

MY IMPORTANT PHONE NUMBERS

TO REGISTER TO VOTE

Board of Elections – 586-7538

IF THE POWER GOES OUT....

Duke Energy – 586-2145
Haywood Electric Membership – (800) 951-6088
W.C.U. Power – 227-7224 or 7226

FOR NON-EMERGENCIES

Animal Control – 586-6138
Auto Tags – 586-3886
Driver's Licenses – 586-5413
Fire/Rescue Squad/Ambulance – 586-1911
School Closings (bad weather) – 631-5463
Sheriff – 586-8901
Social Security Administration - 369-2972

For a comprehensive list of resources in the region, follow the link on www.regiona.org to the regional *Human Services Directory*.



**Region A Partnership
for Children**

*Our Vision: Witness the miracle...
a nurturing community...a loving family...
a smiling child...*

We are a public/private partnership that works together with families, non-profits, healthcare professionals, schools, churches, businesses, volunteers, and government agencies. Our goal is to ensure that all young children have the opportunity to succeed in school and in life.

116 Jackson Street, Sylva, NC 28779
(828) 586-0661 • (800) 550-0662
www.regionakids.org

Quick Guides are available for Region A: Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain counties and the Qualla Boundary.

**Quick Guide for
Families In Jackson County**

FOR EMERGENCIES: 9-1-1



**Poison Control Center:
1-800-222-1222**

**Crisis Hotline:
1-800-367-7287**

HEALTH

Carolina West Dental (Medicaid eligible) - 452-5656
Harris Regional Hospital – 586-7000
Health Department – 586-8994

- Breastfeeding Support: 587-8223
- Community Health Access Network (for uninsured, by referral): 587-8282
- Dental Care: 587-8262
- Environmental Health: 587-4105
- Family Outreach Services: 587-8279
- Good Samaritan Clinic: 587-8265

Highlands-Cashiers Hospital – 526-1200
Immunization Hotline – (800) 232-2522
Medicaid (Maternity, Child, Adult) – 586-5546
Medication Assistance Program – 586-7000
NC Family Health Resource Line–(800) 367-2229
Smoky Mountain Pregnancy Care Center - 293.3600
West Care Home Health and Hospice – 586-7410
WCU Speech and Hearing Center 828 227-7457

Our Doctor(s): _____

Our Dentist: _____

Pharmacy: _____

FAMILY/PARENTING

Child Care Health Consultant - 587-8280
Child Services Coordination - 587-8286
Cooperative Extension – 586-4009
Family Outreach Services – 587-8279
Family Resource Center – 586-2845
Family Support Network – (828) 456-8631 x 29
Maternal Care Coordination - 587-8268
Parents As Teachers - 586-2845

CHILD CARE

Child Care Resource and Referral – 877-752-5955
Childcare Subsidy – 586-5561
Mountain Projects Head Start – 586-2345 x18
NC Division of Child Development– (800) 859-0829
<http://ncchildcare.dhhs.state.nc.us>

FINDING A JOB/ JOB TRAINING

Employment Security Commission/ Job Link
Career Center – 586-4063
Job Corps – 524-4446
Mountain Projects – 586-2345
Workforce Investment Act – 586-1962
Webster Enterprises - 586-8981

EDUCATION

Jackson County Schools – 586-2311
Adult Education, GED classes, or ESL:
Southwestern Community College – 586-4091
Cashiers Center – 743-6688
Mountain Projects (GED) – 586-2345
Western Carolina University – 227-7211

FINANCIAL SERVICES

Consumer Credit Counseling – (800) 737-5485
Cooperative Extension – 586-4009
Dept. of Social Services – 586-5546
NC Child Support Enforcement – (800) 992-9457

FOOD, CLOTHING, HEATING AND PERSONAL GOODS/SERVICES

Community Table – 586-6782
Covenant Church (no clothing) – 586-0199
Dept. of Public Health (WIC) – 587-8243
Dept. of Social Services – 586-5546
United Christian Ministries – 586-8228

NUTRITION INFORMATION

Cooperative Extension – 586-4009

ALTERNATIVE FOOD SOURCES

Farmer's Market (seasonal) – 586-4009

NC GENERAL INFORMATION LINE

Care Line – (800) 662-7030

FUN THINGS TO DO

Jackson County Public Library – 586-2016
Albert Carlton-Cashiers Community Library – 743-0215
Family Resource Center – 586-2845
(all of the above have free Internet access)

Boy Scouts of America – (800) 526-6708
Chamber of Commerce – Sylva – 586-2155
Cashiers – 743-5191
Cooperative Extension/4-H Clubs – 586-4009
Girl Scouts of America – (800) 522-6280
Jackson County Parks and Recreation – 293-3053
Jackson County Fitness Center – 293-3053
Jackson County Youth Sports – 586-3664
Special Olympics of Jackson County – 293-3053
Sylva Pool – 586-9942
WCU fitness center – 227-7069

CHILD SAFETY CAR SEATS

Health Department – 587-8279

SHELTER, HOUSING, & TRANSPORTATION

Dept. of Social Services – 586-5546
Jackson County Transit – 586-0233
Mtn. Youth Resources (adolescent shelter) – 586-8958
Mountain Projects – 586-2345
Public Housing Authority (HUD) – 631-2292
REACH (Transitional Housing) – 631-4488
United Christian Ministries – 586-8228
West Care Transportation Service – 586-7777

THRIFT STORES

Community Table – 586-6782
Hospital Auxilliary – 586-7470
REACH Thrift Store – 586-8778
Glenville Thrift Store – 743-6395
Cashiers Thrift Store – 743-3518
Habitat Resale Store - 586-1232

CHILDREN WITH SPECIAL NEEDS

Assistive Technology Resource Center of WNC:
631-9461
Children's Developmental Services Agency – 631-3900
Exceptional Children's Assistance – (800) 962-6817
Family Support Network – (828) 456-8631 x 39
Jackson County Schools – 586-2311
SW Child Development Commission – (800) 662-4158

RESPIRE (TIME OFF) FOR CAREGIVERS

Family Resource Center – 586-2845

DISABILITIES

Child Services Coordination (0-5 yrs) – 587-8286
Pathways to the Future – 631-1167
Stepping Out (Family Resource Center) - 586-2845
Vocational Rehabilitation – 586-4032
Webster Enterprises - 586-8981

ALCOHOL OR SUBSTANCE ABUSE

AA Hotline – (800) 524-0465
Alcohol/Drug Council of NC – (800) 688-4232
NA Hotline - 888-764-0365
Smoky Mountain Center – 631-9281

COUNSELING/MENTAL HEALTH

Crisis Hotline – (800) 367-7287
Jackson Psychological Services - 828-586-6600
REACH – 631-4488
Smoky Mountain Center – 631-9281
Smoky Mountain Pregnancy Care Center: 293.3600

FAMILY VIOLENCE/ABUSE/NEGLECT

AWAKE - 586-3574
Dept of Social Services – 586-5546
Domestic Violence Hotline – (800) 799-7233
Center for Victims of Crime – (800) 394-2255
REACH (Domestic Violence) – 631-4488
Safe Place Visitation Program - 837-9155

LEGAL HELP/CONFLICT RESOLUTION

WNC Legal Aid (if income limited) – 586-8931
Mountain Mediation Services – (800) 789-4675

INFO FOR PEOPLE OVER 60 YRS OLD

Department on Aging – 586-8562
Golden Age Senior Center – 586-4944
Mountain Projects - 586-2345
Southwestern Area Agency on Aging – 586-1962
Veterans Services – 586-7596