

**Clothing - Thrift Store**

119 N. Ames St.  
Matthews, North Carolina 28105  
(704) 847-8383  
Operates a thrift shop for the community.

**Employment - Employment Services**

855-629-6757  
NCWorks Online is a one-stop online resource for job seekers and employers in North Carolina. Job seekers can search for jobs, create resumes, and find education and training. Employers can find candidates, post jobs, and search labor market information.

<https://www.ncworks.gov/vosnet/Default.aspx>

**Employment - Employment Services**

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the location nearest to you.

<https://americaworks.com/virtual-contact-info/>

**Family - Department of Human Services**

1-800-662-7030  
7 a.m. to 11 p.m., seven days a week.  
In the Raleigh area or outside of North Carolina, call 919-855-4400.  
Deaf and hard of hearing callers can dial 1-877-452-2514 (TTY).  
In the Raleigh area, deaf or hard of hearing people can call 919-733-4851 (TTY).  
<http://www.ncdhhs.gov/>

**Food - Food Stamps**

Food and Nutrition Services (FNS) is a federal food assistance program that helps low-income families.  
Find out about eligibility requirements, and how to apply.  
<http://www.ncdhhs.gov/dss/foodstamp/index.htm>

**Free - Free Phone**

Assurance Wireless  
P.O. Box 5040  
Charleston, IL 61920-9907  
1-888-321-5880  
Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.  
<https://www.assurancewireless.com/lifeline-service/s/what-lifeline>

**Health - Free/Sliding Scale Clinic**

Find the health clinic nearest to you!  
<http://www.nafcclinics.org/clinics/search>

**Health - Free/Sliding Scale Clinic with Dental****Employment - Employment Services**

301 East Woodlawn Road, Suite 200  
Charlotte NC 28217  
Phone: 704-523-8315  
<http://www.selectstaffing.com/SelectStaffing/main.cfm?nlvl1=1>

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<https://www.ncworks.gov/vosnet/Default.aspx>

**Employment - Workforce Development**

1830 Tillery Pl B,  
Raleigh, NC 27604  
(919) 715-0111  
North Carolina's Workforce Development. Find a location near you!

<https://www.ncworks.gov/vosnet/ContactUs.aspx?tab=3>

**Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
[https://www.foodpantries.org/st/north\\_carolina](https://www.foodpantries.org/st/north_carolina)

**Food - Meals**

1800 Brewton Dr.  
Charlotte, NC 28206-2328  
(704) 335-1616  
Food, transitional housing, literacy, education, and other support is offered.  
<http://www.theharvestcenter.org>

**Free - Free Stuff**

Free stuff in your city. Please visit the website, look at the middle column once you're there, and under the FOR SALE header you will see a little link that says FREE. Follow that link and see all of the free stuff listed in your city! It is constantly being updated, so check back often.  
<http://craigslist.org>

**Health - Free/Sliding Scale Clinic**

<http://volunteersinmedicine.org/vim-clinics/#nc>

**Health - Free/Sliding Scale Clinic with Dental**

These clinics are part of a network that is providing quality care and improving the health and well-being of the uninsured and underinsured in North Carolina.

<https://nafcc.org/our-clinic-list/>

**Health - Health Department**

The Department of Health and Human Services manages the delivery of health- and human-related services for all North Carolinians, especially our most vulnerable citizens: children, elderly, disabled and low-income families. Many services and resources are available on this page  
<https://www.ncdhhs.gov/>

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.  
[https://freeclinicdirectory.org/north\\_carolina\\_care.html](https://freeclinicdirectory.org/north_carolina_care.html)

### **Health - Free/Sliding Scale Clinic with Dental**

Chronic Disease Management  
Cardiology  
Pulmonology  
Gynecology  
Physical Therapy  
Nutrition Counseling  
Chiropractic services  
<https://matthewsfmc.org/>

### **Reentry Resource - Multiple Resources Available**

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.  
<https://www.benefits.gov/categories>

### **Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.  
<https://nc211.org/>

### **Reentry Resource - Multiple Resources Available**

Serves formerly and newly released incarcerated African-Americans and African-Americans at risk for incarceration  
Exodus Foundation  
Po Box 480201  
Charlotte, NC 28269  
704-947-9995

<http://exodusfoundation.org/>

### **Reentry Resource - Programs**

The Center for Community Transitions strengthens our community by helping people with criminal records find a healthier and more productive way of living. Our work provides employment and transitions services, supports alternatives to incarceration, and restores and strengthens family bonds.

The Center for Community Transitions  
PO Box 33533  
Charlotte, NC 28233  
704-374-0762 -main  
704-374-1627 -fax  
Email: [info@centerforcommunitytransitions.org](mailto:info@centerforcommunitytransitions.org)  
Physical Address:  
2226 N Davidson Street  
Charlotte, NC 28205  
(see Mapquest tool below for directions)

### **Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.  
[https://www.findhelp.org/find-social-services/north-carolina?ref=ab\\_redirect](https://www.findhelp.org/find-social-services/north-carolina?ref=ab_redirect)

### **Reentry Resource - Multiple Resources Available**

Scroll down the page to find your state. Titles in the left column will lead you to resources available nationwide.  
If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

### **Reentry Resource - Multiple Resources Available**

Energy Committed to Offenders  
P.O. Box 33533  
Charlotte, NC 28233  
Phone: (704) 374-0762  
Fax: (704) 374-1627

Energy Committed to Offenders (ECO) is a community-based organization that begins working with offenders, located in either county or state facilities, during their incarceration. Presentations on employment topics are given prior to release. ECO assists recently released offenders as well. It offers transportation for job searches and provides transportation to and from new jobs. ECO also provides housing and clothing referrals for those recently released prisoners. ECO maintains a 20 bed live-in transitional center where recently released female prisoners are encouraged to reconnect with their children and participate in parenting classes.

### **Shelter - Boarding Home**

6701 Simpson Rd  
Charlotte, NC 28216  
704-907-1635  
Herbert's Loving Home is an affordable boarding home for single, adult men.

<https://www.findhelp.org/provider/herbert%2527s-loving-home--charlotte-nc/5896943930966016?postal=28262>

### **Shelter - Low Income Housing**

<http://www.nchousing.org/>

### **Shelter - Low Income Housing**

5500 Farm Pond Lane  
Charlotte, NC - 28212  
704-536-5643  
Farm Lane Apartments is an 120 unit complex located in Charlotte, North Carolina. Brandywood Acres has 1 bedroom apartments. All of our

<http://www.centerforcommunitytransitions.org/home.html>

#### **Shelter - Homeless Shelter**

<http://www.homelessshelterdirectory.org/foodbanks/NCfoodbanks.html>

#### **Shelter - Low Income Housing**

Find low income apartments in North Carolina along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/NC.html>

#### **Shelter - Low Income Housing**

2700 Oak Valley Lane  
Charlotte, NC - 28205  
(704) 336-4552

Oak Valley is a Charlotte Housing Authority affordable housing community. The property is located on Oak Valley Lane near Commonwealth and Briarcreek . They offer Two and Three bedroom apartments. These rentals are income based and the eligibility guidelines are set by HUD  
<http://www.lowincomehousing.us/ID.html>

#### **Shelter - Low Income Housing**

CHA Main Office  
400 East Boulevard  
Charlotte, NC 28203  
(704) 336-5183

To develop collaborative relationships for affordable housing solutions; maximize the economic, physical, and social value of its real estate portfolio; ensure long-term financial viability; provide high quality, cost-effective real estate management services; and create an environment that facilitates the development of client families to reach their highest potential.  
<http://www.cha-nc.org>

#### **Shelter - Salvation Army**

534 Spratt St  
Charlotte, NC 28206  
<http://www.salvationarmycarolinas.org/>

#### **Shelter - Salvation Army**

The Army operates hundreds of facilities and services in over 50 cities around North and South Carolina. These range from daily character building programs such as the Boys and Girls Clubs and community centers, to providing shelter for families in need of transitional housing, to holding weekly worship services, to providing safe and affordable housing to seniors.  
<http://www.salvationarmycarolinas.org/>

#### **Shelter - Shelters**

We provide an online directory of shelters in North Carolina.  
[https://www.shelterlist.com/state/north\\_carolina](https://www.shelterlist.com/state/north_carolina)

#### **Shelter - Transitional Housing**

300 Hawthorne Lane  
Charlotte, NC 28204 • 704-335-5488  
Charlotte Family Housing is a shelter-to-housing program for homeless families. While we primarily serve single mothers with children, we are also

apartments at Farm Lane Apartments are subsidized under the section 8 program through the U.S. Department of HUD. This is a low income apartment.  
[http://www.lowincomehousing.us/det/28212-2952-farm\\_lane\\_apts](http://www.lowincomehousing.us/det/28212-2952-farm_lane_apts)

#### **Shelter - Low Income Housing**

6509 East W.T. Harris Boulevard  
Charlotte, NC - 28215  
(704) 336-8738  
Grove Place is a Charlotte Housing Authority affordable housing community. The property offers Two and Three bedroom apartments and is located near shopping and public transportation. These rentals are income based and eligibility guidelines are set by HUD  
[http://www.lowincomehousing.us/det/Grove\\_Place\\_Charlotte\\_Affordable\\_Housing\\_Apartments-28215-J4](http://www.lowincomehousing.us/det/Grove_Place_Charlotte_Affordable_Housing_Apartments-28215-J4)

#### **Shelter - Salvation Army**

1001 Central Ave.  
Charlotte, NC 28204  
(704) 332-1171 ext. 240  
Hours: 9a.m. to 7p.m. Mon-Sat.  
<http://www.salvationarmycarolinas.org/>

#### **Shelter - Salvation Army**

1138 E. Independence Blvd.  
Matthews, NC 28105  
(704) 814-7031  
Hours: 10a.m. to 8p.m. Mon.-Sat.  
The Army operates hundreds of facilities and services in over 50 cities around North and South Carolina. These range from daily character building programs such as the Boys and Girls Clubs and community centers, to providing shelter for families in need of transitional housing, to holding weekly worship services, to providing safe and affordable housing to seniors.  
<http://www.salvationarmycarolinas.org/>

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"commands" around North and South Carolina. These range from daily character building programs such as the Boys and Girls Clubs and community centers, to providing shelter for families in need of transitional housing, to holding weekly worship services, to providing safe and affordable housing to seniors.  
<http://www.salvationarmycarolinas.org/>

#### **Shelter - Transitional Housing**

1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
[https://www.transitionalhousing.org/state/north\\_carolina](https://www.transitionalhousing.org/state/north_carolina)

#### **Shelter - Transitional Housing**

316 Benjamin St.  
Charlotte, North Carolina 28203  
(704) 336-5619  
Offers many resources including the Transitional

one of the limited options for single fathers with children and two-parent families.  
<http://charlottefamilyhousing.org>

**Shelter - Transitional Housing**

Charlotte, NC 28236  
Main phone number - (704)334-3187

**Shelter - Transitional Housing**

Address: 631 N Brevard St  
Charlotte, North Carolina 28202  
Telephone - 704-335-885

[http://www.transitionalhousing.org/li/society\\_for\\_a\\_second\\_chance\\_transitional\\_housing\\_initiative\\_in\\_28202](http://www.transitionalhousing.org/li/society_for_a_second_chance_transitional_housing_initiative_in_28202)

**Special Considerations - Elders**

Find the assistance available to you, and put it to good use.  
<http://www.ncdhhs.gov/aging/>

**Transportation - Public Transportation**

Please visit the website for most information, or call one of the following phone numbers:  
Call Center: 704-336-7433(RIDE)  
Toll Free: 1-866-779-2287(CATS)  
TDD: 704-336-5051  
Special Transportation Services: 704-336-2637  
Charlotte Transportation Center: 704-336-3159  
<http://charmeck.org/city/charlotte/cats/Pages/default.aspx>

Families Program. The goal is to help families gain self-sufficiency. Learn about regional rent assistance programs, section 8 housing vouchers, and other support for your housing needs.  
[http://www.needhelppayingbills.com/html/charlotte\\_short\\_term\\_housing\\_a.html](http://www.needhelppayingbills.com/html/charlotte_short_term_housing_a.html)

**Shelter - Transitional Housing**

1800 Brewton Dr.  
Charlotte, NC 28206-2328  
(704) 335-1616  
Food, transitional housing, literacy, education, and other support is offered.  
<http://www.theharvestcenter.org>

**Shelter - Transitional Housing**

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.  
<https://www.transitionalhousing.org/>

**Special Considerations - Elders**

2101 Mail Service Center  
Raleigh, NC 27699 - 2101  
Telephone: 919-855-3400  
The Division of Aging and Adult Services works to promote the independence and enhance the dignity of North Carolina's older adults, persons with disabilities and their families through a community based system of opportunities, services, benefits and protections. Many services and resources can be found on this page!  
<https://www.ncdhhs.gov/divisions/aging-and-adult-services>