2026

CLEVELAND COUNTY YOUTH RESOURCE GUIDE

Cleveland County
HEALTH DEPARTMENT

Strong Teens! CLEVELAND COUNTY Youth Advisory Council

TPPI NORTH CAROLINA TEEN Pregnancy Prevention INITIATIVES
Adolescent Pregnancy Prevention Program

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Health is Wealth- Health Department Resources		
Care for Cleveland-Primary Care Clinic	Services to Adults and Youth Annual physicals, Injuries, Sick visits, and Chronic disease management	980-484-5100 200 S. Post Rd, Shelby, NC 28152 www.clevelandcountyhdnc.com
Child/Youth Health Clinic	For 0-18 years of age: Well child check-ups, Newborn visits, Immunizations, Annual physicals, Sport physicals, Sick visits, Follow-ups, Treatment and management of childhood illnesses, Covid-19 testing, and ADHD services	980-484-5100 200 S. Post Rd., Shelby, NC 28152 www.clevelandcountyhdnc.com
Cleveland County Health Department	STD/STI/HIV Testing, Family Planning (Contraceptives), Immunizations, Pharmacy Drive Through Condom Distribution, *All services are confidential. Medicaid and most private insurances are accepted for Family Planning and pregnancy testing services. If you are uninsured or a self-paying client, these services will be provided to you on a sliding scale. Your income and family size will determine your fee.	980-484-5100 200 S. Post Rd., Shelby, NC 28152 www.clevelandcountyhdnc.com
Atrium Health Women's Care Shelby OB/GYN	Women's Health Care for every age and stage of life. Accepts both Medicaid and private insurance. To see an exhaustive list visit the website for more information.	980-487-2800 110 W. Grover St. Shelby, NC 28150 www.atriumhealth.org
Virtual Care with Atrium Health Levine Children Telemedicine Program	K-8th grade: Virtual doctor's appointments to prevent missed school days	980-484-5211 www.clevelandcountyhdnc.com

School-Based Health Centers	**Middle School and High School** • Physicals, examinations, evaluation and treatment, communicable disease treatment, lab tests, referrals and immunizations **Elementary School** • Vision and Hearing Referrals, Identifying and providing accommodation for special needs, prevention, and advocacy	980-484-5211 For School-Based Health Telephone Numbers: Dial 704-476-8000, and the extension numbers listed below • Burns High- 3729 • Burns Middle-4157 • Crest High- 3532 • Crest Middle-4490 • Kings Mtn. High- 3079 • Kings Mtn. Middle- 4011 • Shelby High- 3310 • Shelby Middle- 4371 www.clevelandcountyhdnc.com
Nurse Family Partnership	A personal one on one with a nurse that follows a first-time mother from pregnancy until the child is two. Provides support for mom and baby, referrals for healthcare and childcare.	980-484-5336 www.clevelandcountyhdnc.com
Dermatologist	Dermatology clinics are available in Shelby. Dermatologists treat skin, hair, and nail problems.	- Dermatology Center of Shelby 704-481-1142 - PPSD 704-484-0464
911	Call for medical emergencies only	

REQUIRED Immunizations

Kindergarten Required Immunizations:

- Diptheria, Tetanus, And Pertussis- 5 Doses
- Polio- 4 Doses
- Measles- 2 Doses
- Mumps- 2 Doses
- Rubella- 1 Dose
- Haemophilus Influenzae Type B (HIB)- 4 Doses
- Hepatitis B (HEP B) 3 Doses
- Varicella (Chickenpox)-2 Doses

Middle/ High School Required Immunizations:

- Tetanus /Diphtheria/Pertussis (TDAP) and Meningococcal Conjugate (MCV)

College/University Required Immunizations:

- Diptheria, Tetanus, and Pertussis- 3 Doses
- Polio- 3 Doses
- Measles- 2 Doses

*****Failure to comply with immunizations required under North Carolina General Statutes may result in exclusion from school until compliance with required immunizations is met.

Say Cheese			
	Dental Clinic	For youth ages 0-21, and pregnant women: • Dental exams, Cleanings, Fillings, Extractions, Fluoride Varnish, X-Rays • Accepts Medicaid, NC Health Choice, Private insurance, Sliding Scale (pay based off need)	980-484-5261 200 S. Post Rd., Shelby, NC 28152 www.clevelandcountyhdnc.com

Hungry? - Food Resources		
Common Ground Cafe	Restaurant that allows customers to have a nutritious meal regardless of means to pay	704-981-0991 232 S. Lafeyette St. Ste E, Shelby, NC 28150 Commongroundcafenc@gmail.com https://sites.google.com/view/commongroundcafenc/home *Call for current schedule
Turning Point Academy	Free, nutritious summer meals for school aged children 18 and younger	704-476-8000 (Extension: 7793) 409 W. Sumter St., Shelby, NC 28150 Open Monday-Friday, 8:00 AM- 8:30 AM, 11:00 AM-12:30 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Shelby Middle	Free, nutritious summer meals for school aged children 18 and younger	704-476-8329 1480 S. Dekalb St., Shelby, NC 28152 Open Monday-Friday, 8:00 AM- 8:30 AM, 11:00 AM-12:00 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Crest Middle	Free, nutritious summer meals for school aged children 18 and younger	704-476-8000 (Extension:4543) 315 Beaver Dam Church Rd., Shelby, NC 28152 Open Monday-Friday, 8:00 AM- 8:30 AM, 11:30 AM-12:00 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Crest High	Free, nutritious summer meals for school aged children 18 and younger	704-600-8000 (Extension: 3477) 800 Old Boiling Springs Rd., Shelby, NC 28152 Open Monday-Friday, 8:00 AM- 8:30 AM, 12:00 PM-1:00 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Burns Middle	Free, nutritious summer	704-600-8000 (Extension 4211) 215 Shady Grove Rd., Lawndale, NC 28090

	meals for school aged children 18 and younger	Open Monday-Friday, 8:00 AM- 8:30 AM, 11:30 AM-12:00 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Burns High School	Free, nutritious summer meals for school aged children 18 and younger	704-600-8000 (Extension 3678) 307 E. Stagecoach Trail., Lawndale, NC 28090 Open Monday-Friday, 8:00 AM- 8:30 AM, 12:00 PM-1:00 PM https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/how-find-nc-summer-meals
Feeding Kids Cleveland County	Delivers food and books to food insecure children and families in Cleveland County	704-692-1079 info@feedingkidscc.org 405 W. Marion St., Shelby, NC 28150 (mailing address) 1205 Northside Dr. Building 3, Shelby, NC 28150 https://www.feedingkidscc.org/

What's on Your Mind? - Behavioral Health/Substance Abuse Treatment		
Cleveland County Health Department Behavioral Health Services	Outpatient behavioral health services (therapy) for ANYONE aged 10 years and older in our community who is interested in improving their overall mental wellness. We accept patients regardless of insurance status.	980-484-5100 200 S. Post Rd., Shelby, NC 28152 www.clevelandcountyhdnc.com
Monarch	Therapy and medication management for youth	704-476-4027 201 W. Marion St., Suite 100, Shelby, NC 28150 Monday-Friday, 8:00 AM- 5:00 PM https://monarchnc.org/
Art of Therapy	Therapy for all ages- individual counseling ages 12+, infant mental health, play therapy, and family therapy	980-484-2111 510 w. King St., Kings Mountain 28086 https://www.artoftherapycenter.com/
Kintegra Family Medicine	Therapy, medication, and Primary Care for youth	704-538-8532 5009 Fallston Rd., Lawndale, NC 28090 Monday-Friday 8:00 AM-5:00 PM https://www.kintegra.org/locations/kintegra-family-medicine-fallston/
Kintegra Family Medicine	Therapy, medication, and Primary Care for youth	704-874-3316 305 W. College Ave., Shelby, NC 28152 Monday-Friday 8:00 AM-5:00 PM https://www.kintegra.org/locations/kintegra-family-medicine-boiling-springs/
Kintegra Family Medicine	Therapy, medication, primary care, community resource advocacy	704-739-5456 812 W. King St., Kings Mountain, NC 28086 Monday-Friday 8:00 AM-5:00 PM https://www.kintegra.org/locations/kintegra-family-medicine-kings-mountain/
Kintegra Family Medicine	Therapy, medication, and Primary Care for youth	704-480-9344 1760 E. Dixon Blvd., Shelby, NC 28152

		Monday-Friday 8:00 AM-5:00 PM https://www.kintegra.org/locations/kintegra-family-medicine-shelby/
Kintegra Pediatric Medicine	Behavioral Health Services	704-482-8282 1019 N. Lafeyette St., Shelby, NC 28150 Monday-Friday 8:00 AM-5:00 PM https://www.kintegra.org/locations/kintegra-pediatric-medicine-shelby/
Preferred Choice Healthcare	Outpatient Therapy for Adults and Children	704-487-4000 116 Lee St., Shelby, NC 28150 https://www.pchnc.com/shelby/
Support Incorporated	Outpatient Therapy and Medication Management for children and adolescents	704-865-3525 802 N. Lafeyette St., Shelby, NC 28150 http://supportinc.org/
Student Options and Redirection (SOAR)	Early intervention program for youth who have violated Cleveland County School's substance abuse policy. Referral to the program allows the opportunity for a shortened suspension based on student compliance.	980-484-5211 200 S. Post Rd., Shelby, NC 28152 www.clevelandcountyhdnc.com
Helping Adolescents Leave Tobacco (HALT)	Designed to promote cessation and reduce tobacco use among adolescents, this individual or group educational/behavioral counseling program of 4-6 sessions, helps teens quit smoking/vaping, reduce the number of cigarettes/e-cigarettes smoked if unable to quit, increase healthy lifestyle behaviors, and improve life skills.	980-484-5211 200 S. Post Rd., Shelby NC 28152 www.clevelandcountyhdnc.com
Children's Homes of Cleveland County (CORE)	Outpatient mental health services, supervised visitation, adoption services	704-484-2558 1300 Gidney St., Suite C, Shelby, NC 28150 https://chccinc.org/

Halo's Counseling	Teen counseling, family counseling, and career coaching	866-242-5648 205 S. Washington St., Shelby, NC 28150 https://www.haloscounseling.com/
Teen Talk Line	Provides support, resources, and hope to young people through a hotline of professionally trained teen counselors and outreach programs that normalize mental health	Call 800-852-8336 Text TEEN to 839863 https://www.teenline.org/
Crisis Text Line	Free text-based mental health support and crisis intervention for people of all ages	Text HOME to 741741 https://www.crisistextline.org/
Suicide and Crisis Hotline	24/7 free and confidential support for people in distress, prevention and, crisis resources	Call/Text 988 https://988lifeline.org/

Safety First-Personal Safety		
Abuse Prevention Council	24-hour crisis hotline, safe shelter, court advocacy, professional counseling, support groups, hospital accompaniment, and comprehensive case management	704-481-0043 https://www.abusepreventioncouncil.org/ *Call for location and directions

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior (Stopbullying.gov).

The most common places where cyberbullying occurs are:

- Social-Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

*Please use the link below for more information on cyberbullying
https://www.stopbullying.gov/cyberbullying/what-is-it

Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Every year, millions of men, women, and children are trafficked worldwide – including right here in the United States. It can happen in any community and victims can be any age, race, gender, or nationality. Traffickers might use the following methods to lure victims into trafficking situations:

- Violence
- Manipulation
- False promises of well-paying jobs
- Romantic relationships

(U.S. Department of Homeland Security; Blue Campaign)

If you believe you or someone you know are a victim of human trafficking, please contact

- 1-888-373-7888
- Text BEFREE or HELP to 233733
- Email help@humantraffickinghotline.org

*Please use the link(s) below for more information on Human Trafficking
https://www.dhs.gov/blue-campaign/what-human-trafficking
https://humantraffickinghotline.org/en/find-local-services

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions or threats of action or other patterns of coercive behavior that influence another person within an intimate partner relationship. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone (Office on Violence Against Women; U.S. Department of Justice, 2024).

If you or someone you know is experiencing domestic violence, please

- Call 866-331-9474
- Or text “LOVE IS” TO 22522
- Or live chat online at www.loveisrespect.org

What's the Move?		
Boys and Girls Club-Main Club	Recreational, educational, and cultural after-school programs	704-471-2582 412 W. Sumter St., Shelby, NC 28150 https://bgccleveco.org/club-locations/
Boys and Girls Club-Mable Hamrick Whisnant Teen Center	Recreational, educational, and cultural after-school programs	704-476-8398 351 W. Sumter St., Shelby, NC 28150
Boys and Girls Club-Springmore Extension	Recreational, educational, and cultural after-school programs	704-259-8105 616 McBrayer Homestead Rd., Shelby, NC 28152
Boys and Girls Club-Fallston Elementary School	Recreational, educational, and cultural after-school programs	704-259-8102 112 Gary St., Fallston, NC 28053
Boys and Girls Club-Elizabeth Elementary School	Recreational, educational, and cultural after-school programs	704-418-2698 220 S. Post Rd., Shelby, NC 28152
Boys and Girls Club-Casar Extension	Recreational, educational, and cultural after-school programs	704-215-3893 436 School House Rd., Casar, NC 28020
Boys and Girls Club-Bethware Elementary School	Recreational, educational, and cultural after-school programs	704-259-8104 115 Bethware Dr., Kings Mtn., NC 28086
Boys and Girls Club-North Site	Recreational, educational, and cultural	704-813-1850 900 Ramseur St., Kings Mtn., 28086

	after-school programs	
Communities in Schools	Free program that uses relationships, evidence-based programs, and mobilizes community resources to remove barriers for students to succeed in school (5th-12th)	(704)-480-5569 312 W. Marion St., Shelby, NC 28150
Communities in Schools-Burns Middle School		704-480-5569 Maricara@cisofclevelandco.org https://cisofclevelandco.org/programs/middle-school-transitions/
Communities in Schools-Shelby Middle School		704-480-5569 Tanesha@cisofclevelandco.org https://cisofclevelandco.org/programs/middle-school-transitions/
Communities in Schools-Burns High School		704-480-5569 Sherry@cisofclevelandco.org https://cisofclevelandco.org/programs/graduation-coach-program/
Communities in Schools-Crest High School		704-480-5569 Heather@cisofclevelandco.org https://cisofclevelandco.org/programs/graduation-coach-program/
Communities in Schools-Kings Mountain		704-480-5569 Jackie@cisofclevelandco.org https://cisofclevelandco.org/programs/graduation-coach-program/
Communities in Schools-Shelby High School		704-480-5569 Heather@cisofclevelandco.org

		https://cisofclevelandco.org/programs/graduation-coach-program/
Communities in Schools-Mentoring Program	One-on-one mentoring program for at-risk youth in Cleveland County, that provides encouragement for scholastic achievement, and reducing risky behaviors	Contact mentoring coordinator: Marcus Crank, 704-480-5569 Marcus@cisofclevelandco.org https://cisofclevelandco.org/programs/mentoring/
Dover Foundation Family YMCA		704-484-9622 411 Cherryville Highway, Shelby, NC 28150
Kings Mountain Family YMCA		704-739-9631 211 N. Cleveland Ave., Kings Mountain, NC 28086
Ruby C. Hunt YMCA		704-434-0441 1322 Patrick Avenue Boiling Springs, NC, 28017

Just FYI… Crisis Services		
Kings Mountain Crisis Ministry	Referrals for Medicine, Food, Clothes, Gas, Diapers, etc.	704-739-7256 208 Cleveland Ave., Kings Mountain, NC 28086 https://kmcrisisministry.org/
Salvation Army		704-482-0375 305 N. Lafeyette St., Shelby, NC 28150 https://southernusa.salvationarmy.org/cleveland-rutherford/
Greater Cleveland County Baptist Association	Assistance with food, utility bills, and life-saving medications	704-482-3472 1175 Wyke Rd., Shelby, NC 28150 https://gccba.org/
United Way of Cleveland County	Youth success, Education, Healthy families and neighborhoods	704-482-7344 132 W. Graham St., Shelby, NC 28150 https://www.uwclevco.org
Totally Free Clothing Store	Non-profit organization that provides a free clothing resource to our community.	704-692-2389 318 Gidney St. Shelby, NC 28150 www.totallyfreeclothesshelby.org
FREE PROM GOWNS Poplar Springs Baptist Church, Becca's Closet	Official chapter of Becca's Closet, located at Poplar Springs Baptist Church in Shelby, North Carolina. We provide free prom gowns to high school students.	704-300-8623 1106 Poplar Springs Church Road Shelby, North Carolina https://www.beccascloset.org/chapters/poplar-springs-baptist-church/

On the Move! Physical Activity Opportunities		
Name	**Address**	**Laps=Mile**
Boiling Springs Elementary School	1522 Patrick Ave- Boiling Springs	4
Boiling Springs Town Park and Walking Track	1522 Patrick Ave- Boiling Springs	6
Broad River Greenway Carolina Thread Trail	126 Broadriver Dr.- Shelby	4 miles one way
Crest Middle School	315 Beaver Dam Church Rd.- Shelby	4
Earl Walking Track	569 Crow Rd.- Shelby	8
Gardner Webb University	110 S. Main St.- Boiling Springs	3
Ruby Hunt YMCA	1322 Patrick Ave.- Shelby	4
Springmore Elementary School	616 McBrayer Homestead Rd.- Boiling Springs	4
Township #3 Elementary	526 Davis Rd.- Shelby	5
Belwood Community Track and Playground	1114 Lawndale Belwood Rd.- Lawndale	8
Burns Middle School	215 Shady Grove Rd.- Lawndale	4
Casar Elementary	436 School House Rd.- Casar	10
Casar Park	137 Deviney St. Casar	4
Fallston Elementary	112 Gary St.- Fallston	4
Fallston Walking Track	Friendship Dr.- Fallston	4

Kingstown Central Park	Paul Ramseur Dr.- Kingstown	4
Lawndale Walking Trail & Playground/ Piedmont Park	Piedmont Drive- Lawndale	4
Polkville Park	Park Drive- Polkville	3
Union Elementary	440 Union Church Rd.- Shelby	10
Washington Elementary	1907 Stoney Point Rd.- Shelby	4
Bethware Elementary	115 Bethware Dr.- KM	6
Deal Walking Park Track & Rick Humphrey's Children's Park	211 Cleveland Ave.- KM	10
East Elementary School	600 Cleveland Ave.- KM	6
Grover Elementary Walking Track	206 Carolina Ave.- Grover	8
Grover Walking Track	Maple Ave- Grover	10
H. Lawerence Patrick Senior Center	909 East King St.- KM	
Kings Mountain Gateway Trail- Downtown Connector	807 Battleground- KM	2.1 (one way)
Kings Mountain Gateway Trail* part of Carolina Thread Trail	807 S. Battleground Ave.- KM	5 (one way)
Kings Mountain Intermediate	227 Kings Mountain Blvd.- KM	6
LG Thombs Walking Track	200 N. Watterson St.- KM	5
North Elementary School	900 N. Ramseur St.* KM	5
Patriots Park	220 S. Railroad Ave.- KM	5
Cleveland Community College	137 S. Post Rd.- Shelby	16
Cleveland County Health Department	200 S. Post Rd.- Shelby	2
Cleveland Mall	2001 E. Dixon Blvd.- Shelby	2
Dover YMCA	411 Cherryville Rd.- Shelby	2 upper and lower tracks
Elizabeth Elementary	220 S. Post Rd.- Shelby	4
First Broad River Trail/ Carolina Thread Trail	940 W. Grover St.- Shelby	2.2
Hanna Park	1655 McBrayer Springs- Shelby	
Holly Oak Park	809 Holly Oak Rd.- Shelby	

James Love Elementary	309 James Love Rd.- Shelby	
Jefferson Elementary	1166 Wyke Road- Shelby	6
Jefferson Park	1001 Buffalo St.- Shelby	
Neal Senior Center	100 T R Harris Dr.- Shelby	4
Optimist Park	1007 Mark Dr.- Shelby	
Palmer Park	498 W. Warren St.- Shelby	
Shelby City Park	901 W. Sumter St- Shelby	4
Shelby High School	230 E. Dixon Blvd- Shelby	4
Shelby Middle School	1480 S. Dekalb St.- Shelby	4
Uptown Court Square 1,2,3 Mile Loops	Uptown Shelby	