

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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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. Cleveland County Kitchen stresses 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: jbcurreier@clevelandcountyschools.org Website: https://www.clevelandcountynutrition.org/ Facebook: https://www.facebook.com/clevelandcountyschools</p>	<p>Cleveland County Schools Nutrition Services offers 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 Website: https://sites.google.com/view/commongroundcafenc Facebook: https://www.facebook.com/CommonGroundCafeShelby/</p> <p>*** Call for Current Schedule</p>	<p>Common Ground Café provides home-cooked meals through their I SMILE 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: (980) 484-6456 Address: 200 South Post Road Shelby, NC 28152</p> <p>Website: https://www.clevelandcounty.com/main/departments/food_and_nutrition_services.php</p>	<p>Cleveland County Food and Nutrition Services is a food assistance program that offers low-income families the federal Supplemental Nutrition Assistance Program (SNAP) benefits. Monthly allotments of FN's benefits are issued via Electronic Benefit Transfer cards (EBT). To apply contact Cleveland County Department of Social Services located at the Cleveland County</p>

		Health Department for an application or apply online at https://epass.nc.gov/
Feeding Kids Cleveland County	Phone Number: (704) 692-1079 Address: 405 W. Marion St Shelby, NC Email: info@feedingkidscc.org Website: https://www.feedingkidscc.org/	Feeding Kids Cleveland County, with the work of Cleveland County Schools and our team of volunteers, provides a bag of shelf-stable, kid friendly food on weekends as well as a large box of shelf-stable food, a bag of fresh food, and age-appropriate books during the 4 major breaks from school throughout the year. Including Summer, Thanksgiving, Winter, and Spring breaks.
Women, Infants, and Children (WIC)	Phone Number: (980) 484-5170 Address: 200 South Post Rd Shelby, Nc 28152 Website: https://www.clevelandcountyhdc.com/programs_services/wic.php	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 mothers as well as families with children under five years of age. Participants are screened to determine that they are at nutritional risk.
Senior Adult Nutrition Program	Council on Aging/Senior Center Phone Number: (704) 482-3488 Address: 100 T.R. Harris Drive Shelby, NC 28150 Website: https://www.nealseniorcenter.org	Meet & Eat-Congregate meal sites at 4 locations in Cleveland County: Neal Senior Center in Shelby, West Warren Manor in Shelby, Lawndale and Patrick Senior Center in Kings Mountain; open to individuals age 60 and over and their spouse who are signed up and assessed and persons under 60 who are physical or mentally 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 55-60 years of age living in Cleveland County; call to complete a Direct Assistance Screening Form.

Food Pantries

Name	Contact Information	Days & Times	Other
Boiling Springs Baptist Church	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	No application needed for food pantry.
Central Methodist Church, Kings Mountain	Phone Number: (704) 739-2471 Address: 113 S. Piedmont Avenue Kings Mountain, NC 28086 Email: central@cmkm.org Website: https://cmkm.org/ Facebook: https://www.facebook.com/cumckmnc	Thursdays 3:00pm - 4:30pm	Please bring a photo ID as individuals will need to complete an application. After completing application, individuals will be given a grocery bag to pick up food.
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 - 5:30 pm	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	Monday – Thursday 9:00 am- 12:00 pm	Our Fallston Baptist Church food pantry is open Monday-Thursday from

	Facebook: https://www.facebook.com/pages/Fallston-Baptist-Church/117055278354677		9am-12pm to provide families in our community who need temporary assistance.
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 your name on the list. Boxes are fixed on Fridays every over week, ready for pickup on Saturday.
Flint Hill Baptist Church	Phone Number: (704) 434-9517 Address: 2207 Flint Hill Church Road Shelby, NC 2815 Email: admin@flinthillbaptist.org Website: https://flinthillbaptist.org/ Facebook: https://www.facebook.com/Flint-Hill-Baptist-Church-375928642510738/	Monday 1:00pm - 3:00pm	Dates can be found under events on website.
Friendship Methodist Church	Phone Number: (704) 538-9270 Address: 111 Friendship Drive Fallston, NC 28042 Email: Jim.moncure@brightcompass.net Facebook: https://www.facebook.com/Friendship-United-Methodist-Church-Fallston-101720495700609/	Sunday - Saturday 24/7	Blessing's box - box outside and you can 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	The mission of the 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 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	Ages 50 and older. Must call ahead of time.
Mary's Grove Community Church	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 are 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.
Mt. Calvary Community Center	Contact Name: Nicole Ross Phone Number: (704) 482-7713 Address: 1205 Northside Drive Shelby, NC 28150 Website: https://www.mtcalvaryshelby.org Facebook: Mt. Calvary Baptist Church & Community Life Center	3 rd Saturday of the month Except in: January and December 10:00 am	Mt. Calvary Baptist Church gives away food as a Second Harvest Site. The food giveaways are located at the Community Life Center with no requirements.
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/	3 rd 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	2 nd & 4 th Thursday of the month 9:00am - 11:00am	

Paul & Marion Ramseur Foundation	Phone Number: (980) 404-0270 Address: 2026 Kingstown Rd Kingstown, NC Email: erdavis281920@gmail.com Website: https://www.pmramseur.org	Every Third Thursday 11:00 am- 1:00 pm	Call (980) 404-0270 for food emergencies
Salvation Army	Phone Number: (704) 482-0375 Address: 305 N. Lafayette Street Shelby, NC 28150 Email: shelbyNC@uss.salvationarmy.org Website: https://southernusa.salvationarmy.org/cleveland-rutherford/ Facebook: https://www.facebook.com/SalArmyShelbyNC/	Monday and Thursday 1:00pm - 3:00pm	Walk-ins welcome. Individuals can receive food once per month every 3 months. Individuals must also fill out an application.
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 9:30-Coffee and Pastries 11:00- Food Distribution 11:30- Hot Meal	community refrigerator, located diagonally across from the rainbow playground, is an additional community resource for individuals and families in our community who are food insecure. The fridge contents are available to anyone at any time.
U-CAN	Phone Number: (704) 538-8417 Address: 230 E. Main Street Lawndale, NC 28090 Facebook: https://www.facebook.com/upperclevelandareaneeds/	Thursday 9:00 a.m- 11:00 a.m	Must make an appointment for food pantry.
Walls Memorial Baptist Church	Phone Number: (704) 484-3433 Address: 2223 Elizabeth Avenue Shelby, NC 28150 Email: walls.memorial@yahoo.com Facebook: https://www.facebook.com/wallsmemorialbaptistchurchofshelby/		Call for updates

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.	Central United Methodist Church offers hot meals to-go, walk-in are welcome.
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 11:30 a.m. – 1:00 p.m.	The Episcopal Church of the Redeemer gives hot lunches determined by the number of individuals in a car. Homebound individuals are an exception/
First Baptist Church of Shelby	Phone Number: (704) 482-3467 Address: 120 N. Lafayette Street Shelby, NC 28150 Email: operations@fbcshelby.org Website: https://fbcshelby.org/ Facebook: https://www.facebook.com/FBCShelby/	Friday 12:30 p.m. – until	Must arrive at First Baptist Church of Shelby at 12:30.
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 9:30 11:30	On Mondays Shelby Presbyterian offers coffee and pasties at 9:30 and a lunch at 11:30.
Washington Outreach Ministry	Phone Number: (704) 769-4128 Address: 2007 Capernium Road Cherryville, NC 28021 Email: washington_outreach@yahoo.com Facebook: https://www.facebook.com/washingtonoutreachministry/	Summer Camp June-August Hot Meal Every other Friday 9:00am-12:00pm	Washington Outreach Ministry offers a summer camp for children Monday-Friday from 8:00am-4:00pm. The camp will run from June until August. Washington Outreach Ministry also offers a hot meal every other Friday from 9:00am-12:00pm.

Farmer's Markets

Name	Contact Information	Availability
Foothills Farmer's Market	Phone Number: (704) 470-7603 Address: 130 S Post Road Suite 1 Shelby, NC 28152 Email : info.@foothillsfarmersmarket.com Website : https://foothillsfarmersmarket.com/ Facebook: 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 style="text-align: center;">Saturday Kings Mountain Farmers' Market 125 South Battleground Avenue Kings Mountain, NC 8:00 a.m. – Noon May-September</p> <p style="text-align: center;">Tuesday Atrium Health Cleveland 201 E. Grover Street. Shelby, NC 10:00 a.m.- 1:00 p.m. June – August</p> <p style="text-align: center;">Wednesday Bobby Bell Pavilion 126 W. Marion Street, Shelby, NC 8:00 a.m. - Noon June – October</p>
Paul & Marion Ramseur Farmer's Market	Contact: Edna Davis Phone Number: (980) 404-0270 Address: 2026 Kingstown Rd Kingstown, NC 28150 Email : erdavis281920@gmail.com Website : https://www.pmramseur.org	The P&M Ramseur Farmer's Market is open from 9:00 am- 1:00 pm every Saturday in June, July, and August. The Farmer's Market offers a variety of seasonal produce and unique items from local vendors.

SNAP/EBT availability

Market Moolah

At the Foothills Farmer's Market, we believe that all members of our community should have access to the freshest food available. To help make this happen, we match the first 10 dollars that a customer spends from their SNAP/EBT benefits with 10 dollars free in FFM Market Moolah. For example, if a SNAP customer swipes their card for 10 dollars in tokens, they will receive 10 dollars free Market Moolah bucks to spend on fruits and vegetables. This program is made possible through Healthy Together Cleveland and the Healthcare Foundation of Cleveland County.

*For more information on Cleveland County Farms, please refer to <https://www.ncfarmfresh.com/farms.asp> *

Community Gardens

Name	Contact Information	Availability
Autumn Sage Folk Art Garden	Leader/Contact Name: Vickie Jo Franks Phone Number: (704) 473-2705 Address: 1559 Branchville Road Shelby, NC Email : vickiejof@gmail.com	Autumn Sage Folk Art Garden is open year-round to participants with no requirements or fees. This garden includes common plots and individuals will work on this garden as a whole.
Boiling Springs Community Garden	Leader/Contact Name: Don Pittman Phone Number: (704) 476-0995 Address: 307 S Main St. Shelby, NC Email: riverdp@gmail.com Or info@boilingspringsbaptist.org	Boiling Springs Community Garden is open mostly in fall; however, the garden is also open in spring and summer. The garden is located at Boiling Springs Baptist Church. Participants must pay 40 dollars per year. There are individual and common plots.
Fallston Elementary Community Garden	Leader/Contact Name: MHA-Stacey Costner& JoAnn Hampton Phone Number: (980) 429-4037 Address: 112 Gary Street Fallston, NC 28042 Email: scostner@clevelandcountymha.org	Fallston Elementary Community Garden is open to participants year-round with no requirements. Common plots are available, individuals will work on garden as a whole.
Galilee Community Garden	Leader/Contact Name: Iris Orr Phone Number: (980) 396-2506 Address: 117 Galilee Church Rd Kings Mountain, NC Email: irislorr@gmail.com	Galilee Community Garden is open to participants only during warmer months with individual plots. The church planted this garden as an individual garden but has plans for it to become open to the public eventually. Call for garden updates.
Kingstown Community Garden	Leader/Contact Name: Edna Davis Phone Number: (980) 404-0270 Address: 2026 Kingstown Rd Kingstown, NC Email: erdavis281920@gmail.com	Kingstown Community Garden is open to participants only during warmer months. Common plots are available, individuals must work on garden as a whole.
Kings Mountain Community Garden	Leader/Contact Name: Christina Martin Phone Number: (704) 730-2156 Address: 909 E King Street Kings Mountain, NC Email: christina.martin@cityofkm.com	Kings Mountain Community Garden is open year-round to participants with individuals and families maintaining their own plots. Gardeners are required to give 50% of their harvest to the designated food banks chosen for the year.

<p>Redeemer Sunrise Community Garden</p>	<p>Leader/Contact Name: Rodger Perry Phone Number: (704) 418-0573 Address: 502 W Sumter Street Shelby, NC Email: rod2155@yahoo.com</p>	<p>Redeemer Sunrise Community Garden is open year-round for participants with no requirements other than following common rules. Individual and common plots are available.</p>
<p>Washington Elementary School</p>	<p>Leader/Contact Name: Angela Smith Phone Number: (704) 616-8554 Address: 1907 Stony Point Rd Shelby, NC 28150 Email: amskeith@clevelandcountyschools.org</p>	<p>Washington Elementary School Community Garden is open year-round. The garden offers common plots however, participants must work on the garden as a whole.</p>
<p>Washington Outreach Ministry</p>	<p>Leader/ Contact Name: Rev. Frances R. Webber & Albert Borders Phone Number: (704) 477-8358 Address: 2007 Capernaum Rd Cherryville, NC 28120 Email: lwebber14@carolina.rr.com</p>	<p>Washington Outreach Ministry Garden is open year-round to participants. Common plots are available, individuals work on the garden as a whole. Call for work hours.</p>

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: https://kmgatewaytrails.org Admissions: Free Trail map on website	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 Website: https://theclio.com/tour/2144 Admissions: Free	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 Trail map on website</p>	<p>The Carolina Harmony Trail (formerly known as Shelby RAIL Trail) is a premiere trail system that walkers, runners, and bicyclists of all ages and fitness levels can enjoy. Phase 1 of The Carolina Harmony Trail is currently 0.5 miles and is projected to span 10.2 miles across Cleveland County. You can currently access this trail on W Marion Street in uptown Shelby across from the Bobby Bell Pavilion.</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.</p>
<p>Great Trail State</p>	<p>Email: pmcintyre@piedmontland.org Or info@greattrialsnc.com Website: https://greattrialsnc.com/find-a-trail/ Admissions: Free *October 19th 2024 has been designated as Great Trail State Day-Please watch CCHD website for information. *</p>	<p>The Great Trails State website is an easy-to-use location tool for North Carolina trail accessibility, length, route type, and much more. *This website can change from year to year. *</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/state-parks/south-mountains-state-park 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</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>Gastonia, NC 28086 Boulders Access 108 Vandyke Road Kings Mountain, NC 28086 Email: crowders.mountain@ncparks.gov Website: https://www.ncparks.gov/state-parks/crowders-mountain-state-park Admissions: Free *Hours are located on website*</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		
<p>Belwood Track and Playground</p>	<p>Address: 1114 Lawndale Belwood Road Lawndale, NC 28150</p>	<p>Walking track, playground, and ball fields</p>
<p>Casar Park</p>	<p>Address: 137 Deviney Street Casar, NC 28020</p>	<p>Walking track and playground</p>
<p>Fallston Walking Track</p>	<p>Address: Friendship Drive Fallston, NC 28042</p>	<p>Walking track</p>
<p>Kingstown Central Park</p>	<p>Address: 107 Paul Ramseur Ct Kingstown, NC 28150</p>	<p>Walking track, playground, and basketball court</p>
<p>Piedmont Park</p>	<p>Address: Piedmont Drive Lawndale, NC 28090</p>	<p>Walking track, field, and updated playground facilities.</p>
<p>Polkville Park</p>	<p>Address: Park Drive Polkville, NC 28136</p>	<p>Walking track, ball fields, playground, and 2 pickleball courts</p>
Crest District		
<p>Boiling Springs Town Park</p>	<p>Phone Number: (704) 434-2357 Address: 1522 East Branch Avenue Shelby, NC 28152</p>	<p>Walking track, Playground, and Ball field.</p>
<p>Earl Walking Track</p>	<p>Address: 569 Crow Road Shelby, NC 28152</p>	<p>Fenced in walking track and playground</p>

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	Walking track and splash pad

	Amphitheater: 307 S Cansler Street Kings Mountain, NC 28086	
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 schools 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.	Recreational Facilities for senior center members and outside walking track.

	Hours are located on website	
Kings Mountain Middle School	Phone Number: (704) 476-8340 Address: 1000 Phifer Rd Kings, Mountain, NC 28086 Website: https://kmmiddle.clevelandcountyschools.org/	Pickleball courts Located at tennis court
JL Suttle Pickleball Complex	Contact: Charlotte Teague Phone Number: (704) 692-3039 Address: 200 West Marion Street Shelby, NC 28150 Website: https://www.paccthecourts.com	6 permanent courts with plans to expand to 12 courts. The Pickleball Association of Cleveland County, LLC The mission of PACC is to create a welcoming and inclusive community where players of all ages can come together to enjoy the sport, promote its growth, and prioritize physical fitness.
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 the 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 the 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
YMCA- Ruby Hunt	Phone Number: (704) 434-0441 Address: 1322 Patrick Avenue Shelby, NC 28152 Website: https://www.clevecoymca.org/brance/ruby-c-hunt Admissions: See the website for membership details or call for more information. *Hours are located on website*	Aerobics Center, Fitness Center, Gym, Weight Room, Outdoor Pool.

Pharmacy Programs

Please check with your local pharmacy regarding any potential prescription discounts in your area.

Name	Contact Information	Other
Cleveland County Health Department Pharmacy	<p>Phone Number: (980) 484-5164</p> <p>Address: 200 South post Road Shelby, NC 28152</p> <p>Website: https://www.clevelandcountyhdc.com/programs_services/pharmacy.php</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.
Access Meds - Cleveland County Health Department Pharmacy	<p>Phone Number: (980) 484-5164</p> <p>Address: 200 South post Road Shelby, NC 28152</p> <p>Website: https://www.clevelandcountyhdc.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 determined by a screening form 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 or copay amount determined by NC Medicaid if applicable. The formulary, price, and quantities are subject to change due to drug costs and availability</p>
Medication Assistance Program (MAP) - Cleveland County Health Department Pharmacy	<p>Phone Number: (980) 484-5164</p> <p>Address: 200 South post Road Shelby, NC 28152</p> <p>Website: https://www.clevelandcountyhdc.com/programs_services/pharmacy.php</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.
Walmart \$4 Prescriptions	<p>Address: 705 East Dixon Boulevard Shelby, NC 28152</p> <p>Phone Number: (704) 484-0021</p> <p>Website: https://www.walmart.com/store/1034-shelby-nc</p>	<p>Starting as low as \$4 for a 30-day supply and as low as \$10 for a 90-day supply for a wide range of medications.</p> <p>See full list of qualifying medications at: https://www.walmart.com/cp/4-prescriptions/1078664</p>

<p>NC MedAssist Non-Profit Pharmacy – Cleveland County Health Department is a Point of Entry partner.</p>	<p>Address: 4428 Taggart Creek Rd #101 Charlotte, NC 28208 Phone: (704) 536-1790 Website: https://medassist.org/</p>	<p>The only non-profit pharmacy in the state, providing both prescription and over-the-counter medications at no cost, mailed to the home or shipped to a Pharmacy partner. While the physical location is in Charlotte, NC, they do host free Mobile Pharmacy days across the state—please check their website for upcoming Free Mobile Pharmacy Cleveland County visit(s).</p>
<p>In addition to the above brick-and-mortar pharmacies in Cleveland County, the Cleveland County Health Department has also been made aware of a new online pharmacy—Cost Plus Drugs. This pharmacy, founded by entrepreneur Mark Cuban, is an online pharmacy that offers medications at cost plus small fees for more than 700 of the most commonly prescribed generic medications. Please note, the Cleveland County Health Department <u>DOES NOT</u> endorse this pharmacy in any way; we are presenting this information in an attempt to provide affordable options to Cleveland County residents. <u>Please do your own research and use this tool at your own risk!</u></p>		

Transportation Resource Guide

Name	Contact Information	Other
Adult Medicaid	<p>Phone Number: (980) 484-6314 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcounty.com/main/departments/dss_contact_us.php</p>	<p>Medicaid is required to assure transportation to medical appointments for all eligible individuals who need and request assistance with transportation. You must qualify to receive transportation. For questions or concerns please contact Lorraine Edwards with Cleveland County Department of Social Services (980) 484-6314.</p>
Transportation Administration of Cleveland County Inc. (TACC)	<p>Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: scostner@taccshelbync.com Website: https://taccshelbync.com/</p> <p>Monday-Friday, 7am-3pm *No cost to ride at this time* *Must be 60 years of age or older*</p>	<p>TACC is a non-profit agency that coordinates and provides rural and 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 appointments to Gastonia, Charlotte, and to the VA in Asheville.</p>
Cleveland County Transit (CCT)	<p>Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: scostner@taccshelbync.com Website: https://taccshelbync.com/cct-2/</p>	<p>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.</p> <p>Monday – Friday from 7am-3pm</p>
REACH	<p>Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: scostner@taccshelbync.com Website: https://taccshelbync.com/reach/</p>	<p>A fixed route system with 9 stops that is set up like a big city bus line operating with a smaller bus.</p> <p>Monday-Wednesday, Friday from 9am-2:45pm</p>

Primary Care Resources

Name	Contact Information
Care for Cleveland	<p>Cleveland County Health Department Primary Care Clinic</p> <p>Serving all Cleveland County residents, with or without insurance; for those without insurance, fees are based on household income</p> <p>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>
Atrium Health Care Everywhere Mobile Unit	<p>Currently one identified site in Cleveland County: Washington Outreach Ministry, 2007 Capernaum Road, Cherryville, NC 28120</p> <p>Current Schedule: Every Wednesday, 10:00 a.m. – 4:30 p.m. Last Patient seen at 4:30</p> <p>Services provided: Primary Care</p> <ul style="list-style-type: none"> • Short-term health problems like flu and strep throat • Long-lasting diseases like diabetes, high blood pressure, heart disease and arthritis • Minor injuries, like sprains and cuts • Help connecting with resources • Referrals for recommended screenings <p>Eligibility: Follow Atrium Health’s policy regarding ability to pay</p>

<p>Community Virtual Primary Care – Atrium Health</p>	<p>Community Virtual Primary Care combines an in-person experience with video visit technology. Providers use state of the art assessment tools during your video visit. The provider assesses your ears, nose, throat, heart, lungs and skin using advanced technology. An Atrium clinical staff member is onsite assisting you throughout the visit.</p> <p>Community Virtual Primary Care is open to everyone with same-day/next-day care available. Depending on your insurance, you may be responsible for copays and deductibles. Financial help may be available.</p> <p>Common acute conditions treated include allergies, sinus concerns, colds, ear pain, female urinary tract infections, fever, flu, pink eye, rash, strep throat, vomiting/diarrhea.</p> <p>Common chronic conditions treated include anxiety, depression, hypertension, headache, and back pain.</p> <p>To start a visit, call 844-563-5268. Most locations are open 8:00 a.m. – 4:00 p.m.</p> <p>Locations:</p> <ul style="list-style-type: none"> • Cleveland Community College, 137 South Post Road, Shelby, NC 28152 <i>Located in Bailey Allied Health Center for students and staff only</i> • Ellis Chapel Baptist Church, 114 Ellis Chapel Road, Shelby, NC 28152 • Kingstown Town Hall, 2014 Kingstown Road, Kingstown, NC 28150 <i>Entrance is on the left side of the Town Hall building</i> • Mt. Calvary Baptist Church Community Life Center, 1205 Northside Drive, Shelby <i>Located in the building toward the back of the parking lot – follow signs to clinic</i> • Mt. Zion Baptist Church, 220 N. Watterson Street, Kings Mountain, NC 28086 • Shoal Creek Baptist Church, 2707 Shoal Creek Church Road, Shelby, NC 28152
<p>Caromont Health</p>	<p>Caromont Family Medicine-Shelby 520 North DeKalb Street, Shelby, NC 28150 Hours: Monday – Friday 8:00am-5:00pm</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 1758 East Dixon Boulevard, Shelby, NC 28152 Hours: Monday – Thursday, 8:00 AM – 5:00 PM Friday 8:00am-12:00pm Appointments: 704-874-3316 Office: 704-480-0685</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 5009 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 Walk-ins available call or book online 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
Hopscotch Primary Care	Address: 113 East Grover Street Shelby, NC 28150 Phone Number: (704) 487-5228 Website: https://hellohopscotch.com/patients/locations/shelby-nc/ Hours: Monday - Friday, 8:30 AM - 5:00 PM
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 - Thursday, 9:00 AM – 4:00 PM Friday 9:00-2:00

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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 *Eligible patients are between 0-21 years of age and pregnant women.
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 but only for patients between 0-11 years of age
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-A 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 **Eligible patients are between 0-18 years of age
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

Online Resources:

- <https://ada.org>
- <https://ncdental.org>
- <https://www.cdc.gov/oralhealth/basics>

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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
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

Online Resources:

- <https://www.cdc.gov/visionhealth/programs/>
- <https://www.preventblindness.org>
- <https://www.aoa.org>
- <https://www.nao.org>
- <https://www.nei.hih.gov>
- <https://www.aao.org/eye-health>

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Mental Health and Substance Use Providers – Cleveland County

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 Free for Medicaid recipients but serves all
Art of Therapy	510 West King Street Kings Mountain, NC 28086 Phone Number: 704-484-2111 Website: artoftheraphycenter.com	Therapy for all ages – individual counseling ages 12+, infant mental health, play therapy and family therapy Accepts Medicaid and most major insurances
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 Takes Aetna, Blue Cross/Blue Shield, Med Cost
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 Accepts most forms of insurance, Medicare and uninsured on sliding scale
CORE Family Services	1300 Gidney St. Shelby, NC 28150 Phone Number: 704-484-2558 Website: www.corefamilyservices.org	Outpatient Mental Health Services to adults, adolescents, and children Takes some Medicaid, no Medicare, uninsured on a sliding scale
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	1610 East Marion Street, Suite 250 Shelby, NC 28150 Phone Number: 704-480-1882 Website: Foothillpsychshelby.com	Outpatient Therapy, Medication Management and Suboxone Medicaid
Halos Counseling	132 Elizabeth Avenue, Unit D Shelby, NC 28150 Phone Number: 866-242-5648	Therapy and counseling for individuals, couples, family, groups, teens and executive & career coaching

	Website: haloscounseling.com	Out of network, no insurance accepted
Integrated Care of Greater Hickory-Shelby	117 West Marion Street Shelby, NC 28152 Phone Number: 828-322-5915 Website: www.integratedcarehickory.com	Substance abuse and mental health treatment, MAT, SACOT, and SAIOP Accepts uninsured, Medicaid, Medicare, and private insurance Outreach at Cleveland County Health Department on Wednesday mornings 9am-12pm. Community Navigator for Recovery Connect CC, recovery support services funded by Opioid Settlement Funds Call or text 800-966-HELP
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 Medicaid, Medicare, VA, private insurance and uninsured
Kintegra Family Medicine	Locations: Shelby, Kings Mountain, Boiling Springs, and Fallston Phone Number: 704-874-3316 Website: www.kintegra.org	Behavioral Health Services – therapy and medication management Accepts uninsured, Medicaid, Medicare and private insurance
Living Lotus Counseling	621-A South Lafayette St., Suite 100 Shelby, NC 28150 Phone Number: 704-692-0723 Website: Livinglotuscounseling.com	Therapy for Individuals – Adults only No Medicaid
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 VA, Medicaid/Medicare, self-pay and uninsured
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 Crisis Line: 855-527-4747 Accepts uninsured, Medicaid and private insurance
Preferred Choice Healthcare	116 Lee Street Shelby, NC 28152 Phone Number: 704-487-4000 Crisis Line: 704-466-9202 Website: www.pchnc.com	Family/Children counseling Substance abuse counseling Medicaid, Private pay, VA No Medicare or am-better

SOAR – Student Options and Redirection	200 South Post Road Shelby, NC 28152 980-484-5100 – ask for SOAR coordinator	Alternative to suspension program for Cleveland County students who violate CCS substance use regulations – potential reduction of suspension from ten to five days upon completion of the program
Shelby Comprehensive Treatment Center	1895 East Dixon Boulevard Shelby, NC 28152 Phone Number: 980-484-9596	Opens 5:00 a.m. – 11:00 a.m. Monday through Saturday MAT (methadone, Sub, Bup, Vivitrol) Counseling Takes VA, commercial/private, self-pay, Medicaid, Medicare
Speak Your Peace Counseling, Coaching & Consulting, PLLC	313 Marcella Drive Kings Mountain, NC 28086 Phone Number: 704-473-5450 Website: www.speakyourpeacecounseling.com	Therapeutic services to clients who seek person-centered, trauma-informed therapy, training and culturally affirming services Initial phone/video consultation free Intake session: \$200 Individual/Couple therapy session \$100-\$200 Accepts Oscar Health, United Healthcare, Oxford health, Aetna, Cigna, BCBS of Massachusetts
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 MedCost, BCBS, All Medicaid

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. Information compiled by the Health Education Unit of the Cleveland County Health Department.



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/>

Crisis Lines/Resources and Suicide Prevention

All Emergencies

Mobile Crisis Unit (24 hours)	911
Cleveland Crisis and Recovery	855-527-4747
Partners Behavioral Health Crisis Line	704-751-3693
Atrium Behavioral Health (24 hours)	1-833-353-2093
Carolinas Poison Center	704-444-2400
HopeLine NC (Call or Text)	1-800-848-6946
National Suicide Prevention Lifeline	1-877-235-4525
Crisis Text Line	Call or Text 988 or 1-800-273-8255
Veterans Crisis Line	Text CONNECT to 741741
Teen Talk Line	1-800-273-8255 Press 1
	1-800-650-8336

Suicide Prevention

QPR stands for Question, Persuade, Refer – the three simple steps anyone can learn to help save a life from suicide. QPR is an emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett. An abbreviation for Question, Persuade, Refer, the intent is also to identify and interrupt the crisis and direct that person to proper care.

Name	Contact Information	Other
 <p>Atrium Health</p>	<p>Linda Page Faith Community Health Ministry Coordinator at Atrium Health Linda.Page@atriumhealth.org</p> <p>Wanda Clary Wanda.Clary@atriumhealth.org</p>	<p>Virtual QPR gatekeeper training for Atrium Health employees and Cleveland County community organizations/members</p>
 <p>Cleveland County Health Department</p>	<p>200 South Post Road Shelby, NC 28152 Contact Person: Zakoya Spikes at 98-484-5205</p>	<p>Certified QPR instructor provides QPR (Question, Persuade, Refer) suicide prevention gatekeeper training to new health department staff</p> <p>Training can be extended to community organizations by setting up appointments – for more information, please call the number provided</p>
 <p>Mental Health Association of Cleveland County</p>	<p>205 South Washington Street Shelby, NC 28150 Telephone: 704-481-8637 MHA@ClevelandCountyMHA.org</p>	<p>Mental Health Association programming revolves around advocacy, education and support for individuals and families affected by mental illness</p>
 <p>The Starr Project</p>	<p>Joyce Davidson, Secretary and Spokeswoman 704-710-6604 thestarrproject2022@gmail.com</p>	<p>Nonprofit foundation established in 2022 to bring hope and relief from suicide events. Volunteers from this organization provide QPR gatekeeper training within the community by appointment</p>

Medication Drop Box Locations

Boiling Springs Town Hall
114 East College Avenue
Boiling Springs, NC

KM Pharmacy
1106 Shelby Road
Kings Mountain, NC

Fallston Pharmacy
5011 Fallston Road
Fallston, NC

Neal Senior Center
100 T R Harris Drive
Shelby, NC

Medical Arts Pharmacy
108 Grover Street
Shelby, NC

Cleveland County Health Department
200 South Post Road
Shelby, NC

Kintegra—Shelby
808 Schenk St
Shelby, NC

Kintegra—Upper Cleveland
5009 Fallston Rd
Fallston, NC

Shelby Drugstore
701-1 E. Grover St
Shelby, NC

Professional Pharmacy
139 East College Avenue
Boiling Springs, NC

Community Pharmacy
1194 Wyke Road
Shelby, NC

Lafayette Street Pharmacy
620 South Lafayette Street
Shelby, NC

Prescription Plus
703-1 King Street
Kings Mountain, NC

Cleveland County Courthouse
100 Justice Place
Shelby, NC

Shelby Police Department
130 West Warren Street
Shelby, NC

Shelby Medical Associates
711 N. Dekalb St
Shelby, NC

Kings Mountain Medical Center
812 W. King St
Kings Mountain, NC

Cleveland Crisis and Recovery Center
609 N. Washington St
Shelby, NC