Defender 824-7901
Stevens & Stevens 824-5253

Libraries

Alum Creek Library 756-9211
Guyan River 824-4640
Lincoln/Hamlin Library 824-5481
Harts Library 855-4881
Salt Rock Library 733-2186

Lincoln County Courthouse 824-3336 (Extensions)

Assessor 241
Building Permit 252
Circuit Court 238
Circuit Clerk 239
County Clerk 233
County Commission 221
Elections 228
Home Confinement 278
Judges Chambers 238
Magistrate Clerk 235
Magistrate Clayton 236
Magistrate Tully 237
Probation Department 234
Prosecuting Attorney 248
Sheriffs Law Enforcement 279
Tax Department 227
Voter's Registration 230
Family Law 824-5005 (273)

Miscellaneous Agencies

And Businesses

Child Abuse Hotline..... 1-800-353-6513
Dial A Lawyer..... 1-800-642-3617
HUD 369-3442
Huntington Job Service528-5525
Information and Referral
For West Virginia..... 1-800-734-2319
Internal Revenue Service 1-800-829-1040
Poison Control..... 1-800-642-3625
Social Security
Administration..... 1-800-772-1213
West Virginia Consumer
Protection 1-800-368-8808
WV Dept. Motor Vehicles 1-800-642-9066
WV Dept of Highways..... 824-3434
WV Utility Assistance..... 552-3331
WV Workforce 824-2383

Newspaper

Lincoln Journal824-5101

Nursing Home

Lincoln Nursing/Rehabilitation 824-3133

Nutrition, Health and Fitness

Change the Future WV... 523-6483 Ext.
282 Lincoln Primary Care W.E.L.L. Center
..... 824-5806 Ext.1267
Women Infant Children..... 1800-953-1009
WVU Extension Service.... 824-7911

Preschools/Head Start

Duval PK 524-2101
Hamlin PK..... 824-7941
Harts Head Start..... 855-7072
Harts Primary PK..... 855-3173
Midway PK..... 756-3121
Ranger PK 778-3534
West Hamlin PK 824-3630

Public Transportation

Tri-River Transit..... 824-2944

Recreation

Lincoln County Parks and
Recreation Commission 824-3033
Mud River Watershed Park. 524-2487

Rehabilitation Services

For Substance Abuse

Huntington Treatment Center 525-5691
PARC..... 525-1522
Prestera Center399-7776
Renaissance Resource Center 525-7851
TARP 1-800-642-3434
The Healing Place733-9000
WV Prescription
Abuse Quitline..... 1-800-987-8488
WV Tobacco Quit Line..... 1-800-784-8669
Help4WV 1-844-HELP-4-WV
4357-4-98
Suicide Lifeline 1-800-273-TALK
8255

Schools

Duval PK-8 524-2101
Guyan Valley Middle School 824-3235
Hamlin PK-8 824-3036
Harts Primary PK-8..... 855-3173
Harts Intermediate 4-8..... 855-4881
Lincoln County High School 824-6012
Midway PK-5756-3121
Ranger PK-5778-3454
Southern WV Community
And Technical College..... 824-2326
West Hamlin Elementary.. 824-3630
Board of Education 824-5449
Family/Community Engagement Faci.
..... 824-3033 x6252
Special Education..... 824-3033
Lincoln Co. School Nurse . 824-3033
Lincoln Co. Board of Ed .. 824-3033

Senior Citizens Centers

And Programs

Hamlin Senior Center824-5303
Harts Senior Center855-9888
Lincoln Primary Care.824-5806 Ext.1282
West Hamlin Senior Center 824-3028
Lincoln Cnty Opportunity Co. 824-3448

Sewer Utilities

Hamlin Public Service..... 824-5354
Pleasant View Public Service 824-3055
Town of West Hamlin Sewer 824-3055

Veteran Services

American Legion Aux 824-5633
Huntington Regional Office.
1-800-827-1000
Volunteers of America... 691-4415

Walking Tracks Hamlin

Lion's Club Field 824-5500

Harts Intermediate..... 855-4881
Lincoln Primary Care... 824-5806
Ranger Elementary..... 778-3454
West Hamlin Elementary 824-3630

Water Utilities

Branchland-Midkiff Public
Service District..... 778-7711
Lincoln Public
Service District..... 756-2141
West Hamlin Municipal
Waterworks 824-3055
West Virginia
American Water 824-5354

Youth Programs

Christian Unity Ministries 824-7165
Energy Express
Summer Program 824-7911
Extension Day Camps..... 824-7911
4-H Residential Camp 824-7911
WVU Extension Youth
Program..... 824-7911
Youth Works..... 1-800-968-8504
WV Depart. Of Environmental Youth
Program...926-0499 Ext 1335

NOTE: All area codes are (304)
unless noted.

Lincoln County Family Resource
Network is a group of individuals and
agencies that meet the third Tuesday
of each month on the second floor at
West Hamlin City National Bank. The
group addresses many of the pressing
issues faced by Lincoln County
residents.

The purpose of Quick Reference to
Community Services is to make the
public aware of some of the resources
that are available within their
communities.

304-824-7002

www.facebook.com/LincolnWVFRN

The LCFRN is being presented
with financial assistance as a grant
from the WV Department of Health
and Human Services.

Updated: August 2021



Logan County Quick Resource Guide

COUNTY AGENCIES/SERVICES

American Red Cross..... 304- 340-3650
 Animal Shelter 304 752-1876
 Appalachian Center 304 752-3432
 Logan Co. Child Advocacy 304- 792-6261
 Waste Management ..304-752-0008
 Logan Banner 304 752-6950
 Logan County Chamber 304 752-1324
 Family Resource Network 304-792-2016
 Motor Vehicle, Dept 800-642-9066
 Mountain State Families 304 752-1022
 Natural Resources, Dep 304 792-7045
 Probation Offices
 Adult Probation 304792-8516
 Juvenile Probation.....304 792-8565f
 P.R.I.D.E. in Logan304 752-6868
 Resolve Family Abuse Pro 304.369-4189
 Social Security 800-772-1213
 Tug Valley Recovery 304 235-6121
 United Mine Workers of America
 Health & Retirement Funds

800-291-1425
 WVU Extension Office... 304 792-8690
 WV DHHR 304 792-7095
 WV Workers Comp.... 800-628-4265
 WV Birth to Three 304.752-1710
 WV Children with Special Health Care
 Needs Program..... 304 792-7095
 WVOW Radio.....304-752-5080

EMERGENCY NUMBERS (911)

Non-Emergency 304.752-7662
 Fire, Police & Ambulance 911
 Sheriff304 792-8590
 State Police 304.792-7200
 Poison Control 800-222-1222
 Adult/Child Abuse 800-352-6513

AMBULANCE (non-emergency)

Air EVAC ... 304 687-5390
 L.E.A.S.A ... 304
 752-091

KVC 304.752-897
 NECCO..... 304.752-7830
 WV DHHR..... 304 792-7095

LOGAN COUNTY COURTHOUSE

Assessor 304 792-8520
 Circuit Clerk 304 792-8550
 County Clerk 304 792-8600
 County Commission. 304.792-8626
 Family Law Master ... 304 792-7038
 Judges 304 792-8570
 304 792-8580
 Magistrate 304 792-8651
 Prosecuting Attorney. 304.792-8670
 Sheriff's Tax Office.... 304 792-8680

Victim Advocate.... 304 792-8660

CONSUMER PROTECTION

Attorney General 800-368-8808
 Insurance Commission 800-642-9004
 Product Complaints... 800-638-2772
 Utility Complaints-Public Service
 Commission..... 304 946-2641

COUNSELING/MENTAL HEALTH

Youth
 Services Center 304-545-7319
 Celebrating Recovery... 304.752-4927
 Highland Hospital.....304.926-1688
 Logan Professional Counseling
 304-688-9269
 Logan/Mingo Mental 304.792-7130
 Prestera Center304-416-1361
 Renewed Hope Counseling
 304-896-2383
 ResCare304.792-1111

CRISIS INTERVENTION

Abuse Hotline..... 800-352-6513
 Alcoholics Anonymous. 800-333-5051
 Domestic Violence.. 304.235-6121
 DLH Drug &Alcohol Testing 896-2528
 National Runaway .800-RUNAWAY
 Resolve Family Abuse 304.369-4189
 SMART Recovery.....304-416-1361
 304-545-7319
 Suicide Prevention 800-273-8255

DAY CARE CENTERS & SERVICES

LINK Child Care 304 752-3932
 P.R.I.D.E. Child Care 304 752-8077
 Ages & Stages 304 752-5477
 Kids Place 304.855-4188
 Kids & Company..... 304.752-5477

P.R.I.D.E. Head-Start... 304 752-6868

DENTAL & ORTHODONTIC SERVICES

Dolan & Kolasky Orth 304.855-7092
 Donated Dental 800-642-8522
 Harts Health Clinic... 304 855-4595
 Mack, Hobert DDS304 752-3563
 McCoy Dental..... 304 752-4801
 Nagy & Maestro, DDS 304 855-3939
 Romeo, Michael, DDS...304 752-4953
 SWVC&TC Dental Clinic 304792-7090
 Valley Health Steptown 304393-4090

DISABILITY SERVICES

FAST866-255-4370
 Genesis Healthcare 304 752-2273
 P.R.I.D.E. Aging Services 304 752-6868
 P.R.I.D.E. Head-Start... 304752-6868
 P.R.I.D.E. Life Skills 304752-6868
 Trinity Healthcare Services 752-8723

WV Rehabilitation 304.792-7060

DISASTER SERVICES

American Red Cross... 304 340-3650
 Emergency Service 304 752-8817

EDUCATION/TRAINING

Adult Basic Education/GED 792-7098
 Adult Literacy304 752-6868
 Apprenticeship for Child Development
 Specialist 304 697-6613
 Beth-Haven School 304 946-4447
 Early Intervention Program 792-1166
 Heritage Christian 304 784-3098
 Head-Start (P.R.I.D.E.) ...304 752-6868
 Buffalo 304.583-9231
 Chap Intermediate ... 304 855-7914
 Logan Ctr 304 752-4381
 Omar Ctr..... 304 946-2660
 Lindsey Wilson College 304 896-7431
 LINK Child Care Resource 304752-3932
 Logan County School 304752-1550
 Med-Care Training Cen 304 239-3225
 Ralph R. Willis Voca. 304752-4687
 Southern WVCTC 304 792-7098
 WVU Extension Service 304 792-8690

EMPLOYMENT

P.R.I.D.E. Training Ser. 304 752-6868
 WV Job Service 304 752-7010

FINANCIAL ASSISTANCE

Consumer Credit of SWV 485-3141
 Logan County DHHR.. 304792-7095
 P.R.I.D.E. in Logan 304752-6868
 Salvation Army304 752-4936
 Social Security 800-772-1213
 Unemployment Compensation Office

Charleston 304 558-0291
 Logan304 .792-7020

FIRE DEPARTMENTS

Chapmanville 304-855-4543
 Cora 304-239-3311
 Harts 304-855-9560
 Henlawson 304-752-4102
 Logan 304-752-2777
 Logan #2 304-583-8558
 Sharples(LoganCo.) 304-369-2630
 Spruce River 304-369-2630
 Verdunville 304-752-4100

FOOD/NUTRITION

Hungry Lambs 304 752-6232
 Goshen Project, Inc ..304 688-7781
 P.R.I.D.E. Child Care Food 752-6868

This Quick Resource Guide is provided for you by the Family Resource Network 304- 792-2016 and Logan

Prestera Center: Aug. 2020



Logan County Quick Resource Guide

WIC 304 752-5400
WV DHHR/Food Stamps.304 792-7095

WVU Extension Service 304 792-8690

HEALTH CARE/CLINIC/HOSPITAL

CAMC..... 304 348-5432
Coalfield Health CTR 304 855-1200
DaVita Dialysis 304 752-2700
Fresenius (Man) Dialysis304583-7857
Harts Health Clinic 304 855-4595
Logan Wildcat Clinic 304 688-9949
Logan County Health 304 792-8630
Logan Regional Medical 304.831-1101
Man Community Health 304 583-6541
Med Express Urgent 304 752-0183
Tiger Clinic 304 855-0245
Valley Health Steptown 304 393-4090
WV Health Right... ..304 343-7003

HEALTH ORGANIZATIONS

AIDS Hotline..... 800-642-8244
Appalachian Health 304-896-5001
Alzheimer’s 800-272-3900
American Cancer Soc. 304 746-9950
Blind Physically Hand. 304 558-4061
Diabetes Association . 800-342-2383
Easter Seal Society... . 304 242-1390
Health Rite304 343-7000
Heart Association..... 304 720-9001
Lung Association... 304 342-6600
Lupus Foundation... ..304.529-0506
Prevent Blindness USA 304 529-1968
P.R.I.D.E. SHIP Senior 304 752-6868
WVRX..... 304 388-9879
WV Children’s (CHIP) 304 558-2732

HOME HEALTH CARE

ARH Man Home Health .304 583-8692
Dignity Hospice304 855-4764
Kindred at Home..... 304 855-3220
P.R.I.D.E. Inc. Case MGT 304 752-0966
P.R.I.D.E. In-Home 304 752-6868

HEARING AID/CENTERS

Audiology & Hearing Aid304 752-6018
Hear Now304 414-4405

HOSPICE SERVICES

Dignity Hospice 304 855-4767

HOUSING

WV Housing (HUD).... .304 345-6475
Buffalo Creek Apts... 304 583-2114
Chapmanville Towers. 304 855-4594
Julia Apts..... 304 946-4341
Lana Kay Apts 304 752-1557
P.R.I.D.E. Weatherization304752-9273

USDA Rural Dev. 304 752-8427

LEGAL SERVICES

Legal Aid 304 752-4178
WV Lawyer Referral .. 800-642-3617
Family Court..... 304 792-7038
Senior Legal Aid 877-987-3646

LIBRARIES:

BUFFALO CREEK 304-583-7887
CHAPMANVILLE 304-855-3405
LOGAN AREA 304-752-6652

NURSING HOMES

Genesis Health Care... 304 752-2273
Patty’s Home..... .304 239-2860
Trinity Health Care.... 304 752-8723

RECREATION

Chief Logan State Park 304 792-7125
Chief Logan Lodge 304 855-6100
Harts Community Ctr... .304 855-3166
Hatfield & McCoy Bur. 304 752-6020

RECOVERY HOMES

New Beginnings for Men 896-6871
Marjorie Oakley for Women896-5008

SENIOR SERVICES

P.R.I.D.E. Inc. Senior Ser 304 752-6868

SHELTERS

Patchwork 304 340-3670
Tug Valley Recovery Shelter 235-6121

SUBSTANCE ABUSE SERVICES

Early Intervention Program792-1166
Recovery Group SWV 304-687-7903
Logan /Mingo Area Mental 792-7130
Coalition Engagement...304-416-1361

TRANSPORTATION

Tri-River Transit Auth. 304 824-2944
Toll Free877-212-0815

UTILITIES

Appalachian Power Co 800-982-4237
Bowen Cablevision..... 304 752-3023
Bradley Comm. 773-384-9068
Buffalo Creek Public Ser.304583-6586
Chapmanville Water/Sew 855-3227
CITYNET 304 769-1200
DIRECTV 800-280-4388
FIBERNET 304 -831-2100
Logan Co. Public Service304 946-2641
NTELOS 800-262-2200
Southern Public Service Co 752-2757
Sudden Link800-972-5757
West Logan Water Co 304 752-2676
Queen Brothers Water304 752-6200
Verizon304 954-6200

VETERANS

Logan VA Vet Center 304 752-4453
Logan VA Medical Clinic
Logan Office 304 752-8355
Support for Veterans 304-752-6868
Williamson Office..... 304 235-2187
Veterans Benefits Asssit.304 752-2110
Veterans Transportation304 752-2110

YOUTH SERVICES

June Harless Shelter 304 239-2470
Kanawha Valley Center 304 752-8972
NECCO 304 752-7830
WV DHHR304 792-7095
Head Start 304-752-6868

YOUTH ORGANIZATIONS

After-School Programs
Omar After-School... .304 946-2660
P.R.I.D.E. Inc 304 752-6868
Black Diamond Girl Scouts 345-7722
Boy Scouts 304 340-3663

WV STATE SERVICES/AGENCIES

WV DHHR: Abuse Hot .800-356-0628
Children w/ Special Health 792-7095
Child Support Hotline. 800-249-3778
Client Services (DHHR)..800-642-8589
Mountain Health Trust .800-449-8466
Workers’ Comp 800-628-4265
WV Advocates..... 304 346-0847
WV Public Service Com 800-642-8544



WV Div Rehabilitation 304 792-7060

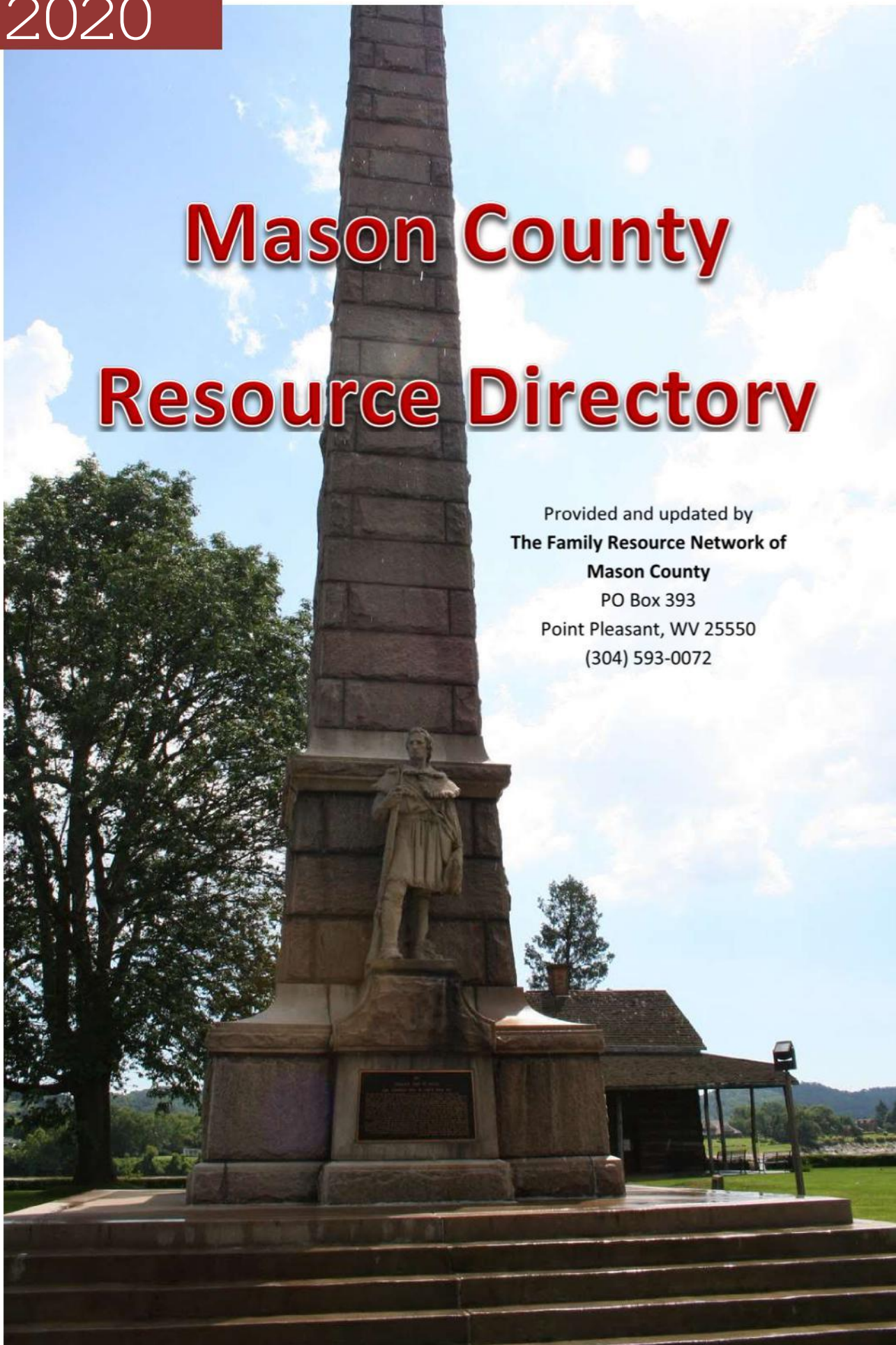
This Quick Resource Guide is provided for you by the Family Resource Network 304- 792-2016 and Logan

Prester Center: Aug. 2020

2020

Mason County Resource Directory

Provided and updated by
**The Family Resource Network of
Mason County**
PO Box 393
Point Pleasant, WV 25550
(304) 593-0072



Behavioral and Mental Health

Family Services, A Division of Goodwill

1005 Virginia Avenue, Huntington, WV 25701

(304) 523-9454

Services: Individual, family, couples and group counseling and treatment of victims of physical and sexual abuse

Persons Eligible: WV residents

Fee: Call for more information

Highland Hospital

300 56th St., Charleston, WV 25303

(800) 250-3806 or (304) 926-1600

www.highlandhosp.com

Services: Adolescent inpatient program, child inpatient program, adult inpatient program, outpatient treatment, treatment for nutritional disorders, life trauma recovery, sub-acute program, and adult partial program

Persons Eligible: Anyone needing the above services

Fee: WV Medicaid, Insurance, and Medicare

Lakin State Hospital

11522 Ohio River Rd, West Columbia, WV 25287

(304) 675-0860

Services: Nursing services, social services, activities, restorative nursing, special needs departments, consult services such as OT, PT, Speech, Psychology, and Psychiatry

Persons Eligible: Any person with an approved WV PAS

Fee: Medicaid or private pay

New Hope Christian Counseling

1225 6th Ave., Huntington, WV 25703

(304) 526-9189

Services: Counseling to individuals/family and group presentations

Persons Eligible: Anyone

Fee: WV/OH Medicaid, insurance, and private pay

Prestera Center for Mental Health Services

Viand Street, Point Pleasant, WV 25550

(877) 675-2361

www.prestera.org

Services: Counseling/therapy, testing, case management services, chemical dependency counseling, DUI services, Crisis Unit. Open Access allows Prestera Center to offer immediate intake services, without and appointment, to those who are seeking help, Monday through Friday from 8:00 to 9:00am.

Person Eligible: Anyone

Fee: Medicaid, insurance, private pay, and sliding scale based on income

FAST (Family Advocacy, Support and Training)

1005 Sixth Avenue, Huntington, WV 25701

(304) 697-2070 ext. 2525

[Email: hughesr@marshall.edu](mailto:hughesr@marshall.edu)

Services: Provides supportive services to families of children with emotional and behavioral challenges.

The Word House

401 10th Street, Suite 320, Huntington, WV 25701

(304) 523-9673

Services: Provides counseling for individuals, families, and couples

CHILD DEVELOPMENT

Mason County Baby Pantry

Bellemead United Methodist Church, 510 Burdette Street, Pt. Pleasant, WV 25550 (304)

807-5557 or (740) 339-0044

Services: Provides items such as safe cribs, car seats, diapers, formula, clothing, hygiene products, etc.

Provides referrals to area services and information on baby care, playgroup and support groups. **Persons**

Eligible: Mothers and mother to be and families

Fee: No Cost, but donations accepted

Mountain State Healthy Families

Main Street, Point Pleasant

(304) 857-0020

Services: Mountain State Healthy Families is an accredited in-home family education program offered free of charge to families in Cabell, Lincoln, Logan, Mason, and Wayne Counties in WV.

West Virginia Birth to Three Region IV

River Valley Child Development Services

611 7th Avenue, Suite 205, Huntington WV 25701

(866) 982-8855 **Contact:** Barbara Tucker

Services: Single point of contact for infants and toddlers 0-35 months who have, or are at risk of having, developmental delays. Intake services to determine eligibility and resources/supports, if eligible. **Persons**

Eligible: Children exhibiting developmental or physical delays ages 0-3

Fee: No direct cost to families

West Virginia Right from the Start

Charleston, WV 25301

(304)356-4408

<https://www.wvdhhr.org/rfts/index.html>

Services: a statewide program that helps West Virginia mothers and their babies lead healthier lives by offering home visitation services with a Designated Care Coordinator (registered nurse or licensed social worker)

Emergency Assistance

American Red Cross

400 Viand Street, Point Pleasant, WV 25550

(304) 675-6703

www.redcrosswv.org

Services: Disaster relief, i.e. food, clothing, and other assistance; military connections with family, and blood services

Persons Eligible: Anyone

Fee: None

American Red Cross

1111 Veterans Memorial Blvd, Huntington, WV 25701

(304) 526-2907

www.redcrosswv.org

Services: Disaster relief, i.e. food, clothing, and other assistance; military connections with family; and blood services; CPR and First Aid Classes available

Persons Eligible: Victims of disaster

Fee: No cost for all the above except CPR and First Aid classes.

CPR and First Aid Classes-please call regarding cost

Branches Domestic Violence Shelter, Inc.

Mason County Outreach

507 Main St., Pt. Pleasant, WV 25550

(304) 675-4968 or Toll Free: 1-888-538-9838 24 hours a day Fax: 1-304-675-8169 [Email:](mailto:bailey@branchesdvs.org)

bailey@branchesdvs.org

Services: Crisis intervention, Court accompaniment, legal advocacy, and referral, Community referral, resources, and domestic violence education, Confidential, Safe shelter

Persons Eligible: Victims of domestic violence

Fee: No cost

CONTACT of Mason

P.O. Box 94, Point Pleasant, WV 25550

(304) 675-6724 or 24-Hour Helpline: (866) 399-7273 FAX: (304) 675-6725

www.contacthuntington.com

[E-mail: contactofmason@gmail.com](mailto:contactofmason@gmail.com)

Services: Provides confidential counseling to sexual assault victims and their families at the hospital and during recovery. Help is available 24 hours a day/7 days a week. Help with Protective Safety Orders and Domestic Violence Protection Orders.

Persons Eligible: Sexual assault victims and their families

Fee: No cost

Crosslight of Hope, Inc.

P.O. Box 11, Ashton, WV 25537

(304)593-8988

[E-mail: crosslightofhope@gmail.com](mailto:crosslightofhope@gmail.com)

Services: Provides help with food, clothing, hygiene, and household items.

Persons Eligible: Residents of Southern Mason County(Ashton, Apple Grove, Glenwood, Frazier's Bottom, Gallipolis Ferry).

Dollar Energy Fund – West Virginia Utility Assistance Program

(304) 373-0313 (Ripley – local office)

www.dollarenergyfund.org

Services: Provides grants for help with utility bills as well as, helping to negotiate payment arrangements.

Persons Eligible: WV residents who meet income guidelines

Fees: None

Ebenezer Medical Outreach

1448 10th Ave., Huntington, WV 25755

(304) 529-0753

www.emohealth.org

[Email: yvonnejones@emohealth.org](mailto:yvonnejones@emohealth.org)

Contact: Anyone

Services: Dental Services, Prescription Assistance, and Physician Services, Huntington's Kitchen and healthy life programs

Persons Eligible: Anyone in Mason and Jackson, Co. West Virginia

Fee: No cost

God's Hands At Work

68 Keystone Road, Vinton, Ohio

(740) 645-7609

wearegodshandsatwork@gmail.com

Services: Can help with clothing, food, furniture, and household items.

Fee: No cost

Good News Mountaineer Garage

(304) 344-8445

www.goodnewsmountaineergarage.com

Services: Provides donated cars to low income families in West Virginia

Persons Eligible: WV residents who meet income and employment guidelines

Fee: Call for more info

Good Shepherd United Methodist Clothes Closet

13468 Ripley Rd., Flatrock

(304) 675-5953

Services: Provides gently used clothes to those in need. Tuesdays from 10am-2pm

Huntington City Mission

624 10th St, Huntington, WV 25701

(304) 523-0293

Contact: Women – Amy Dial; Men – Mike Cannon

Services: Provides three meals a day, clothing, and temporary housing to those in need. Adult education

Persons Eligible: Anyone needing this service

Fee: Varies

Kitchen of Blessing

Corner of Chestnut and Holloway, Henderson, WV
(304) 674-5718

Contact: Diana Chambers, Director

Services: Food Pantry – Distribution on the 3rd Monday of the month except holidays; from 1-3pm. Proof of residency needed. New families call anytime.

Persons Eligible: Mason County residents.

Lambda Chi Omega Sorority

(304) 675-3672

Contact: Debra L. Hickel

Services: Provide assistance to deserving needy county residents; decided on an individual basis

Persons Eligible: All ages

Fee: No cost

Mason County Baby Pantry

Bellemead United Methodist Church, 510 Burdette Street, Pt. Pleasant, WV 25550 (304)
807-5557 or (740) 339-0044

Contact: Jassica Legg or Bree Ramey

Services: Provides items such as safe cribs, car seats, diapers, formula, clothing, hygiene products, etc. Provides referrals to area services and information on baby care, playgroup and support groups.

Persons Eligible: Mothers and mother to be and families

Fee: No Cost, but donations accepted

Mason County Homeless Shelter

306 12th St., Pt. Pleasant, WV 25550
(304) 675-1124

Services: Shelter, case management, link to permanent housing, employment, DHHR, medical and mental health services, clothing, food, with 24 hr. staff. Food baskets and soup kitchen. **Persons**

Eligible: 18 years and up, families welcome

Fee: None

Mason County Samaritan Fund

(304) 593-8146

Services: Spiritual counseling and *emergency* financial assistance; assistance vouchers.

Persons Eligible: Mason County residents

Fee: No Cost

Presbyterian Church Food Pantry and Clothes Closet

8th & Main St, Point Pleasant
675-2170

Services: Provides gently used clothes and food bags to those in need. Wednesdays from 10am-2pm

Persons Eligible: Eligible WV residents

Fee: No cost

Salvation Army

1227 Third Ave, Huntington, WV 25701

(304) 529-2401

www.salvationarmyusa.org

Services: Community recreation and education programs, nutrition and fitness programs, emergency assistance and shelter, rehab services, case management and clinic services, religious services, assistance to military personnel, etc.

Persons Eligible: WV residents

Fees: None

Upper Mason Parish Food Pantry

Hartford United Methodist Church, Hartford

(304) 773-5211

www.masonumc.com

Services: Provides food bags to those in need. Third Tuesday of the month from 9am-noon; and Mondays except the third week of the month when the pantry is open on Tuesday.

WVDHHR

1406 Kanawha Street, Pt. Pleasant, WV 25550

(304) 675-0880

www.wvdhhr.org

Contact: Phyllis Curry, Program Supervisor

Services: Administration of food stamp program, Medicaid eligibility, temporary assistance to needy families, L.I.E.A.P. Emergency Assistance, WV Works Program, protective services for children and adults, Child Support Enforcement Division, day care assistance, and Foster Care programs.

Fee: No cost/service provider

West Virginia Poison Center

3110 MacCorkle Ave SE, Charleston, WV 25301

(800) 222-1222

<http://wvpoisoncenter.org>

Mingo County Quick Reference Resource Guide

ADOPTION/FOSTER CARE

KVC	304-752-8974
NECCO	304-752-7830
WV DHHR	304-235-4680

AMBULANCE

Elite....	
Delbarton	304-475-2911
Gilbert	304-664-5512
Williamson	304-236-3177
STAT....	
Delbarton	304-475-4100
Kermit	304-393-9300
Matewan	304-426-8511
Williamson	304-235-7002

COUNTY AGENCIES/SERVICES

Coalfield Community Action Partnership	304-235-1701
Child Advocacy Center	304-792-6261
Department of Motor Vehicles	304-235-6078
Libraries....	
Delbarton	304-475-2749
Gilbert	304-664-8886
Kermit	304-393-4553
Matewan	304-426-6306
Williamson	304-235-6029
Mingo County Family Resource Network	304-235-5607
Social Security Administration	800-772-1213
State Police, Williamson Detachment	304-235-6000
Waste Management	888-946-9742

COUNTY COURTHOUSE

Adult Probation	304-235-0390
Assessor's Office	304-235-0310
Circuit Clerk	304-235-0320
County Clerk	304-235-0330

COUNTY COURTHOUSE, CONTINUED

County Commission	304-235-0378
Family Court	304-235-6007
Judge's Office Circuit Court	304-235-0340
Juvenile Probation	304-235-0390
Magistrate Court	304-235-2445
Prosecuting Attorney	304-235-0350
Sheriff's Office	304-235-0300
Tax Office	304-235-0360

COUNSELING/MENTAL HEALTH

Appalachian Psychological Associates	304-235-2100
Highland Hospital	304-926-1600
Kanawha Pastoral Counseling Center	304-346-9689
Logan Mingo Area Mental Health	304-235-2954
Professional Counseling Associates, Inc.	304-235-3390
ResCare	304-792-1111

CRISIS INTERVENTION

Abuse Hotline	800-352-6513
Alcoholics Anonymous	800-333-5051
National Domestic Violence Hotline	800-799-7233
Narcotics Anonymous	304-344-4442
National Runaway Switchboard	800-RUNAWAY
Resolve Family Abuse	800-681-8663
Suicide Prevention Lifeline	800-273-8255
WV Substance Abuse and Mental Health Hotline	844-HELPWV

DAY CARE CENTERS & SERVICES

Kids & Company Day Care	304-235-5751
LINK Child Care Resource & Referral	304-752-3932
Living Water Child Care Center	304-235-0701
Teachable Moments	606-237-1343

DENTAL SERVICES

Charles Sammons, DDS	304-393-1030
Donated Dental Services	800-205-5615
Jason Long, DDS	304-899-2226
Jerry Mounts, DDS	304-426-4162
Joshua Leonard, DMD	606-237-9983
Larry Cole, DDS	304-664-8163
Tiffany Todd Duncan, DMD	606-237-0073
Williamson Health and Wellness Center	304-236-5902

DISABILITY SERVICES

WV Rehabilitation Services 304-792-7060

DISASTER SERVICES

American Red Cross 304-235-5095

Office of Emergency Services 304-235-0895

DOMESTIC VIOLENCE

National Domestic Violence Hotline 800-799-7233

Resolve Family Abuse Program 304-369-4189

Tug Valley Recovery Shelter 304-235-6121

EDUCATION/TRAINING

Adult Basic Education/GED 304-235-6046

Apprenticeship for Child Development Specialist 304-523-0433

Head Start (Coalfield CAP) 304-235-1701

Lindsey Wilson College 304-896-7431

Mingo County Public Schools 304-235-3333

Mingo Career Center 304-475-3347

Southern WV Community and Technical College Williamson Campus 304-235-6046

EMPLOYMENT

Workforce WV 304-752-7010

FINANCIAL ASSISTANCE/COUNSELING

Consumer Credit Counseling of Southern WV 800-821-5969

Coalfield CAP 304-235-1701

Dollar Energy 304-752-6868

First United Methodist Church 304-235-3005

Mingo County DHHR 304-235-4680

Salvation Army 304-752-4936

Unemployment Compensation Division 304-792-7020

WV Utility Commission 304-340-0300

FOOD/NUTRITION

Chattaroy Church of God 304-235-3005

Christian Help, Inc. 304-393-4251

Jacob's Well 304-236-5955

Parsley Bottom Freewill Baptist Church 304-475-3139

Salvation Army 304-752-4936

Seventh Day Adventist Church 304-235-3497

Shepherd of the Hills Mission, Inc. 304-235-0812

WIC 304-475-2295

WV DHHR 304-235-4680

HEALTHCARE/CLINICS/HOSPITALS

Family Healthcare Associates	304-664-5699
Gilbert Healthcare Associates	304-664-8924
Logan Regional Medical Center	304-831-1101
Matewan Red Jacket Medical Clinic	304-426-6428
Mingo County Health Department	304-235-3570
Southern WV Health Center	304-664-6270
Southern WV Health Systems	304-475-1761
Tug Valley ARH Regional Medical Center	606-237-1700
Valley Health Steeptown	304-393-4090
WV Health Right	304-343-7003
Williamson Health and Wellness Center	304-236-5902
Williamson Memorial Hospital	304-235-2500

HOME HEALTH CARE

ARH Home Health	606-237-1716
Dignity Hospice	304-235-0017
Hurley Drug and Home Health	304-235-3535
Mingo-Wayne Home Health	304-235-3010

HEARING AID/CENTERS

Beltone Audiology & Hearing	304-235-5555
Beltone Hearing Aid Center	304-235-3100
Hear Now Program Assistance	304-414-4405

HOUSING

Forrest Place Apartments	304-393-3888
Housing Authority of City of Williamson	304-235-3270
Housing Authority of Mingo County	304-475-4663
USDA Rural Development	304-776-5298

LEGAL SERVICES

Legal Aid	304-752-4178
Mingo County Public Defender	304-235-6011
Senior Legal Aid	877-987-3646

NURSING HOMES

ARH Skilled Nursing	606-237-1725
Genesis Health Care	304-752-2273
Trinity Health Care	304-235-7005

SENIOR SERVICES

Coalfield CAP	304-235-1701
---------------	--------------

SHELTERS

Hope House	304-475-4663
Patchwork	304-340-3670
Tug Valley Recovery Shelter	304-235-6121

SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous	800-333-5051
Anchor Point	304-475-3366
Crossroads Recovery Shelter for Women	304-664-2700
Logan Mingo Area Mental Health	304-235-2954
Narcotics Anonymous	304-344-4442
Serenity Pointe	304-475-4663
Solutions Consultive Services	606-653-2238
STOP	304-664-3986
West Virginia Substance Abuse Hotline	844-435-7498
West Virginia Tobacco Cessation Quitline	800-QUIT-NOW
Williamson Comprehensive Treatment Center	304-932-0779

TRANSPORTATION

Christian Help, Inc.	304-393-4251
WV Non-Emergency Medical Transportation	866-436-0457

VETERAN SERVICES

Coalfield CAP	304-235-1701
Lenore VA Medical Clinic	304-475-3000
Logan VA Vet Center Outstation	304-752-4453

WEATHERIZATION

Coalfield CAP	304-235-1701
---------------	--------------

WV STATE SERVICES/AGENCIES

Child Support Hotline	800-249-3778
Children with Special Health Care Needs	304-558-3071
Client Services (DHHR)	800-642-8589
Mountain Health Trust/Choices	800-449-8466
WV Advocates	304-346-0847
WV Birth to Three	304-752-1710
WV DHHR	304-235-4680
WV Division of Rehabilitation	304-792-7060
WV Public Service Commission	304-340-0300

YOUTH SERVICES/ORGANIZATIONS

Black Diamond Girl Scouts	304-345-7722
Boy Scouts	304-340-3663

YOUTH SERVICES/ORGANIZATIONS

Children's Home Society	304-239-2470
Kanawha Valley Center (KVC)	304-752-8972
Larry Joe Harless Community Center	304-664-2500
Mentoring Children on Prisoners Southern Council	304-862-3144
NECCO	304-752-7830
WE CAN/Children's Home Society	304-792-7095
WV DHHR	304-235-4680
WVU Extension Service	304-235-2692

This list of resources was compiled by the Mingo County Family Resource Network and the Mingo County Office of the West Virginia Department of Health and Human Resources. We understand that this list is not inclusive of every service available so please feel free to contact us to add additional agencies not listed. 304-784-0403

**WV 211 IS THE STATEWIDE INFORMATION AND REFERRAL HOTLINE. IT IS AVAILABLE 24/7
365 DAYS A YEAR. SIMPLY DIAL....211**

Quick Guide to Putnam County Community Services

Provided by

United Way of Central WV Information & Referral



United Way
of Central West Virginia

unitedwaycwg.org

NOTE: All numbers are 304 area code unless otherwise noted

Updated February 2019

United Way of Central WV • 1 United Way Square • WV • 25301 • 304.340.3500

	WVU Behavioral Medicine..... 388-1000	Childhood Language Disorders Ctr...342-7852
ADDICTION SERVICES	COUNTY COURTHOUSE	Community Access, Inc..... 766-2413
Alcoholics Anonymous 800-333-5051	Fire, Police, Ambulance	Community Services, Inc. 201-7799
Frontline Recovery Ministries 757-9306	Dispatcher..... 586-0248	Children’s Therapy Clinic 342-9515
Highland Hospital 926-1600	Assessor..... 586-0206	Fair Shake Network 766-0061
Narcotics Anonymous 1 800 766-4442	Animal Shelter 586-0249	Goodwill Industries 346-0811
Parents Against Addictions..... 437-2625	Circuit Clerk 586-0203	Goodwill Store (Putnam) 757-4365
Prestera Center .. 586-0670 or 800-642-3434	County Clerk 586-0202	Lions Club: Eyeglasses 760-7160
Problem Gambler’s Help Network	County Commission 586-0201	Hear Now Hearing Aid Program Assistance
.....800GAMBLER (800 426-2537)	Development Authority 757-0318 414-4405
REA of Hope (transitional living for women)	Family Judge 586-0242	Prestera Family Support 341-0511
..... 344-5363	Magistrate Court..... 586-0234	Legal Aid of WV, FAST Parent Liaison
Riverpark Hospital 526-9111	Methamphetamine Tip Line 586-0263 866-255-4370
Thomas Memorial Behavioral Health	Parks and Recreation 562-0518	Traumatic Brain Injury..... 877-724-8244
..... 766-3553	Planning Commission..... 586-0237	WV Advocates 346-0847
WV Prescription Drug Abuse .. 866-987-8488	Prosecuting Attorney..... 586-0205	WV Learning Disabilities Assoc
WV Substance Abuse Hotline	Probation 866-985-3211
.....844HELP4WV (844 435-7498)	Adult 586-0236	WV Rehabilitation 356-2371
WV Tobacco Quit Line 877 966-8784	Juvenile 586-0241	WV Society for Blind 766-2505
ADOPTION/FOSTER CARE	Sheriff’s office	DISASTER SERVICES
Braley and Thompson 744-2155	Law Enforcement..... 586-0214	American Red Cross 340-3650
Children’s Home Society 345-3894	Taxes..... 586-0204	Salvation Army 343-4548
Kanawha Valley Center 347-9818	Domestic Violence Officer ... 586-0256	DOMESTIC VIOLENCE SERVICES
Mission WV 562-0723	Solid Waste Authority 586-0495	Branches Domestic Violence 586-3865
Putnam DHHR 586-1520	COUNTYWIDE AGENCIES/SERVICES	Rape/Sexual Assault Services 340-3676
WV Youth Advocate Program..... 345-6897	Chamber of Commerce..... 757-6510	WV Coalition Against DV 965-3552
CLOTHING	DHHR Putnam County 586-1520	YWCA Resolve Family Abuse 340-3549
Teays Valley Baptist 757-9306	Health Dept..... 757-2541	EDUCATION/TRAINING
Teays Valley Church of the Nazarene	Library, Main Branch..... 757-7308	Adult Basic Ed./GED 586-2411
..... 757-8400	Buffalo 937-3538	Appalachian Council Head Start 562-6217
CONSUMER PROTECTION	Hurricane 562-6711	Apprenticeship for Child Development
Attorney General..... 800-368-8808	Poca 755-3241	Specialist 523-0433
Insurance Commission 888-879-9842	Eleanor 586-4295	Charleston Job Corps..... 414-4435
TTY..... 800-435-7381	Tri-County YMCA 757-0016	Community Education..... 586-0500, x1150
Product Complaints 800-638-2772	US Farm Service Agency 776-2256	Kanawha Valley Community & Technical
Public Service Commission 800-344-5113	WV Cares 800-982-2737	College Workforce & Economic Development
COUNSELING/MENTAL HEALTH	WVU Extension Office..... 586-0217 414-4443
ASPEN (Adolescent Suicide Prevention and	WV DHHR..... 586-1520	Literacy Volunteers of Putnam Co...757-1550
Early Intervention) 800 273-8255	WV Rehabilitation..... 356-2060	Mountaineer ChalleNGe Academy
Children First 553-1055	CRISIS INTERVENTION	toll free..... 800-529-7700
Family Counseling Connection .. 340-3676	Abuse & Neglect Hotline..... 800-352-6513	Putnam Career & Technical Cntr 586-3494
Highland Hospital 926-1600	Branches Domestic Violence. 529-2389	Putnam County Schools 586-0500
Highland Partial Program 926-1600	Kanawha Valley Center 757-4670	Closings & Delays 586-0500 ext. 1404
Huntington Pastoral Counseling 529-0118	Prestera Crisis Line..... 341-0251	Drug Prev. & Ed 586-0500 ext. 1152
Insight Psychological 757-8650	Rape Crisis 866-399-7273/399-1111	Safe Schools Helpline 866-723-3982
Kanawha Pastoral Counseling 346-9689	Suicide Prevention Lifeline... 800-273-8255	Tutoring – Teays Valley Church of the
Kanawha Valley Center (KVC)..... 347-9818	DENTAL CLINICS	Nazarene 757-8662
Prestera Center... 586-0670 or 800-642-3434	FamilyCare Hills Plaza 720-4466	EMERGENCY NUMBERS
Prestera Partial Hosp..... 586-0670 x 1622	Putnam Dental Health Council . 586-3111	Dial 911 for emergency
Process Strategies 348-1288	WV Health Right 343-7000	Fire, Police, Ambulance 586-0246
Putnam Counseling Center..... 562-2770	DISABILITY SERVICES	Sheriff (Putnam) 586-0214
Riverpark Hospital 526-9111	4 H Special Lambs 586-0217	State Police..... 586-2000
Thomas Memorial Behavioral Health	Aging, Disability and Resource Center	Abuse & Neglect Hotline 800-352-6513
..... 766-3553	Toll Free 1-866-987-2372	Poison Center 800-222-1222
WV Mental Health Consumers’ Association	Appalachian Center for Independent Living	Rape Crisis 800-656-4673/340-3676
toll free..... 1-800-598-8847 965-0376	EMPLOYMENT
WV Council for the Prevention of Suicide	ARC of the Three Rivers 344-3403	Workforce WV..... 693-2877
..... 296-1731 ext. 4269	Birth to Three..... 558-5388	WVDHHR/WV Works..... 586-1520
WV System of Care..... 356-4558	Cabell-Wayne Association of the Blind	
 522-6991	

EXERCISE

Adult Ladies Exercise – Teays Valley Church of the Nazarene 757-8662

FINANCIAL /UTILITY ASSISTANCE

Heart and Hand 543-8770
 Salvation Army 343-4548
 Putnam County DHHR 586-1520

FOOD/NUTRITION

Calvary Baptist..... 757-8829
 Christian Community Cupboard ... 562-9373
 Faith Mission 562-1700
 Good Shepherd Mission Baptist Church 757-7621
 Poca United Methodist Church 755-2911
 Scott Depot Christ Fellowship 757-9166
 SNAP (food stamps)..... 586-1520
 Tabernacle of Praise 562-9168
 Teays Valley Baptist 757-9306
 Union Mission 925-0366
 WIC Program 757-4200
 Winfield Church of the Nazarene . 586-2180

**HEALTH ORGANIZATIONS/
HOSPITALS/CLINICS**

AIDS toll free..... 800-642-8244
 Alzheimer's toll free 800-491-2717
 American Cancer Society 746-9950
 Local Toll Free..... 800-288-3618
 Toll Free National 800-227-2345
 American Heart Association 757-9001
 American Red Cross..... 340-3650
 Arthritis Foundation 800-358-0380
 Cabell-Huntington 526-2111
 CAMC Charleston..... 388-5432
 CAMC Teays Valley 757-1700
 Coventry Cares of WV..... 888-348-2922
 Charleston Area Ostomy Assoc..... 543-4555
 Children's Therapy Clinic 342-9515
 Children with Special Health Care Needs 558-5388
 Cystic Fibrosis Foundation 757-3323
 Diabetes Assoc 800-342-2383
 Easter Seal Society toll free .. 800-677-1390
 FamilyCare Eleanor 586-0001
 FamilyCare Scott Depot 757-6999
 HospiceCare..... 768-8523
 toll free 1-800-560-8523
 Huntington Veterans 800-827-8244
 Lung Association 342-6600
 March of Dimes .. 720-2229 or 800-313-2911
 Make a Wish Foundation 342-9474
 Muscular Dystrophy 344-9807
 Putnam County Dental Health Council
 (services for school children) 755-3931
 Putnam County Health Dept. 757-2541
 Spinal Cord Injury 766-4751
 St Francis 347-6500
 St Mary's 526-1234
 Thomas Memorial 766-3600
 Tobacco Prevention 722-8070
 UniCare Health Plan 347-1961
 Toll Free 888-611-9958
 Valley Health 760-6040
 WV Family to Family Health Information
 Center Toll Free 800-281-1436
 WV Health Right 343-7000

HOME HEALTH CARE

Comforts of Home 414-4475
 Putnam Aging 755-2385

HOUSING

Charleston Housing 348-6451
 Dunbar Housing 768-8006

Habitat for Humanity 720-0141
 Religious Coalition for Community Renewal 346-6398
 South Charleston Housing..... 768-9315
 St. Albans Housing 727-5441
 US HUD 348-6451

HOUSING REPAIRS/WEATHERIZATION

Rebuilding Together ... 414-4405 or 343-4663
 Southwest Community Action 781-0651 OR 525-5151

INFANT/YOUNG CHILD SERVICES

Birthright..... 722-2020 or 722-2019
 Central Child Care (Referrals) 382-0797
 Childbirth Education Assoc 776-2552
 Connect Child Care R&R..... 414-4488
 Gabriel Project 414-4666
 Parents As Teachers..... 595-5521
 Right From the Start..... 800-642-8522
 WIC 757-4200

LEGAL SERVICES

Legal Aid..... 343-4481
 Toll free..... 866- 255-4370
 WV Lawyer Referral 800-642-3617
 Senior Legal Aid..... 800-229-5068

NURSING HOMES

Teays Valley Center Genesis Health Care 757-7826
 Broadmore Assisted Living 757-4778
 Regency Place Assisted Living 757-3104
 Sunbridge..... 757-6805

PARENTING SUPPORT

Braley & Thompson..... 720-1300
 Toll Free 800-969-1704
 Children First..... 553-1055
 Gabriel Project 414-4666
 Kanawha Valley Center 757-4670
 LINK Child Care Resource & Referral
 toll free 800-894-9540
 Right From the Start..... 800-642-8522
 WVVSU Extension 866-987-8283

SENIOR SERVICES

Aging, Disability and Resource Center
 Toll Free 1-866-987-2372
 Faith In Action (Various help services)
 881-7253
 Putnam Aging..... 755-2385
 Senior Centers
 Hurricane 562-9451
 Hometown 586-2745
 Buffalo 937-3352
 United Way of Central WV Retired and
 Sr. Volunteers 340-3524
 WV Bureau for Senior Services ... 558-3317

SHELTERS

Davis Child Shelter 345-3891
 Jericho House 727-0179
 New Connections..... 340-3690
 Patchwork..... 340-3670
 Roarke-Sullivan Lifeway..... 340-3616
 Samaritan Inn 343-9632
 Sojourners 340-3562
 Turning Point 340-3633
 Union Mission Crossroads 343-4352

STATEWIDE SERVICES/AGENCIES

Automated Health Systems (Medicaid)
 toll free 800-449-8466
 Believe in WV Storehouse..... 552-7601
 Breast & Cervical Cancer Screening
 Program 558-5388 or 800-642-8522
 Child Advocate Office..... 414-4455
 Children's Health Insurance Program
 toll Free..... 877-982-2447

Child Support Enforcement.. 757-7843, x156
 Child Support Hotline 800-249-3778
 Client Services (DHHR)..... 800-642-8589
 Division of Juvenile Services 558-6029
 Family Planning .. 558-5388 or 800-642-8522
 Literacy WV toll free..... 800-642-2670
 Vet Center in Charleston 343-3825
 Vet Center in Huntington ... 523-8387
 Vital Statistics 558-2931
 WIC..... 757-4200
 or toll free 800-566-4201
 WV Advocates 346-0847
 WV National Guard Family Assistance
 Center Toll Free 866-986-4326
 WV Bureau for Senior Services 558-3317
 WV Human Rights Comm 888-676-5546
 WV Public Serv. Comm 800-642-8544
 Workers Comp (Brickstreet) . 866-452-7425

TRANSPORTATION

Faith In Action (Dr. appts and grocery
 881-7253
 Prestera Non-emergency Medical

Veterans

Armed Forces Emergency Services
 (Red Cross) 340-3650
 Veterans Affairs..... 558-3540
 Veterans Office..... 558-3540/558-3661

YOUTH ORGANIZATIONS/ SERVICES

WVU Extension Service 4-H..... 586-0217
 Boy Scouts 340-3663
 Camp Happy Valley..... 343-4548, 727-7981
 Children's Appalachian Choir – Teays Valley
 Church of the Nazarene 757-8662
 Girl Scouts of Black Diamond Coun. 736-1412
 UPWard Soccer – Teays Valley Church of the
 Nazarene 757-8662

*Special thanks for the Regional Family
 Resource Network for their assistance.*

For more detailed information please
 call United Way of Central WV's
 Information and Referral
304.414.4405 or
1.800.540.8659
After hours just dial
3 numbers... 211
*to connect with the Statewide
 Information and Referral 24/7*



Look-at-a-Glance

Community Services for Wayne County

EMERGENCY& FINANCIAL ASSISTANCE

911/ Emergencies	911
Abuse Hotlines	1-800-352-6513
American Red Cross	526-2900
Branches Domestic Violence Shelter	272-9035
Information and Referral	528-5660
Contact Rape Crisis Counseling	399-1111
Poison Control Center	1-800-222-1222
USDA Rural Development	776-5256 ext.117
WV Bureau for Child Support Enforcement	272-6311
WV Dept. of Health and Human Services	272-6311

Food Assistance:

Cabwaylingo Presbyterian Chapel	385-4641
Huntington Area Food bank	523-6029
Lavalette United Methodist Church	523-5931
Wayne United Methodist Church	272-3205
Huntington City Mission	523-0293
Information and Referral Service (I&R)	528-5660
Salvation Army	529-2401
Starting Points	393-3886

PUBLIC TRANSPORTATION:

The Transit Authority	529-7433
Tri River Transit	877-212-0815

EDUCATIONAL /EMPLOYMENT:

C-K Library	453-2462
Cabell Wayne Educare	429-6167
Fort Gay Library	648-5338
Goodwill Industries	525-7034
HEAD START	697-4600
<small>(Crum, Dunlow, East Lynn, Ft. Gay, Kenova, Ceredo)</small>	
Heart of Appalachia Talent Search	696-2941
Heart Of Appalachia EOC	696-3030
Huntington Junior College of Business	697-7550
Huntington Museum of Art	529-2701
Mount West Community & Technical	696-6282
Southwestern Community Action	525-5151
Starting Points	393-3886
Tri-State Literacy Council	528-5701
Wayne County Public Schools	272-5116
Wayne Co. Schools/Parent Educator Resource Center-	272-5116 ext. 330
Wayne Library	272-3756
WVU Cooperative Extension Service	272-6839
Workforce WV	528-5525
Workforce WV Wayne Co. Learning Center	501-4745

Vocational Technical Centers:

Tolsia High School Vo-Tech	648-7015
Wayne Co Northern Vo-Tech	429-7277

GED Centers:

Wayne Adult Education	272-2512
Workforce WV Wayne Co	501-4745

HEALTH CARE/DISABILITY/NUTRITION:

Tri-State AIDS Task Force	522-4357
Cabell Hunt Coalition for Homeless	523-2764
Cabell Hunt Hospital	526-2000
Cabell Wayne Assoc for the Blind	522-6991
Children's Health Insurance Program	1-877-982-2447
Coordinating Council for Indep. Living	733-6415
Ebenezer Medical Outreach	529-0753
Goodwill Industries	525-7034
Hospice of Huntington	529-4217
Information and Referral Service	528-5660
Mildred Mitchell Bateman Hospital	525-7801
MU Speech and Hearing Clinic	696-3640
Narcotics Anonymous	1-800-766-4442
National MS Society	840-8077
Preferred Home Health Care	453-3590
Prestera Center for Mental Health	272-3466
ResCare	522-3548
River Park Hospital	526-9111
Social Security Administration (US Gov)	1-866-931-7078
Southwestern Community Action	525-5151
Sweet Run Personal Care Home	453-3939
Tobacco Prevention	523-6484 ext. 268
Valley Health Fort Gay	648-5544
Valley Health Steeptown	393-4090
Valley Health Wayne	272-5136
Valley Health Westmoreland	781-5800
VA Medical Center	429-6741
Wayne Co. Community Services Org.	429-0070
Wayne Multi-Purpose Senior Center	272-6060
Ft. Gay Multit-Purpose Senior Center	648-5994
Bison Multi-Purpose Senior Center	429-4265
Steeptown Multi-Purpose Senior Center	393-4425
Westmoreland Nutrition Center	429-6683
Wayne County Health Department	272-6761
WIC	272-3951
WV Children's Health Project	1-800-944-7337
WV Dept. of Health & Human Resources	272-6311

PLANNING/OVERSIGHT/ADVOCACY:

FAST (find FAST on FACEBOOK) Wayne Co.	697-2070 ext.2525
Legal Aid of WV www.lawv.net	1-866-255-4370
WV Workforce Investment Bd	429-5900
United Way of the River Cities	523-8929
Wayne Family Resource Network	272-6003
Wayne Co Economic Development Authority	272-9050
WV Youth Advocate Program	345-6897

RECREATION: (see also Education/Cultural)

Beech Fork State Park	528-5794
Boy Scouts: Tri State Area Council	523-3408
C-K Community Center	453-1121
Cabwaylingo State Forest	385-4641
Dreamland Pool	453-6288
East Lynn Lake	849-9861
WVU Extension Service	272-6839

Look-at-a-Glance

Community Services for Wayne County

Spring Valley Village Apartments 429-6043
 USDA Rural Development 776-5256
 Upper Mill Creek Apts 304- 429-0070

SPECIALIZED SERVICES for CHILDREN AND FAMILIES:

CASE MANAGEMENT/COUNSELING/GROUP HOMES
 Adult Day Treatment Program 429-3015
 Autism Services Center 525-8014
 Big Brothers/Big Sisters of the Tri-State 522-2191
 Birthright 523-1212
 Cammack Children's Center 523-3497
 Family Service of Goodwill 525-7034
 Golden Girl, Inc. 453-1401
 Kanawha Valley Centers (KVC) 272-5517
 Mainstream Services 522-1946
 NECCO 699-1617
 Presley Ridge Schools of WV 743-4439
 Pretera Center 272-3466
 River Valley Child Development Services 523-3417
 Success by Six 523-8929 ext.102
 Stepping Stones, Inc. 429-2297
 TEAM for WV Children 523-9580
 7Mountain State Healthy Families 272-6692
 WV Birth to Three 523-5444
 WV Dept of Health & Human Resources 272-6311

MISCELLANEOUS SERVICES FOR CHILDREN AND FAMILIES:

Faith in Action of the River Cities 697-1274
 Help for Animals 736-8555
 Wayne Family Resource Network Inc. 272-6003

CHILD CARE:

LINK Resource and Referral 1-800-894-9540
 Crum Head Start 393-3519
 East Lynn Head Start 849-4329
 Fort Gay Head Start 648-7432
 Playmates Bison Center 429-3988
 Noah's Ark 272-3559
 Playmates Lavalette 525-4858
 Playmates Westmoreland 429-4851
 Playmates Ceredo 453-5998

HOUSING SERVICES:

Cabell/Hunt/Wayne Housing Consortium 696-4458
 Cabwaylingo Presbyterian Chapel (work camp) 385-4641
 Ceredo Manor 453-4544
 Charter House 272-5600
 Coal Field Development Court Yard 501-4755
 Ft Gay Apartments 648-7324
 Housing Authority of Mingo County 475-4663
 Huntington Housing Authority 526-4400
 Huntington City Mission 523-0293
 Our Place 429-0070
 Jamestown Apartments 453-6720
 Lakeview 529-0581
 Roxanna Booth Manor 453-3866
 Shoals Manor 525-8788

Housing Services cont:

Woodlands Retirement Community 697-1620
 Wayne County Housing Authority 501-4743

GOVERNMENT AGENCIES

Huntington Cabell Wayne Animal Control 696-5551
 Huntington Dept of Planning & Development 696-4427
 Huntington Highway Safety Office 696-5570
 Huntington Human Relations Commission 696-5592
 Huntington Police Department 696-5560
 USDA Cabell Wayne Farm Service Agency 697-6033
 USDA Natural Resources Conservation Service 697-6033
 US Army Corps of Engineers 399-5211
 US Dept. of Labor – Wage and Hour 529-5580
 Wayne County Court House 272-6350
 Wayne County Family Court Judge 272-5828
 Wayne County Drug Court 272-6918
 WV Division of Forestry 743-6186
 WV DMV/ Huntington Location 528-5534
 WV Guyan Soil Conservation District 528-5718
 WV Public Defender System 272-5284
 WV Dept of Natural Resources – wildlife 675-0871
 WV Div. of Veterans Affairs 399-9395

Substance Abuse Treatment and Recovery:

Healing Place 523-4674
 Help for WV 888-435-7498
 Hope Place 697-4673
 Kenova Methodist Church(Support Groups) 453-1121
 Life-house Recovery Home 416-5000
 New Life Outreach Church (support Groups) 648-7180
 Pretera's Addiction Recovery Center 525-1522
 Alcoholics Anonymous 1-800-333-5051
 Al-Anon/Al-A-teen 1-888-4al-anon

For a more detailed list of resources for Wayne County you may call 211 or visit the following web site. <http://cabell.lib.wv.us>
 For more information about the Wayne Family Resource Network please call (304) 272-6003 or e-mail waynefrn@frontiernet.net
 This program is being presented with financial assistance as a grant from the WV Department of Health and Human Resource.

Quick Guide to Kanawha County Community Services

Provided by

United Way of Central WV Information & Referral



United Way of Central WV • 1 United Way Square • WV • 25301 • 304.340.3500

Updated Jan. 2021

unitedwaycwwv.org

NOTE: All numbers are 304 area code unless otherwise noted

COUNTY AGENCIES/SERVICES

Assessor	357-0250
Circuit Clerk	357-0440
County Clerk	357-0130
County Commission	357-0101
County Courthouse	357-0100
Tax Division	357-0210
County Magistrate	357-0400
County Probation Adult	357-0500
Juvenile	357-0520
Prosecuting Attorney	357-0300
Kanawha-Charleston Health Dept	344-5243
Kanawha-Chas. Humane Assoc	342-1576
Kanawha County Library	343-4646
Sheriff	357-0169
Sheriff's Mental Hygiene	357-0463
Solid Waste Authority	342-4477
Victim Services Center	357-0499

EMERGENCY NUMBERS

Non-emergency	358-8111
Fire, Police, Ambulance	911
State Police (Kanawha)	746-2100
Adult/Child Abuse	800-352-6513
Poison Center	800-222-1222

ADDICTIONS/COUNSELING/MENTAL HEALTH SERVICES/ TRANSITIONAL LIVING

Alcoholics Anonymous	866.362.4427
ASPEN (Adolescent Suicide Prevention and Early Intervention)	800 273-8255
Children First	553-1055
Highland Hospital	926-1600
Kanawha Pastoral Counseling	346-9689
Kanawha Valley Fellowship Home	342-8051
Mattie V Lee Home	344-1827
Narcotics Anonymous	1 800 766-4442
PAAC	768-7688
Prestera Center	341-0511
Problem Gambler's Help Network	800-426-2537
Rea of Hope	344-5363
Samaritan Inn	343-9632
Suicide Prevention Lifeline	800 273-8255
The Counseling Connection	340-3676
Thomas Behavioral Health	766-3553
WV Substance Abuse and Mental Health Hotline	844HELP4WV (844 435-7498)
WV System of Care	356-4558
WVU Behavioral Medicine	347-1206
WV Tobacco Quit Line	877-966-8784

ADOPTION/FOSTER CARE

Braley and Thompson	720-2308
Burlington United Methodist	720-1904
Children's Home Society	346-0795
KVC West Virginia	347-9818
Mission WV	562-0723
WV DHHR	746-2360

BUSINESS DEVELOPMENT

Center for Economic Options	345-1298
Charleston Area Alliance	342-4414
US Small Business Admin	957-2083
WV Development Office	558-2234

WV Small Business Development Center	558-2960
--------------------------------------------	----------

CONSUMER PROTECTION

Attorney General	558-2021
Insurance Commission	558-3386
Public Service Commission	800-344-5113

CRISIS INTERVENTION

Rape/Sexual Assault Services - The Counseling Connection REACH Program	340-3676
Suicide Prevention Lifeline	800-273-8255
WV Substance Abuse and Mental Health Hotline	844HELP4WV (844 435-7498)

DENTAL CLINICS

FamilyCare Hills Plaza	681-265-5085
Kanawha Dental Health Council	348-6613
Children	595-1770
Upper Kanawha Medical Center	595-1770
WV Health Right	343-7000

DISABILITY SERVICES

Aging and Disability Resource Center	558-3317
Appalachian Center for Independent Living	965-0376
ARC of the Three Rivers	344-3403
Birth to Three	414-4460
Blind and Visually Impaired Services	356-2371
Childhood Language Center	342-7852
Commission for the Deaf and Hard of Hearing	558-1675 V/TTY 400-6959
Community Access, Inc.	545-1483
Children's Therapy Clinic	342-9515
Fair Shake Network	766-0061
Goodwill Industries	346-0811
Hearing Aid Assistance	414-4405
Prestera Family Support	341-0511
Legal Aid of WV FAST Parent Liaison	1 866 255-4370
WV Advocates	346-0847
WV Rehabilitation	356-2371
WV Society for Blind and Severely Disabled	767-3057
WV Traumatic Brain Injury Services	877-724-8244

DISASTER SERVICES

American Red Cross	340-3650
Salvation Army	343-4548

DOMESTIC VIOLENCE SERVICES

Rape/Sexual Assault Services	340-3676
WV Coalition Against DV	965-3552
YWCA Resolve Family Abuse	340-3549

EDUCATION/TRAINING

Apprenticeship for Child Dev. Specialist toll free	866-982-2237
Bridge Valley Community and Technical College	205-6600
Charleston Job Corps	925-3200
EnAct	414-4475
Garnet Career Center	348-6195
Goodwill Industries	346-0811

Head Start	348-1942
Junior Achievement	346-9753
Kanawha County Schools	348-7770
Kanawha Co. Schls Adult Basic Ed. .	766-7655
Literacy Volunteers-Kanawha	343-7323
Mountaineer Challenge Academy	800-529-7700
Robert C. Byrd Institute	720-7741
Safe Schools Helpline	866-723-3982
WVDHHR/WV Works	746-2360

EMPLOYMENT

Career Consulting Services	344-2273
Center for Economic Options	345-1298
Goodwill Industries	346-0811
KISRA	768-8924
Senior Employment Program	558-3317
Workforce WV Career Center	558-0291

FAMILY RESOURCE CENTERS

CAMC Family Resource Center	388-2545
East End Coalition FRC	344-1656
KCS Parent Community. Resource Center	348-7715
UKV Starting Points FRC	595-5521

FINANCIAL ASSISTANCE/UTILITY ASSISTANCE

Catholic Charities	380-0162
EnAct	414-4475
Heart & Hand	744-6741
KISRA	768-8924
Mountain Mission	344-3407
Salvation Army	343-4548
Tyler Mountain/Cross Lanes Community Services	776-5813
Unemployment Compensation	558-2657
WV DHHR	746-2360

FOOD/NUTRITION

Bread of Life	744-0863
Canaan United Methodist	342-6553
Campbell's Creek Food Pantry	925-6430
Christ's Kitchen	722-4913
Common Grounds	720-9690
Covenant House	344-8053
Fisher's of Men	421-0102
Food Stamps (SNAP)	746-2360
Good Shepherd Mission	595-2419
Harvest of Hope	925-7054
Heart and Hand	744-6741
Hissou Inner City Mission	421-0102
Manna Meal	345-7121
Meals on Wheels	558-3317
Mountain Mission	344-3407
Nitro Food Pantry	881-2015
Salvation Army Charleston	343-4548
Sissonville Community Food	984-1164
Step by Step	414-4452
St. Albans Food Pantry	932-9406
Ten-Up Ministries	419-7252
Tyler Mountain/Cross Lanes Community Services	776-5813
Union Mission	925-0366
West Side Food Pantry	984-3202
WIC Program	746-7880

HEALTH CARE/CLINICS/HOSPITALS

Cabin Creek Health Center	595-5006
CAMC.....	388-5432
FamilyCare Hills Plaza	720-4466
FamilyCare West Side Elem	414-4105
Kanawha-Charleston Health Dept ...	344-5243
KISRA Family Planning Clinic	768-8924
St. Francis Hospital	347-6500
Thomas Memorial Hospital.....	766-3600
Valley Health	595-1770
Women's Health Center	344-9834
WV Health Right	343-7000

HEALTH ORGANIZATIONS

AIDS Hotline.....	800-232-4636
Alzheimer's Association	343-2717
American Cancer Society	746-9950
American Diabetes Assoc	800 342-2383
American Heart Association	720-9001
American Lung Association.....	342-6600
Arthritis Foundation	205-1510
CAMC Health Info Center	388-5432
COVID-19 Info Hotline	800-887-4304
Easter Seal Society toll free	800 221-6827
Kanawha Coalition for Community Health Improvement.....	388-7557
Lions Club Sight Program	630-571-5466
Make a Wish Foundation.....	342-9474
March of Dimes	720-2229
Multiple Sclerosis Society	343-5152
Muscular Dystrophy Assn	344-9807
UniCare Health Plan.....	888-611-9958
WV Family to Family Health Information Center Toll Free	800-281-1436
WV FREE	342-9188

HOME HEALTH CARE

Coord. Council for Ind. Living.....	744-1112
Kanawha Senior Service.....	348-0707
Kanawha Home Health.....	766-9669
WV Bureau of Senior Svcs	558-3317

HOME REPAIR

Appalachia Service Project	423-854-8800
Rebuilding Together	343-4663

HOSPICE

HospiceCare.....	768-8523
..... or toll free 800-560-8523	
Hubbard Hospice House	926-2200

HOUSING/ LOW INCOME HOUSING

Habitat for Humanity.....	720-8733
Housing Authority	
Charleston-Kanawha	348-6451
Dunbar	768-2166
Rand	925-7940
South Charleston	768-9315
St. Albans.....	727-5441
Religious Coalition for Community Renewal	346-6398

INFANT/YOUNG CHILD SERVICES

Birth to Three	414-4460
Birthingright	800-550-4900
Central Child Care.....	382-0797
Connect Child Care R&R	414-4488
Early Head Start.....	344-8098
Gabriel Project.....	414-4666
Help Me Grow	800-322-2588
Parents As Teachers.....	344-1656
Right From the Start	388-2801
WIC.....	558-1115
WV Perinatal Partnership	558-0530

LEGAL SERVICES

Legal Aid	343-4481
or toll free	866-255-4370
WV Lawyer Referral	866-989-8227

Senior Legal Aid.....	800-229-5068
-----------------------	--------------

PARENTING SUPPORT

Braley & Thompson.....	720-2308
Children First	728-1100
KVC West Virginia.....	347-9818
Resolve Family Abuse Program	340-3549

PREVENTION

Adolescent Health Initiative	340-3622
Kanawha Co. CTC Substance Abuse Prevention Project Director.....	340.3500
Family Planning Program.....	558-5388
Kanawha Co. Sheriff's Dept. Combating Underage Drinking	357-0155
KISRA Family Planning Clinic.....	768-8924
WV Div. of Tobacco Prevention	583-4010
WV FREE.....	342-9188

RECREATION

Charleston Parks & Recreation	348-6860
Community Centers	
Kanawha City.....	348-6484
King Center.....	348-6404
North Charleston.....	348-6884
Booker T Washington.....	681-221-7163
Neighborhood Centers	
Roosevelt	348-0529
Kanawha County Parks & Rec.....	341-8000
South Charleston Rec Center.....	744-4731
YMCA Charleston	340-3527
YWCA Cross Lanes	776-3323
WV State Museum	558-0220

SENIOR SERVICES

Adult Day Care	693-2500
Aging, Disability and Resource	558-3317
Consumer Protection for Seniors ...	558-8986,
Ext. 234 or toll free 800-368-8808 Ext. 234	
Council for Independent Living	744-1112
Faith in Action (Various help services)	881-7253
Foster Grandparents Program.....	340-3636
Hansford Center	722-4621
Kanawha Valley Senior Services	348-0707
Lori's Care Home (seniors, disabled and veterans)	807-0486 or 729-6398
Metro Area Agency on Aging	766-4106
Senior Nutrition Program	348-0707
Retired Senior Volunteer Program	340-3524
Senior Employment Program	558-3317
WV Bureau for Senior Services.....	558-3317

SHELTERS

Davis Child Shelter.....	345-3891
Giltinan Center (Roark Sullivan)	340-3581
Jericho House	727-0179
Twin Cities Safe Haven	727-6179
Patchwork	340-3670
Sojourners	340-3562
Union Mission Crossroads.....	925-0366

TRANSPORTATION

Faith in Action (Dr. appts and grocery for disabled and/or seniors).....	881-7253
KAT (Special Needs).....	343-3840
Kanawha Valley Senior Services	348-0707
Kanawha Valley Reg. Transport.(KRT)	343-7586
Good News Mountaineer Garage	344-844

THRIFT STORES

Goodwill	346-0811
Habitat for Humanity ReStore.....	720-8733
Heart & Hand	744-6741
Mountain Mission	344-3407
Salvation Army	343-4548

Union Mission	925-0366
YWCA Gently Used Clothing.....	340-3646

VETERANS

Roark Sullivan Vet Services	340-3581
Vet Center.....	343-3825
Veterans Affairs	558-3540
Workforce WV Disabled Vet Outreach.....	558-0342
WV Depart. Of Vet Assistance.....	746-4497

VOLUNTEER OPPORTUNITIES

American Red Cross	340-3650
Foster Grandparent Program	340-3636
Kanawha Hospice.....	768-8523
Literacy Volunteers	343-7323
Retired Senior Volunteer Program	340-3524
Volunteer WV	558-0111

YOUTH SERVICES

Big Brothers/Big Sisters.....	746-7900
Children First.....	553-1055
Daymark.....	340-3675
Equal Footing Shoe Fund	340-3502
HOPE Community Dev. Corp	343-4673
WV Nat'l Guard Child & Youth 800-986-4326	

YOUTH ORGANIZATIONS

4-H	720-9573
Boy Scouts.....	340-3663
Boys and Girls Club Charleston	343-4548
Boys and Girls Club St. Albans	722-4307
Girl Scouts of Black Diamond	345-7772

WEATHERIZATION

Coalfield Community Action	965-2400
----------------------------------	----------

WV STATE SERVICES/AGENCIES

Automated Health Systems	345-0436
Breast & Cervical Cancer Screening	558-5388
Child/Adult Abuse Hotline	800-352-6513
Child Support Office	558-3780
Children's Health Insurance	800-318-2596
Children's Special Health Care Needs	558-5388
Social Security	800-772-1213
Vital Statistics.....	558-2931
Worker's Compensation	336-2286
WV Army National Guard Family Assistance Center Toll Free.....	1-866-986-4326
WV DHHR.....	558-0684
WV Hate Crime Task Force.....	888-676-5546
WV Public Service Commission	340-0300
WV State University Extension.....	204-4305

Information and Referral
 304-414-4405 or 1-833-848-9905
 After hours just dial 211 on any land line or cell phone or text your zip code to 898-211 to connect with the statewide information and referral. You can also chat with us 24/7/365 on our website wv211.org



WV Toll Free Numbers (all 800 numbers unless otherwise stated)

Abused Women/Resolve Family Abuse Program	352-6513
Action Youth Care Inc	835-5277
Adult Abuse Hotline	344-5738
Adult Literacy	342-2670
AIDS Information	642-8244
Alcoholics Anonymous	333-5051
American Diabetes Association	232-6366
American Heart Association	926-4278
American Lung Association	586-4872
American Red Cross (Huntington WV)	344-6603
American Red Cross (Charleston WV)	422-7935
Appalachian Center for Independent Living	642-3003
Apria (Home Health Care)	766-0403
Autism Training Center (Marshall University)	344-5114
Back To Sleep (SIDS)	505-2742
Child/Adult Abuse & Neglect Hotline (WVDHHR)	352-6513
Child Advocate Office	634-4419
Consumer Hotline (WV Attorney General)	368-8808
Consumer Product Safety (Federal)	638-2772
Crisis Line (24 Hour)	579-5844
Deaf of WV	642-9205
Diabetes Management Services of WV	424-3644
Domestic Violence Hotline (WV)	352-6513
Early Periodic Screening Diagnosis & Treatment Program	642-0704
Easter Seals	677-1390
Education Association (WVEA)	642-8261
Education, (Special of WV)	642-8541
Emergency Food Provider (WVDHHR)	642-8589
Epilepsy Foundation of WV	332-1000
Family Matters	558-2357
Family Resource Centers Inc	835-8577

Family Planning, Maternal/Child Health (WV)	642-8522
Family Health (Pediatric Service)	642-9704
(AIDS Information – CDC)	342-2437
(AIDS & Venereal Disease-WV)	642-8244
(Cancer Information Hotline-WV)	422-6237
Health and Human Resources (WV-Client Services)	642-8589
Information & Referral for the Blind	642-3021
Make a Wish Foundation	664-9474
March of Dimes	313-2911
Medicaid Assistance Hotline	633-4340
Missing & Exploited Children Hotline	843-5678
Multiple Sclerosis Society	628-5645
Narcotics Anonymous	766-4442
Poison Control Center	642-3625
River Valley Child Development Services	870-3417
Special Olympics	642-5000
Suicide Counseling Help Line	468-1359
Teen Outreach	439-8255
Tuberculosis Control	642-8244
Tug Valley Recovery Shelter	478-2211
WV Children’s Health Insurance (C.H.I.P.S.)	982-2447
WV Children’s Health Project	944-7337
WV Head Injury Foundation	356-6443
WV Housing Development Fund	654-6652
WV Parent Training & Information	281-1436
WV Public Service Commission	642-8544
WV School Board Association	642-9233
WV Services for the Blind & Visually Handicapped	642-8674
WV State Fire Marshall – Safe Schools Helpline	723-3982
W.I.C. (Women, Infants, and Children)	734-2319
Women’s Health Center	642-8670
Youth Crisis Hotline	448-4663

National Toll Free Numbers (all 800 numbers unless otherwise stated)

A-Way-Out	292-9688
Adult Abuse Hotline	352-6513
AIDS Hotline-Center Disease	342-2437
AL-ANON/ALA-TEEN C C I	356-9996
Alcoholics Anonymous	333-5051
Allergy Information Referral	822-2762
Alzheimer's Disease, ADRA Li	272-3900
Alzheimer's Family Relief Pgm	437-2423
American Council for Blind	424-8666
American Diabetes Assoc	232-3472
American Found. for Blind	232-5463
American SIDS Institute	232-7437
Am. Speech-Lang-Hearing	638-8255
American Trauma Society	556-7890
Asthma Info & Referral	822-2762
Bethany Lifeline(Pregnancy)	238-4269
Better Hearing Institute	327-9355
Blind Children's Center	222-3566
Cancer Info Service	422-6237
Candle Lighters Child Cancer	366-2223
Captioned Films for the Deaf	237-6213
Child/Adult Abuse Hotline	352-6513
Children's Hospital Internal	242-4453
Consumer Credit Counseling	388-2227
Consumer Product Safety	638-2772
Cystic Fibrosis Foundation	344-4823
Drug Abuse Referral Hotline	662-4357
Ear Well	327-9355
Epilepsy Foundation	332-1000
Grief Recovery Helpline	445-4808

Guide Dog Foundation	548-4337
Health Educ & Adult Trng	544-3284
Hearing Aid Helpline	521-5247
Hear Now	648-4327
Hearing Screening Test	222-3277
Hill-Burton Hotline	638-0742
HIV-AIDS Treatment Info	448-0440
Hospice Link	331-1620
Juvenile Diabetes Found	223-1138
Living Bank (Organ Donation)	528-2971
Lung-Line Info Serv	222-5864
Lupus Found of America	558-0121
Medicare Hotline	638-6833
Multiple Sclerosis Found	441-7055
National Adoption Ctr	862-3678
National Aids Hotline	342-2437
Ntional Ctr for Missing Children	843-5678
Ntional Ctr for Disabled Youth	695-0285
Ntional Child Abuse Hotline	422-4453
Ntional Mental Family Support	628-1696
Ntional Down Syndrome	221-4602
Ntional Eye Care Project	222-3937
Ntional Literacy Hotline	228-8813
Ntional Bone Marrow Pgm	654-1247
Ntional Multiple Sclerosis	532-7667
Ntional Disability Organiz.	248-2253
Ntional Parkinson's Found	327-4545
Ntional Runaway & Suicide	621-4000
Ntional SIDS Found	221-7437
Ntional STD Found	227-8922
Ntional Blindness Prevention	331-2020

Ntional Youth-Covenant House	999-9999
NORD (Rare Disorders)	999-6673
Orton Dyslexia Society	222-3123
Planned Parenthood of Am	829-7732
Preston Addiction Trmt Ctr	352-3802
Runaway Hotline	621-4000
Shriner's Hospital	237-5055
Social Security Info & Ref	772-1213
Spina Bifida Association	621-3141
Spinal Cord Injury Hotline	526-3456
Stuttering Foundation	992-9392
Sudden Infant Syndrome	638-7437
Tough-Love International	333-1069
