

CLEVELAND COUNTY RESOURCE GUIDE



Cleveland County

HEALTH DEPARTMENT

Information provided by the Health Education Unit
at the Cleveland County Health Department.
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(980) 484-5100

➤ www.clevelandcountyhdc.com

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Civilກົດຫມາຍສັດທິແລະການມີສ່ວນຮ່ວມໃນການບໍລິການໂດຍບໍ່ມີການກ່ຽວກັບເຊື້ອຊາດ, ສີຜິວ, ຊາດກຳເນີດ, ສາສະຫນາ, ບົດບາດຍິງຊາຍ, ອາຍຸສງຸສຸດ, ປະຖົມນິເທດທາງເພດຫຼືຄວາມພິການ.

Disclaimer

This resource guide is intended to provide information about a variety of resources in Cleveland County, North Carolina in regard to nutrition, physical activity, prescription drugs, transportation and the provision of primary and behavioral health care. The information presented was collected from a variety of resources available to the staff of the Cleveland County Health Department. The inclusion of any organization, agency, service or program does not imply an endorsement or recommendation nor does exclusion imply disapproval. The guide is intended to serve as a starting point or baseline for the identification of services that an individual might need. Individuals should rely on their needs and perceptions in choosing services to access.

Esta guía de recursos tiene como objetivo brindar información sobre una variedad de recursos en el condado de Cleveland, Carolina del Norte, con respecto a la nutrición, la actividad física, los medicamentos recetados, el transporte y la provisión de atención primaria. La información presentada se recopiló de una variedad de recursos disponibles para el personal del Departamento de Salud del Condado de Cleveland. La inclusión de cualquier organización, agencia, servicio o programa no implica respaldo o recomendación, ni la exclusión implica desaprobación. La guía está destinada a servir como punto de partida o línea de base para la identificación de los servicios que un individuo podría necesitar. Las personas deberían basarse en sus necesidades y percepciones al elegir los servicios a los que acceder.

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Food Assistance Programs

Name	Contact Information	Other
Cleveland County Kitchen	<p>Phone Number: (704) 482-4365 Address: 130 S Post Road, Suite 1 Shelby, NC 28152</p> <p>Website: https://cleveland.ces.ncsu.edu/cleveland-county-kitchen/</p>	<p>Cleveland County Kitchen is a collaboration between N.C. Cooperative Extension and Cleveland Community College to showcase local farmers and local foods. A monthly cable television show takes a featured product from farm to table. A research-based companion fact sheet helps consumers learn about the nutritional value and how to prepare each product. They also learn the importance of eating more fruits and vegetables and how to incorporate these and other nutritious products into delicious, nutritious meals for better health. Our goal is to educate citizens from Cleveland County and beyond about the importance of local foods to our economy, health, environment, and quality of life. For more information, please call Nancy Abasiekong, Extension Agent Family & Consumer Sciences, at N.C. Cooperative Extension, Cleveland County Center at 704-482-4365 or visit their website.</p>
Cleveland County Schools Nutrition Service	<p>Phone Number: (704) 476-8126 Address: 400 West Marion Street Shelby, NC 28150</p> <p>Email: gsshull@clevelandcountyschools.org Website: https://www.clevelandcountynutrition.org/ Facebook: https://www.facebook.com/clevelandcountyschools</p>	<p>Cleveland County Schools Nutrition Services offer free and reduced lunch for students attending school. On their website, they have nutritional videos and links for students or parents to learn about the importance of nutrition in children.</p>
Common Ground Café	<p>Phone Number: (704) 981-0991 Address: 232 South Lafayette Street, Suite E Shelby, NC 28150</p> <p>Email: commongroundcafenc@gmail.com volunteer.cgshelby@gmail.com Website: https://www.commongroundcafenc.org Facebook: https://www.facebook.com/CommonGroundCafeShelby/</p> <p>*** Call for Current Schedule</p>	<p>Common Ground Café is a nonprofit volunteer-based organization with a goal to open a nonprofit physical restaurant in Cleveland County offering nutritious and delicious meals on a donate-what-you-can payment basis. Until then, they are providing home-cooked meals through their iSMILE Meal Program for Seniors, ages 70 and above, who are unable to cook for themselves. To receive a meal application for the senior meal program, or for volunteer information, please call or email today.</p>
Cleveland County Food and Nutrition Services (EBT/SNAP)	<p>Phone Number: (704) 487-0661 Address: 130 South Post Road Shelby, NC 28152</p> <p>Website: https://www.ncdhhs.gov/divisions/child-and-family-well-being/food-and-nutrition-services-food-stamps</p>	<p>Cleveland County Food and Nutrition Services is a federal assistance program that provides low-income families the food they need for a nutritionally adequate diet. Benefits are issued via Electronic Benefit Transfer cards (EBT). To apply, contact Cleveland County Department of Social Services (DSS) offices, fill out an online application and mail or drop is off at Cleveland County DSS, or apply online at https://epass.nc.gov/</p>

<p>Feeding Kids Cleveland County</p>	<p>Phone Number: (704) 692-1079 Address: 405 W. Marion St. Shelby, NC Email: info@feedingkidscc.org Website: http://www.feedingkidscc.org/</p>	<p>Feeding Kids Cleveland County works with school social workers who identify students in need. They deliver food and books to the homes for the families that have given them permission to do so. Feeding Kids Cleveland County uses volunteers to deliver to the homes of the social worker-identified families for each school break, as well as once each month of the summer break. They provide around 50 weekend food bags to 3 Cleveland County Schools. Each year, the day before Thanksgiving, Feeding Kids organizes a Community Table Thanksgiving Meal at 4 different locations in high need areas.</p>
<p>Women, Infants, and Children (WIC)</p>	<p>Phone Number: (980) 484-5170 Address: 200 South Post Rd. Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/programs_services/wic.php</p>	<p>The Special Supplemental Nutrition program for Women, Infants, and Children – better known as the WIC program – serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The Cleveland County Health Department WIC Program provides nutrition education and free supplemental food to low income pregnant, post-partum, and breastfeeding mothers as well as families with children under five years of age. Participants are screened to determine that they are at a nutritional risk.</p>
<p>Senior Adult Nutrition Program</p>	<p>Council on Aging/Senior Center Phone Number: (704) 482-3488 Address: 100 T.R. Harris Drive Shelby, NC 28150 Website: https://www.nealseniorcenter.org</p>	<p>Meet & Eat - Congregate meal sites at 4 locations in Cleveland County: Neal Center in Shelby, West Warren Manor in Shelby, Lawndale and Patrick Senior Center in Kings Mountain; open to persons age 60 and over and their spouse who are signed up and assessed and persons under 60 who have a physical or mental handicap and who have been assessed Meals on Wheels – delivered to homes by volunteers; five locations E. Shelby, W. Shelby, Boiling Springs, Lawndale, Kings Mountain- call for eligibility requirements – must live within the Meals on Wheels route Food Pantry – Seniors 55 to 60 years of age living in Cleveland County; call to complete a Direct Assistance Screening Form</p>

Food Pantries

Name	Contact Information	Days & Times	Other
Boiling Springs Baptist	Phone Number: (704) 434-6244 Address: 307 S. Main Street Shelby, NC 28152 Email: info@boilingspringsbaptist.org Website: https://www.boilingspringsbaptist.org/ Facebook: https://www.facebook.com/bsbcnc/	Tuesday and Wednesday 9:00am - 11:00am	Limit 1 time per month/when needed - fill out contact information
Calvary Baptist Church	Phone Number: (704) 482-8302 Address: 320 Old Boiling Springs Road Shelby, NC 28152 Email: admin@visitcalvaryonline.com Website: https://www.visitcalvaryonline.com/ Facebook: http://facebook.com/CalvaryShelby/	2nd and 4th Thursday of the month 4:00pm - 5:00pm	
Central United Methodist Church, Shelby	Phone Number: (704) 487-6336 Address: 200 E Marion Street Shelby, NC 28150 Email: central@cumcshelby.org Website: https://cumcshelby.org/ Facebook: https://www.facebook.com/cumcshelby	Saturday 10:30am - 11:30am	Provide bagged groceries from Food Lion and Walmart
Central United Methodist Church, Kings Mountain	Phone Number: (704) 739-2471 Address: 113 S. Piedmont Avenue Kings Mountain, NC 28086 Email: central@cumckm.org Website: https://cumckm.org/ Facebook: https://www.facebook.com/cumckmnc	Thursdays 3:00pm - 4:30pm	Pick up groceries - fill out application at the church to determine # of bags - CC residents - 1st come 1st serve
Changers Church	Phone Number: (704) 284-8664 Address: 341 Hudson Street Shelby, NC 28150 Website: https://www.facebook.com/ChangersChurch Household & Hygiene Giveaway once a month on Saturdays from Noon – 2:00 p.m. – contact Madaline McCluney for upcoming dates at (704) 284-8664	Food - 3 rd Tuesday of each month 3:30pm - 5:30pm	No eligibility requirements for food – contact Marsha Dawson @ (704) 692-8691
Episcopal Church of the Redeemer	Phone Number: (704) 487-5404 Address: 502 W. Sumter Street Shelby, NC 28150 Email: redeemer@redeemershelby.com Website: https://www.redeemershelby.com/worship Facebook: https://www.facebook.com/redeemershelby	Wednesday 4:00pm - 6:00pm	Distribution boxes - individual has to be there to receive box - follow signs in parking lot for line

Fallston Baptist Church	Phone Number: (704) 538-7161 Address: 109 Circle Drive Fallston, NC 28042 Email: fallstonbaptistchurch@gmail.com Website: https://www.fallstonbaptistchurch.com Facebook: https://www.facebook.com/pages/Fallston-Baptist-Church/117055278354677	Monday - Wednesday 10:00am - 11:30am	Serve upper end of the county (mainly Fallston area) - grab a bag to go
First Baptist Church Lawndale	Phone Number: (704) 538-9429 Address: 129 Douglas Street Lawndale, NC 28090 Email: firstbaptisto601@bellsouth.net Facebook: https://www.facebook.com/1stbaplawndale/	Every other Saturday 10:00am - 12:00pm	Call Monday - Thursday by 5:00pm to put name on the list
Flint Hill Baptist Church	Phone Number: (704) 434-9517 Address: 2207 Flint Hill Church Road Shelby, NC 28152 Email: pastor@flinthillbaptist.org Website: https://flinthillbaptist.org/ Facebook: https://www.facebook.com/Flint-Hill-Baptist-Church-375928642510738/	Monday 1:00pm - 3:00pm	
Friendship United Methodist Church	Phone Number: (704) 538-9270 Address: 111 Friendship Drive Fallston, NC 28042 Email: Jim.moncure@brightcompass.net Website: https://friendshipchurchfallston.org/ Facebook: https://www.facebook.com/Friendship-United-Methodist-Church-Fallston-101720495700609/	Sunday - Saturday 24/7	Blessings box - box outside and you are able to get what you need out of it
Greater Cleveland County Baptist Association	Phone Number: (704) 482-3472 Address: 1175 Wyke Road Shelby, NC 28150 Email: info@gccba.org Website: http://gccba.org/ Facebook: https://www.facebook.com/GCCBAShelby	Monday - Thursday 8:00am - 5:00pm	Call for appointment - 1 family every 4 months
Hopper's Chapel	Phone Number: (704) 487-0110 Address: 415 W. Graham Street Shelby, NC 28150 Email: hcbshelby1@gmail.com Website: https://hcbshelby.org/food-clothing-ministry/ Facebook: https://www.facebook.com/Hoppers-Chapel-Baptist-Church-801102829954936/	2nd and 4th Wednesday 10:30 am- 12:00pm	Food and clothing ministry, mission is to meet the emergency needs of individuals and families.

Kings Mountain Crisis Ministry	Phone Number: (704) 739-7256 Address: 208 N. Cleveland Avenue Kings Mountain, NC 28086 Email: crisisministrykm@gmail.com Website: https://www.kmcrisisministry.org/ Facebook: https://www.facebook.com/KMCrisisMinistry	Monday, Wednesday, Thursday, Friday 10:00am - 1:00pm	Call ahead to answer questions Phone Number: (# in home, age, address, income, receive food stamps)
Leona Neal Senior Center	Phone Number: (704) 482-3488 Address: 100 T R Harris Drive Shelby, NC 28150 Website: https://www.nealseniorcenter.org/ Facebook: https://www.facebook.com/pages/Leona-Neal-Senior-Center/1047420071955372	Monday - Thursday 10:00am - 1:00pm	Age 50+ - live in Cleveland County - come every 30 days by appointment
Mary's Grove United Methodist	Phone Number: (704) 286-6262 Address: 1223 Mary's Grove Church Road Kings Mountain, NC 28086 Facebook: https://www.facebook.com/Marys-Grove-UMC-242074809155967/	Wednesday 4:00pm - 5:00pm	Canned dry foods always available, you must call or message to order bread, milk and eggs by Tuesday. Do not stock perishables but will fill call ahead or message orders if possible.
Patrick Senior Center	Phone Number: (704) 734-0447 Address: 909 E. Kings Street Kings Mountain, NC 28086 Email: Lynn.Lail@cityofkm.com Website: https://www.cityofkm.com/213/Senior-Center Facebook: https://www.facebook.com/PatrickSeniorCenter/	3rd Wednesday of the month 1:00pm - 2:30pm	Age 55+ - call ahead to register
Pleasant Ridge Baptist Church	Phone Number: (704) 434-6431 Address: 198 Pleasant Ridge Church Road Shelby, NC 28152 Email: pleasant.ridge@att.net Website: https://www.prbcshelby.org/ Facebook: https://www.facebook.com/PRBCShelby	2nd & 4th Thursday of the month 9:00am - 11:00am	
Salvation Army	Phone Number: (704) 482-0375 Address: 305 N. Lafayette Street Shelby, NC 28150 Email: nscdonorservices@uss.salvationarmy.org Website: https://www.salvationarmycarolinas.org/shelby/home/ Facebook: https://www.facebook.com/SalArmyShelbyNC/	Monday - Thursday 1:00pm - 3:00pm	Receive 1 time weekly, operating under 2nd Harvest COVID mandate - no ID or CC resident require, but prefer residents

Shelby Presbyterian	<p>Phone Number: (704) 487-8503 Address: 226 East Graham Street Shelby, NC 28150 Email: info@shelbypres.org Website: http://www.shelbypres.org/ Facebook: https://www.facebook.com/shelbypres/</p>	Tuesday 9:00am - 10:00am	Hot lunch at 11:30
U-CAN	<p>Phone Number: (704) 538-8417 Address: 230 E. Main Street Lawndale, NC 28090 Facebook: https://www.facebook.com/upperlevelandareaneeds</p>	Thursday 9:00am - 12:00pm	By appointment
Walls Memorial Baptist Church	<p>Phone Number: (704) 484-3433 Address: 2223 Elizabeth Avenue Shelby, NC 28150 Email: walls.memorial@yahoo.com Facebook: https://www.facebook.com/wallsmemorialbaptistchurchofshelby/</p>		Call for updates
Washington Outreach Ministry	<p>Phone Number: (704) 769-4128 Address: 2007 Capernium Road Cherryville, NC 28021 Email: washington_outreach@yahoo.com Website: http://www.washingtonoutreachministryinc.org/ Facebook: https://www.facebook.com/washingtonoutreachministry/</p>	Every other Friday 9:00am - 12:00pm	Summer camp for children M- F, 8-4, 2 meals (breakfast & lunch), June 13 - August 12 - summer feeding program is through the summer camp - no Wednesday distribution because of summer camp - soup kitchen on distribution day
Zoar Baptist Church	<p>Phone Number: (704) 482-4151 Address: 1740 S. Lafayette Street Shelby, NC 28152 Email: pastor@ZoarChurch.com Website: http://zoarchurch.com/ Facebook: https://www.facebook.com/ZoarChurch</p>	Wednesday - Friday 9:00am - 2:00pm	Form with name, address, number serving, work, vehicle for transportation Food pantry is by appointment only.

Hot Lunch Programs

Name	Contact Information	Days & Times	Other
Central United Methodist Church, Shelby	Phone Number: (704) 487-6336 Address: 200 East Marion Street Shelby, NC 28150 Email: central@cumcshelby.org Website: https://cumcshelby.org/ Facebook: https://www.facebook.com/cumcshelby	Saturday 10:30 – 11:30 a.m.	Hot meals to go- walk-ins welcome
Episcopal Church of the Redeemer	Phone Number: (704) 487-5404 Address: 502 W. Sumter Street Shelby, NC 28150 Email: redemer@redeemershelby.com Website: https://www.redeemershelby.com/worship Facebook: https://www.facebook.com/redeemershelby	Wednesday 11:30 a.m. – 1:00 p.m.	Give hot lunches for # of individuals in car - if there is a homebound, will make exception
First Baptist Church of Shelby	Phone Number: (704) 482-3467 Address: 120 N. Lafayette Street Shelby, NC 28150 Email: operations@fbcselby.org Website: https://fbcselby.org/ Facebook: https://www.facebook.com/FBCShelby/	Friday 12:30 p.m. – 1:00 p.m.	N/A
Friendship United Methodist Church	Phone Number: (704) 538-9270 Address: 111 Friendship Drive Fallston, NC 28042 Email: Jim.moncure@brightcompass.net Website: https://friendshipchurchfallston.org/ Facebook: https://www.facebook.com/Friendship-United-Methodist-Church-Fallston-101720495700609/		Currently not doing
Shelby Presbyterian	Phone Number: (704) 487-8503 Address: 226 East Graham Street Shelby, NC 28150 Email: info@shelbypres.org Website: http://www.shelbypres.org/ Facebook: https://www.facebook.com/shelbypres/	Monday 11:45 a.m.	Folks can stay inside until 12:30 pm
Washington Missionary Baptist Church	Phone Number: (704) 435-3138 Address: 1920 Stoney Point Road Shelby, NC 28150 Email: washingtonmbc@gmail.com Website: http://www.washingtonmbc.org/index.html Facebook: https://www.facebook.com/Washington-Missionary-Baptist-Church-209636772432274/		Currently not doing, have to update kitchen & they have talked about opening up again but not certain when

Fresh Fruits & Vegetables

Name	Contact Information	Availability
Davis & Son Orchard -Lincoln Co	Phone Number: (704) 276-2647 Address: 922 N Hwy 18 Lawndale, NC 28090 Email: itis.aland@gmail.com Website: https://www.davisandsonorchard.com/ Facebook: https://www.facebook.com/Davis-Son-Orchard-Produce-419318314762554/	Apple Cider, Apples, Blackberries, Blueberries, Cantaloupe, Muscadine, Peaches, Peppers, Pumpkins, Tomatoes, Vegetables, Watermelons
Webb's Orchard -Lincoln Co	Phone Number: (704) 276-1654 Other: (704) 473-5022 Address: 1110 North Hwy 18 Lawndale, NC 28090 Email: webbsorchard@gmail.com Facebook: https://www.facebook.com/pages/category/Farm/Webbs-Orchard-215136458497103/	Cantaloupe, Cucumbers, Honey, Jams, Jellies, Peaches, Squash, Tomatoes
Beamsdale Farm	Phone Number: (704) 472-4820 Lawndale, NC 28090 Email: Beamsdale@hotmail.com Facebook: https://www.facebook.com/pages/category/Farm/Beamsdale-Farm-Est-1950-2161300810584691/ Make appointment by phone.	Apples, Blackberries, Cantaloupe, Carrots, Collard Greens, Cucumbers, Leafy Greens - lettuce, kale, mustard greens, Melons, Okra, Onions, Pears, Peppers, Raspberries, Spinach, Squash, Tomatoes, Watermelons, Zucchini
Berry Fields	Phone Number: (704) 284-2380 Address: 1725 Barbee Rd. Shelby, NC 28150 Email: jrparker28650@gmail.com	Plant pots, flowers, lettuce, herbs, bedding plants, tomatoes, squash, zucchini, cucumbers, cherry tomatoes, peppers, okra, eggs, succulents, eggplant
Big John's Hydro Farm LLC	Phone Number: (704) 913-3074 Address: 1324 E Stagecoach Trail, Lawndale NC, 28090 Email: Bigjohnshydrofarm862@yahoo.com Facebook: https://www.facebook.com/people/Big-Johns-Hydro-Farm-LLC/100079712014462/	Produce, hydroponic tomatoes and greens
Bridges Produce	Phone Number: (704) 472-2264 Email: Brandonbridges2@att.net Facebook: https://www.facebook.com/Bridges-Produce-LLC-104577568484020/?ref=page_internal	Cantaloupe, Cucumbers, Okra, Peas, Squash, Sweet Corn, Watermelons, Zucchini
Clineland Strawberries	Phone Number: (704) 477-7104 Address: 2784 Clineland Road Cherryville, NC 28021 Email: jelattimore@gmail.com Facebook: https://www.facebook.com/Clineland-Strawberries-109873667361001/	Honey, Jams, Strawberries, Picnic Facility

Faith Farms Inc.	Address: 1630 Farmville Rd, Shelby, NC 28150	Blackberries
Fourth Fungi	Phone Number: (732) 948-3371 Address: 1219 Brookwood Rd. Shelby, NC 28150 Email: Daniel@fourthfungi.com Website: https://fourthfungi.com/ Facebook: https://www.facebook.com/fourthfungi/	Mushrooms, produce
Greene Family Farm	Phone Number: (704) 477-5248 Address: 202 Pleasant Ridge Road Shelby, NC 28152 Email: greenefamilyfarm@gmail.com Website: https://greenefamilyfarm.blogspot.com/?fbclid=IwAR2vXiQ4vixi-DFDLbckSDIRtIdQZKKT-9yR2J6t8w3CKmlIAViRwWHrO1M Facebook: https://www.facebook.com/GreeneFamilyFarm/	Collards, jams, jellies, vegetables, greens, pork, chicken, lamb, eggs, dried herb seasonings teas, raw cow milk
Hamricks's Produce	Phone Number: (704) 480-0905 Address: 314 S. Post Road Shelby, NC 28152 Email: bhamrick23@bellsouth.net Facebook: https://www.facebook.com/Hamricks-Produce-188442894503652/	Apple Butter, Asparagus, Beans, Broccoli, Cabbage, Cantaloupe, Collards, Corn, Cucumbers, Eggplant, Greens, Honey, Jams, Jellies, Peaches, Peppers, Potatoes, Pumpkins, Squash, Sweet Potatoes, Tomatoes, Vegetables, Zucchini
JBroadus Farms	Address: 817 Casar Lawndale Road Lawndale, NC 28090	Tomatoes, Cantaloupe, Strawberries, Squash, Zucchini, Okra, Corn
Knob Creek Orchard and Creamery	Phone Number: (704) 538-1405 Address: 6417 Fallston Road Lawndale, NC 28090 Email: knobcreekorchards@gmail.com Website: https://www.knobcreekorchards.com Facebook: https://www.facebook.com/knobcreekorchardsandcreamery/	Strawberries, Peaches, Apples, Blackberries, Cantaloupe, Muscadine, Nectarines, Pumpkins, Tomatoes, Watermelons. Homemade Ice Cream, Gift Shop
Lewis Farms	Phone Number: (704) 472-0940 Other: (704) 538-9397 Address: 5120 Fallston Road Lawndale, NC 28090 Email: loydlewis@bellsouth.net Facebook: https://www.facebook.com/Lewis-Farms-106175411023897/	Cantaloupe, Cucumbers, Gourds, Greens, Onions, Peaches, Peppers, Potatoes, Pumpkins, Squash, Sweet Potatoes, Tomatoes, Watermelons
Old Home Market	Phone Number: (704) 739-2303 Address: 4943 E. Dixon Blvd Kings Mountain, NC 28086	Beans, Cabbage, Cantaloupe, Cucumbers, Greens, Onions, Peppers, Potatoes, Pumpkins, Squash, Sweet Potatoes, Tomatoes, Watermelons

Old North Farm	<p>Phone Number: (704) 763-6796 Address: 3458 Crowder Ridge Rd. Shelby, NC 28150 Email: oldnorthfarmnc@gmail.com Website: https://oldnorthshrub.com/pages/about</p>	Shrubs, vegetables
Rise N Shine Farms, LLC	<p>Phone Number: (704) 692-0005 Address: 215 Turner Road Casar, NC 28020</p>	Beans, Collards, Corn, Cucumbers, Greens, Muscadine, onions, Peppers, Squash, Tomatoes, Watermelons, Lettuce, Peas, Turnips, Radish
Rhodesdale Farms	<p>Phone Number: (704) 734-0420 Address: 1811 Shelby Road Kings Mountain, NC 28086 Website: http://rhodesdale-farm.hub.biz/ Facebook: https://www.facebook.com/rhodesdale.farm.market/</p>	Apples, Peaches, Fresh Vegetables, Asparagus, Beans, Blueberries, Jams, Jellies, Muscadine, Peaches, Pecans, Sweet Potatoes, Tomatoes, Watermelon, Okra
T & S Farms	<p>Phone Number: (704) 300-5418 Address: 4028 Pleasant Grove Church Rd. Shelby, NC 28150 Email: tlewis1069@gmail.com Facebook: www.facebook.com/thomas.lewis.94214</p>	Produce
Triple BBB Vineyard	<p>Phone Number: (704) 473-1525 Address: 1745 Barbee Rd. Shelby, NC, 28150 Email: dblanton34@gmail.com Website: http://www.triplebbbvineyard.com/</p>	Produce
Two Wives Vineyard	<p>Phone Number: (704) 538-0320 Address: 6429 Fallston Road</p>	Beans, Cantaloupe, Cucumbers, Jams, Jellies, Muscadine, Scuppernong Grapes, Squash, Tomatoes, Watermelons, Okra, Field Peas
Wow Grapes	<p>Phone number: (704) 466-9055 Address: 300 Goforth Rd. Kings Mountain, NC Email: danielcortezg@icloud.com</p>	Grapes, blackberries, muscadines, tomatoes, bell peppers

Wit's End Farm	Phone Number: (704) 312-0031 Address: 4406 Shuford Lk Rd. Lawndale, NC 28090 Email: wm3witts@gmail.com Website: https://3witsendfarm.blogspot.com/p/blog.html Facebook: https://www.facebook.com/WitsEndFarmNC/	Produce, Animal products
Foothills Farmers Market	Phone Number: 704-470-7603 Address: 130 S. Post Road, Suite 1 Shelby, NC 28152 Email: info@foothillsfarmersmarket.com Website: https://foothillsfarmersmarket.com/	<p>Year Round</p> <p>Saturday Market Bobby Bell Pavilion 126 W. Marion Street, Shelby, NC April – October 8:00a.m.– Noon November - March 9 a.m. – Noon</p> <p>Saturday Kings Mountain Farmers' Market 125 South Battleground Avenue Kings Mountain, NC 8:00 a.m. – Noon June - October</p> <p>Tuesday Atrium Health Cleveland 201 E. Grover Street. Shelby, NC 10:00 a.m.- 1:00 p.m. June – August</p> <p>Wednesday Bobby Bell Pavilion 126 W. Marion Street, Shelby, NC 8:00 a.m. - Noon June – August</p>

Please contact farms for days/times open to the public for sales.

*** Source: NC Farm Fresh <https://www.ncfarmfresh.com/farms.asp>

*** Source: Got to Be NC

https://gottobenc.com/find-local/growersproducers/?filter=yes&member-category=growersproducers&city=&county=Cleveland&keyword=&filter_results=Search



Meat & Dairy

Name	Contact Information	Available
4J Cattle	Shelby, NC 28150 Facebook: https://www.facebook.com/groups/1751953588160815/	Beef, Beef Cattle, Pork, Swine
A Patch of Heaven Farm	Phone Number: (704) 300-6240 Address: 1960 Highway 274 Cherryville, NC 28021 Email: allen.hoyle@gmail.com Facebook: https://www.facebook.com/groups/2502302580039771/about	Animal products (Meat/ Eggs)
After Hours Farm	Phone Number: (704) 538-7095 Address: 369 Warlick Rd, Lawndale, NC, United States, North Carolina Email: Guernseygirlcreamery@gmail.com Facebook: https://www.facebook.com/After-Hours-Farms-1501579403410715	Beef Cattle, Dairy Cattle
Beam Family Farms	Phone Number: 704) 538-1419 Address: 5200 7 Pines Rd, Lawndale, NC, United States, North Carolina Email: luke@bffbeef.com Website: http://beamfamilyfarms.com	Beef, Beef Cattle, Meat Goats, Pork, Swine
Beamsdale Farm	Phone Number: (704) 472-4820 Email: Beamsdale@hotmail.com Facebook: https://www.facebook.com/pages/category/Farm/Beamsdale-Farm-Est-1950-2161300810584691/	Beef Cattle, Eggs, Goat Milk, Chicken
Clearbrook Angus Farms	Phone Number: (704) 473-8707 Address: 260 Cedar Lake Farm Rd. Cherryville, NC 28021 Email: trooperdhowell@yahoo.com Website: https://clearbrookangusfarm.com/ Facebook: https://www.facebook.com/ClearbrookAngusFarm/	Animal products (Meat/ Eggs)
South Mountain Farms	Phone Number: (704) 538-9050 Address: 351 Flat Rock Road Lawndale, NC 28090 Email: southmountainfarms1@gmail.com Facebook: https://www.facebook.com/pages/South-Mountain-Farms/146222685422591	Beef, Cheese, Chicken, Pork, Turkey
Mardet Family Farm	Phone Number: (704) 300-8462 Address: 223 Range Rd., Kings Mountain, NC 28086 Email: mardetfamilyfarm@gmail.com Facebook: https://www.facebook.com/MardetFamilyFarm/	Produce, Animal products

Martins' Charolais Farm	Phone Number: (704) 472-1885 Address: 4408 Fallston Road Shelby, NC 28150 Email: southmountainfarms1@gmail.com Facebook: https://www.facebook.com/pages/category/Farm/Martins-Charolais-Farm-322640271080931/	Beef
Presnell Red Angus	Phone Number: (704) 473-1345 Address: 368 Whitaker Rd, Shelby, NC 28152 Email: jpresnell22964@gmail.com Website: https://presnellredangus.com/ Facebook: https://www.facebook.com/PresnellRedAngus/	Animal Products (Meat/Eggs)
Proffitt Family Cattle Co.	Phone Number: (704) 751-6455 Address: 150 Old Home Pl, Kings Mountain, NC 28086 Email: Shelley@proffittfarms.com Website: https://proffittfarms.com/	Grass fed beef
SonRidge Farm	Phone Number: (704) 734-0809 Address: 246 Wright Road Kings Mountain, NC 28086 Email: mail@SonRidgeFarm.com Website: https://www.sonridgefarm.com/	Eggs (Free Range), Honey, Beeswax Products (Salves & Lip Balm), Goats Milk Soap, Tours
Twin Oaks Farm	Phone Number: (704) 622-2750 Address: 952 Bethlehem Church Rd Kings Mountain, NC 28086 Email: twinoaksfarm952@att.net Website: https://twinoaksfarmnc.com/ Facebook: https://www.facebook.com/TwinOaksFarmMeats/	Beef and produce

Please contact farms for days/times open to the public for sales.

*** Source: NC Farm Fresh <https://www.ncfarmfresh.com/farms.asp>

*** Source: Got to Be NC https://gottobenc.com/find-local/growersproducers/?filter=yes&member-category=growersproducers&city=&county=Cleveland&keyword=&filter_results=Search

Physical Activity Resource Guide

Name	Contact Information	Other
Local Trails		
Broad River Greenway	Phone Number: (704) 434-0040 Address: 126 Broad River Drive Shelby, NC 28152 Website: https://www.broadrivergreenway.com Admission: A 50 dollar out of county resident sticker is required for some visitors. Stickers are free for county visitors. You must bring valid ID and phone number to ranger station for both forms of sticker. *Hours are located on website*	The 1500-acre Greenway has 15 miles of natural surface trail and is a great place to ride, hike or picnic.
First Broad River Trail/ Carolina Thread Trail	Phone Number: (704) 484-4772 Address: West Grover Street Shelby, NC 28150 Website: https://www.carolinathreadtrailmap.org/trails/trail/first-broad-river-trail Admissions: Free	The first Broad River Trail is a natural surface trail that follows the First Broad River. Disclaimer: To get on the trail you must cross a swinging bridge.
Kings Mountain Gateway Trail and Downtown Connector	Phone Number: (704) 739-9663 Address: 807 South Battleground Avenue Kings Mountain, NC 28086 Website: http://kmgatewaytrails.org Admissions: Free	The Kings Mountain Gateway Trail and Downtown Connector is a 9.9-mile trail that offers tranquil views skirting the rim of an active quarry, following old mining roads. The trailhead provides parking, restrooms, office, kiosk, picnic tables, and a picnic shelter. Thanks to the support of Scout members and senior projects, the trail also offers mile markers, benches, a butterfly garden, and a beautiful overlook.
Kings Mountain Downtown Historical Walking Tour	Address: The walking tour starts at the Southern Arts Society in Kings Mountain. 301 North Piedmont Avenue Kings Mountain, NC 28086 The walking tour ends at the amphitheater in Patriots Park 307 S Cansler Street Kings Mountain, NC 28086 Admissions: Free Website: https://theclio.com/tour/2144	This walking tour of Kings Mountain North Carolina is one of the hundreds of interactive walking tours available on Clio. Users of this website can enjoy free audio narrations, links to related books and articles, and directions to each stop along the 4.2-mile route.

<p>Carolina Harmony Trail</p>	<p>Phone Number: (704) 484-6866 Address: Section 1 starts at the Sunset Cemetery 412 W Sumter St Shelby, NC 28150 Website: https://www.cityofshelby.com/visitors/shelby-greenway-system/carolina-harmony-trail Admissions: Free</p>	<p>The Carolina Harmony Trail (formerly known as Shelby RAIL Trail) is a trail system that will include 10.2 miles of unused railroad corridor that runs through Shelby, Patterson Springs, and Earl North Carolina The Carolina Harmony Trail will be a premiere trail that walkers, runners, and bicyclists of all ages and fitness levels can easily enjoy for years to come.</p>
<p>Carl Spangler Trail</p>	<p>Phone Number: (704) 484-6866 Address: 940 W Grover Street Shelby, NC 28150 Website: https://www.cityofshelby.com/visitors/shelby-trail-system/carl-spangler-trail Admissions: Free</p>	<p>The Carl Spangler Trail, a section of the Carolina Thread Trail, offers shady walks along the First Broad River and connects the First Broad River to Grover Street with a natural surface path. The trail ends at the connection to the Carolina Harmony Trail.</p>
<p>Carolina's Land of Rhythm and Roots Walking Trail</p>	<p>Phone Number: (704) 487-8521 Address: The trail is broken up by stops. Stop 1 starts at 103 S Lafayette Street Shelby, NC 28150 The final stop starts at 106 S Lafayette Street Shelby, NC 28150 The trial also has "Beyond the Square" stops that require you to drive. This portion starts at 850 W. Sumter Street Shelby, NC 28150 The final stop starts at 303 W Marion Street Shelby, NC 28150 Website: https://landofrhythm.com/tours/historic-shelby-walking-tour/#/ Admissions: Free</p>	<p>This self-guided walking tour in Shelby highlights historic structures dating back to the 1850's which includes Webbley, a national historic landmark and house of O. Max Gardner; a 1907 Classic Revival Courthouse which now houses the Earl Scruggs Center, and much more. This trial also includes "Beyond the Square" locations including historical monuments that are not around the uptown Shelby square.</p>
<p>Year of the Trail</p>	<p>Email: info@greattrailsnc.com Website: https://greattrailsnc.com/find-a-trail/ Admissions: Free *This website can change from year to year*</p>	<p>The Year of the Trail is a campaign established by The Great Trails State Coalition in hopes of spreading a message across the state of North Carolina of how and where to experience trails. This website provides access to beautiful landscapes, healthy recreation, and the ability to stimulate local economies by providing access to all trails in North Carolina counties.</p>

Regional Parks

<p>South Mountain State Park</p>	<p>Phone Number: (828) 433-4772 Address: Jacob Fork Access 3001 South Mountain Park Avenue Connelly Springs, NC 28612 Clear Creek Access 599 Branstrom Orchard Street Morganton, NC 28612 Website: https://www.ncparks.gov/southmountain-state-park/home Admissions: Free *Hours are located on website*</p>	<p>South Mountain State Park features elevations up to 3,000 feet, an 80-foot waterfall, mountain streams, and more than 40 miles of trails for hikers, equestrians, and mountain bikers.</p>
<p>Crowders Mountain State Park</p>	<p>Phone Number: (704) 853-5375 Address: Sparrow Springs Access 522 Park Office Lane Kings Mountain, NC 28086 Linwood Access 4611 Linwood Road Gastonia, NC 28086 Boulders Access 108 Vandyke Road Kings Mountain, NC 28086 Email: crowders.mountain@ncparks.gov Website: https://www.ncparks.gov/corwders-mountain-state-park/home Admissions: Free *Hours are located on website*</p>	<p>Crowder’s Mountain State Park has 11 trails, including the Ridgeline Trail that links to Kings Mountain State Park and Kings Mountain National Military Park.</p>
<p>Kings Mountain National Military Park</p>	<p>Phone Number: (864) 936-7921 Address: 2300 Park Road Blacksburg, SC 29702 Website: https://www.nps.gov/kimo/index/htm Admissions: Free *Hours are located on website*</p>	<p>Kings Mountain National Military Park offers a 1.5 mile battlefield trail and a visitor center including an educational movie on the American Revolution, Gift Shop, and Museum.</p>
<p>Kings Mountain State Park</p>	<p>Phone Number: (803) 222-3209 Address: 1277 Park Road Blacksburg, SC 29702 Website: https://southcarolinaparks.com/kings-mountain Admissions: Free *Hours are located on website*</p>	<p>Kings Mountain State Park has miles of trail, Equestrian Facilities, Campgrounds, Two Fishing Lakes with boat rentals, and the popular Living History Farm.</p>

Burns District		
Belwood Track and Playground	Address: 1114 Lawndale Belwood Road Lawndale, NC 28150	Walking track, Playground, and Ball fields
Casar Park	Address: 137 Deviney Street Casar, NC 28020	Walking track and playground
Fallston Walking Track	Address: Friendship Drive Fallston, NC 28042	Walking track
Kingstown Central Park	Address: 107 Paul Ramseur Ct Kingstown, NC 28150	Walking track, playground, and basketball court
Piedmont Park	Address: Piedmont Drive Lawndale, NC 28090	Walking track, field, and updated playground facilities.
Polkville Park	Address: Park Drive Polkville, NC 28136	Walking track, ball fields, and playground
Crest District		
Boiling Springs Town Park	Phone Number: (704) 434-2357 Address: 1522 East Branch Avenue Shelby, NC 28152	Walking track, Playground, and Ball field.
Earl Walking Track	Address: 569 Crow Road Shelby, NC 28152	Fenced in walking track and playground
Shelby District		
Shelby City Parks and Recreation	Phone Number: (704) 484-6821 Address: 850 West Sumter Street Shelby, NC 28150 Website: https://www.cityofshelby.com/departments/parks-and-recreation/recreation-centers-facilities/shelby-city-park Admission: Aquatic Center: Cash Only Day Pass 3 Dollars- 12 and under 4 Dollars- 14 and over 3 Dollars- 55 and older Seasonal Pass offered. *Hours are located on website*	Pickle ball courts, Aquatic Center, Softball and Baseball fields, Gym, Playground, Outdoor walking track, Golf Course.
Hanna Park	Phone Number: (704) 484-6821 Address: 1655 McBrayer-Springs Road Shelby, NC 28150 Website: https://www.cityofshelby.com/departments/parks-and-recreation/hannapark *Hours are located on website*	1.3-mile nature trail, playground, and soccer fields.
Holly Oak Park	Phone Number: (704) 484-6824 Address: 809 Holly Oak Road Shelby, NC 28152 Website: https://www.cityofshelby.com/departments/parks-and-recreation/recreation-centers-facilities/holly-oak-park *Hours are located on website*	Walking trails, playground, fishing, gym, nature garden

Jefferson Park	Address: 1001 Buffalo Street Shelby, NC 28150	2 outdoor basketball courts with a total of 6 goals.
Optimist Park	Address: 1007 Mark Drive Shelby, NC 28152	Softball and football field, playground, and paved sidewalk for walking.
Palmer Park	Address: 466-498 East Warren Street Shelby, NC 28150	Outdoor basketball court with 4 goals, 9-hole disc-golf course, and walking track
Uptown Court Square	Address: 211 Trade Street Shelby, NC 28150	Sidewalks for walking around the square and uptown
Kings Mountain District		
Grover Park	Address: 311 Maple Avenue Grover, NC 28086	Ball Field and Walking Track
Deal Park	Address: 211 Cleveland Avenue Kings Mountain, NC 28086	Walking track and grassy area in the middle for playing
Rick Murphrey Children's Park	Address: 322 N. Battleground Avenue Kings Mountain, NC 28086	ADA available, Splash Park, Ball Fields, and outdoor track
Patriots Park	Address: 220 S. Railroad Avenue Kings Mountain NC, 28086 Amphitheater: 307 S Cansler Street Kings Mountain, NC 28086	Walking Track and splash pad
LG Thombs Walking Track	Address: 200 N. Watterson Street Kings Mountain, NC 28086	Walking Track and grassy area in the middle of the park for playing.
Community Buildings and Schools		
Cleveland Community College	Phone Number: (704) 669-6000 Address: 137 S. Post Road Shelby, NC 28150 Website: https://clevelandcc.edu *Hours are located on website* Or call for more information	Indoor walking track and Basketball Court
Cleveland County Health Department	Phone Number: (980) 484-5100 Address: 200 S. Post Road Shelby, NC 28150 Website: https://clevelandcountyhdc.com/ *Hours are located on website*	Paved sidewalks around the building for walking.
Cleveland County Schools	Phone Number: (704) 476-8000 Address: 400 W. Marion Street Shelby, NC 28150 Website: https://www.clevelandcountyschools.org *Hours are located on website* Or call for more information	The middle and high schools offer walking tracks, while the elementary schools have playgrounds. Please contact individual school for public access.

Cleveland Mall	Phone Number: (704) 484-2001 Address: 2001 E. Dixon Boulevard Shelby, NC 28152 Website: https://www.shopclevelandmall.com *Hours are located on website*	Indoor walking around facility
Gardner-Webb University	Phone Number: (704) 406-4000 Address: 110 S. Main Street Boiling Springs, NC 28017 Website: https://gardner-webb.edu/ Admissions: Suttle Wellness center is open to students and daily passes are available for visitors of current students. All other facilities are free. *Hours are located on website*	Gardner-Webb offers several ball fields, a track, swimming pool (call school for hours), tennis courts, basketball gym, racquetball courts, inside walking track, and paved sidewalks for walking.
H. Lawrence Patrick Senior Center	Phone Number: (704) 734-0447 Address: 909 East King Street Kings Mountain, NC 28086 Website: https://cityofkm.com/213/senior-services Admissions: Must be 55 years or older and must sign up for free membership. *Hours are located on website*	Recreational Facilities for senior center members and outside walking track.
Leona Neal Senior Center	Phone Number: (704) 482-3488 Address: 100 T R Harris Drive Shelby, NC 28150 Website: https://www.nealseniorcenter.org/ Admissions: Must be 55 years of age or older, must have membership. *Hours are located on website**	Neal Senior center offers a variety of opportunities for seniors to be active: indoor fitness equipment and recreational opportunities for members. The outside track/walking area is available to the public.
YMCA- Dover Foundation	Phone Number: (704) 484-9622 Address: 411 Cherryville Road Shelby, NC 28150 Website: https://www.clevecoymca.org/branch/dover/ Admissions: See website for membership details or call for more information. *Hours are located on website**	Aerobics Center, Fitness Center, Gym, Handball and Racquetball Courts, Indoor Running Track, Outdoor Field, Outdoor Running Track, Pool, Weight Room.
YMCA- Kings Mountain	Phone Number: (704) 739-9631 Address: 211 Cleveland Avenue Kings Mountain, NC 28086 Website: https://www.clevecoymca.org/branch/kings-mountain Admissions: See website for membership details or call for more information. *Hours are located on website*	Aerobics Center, Fitness Center, Gym, Outdoor Field, Outdoor Running Track, Pool, Weight Room, Youth Gym

<p>YMCA- Ruby Hunt</p>	<p>Phone Number: (704) 434-0441 Address: 1322 Patrick Avenue Shelby, NC 28152 Website: https://www.clevecoymca.org/brance/ruby-c-hunt Admissions: See website for membership details or call for more information. *Hours are located on website*</p>	<p>Aerobics Center, Fitness Center, Gym, Weight Room, Outdoor Pool.</p>
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Drug Discount Programs

Name	Contact Information	Other
<p>Cleveland County Health Department Pharmacy</p>	<p>Phone Number: (980) 484-5164 Address: 200 South post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/programs_services/pharmacy.php</p>	<p>The Cleveland County Health Department Pharmacy located at the Cleveland County Public Health Center offers pharmacy services to our health department clinic patients, low-income and uninsured Cleveland County residents, Medication Assistance Program enrollees, and Cleveland County Government employees.</p>
<p>Access Meds Cleveland County Health Department Pharmacy</p>	<p>Phone Number: (980) 484-5164 Address: 200 South post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/AccessMedsProgramInformationLink.pdf</p>	<p>Offer prescriptions at a reduced cost to underserved, low-income, uninsured (or underinsured) Cleveland County residents to improve access to life-saving medications, and therefore, improve the overall health of county residents and reduce overall county healthcare costs.</p> <p>Eligible patients may fill prescriptions at the Cleveland County Health Department Pharmacy for a \$5 fee per ≤30-day supply if the medication is available on the program limited formulary, or for free if the medication is available through various sample or donation programs. The formulary, price, and quantities are subject to change due to drug costs and availability</p>
<p>Medication Assistance Program (MAP) Cleveland County Health Department Pharmacy</p>	<p>Phone Number: (980) 484-5164 Address: 200 South post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/programs_services/pharmacy.php</p>	<p>MAP provides free medications to eligible low-income and uninsured Cleveland County residents through partnership with NC MedAssist, AmeriCares, and various drug manufacturer patient assistance programs. Patients make an appointment with our MAP coordinator and provide necessary documentation to determine eligibility.</p>

<p>CVS Reduced Rx</p> <p>CVS Savings Review</p>	<p>CVS Pharmacy Store #4202 Address: 1830 West Dixon Boulevard (Hwy 74 and 226) Shelby, NC 28152 Phone Number: (704)482-0336</p> <p>CVS Pharmacy Store #6405 Address: 300 East Grover Street Shelby, NC 28150 Phone Number: (704) 482-4429</p> <p>CVS Pharmacy Store #6407 Address: 1017 Shelby Road Kings Mountain, NC 28086 Phone Number: (704) 739-2571</p> <p>CVS Pharmacy Store #7057 Address: 105 East College Avenue Shelby, NC 28152 Phone Number: (704) 434-6560</p>	<p>Download a free Reduced Rx Card and present to CVS pharmacy for discounts on select medications.</p> <p>Free Service. Call or visit the pharmacy team and they will research drug costs and savings options with you.</p> <p>Website: https://www.cvs.com/pharmacy/</p> <p>** Please call for pharmacy hours</p>
<p>Good Rx</p>	<p>Website: https://www.goodrx.com/</p>	<p>Accepted at CVS, Walgreens, and Walmart</p>
<p>WellRx</p>	<p>Website: https://www.wellrx.com</p>	<p>Savings average 65% - 80% or more at over 65,000 pharmacies</p>
<p>Walgreens Prescription Savings Club</p>	<p>Walgreens Store #9562 Address: 820 North Dekalb Street Shelby, NC 28150 Phone Number: (704) 482-1784</p> <p>Walgreens Store #10891 Address: 231 East Dixon Boulevard Shelby, NC 28152 Phone Number: (704) 481-8557</p> <p>Walgreens Store #15110 Address: 900 Shelby Road Kings Mountain, NC 28086 Phone Number: (704) 739-2127</p> <p>Walgreens Store #17292 Address: 1170 East Marion Street Shelby, NC 28150 Phone Number: (704) 487-7221</p> <p>Walgreens Store #17863 Address: 601 East Kings Street Kings Mountain, NC 28086 Phone Number: (704) 739-9771</p>	<p>Membership fee: \$20 per year Discounts up to 80% off cash retail prices on thousands of medications, including many preventive and lifestyle prescriptions, even without insurance. Additional discounts are available for immunizations, pet medications, compound medications, nebulizers and diabetic supplies.</p> <p>Get one 90-day Value-Priced Generic medication for the price of two 30-day Value Priced Generic medications when you fill with Prescription Savings Club.</p> <p>Website: https://www.walgreens.com/</p>

		**Please call for pharmacy hours
Walmart \$4 Prescriptions	Address: 705 East Dixon Boulevard Shelby, NC 28152 Phone Number: (704) 484-0021 Website: https://www.walmart.com/store/1034-shelby-nc	\$4 for a 30-day supply and \$10 for a 90-day supply for a wide range of medications. See full list of qualifying medications at: https://www.walmart.com/cp/4-prescriptions/1078664

Transportation Resource Guide

Name	Contact Information	Other
Adult Medicaid	Phone Number: (704) 487-0661 Address: 130 South Post Road Shelby, NC 28150 Website: https://www.clevelandcounty.com/main/departments/dss_contact_us.php	Medicaid is required to assure transportation to medical appointments for all eligible individuals who need and request assistance with transportation. Transportation will be available if the recipient receives a Medicaid covered service provided by a qualified Medicaid provider (enrolled as a NC Medicaid provider) Medicaid only pays for the least expensive means suitable to the recipient's needs. Call Cleveland County Department of Social Services for more information.
Transportation Administration of Cleveland County Inc. (TACC)	Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: shcostner@yahoo.com Website: https://taccshelbync.com/ Monday-Friday, 7am-3pm	TACC is a non-profit agency that coordinates and provides rural and general public transportation for Cleveland County. To schedule your ride with TACC, please call at least 48 hours in advance. Your return trip will be scheduled to all the time you need. You may check with the driver as to your return pickup time. All vans are wheelchair accessible and have an audio and video surveillance system. Stops are clearly marked with red, yellow, and white bus stop signs posted along city streets. TACC does not accept transportation appointments made over the answering machine. We ask all passengers to be ready at least 1 hour before appointment time to allow for other passengers and allow time for our driver to get you there on time. TACC services Cleveland County residents offering transport to local appointments including appointment to Gastonia, Charlotte, and to the VA in Asheville. All vans are ADA compliant & sanitized daily. *** TACC does not provide emergency medical transportation services. Free service restrictions.
Cleveland County Transit (CCT)	Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: shcostner@yahoo.com Website: https://taccshelbync.com/cct-2/	CCT is a deviated fixed-route system that is set up like a big city bus line operating on a smaller bus. CCT has 33 stops and routes. Free public transportation service. Monday – Friday from 7am-3pm
REACH	Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: shcostner@yahoo.com Website: https://taccshelbync.com/reach/	A fixed route system with 9 stops that is set up like a big city bus line operating with a smaller bus. Monday-Wednesday, Friday from 9am-2:45pm

Primary Care Resources

Name	Contact Information
Care for Cleveland	<p>Cleveland County Health Department Primary Care Clinic 200 South Post Road, Shelby, NC 28152 Hours: Monday – Friday, 8:00 AM – 5:00 PM 980-484-5100 website: www.clevelandcountyhdnc.com</p>
Atrium Health	<p>Atrium Health Primary Care Cleveland Internal Medicine 807 Schenck Street, Suite 2, Shelby, NC 28150 Hours: Monday - Friday, 8:00 AM – 5:00 PM 980-487-2540</p> <p>Atrium Health Primary Care Shelby Family Medicine 1124 North Washington Street, Shelby, NC 28150 Hours: Monday - Friday, 8:00 AM – 5:00 PM 980-487-1148</p> <p>Atrium Health Primary Care Shelby Family Medicine-Boiling Springs, NC 708 McBrayer Homestead Road, Shelby, NC 28152 Hours: Monday - Friday, 8:00 AM-5:00 PM 980-487-2090</p> <p>Atrium Health Primary Care Kings Mountain Internal Medicine 2202 Carolinas Place, Suite 100, Kings Mountain, NC 28086 Hours: Monday - Friday, 8:00 AM – 5:00 PM 980-487-2290</p> <p>More Information: https://atriumhealth.org Financial Assistance: https://atriumhealthy.org/for-patients-visitors/financial-assistance</p>
Caromont Health	<p>Caromont Family Medicine-Shelby 520 North DeKalb Street, Shelby, NC 28150 Hours: Monday - Thursday 8:00AM – 6:00 PM; Friday 8:00 AM-5:00 PM 704-484-4001</p> <p>Caromont Family Medicine-Kings Mountain 214 North Cleveland Avenue, Kings Mountain, NC 28086 Hours: Monday - Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM-4:00 PM; Closed Daily 12:00 Noon-1:00 PM for lunch 704-730-1228</p> <p>More Information: https://caromonthealth.org Financial Assistance: https://www.caromonthealth.org/Patients-Visitors/Patient-Information/Billing-Information/Financial-assistance.aspx</p>

<p>Kintegra Health</p>	<p>Kintegra Family Medicine – Shelby Marketplace 1760 East Dixon Boulevard, Shelby, NC 28152 Hours: Monday – Friday, 8:00 AM – 5:00 PM Appointments: 704-874-3316 Office: 704-480-9344</p> <p>Kintegra Family Medicine – Boiling Springs 305 West College Avenue, Boiling Springs, NC 28017 Hours: Monday – Friday, 8:00 AM – 5:00 PM Appointments: 704-874-3316 Office: 704-818-9200</p> <p>Kintegra Family Medicine-Kings Mountain WEST - FQHC 812 West King Street, Kings Mountain, NC 28086 Hours: Monday-Friday, 8:00 AM-5:00 PM, Closed Daily 12:00 Noon-1:00 PM Appointments: 704-874-3316 Office: 704-739-5456</p> <p>Kintegra Family Medicine-Fallston 509 Fallston Road, Lawndale, NC 28090 Hours: Monday-Friday, 8:00 AM-5:00 PM, Closed Daily 12:00 Noon-1:00 PM Appointments: 704-874-3316 Office: 704-538-8532</p> <p>More Information: https://www.kintegra.org</p>
<p>Urgent Care</p>	<p>Atrium Health Urgent Care-Shelby 1010 East Dixon Boulevard, Shelby, NC 28150 Hours: 8:00 AM – 8:00 PM, every day 980-487-2900 www.atriumhealth.org</p> <p>NextCare Urgent Care-Shelby 419 Earl Road, Shelby, NC 28150 Hours: Monday-Friday, 8:00 AM - 8:00 PM; Saturday & Sunday 8:00 AM - 4:00 PM 704-481-0555 https://nextcare.com</p> <p>MinuteClinic-CVS Pharmacy #7507 105 East College Avenue, Boiling Springs, NC 28017 APPOINTMENTS REQUIRED Hours: Monday -Friday, 8:30 AM - 1:30 PM / 2:30 PM - 7:30 PM Saturday, 9:00 AM – 1:00 PM / 1:30 PM – 5:30 PM Sunday, 9:00 AM – 1:00 PM / 1:30 PM – 4:30 PM 704-434-6560</p>

Private Providers

Name	Contact Information
Jones Family Practice	Address: 113 East Grover Street Shelby, NC 28150 Phone Number: (704) 487-5228 Website: https://www.jfpshelby.com Hours: Monday - Thursday, 8:30 AM - 5:00 PM Friday, 8:30 AM - 12:30 PM Closed Saturday & Sunday
Shelby Medical Associates	Address: 711 North Dekalb Street Shelby, NC 28150 Phone Number: (704) 482-1482 Website: https://shelbymedicalassoc.com Hours: Monday - Thursday, 8:00 AM - 5:00 PM Friday, 8:00 AM - 12:00 PM Closed Saturday & Sunday
Carley Family Care	Address: 827 East King Street Kings Mountain, NC 28086 Phone Number: (704) 734-4550 Website: https://www.carleyfamilycare.com/ Hours: Monday - Friday, 8:30 AM - 5:30 PM Closed Saturday & Sunday
Carolina Family Care	Address: 707 West King Street Kings Mountain, NC 28086 Phone Number: (704) 734-0001 Website: http://carolinafamilycare.com/ Hours: Monday - Friday, 9:00 AM - 5:30 PM Saturday by appointment Closed Sunday
King Clinic & Urgent Care PLLC	Address: 407 West King Street Kings Mountain, NC 28086 Phone Number: (704) 730-8461 Website: www.kingsclinic.org Hours: Monday - Friday, 9:00 AM - 6:00 PM

This listing of primary care providers is formatted to provide information about resources in Cleveland County, North Carolina. While this list may not be inclusive of all providers, it represents a baseline or beginning point for individuals who are seeking care. The inclusion of any provider in this guide does not imply an endorsement or recommendation nor does exclusion imply disapproval. Readers should make their own decisions regarding matters relating to individual health needs.

Dental Care Providers

Name	Contact Information	Other
Cleveland County Health Department	Phone Number: (980) 484-5100 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdc.com/ Facebook: https://www.facebook.com/clevelandcountyhhealthdepartment	Accepts Medicare and Medicaid
Shelby Dental Care	Phone Number: (704) 482-7986 Address: 139 West Ross Grove Road Shelby, NC 28150 Website: https://www.shelbydentalcarecenter.com/	Accepts Medicare and Care Credit Financing Does NOT accept Medicaid
Plaster Family Dentistry	Phone Number: (704) 487-7391 Address: 1455 E Marion Street Shelby, NC 28150 Website: https://plasterfamilydentistry.com/	Does NOT accept Medicare or Medicaid
Brown and Howell	Phone Number: (704) 484-0611 Address: 1210 E Marion Street Shelby, NC 28150 Website: https://brownandhowelldentistry.com/	Does NOT accept Medicare or Medicaid
Cornerstone Dental Associates	Phone Number: (704) 482-5119 Address: 101 Life Enrichment Boulevard Shelby, NC 28150 Website: https://cornerstonedentists.com/	Does NOT accept Medicare or Medicaid for new patients
Joseph R. Hendrick, Jr., DDS	Phone Number: (704) 484-0077 Address: 511 N Morgan Street Shelby, NC 28150 Website: https://josephrhendrickjr.com/	Does NOT accept Medicare or Medicaid
Dest Family Dentistry of Kings Mountain	Phone Number: (704) 739-4473 Address: 107 East Mountain Street Kings Mountain, NC 28086 Website: https://kingsmntdental.com/	Accepts Medicare and Medicaid
Alliance Dental Group	Phone Number: (704) 739-7956 Address: 1303 Plaza Drive Kings Mountain, NC 28086 Website: https://alliancedentalgroupnc.com/	Does NOT accept Medicare or Medicaid for new patients
Drs. Stroud, Wilson, Thompson, and McMurry	Phone Number: (704) 482-3281 Address: 416 West Warren Street Shelby, NC 28150 Website: https://shelbydentist.net/	Does NOT accept Medicare or Medicaid
Huitt and Borders Dentistry	Phone Number: (704) 487-8931 Address: 222 North Lafayette Street Shelby, NC 28150 Website: https://huittandbordersdentistry.com/	Does NOT accept Medicaid
Zachary Evans, DDS	Phone Number: (704) 484-0148 Address: 901 North Lafayette Street Shelby, NC 28150 Website: https://foothillsperio.com/	Does NOT accept Medicare or Medicaid

Boiling Springs Family Dentistry	Phone Number: (704) 434-4876 Address: 613 McBrayer Homestead Road Shelby, NC 28152 Website: https://boilingspringsfamilydentistry.com/	Does NOT accept Medicare or Medicaid
Hounshell Family Dentistry	Phone Number: (704) 482-7739 Address: 209 Patton Drive Shelby, NC 28150 Website: https://myshelbydentist.com/	Does NOT accept Medicare or Medicaid
Baker Dental Care	Phone Number: (704) 739-4461 Address: 703 East King Street Kings Mountain, NC 28086 Website: https://bakerdentalcare.com/	Does NOT accept Medicaid
Andy Hollifield, DMD, PA	Phone Number: (704) 739-7588 Address: 801 West King Street Kings Mountain, NC 28086 Website: https://www.facebook.com/andyhollifielddds/	Does NOT accept Medicare or Medicaid
Shelby Pediatric Dentistry	Phone Number: (704) 484-3366 Address: 221 Simpson Park Road Shelby, NC 28150 Website: https://shelby.ncpediatricdentistry.com/	Accepts Medicaid and private insurance
Aspen Dental	Phone Number: (704) 284-5174 Address: 1108 East Dixon Boulevard Shelby, NC 28150 Website: https://aspendental.com/	Does not accept Medicaid
Cody E. Barrett, DDS, PLLC	Phone Number: (704) 739-1331 Address: 510 West King Street Kings Mountain, NC 28086	Does NOT accept Medicare or Medicaid

This listing of dental care providers is formatted to provide information about resources in Cleveland County. While this list may not be inclusive of all providers, it represents a baseline or beginning point for individuals who are seeking care. The inclusion of any provider in this guide does not imply an endorsement or recommendation nor does exclusion imply disapproval. Readers should make their own decisions regarding matters relating to individual health needs.

Vision Care Providers

Name	Contact Information	Other
Cleveland Eye Care	Phone Number: (704) 482-1234 Address: 422 W Warren Street Shelby, NC 28150 Website: https://clevelandeyecarenc.com/	Accepts Medicare and Medicaid
Morganton Eye Physicians	Phone Number: (704) 482-2020 Address: 1622 E Marion Street Shelby, NC 28150 Website: https://morgantoneye.com/	Accepts Medicare and Medicaid
Shelby Eye Center	Phone Number: (704) 482-6767 Address: 1170 Wyke Road Shelby, NC 28150 Website: https://shelbyeyecenters.com/	Accepts Medicare and Medicaid
Carolina Eye	Phone Number: (704) 739-8028 Address: 410 West King Street Kings Mountain, NC 28086 Website: https://carolinaeyenc.com/	Accepts Medicare and Medicaid
Vita Eye Clinic	Phone Number: (704) 487-4099 Address: 222 North Lafayette Street Shelby, NC 28150 Website: https://vitaeyeclinic.com/	Accepts Medicare and Medicaid
Clear View Optical	Phone Number: (704) 750-6164 Address: 316 West King Street Kings Mountain, NC 28086 Website: https://www.facebook.com/clearviewoptical/	Does NOT accept Medicare or Medicaid
Walmart Vision Center	Phone Number: (704) 487-0088 Address: 705 East Dixon Boulevard Shelby, NC 28152 Website: https://walmart.com/	Does NOT accept Medicare or Medicaid
<p>*Participates in National Vision Cares program to provide up to 5 complimentary pairs of eyeglasses for underserved individuals per month. PLEASE NOTE: Potential patients <u>MUST</u> have a voucher from a licensed eyecare specialist <u>AND</u> a current prescription for glasses in order to participate.</p>		

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Mental Health and Substance Use Providers

Name	Contact Information	Other
Adventure House	924 North Lafayette St. Shelby, NC 28150 Phone Number: 704-482-3370 Website: www.adventurehouse.org	Adult Psycho-Social Rehabilitation
Alexander Youth Network	1701 Charles Rd. Shelby, NC 28152 Phone Number: 704-482-4800 Website: alexanderyouthnetwork.org	Shelby PASS Day Treatment Treatment for Children and Adolescents
Alexander Youth Network	409 W. Sumter St. Shelby, NC 28150 Phone Number: 704-476-8062 Website: alexanderyouthnetwork.org	Shelby Central Day Treatment Treatment for Children and Adolescents
Art of Therapy	117 West Marion Street Shelby, NC 28150 Phone Number: 704-484-2111 Website: artoftherapycenter.com	Therapy for all ages – individual counseling ages 12+, infant mental health, play therapy and family therapy
Bloom and Balance MH Counseling	5 N. Lafayette St., Suite 3 Shelby, NC 28150 Phone Number: 980-552-9374 Website: bloomandbalance.net	Family-Centered Mental Health and Substance Use Therapy
Children’s Home of Cleveland County	1300 Gidney St. Shelby, NC 28150 Phone Number: 704-484-2558 Website: www.chccinc.org	Outpatient Mental Health Services to adults, adolescents, and children
Community Wellness Partners of NC	809 North Lafayette Street Shelby, NC 28150 Phone Number: 704-284-0554 Website: www.shelbytherapy.com	Therapy for individuals, couples and families
Crossroads Treatment Centers	1895 East Dixon Blvd. Shelby, NC 28150 Phone Number: 704-466-3970 Website: crossroadstreatmentcenters.com	Medication-Assisted Treatment combining counseling services and Methadone or Suboxone

Epiphany Family Services	1201 S. Post Rd., Suite 100 Shelby, NC 28152 Phone Number: 704-536-6853 Website: Epiphanyfamilyservicesnc.com	Substance Use, mental health and group and family services
Foothills Consulting Associates	615 S. DeKalb St. Shelby, NC 28150 Phone Number: 704-480-1882 Website: Foothillpsychshelby.com	Outpatient Therapy, Medication Management and Suboxone
Halos Counseling	205 South Washington Street Shelby, NC 28150 Phone Number: 866-242-5648 Website: haloscounseling.com	Therapy and counseling for individuals, couples, family, groups, teens and executive & career coaching
Integrated Care of Greater Hickory-Shelby	809 N. Lafayette St., Suite A Shelby, NC 28150 Phone Number: 828-322-5915 Website: www.integratedcarehickory.com	Substance abuse and mental health treatment, MAT, SACOT, and SAIOP Outreach at Cleveland County Health Department Wednesday mornings 9am-12pm.
Monarch	201 W. Marion St., Suite 100 Shelby, NC 28150 Phone Number: 704-476-4027 Website: www.monarchnc.org	Mental Health and Medication Management for Children and Adults
Kintegra Family Medicine	Locations: Shelby, Kings Mountain, Boiling Springs, and Fallston Phone Number: 704-874-3316 Website: www.kintegra.org	Behavioral Health Services
Living Lotus Counseling	621-A South Lafayette St., Suite 100 Shelby, NC 28150 Phone Number: 704-692-0723 Website: Livinglotuscounseling.com	Therapy for Individuals, Couples, and Families
Phoenix Counseling Center – Shelby Outpatient Office	804 N. Lafayette St., Suite.2 Shelby, NC 28150 Phone Number: 704-476-4106 Website: www.phoenixcc.us	Substance Use /Addiction Services and DWI Services
Phoenix Counseling - Cleveland Crisis & Recovery Center	609 N. Washington St. Shelby, NC 28150 Phone Number: 704-751-3693 Website: www.phoenixcc.us	Mental Health/Substance Use Crisis Services 24/7/365

Preferred Choice Healthcare	1243-4 E. Dixon Blvd. Shelby, NC 28152 Phone Number: 704-487-4000 Website: www.pchnc.com	Outpatient Therapy for Adults and Children
Support Incorporated	802 N. Lafayette St. Shelby, NC 28150 Phone Number: 704-865-3525 Website: www.supportinc.org	Outpatient Therapy and Medication Management for children and Adolescents
Unique Psychiatric Care Solutions	213 Patton Drive, Suite A Shelby, NC 28150 Phone Number: 704-996-1454 Website: Uniquepsychiatriccaresolutions.com	Therapy and medication management

This listing of mental health/substance abuse providers is formatted to provide information about resources in Cleveland County. While this list may not be inclusive of all providers, it represents a baseline or beginning point for individuals who are seeking care. The inclusion of any provider in this guide does not imply an endorsement or recommendation nor does exclusion imply disapproval. Readers should make their own decisions regarding matters relating to individual health needs.

Mental Health Crisis Lines and Resources

All Emergencies

Mobile Crisis Unit (24 hours)
Cleveland Crisis and Recovery
Partners Behavioral Health Crisis Line
Atrium Behavioral Health (24 hours)
Carolinas Poison Center
HopeLine NC (Call or Text)
National Suicide Prevention Lifeline
Crisis Text Line
Veterans Crisis Line
Teen Talk Line

911

855-527-4747
704-751-3693
1-833-353-2093
704-444-2400
1-800-848-6946
1-877-235-4525
Call or Text 988 or 1-800-273-8255
Text CONNECT to 741741
1-800-273-8255 Press 1
1-800-650-8336



United Way
of North Carolina

United Way 2-1-1

Referrals to health and human services agencies
Dial 211 or visit

www.unitedway.org/our-impact/featured-programs/2-1-1



Partners Access Line: 1-888-235-HOPE (4673)

<https://www.partnersbhm.org/provider-search/>