CLEVELAND COUNTY RESOURCE GUIDE

2025

Cleveland County
HEALTH DEPARTMENT

Information provided by the Health Education Unit
at the Cleveland County Health Department.
For more information please contact and/or visit:

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Shelby, NC 28152
(980) 484-5100

www.clevelandcountyhdnc.com

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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	Phone Number: (704) 482-4365 Address: 130 S Post Road, Suite 1 Shelby, NC 28152 Website: https://cleveland.ces.ncsu.edu/cleveland-county-kitchen/	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
Cleveland County Schools Nutrition Service	Phone Number: (704) 476-8126 Address: 400 West Marion Street Shelby, NC 28150 Email: jbcurrier@clevelandcountyschools.org Website: https://www.clevelandcountynutrition.org/ Facebook: https://www.facebook.com/clevelandcountyschools	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.
Common Ground Café	Phone Number: (704) 981-0991 Address: 232 South Lafayette Street, Suite E Shelby, NC 28150 Email: commongroundcafenc@gmail.com Website: https://sites.google.com/view/commongroundcafenc Facebook: https://www.facebook.com/CommonGroundCafeShelby/	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. *** Call for Current Schedule
Cleveland County Food and Nutrition Services (EBT/SNAP)	Phone Number: (980) 484-6456 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcounty.com/main/departments/food_and_nutrition_services.php	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 FNs benefits are issued via Electronic Benefit Transfer cards (EBT). To apply contact Cleveland County Department of Social Services located at the Cleveland County Health Department for an application or apply online at https://epass.nc.gov/ *This information is effective as of August 1, 2025 but is subject to change pending federal and state adaptations.*

EFNEP Extended Food Nutrition Education Program	Contact: Kayley Warren Phone Number: (704) 482-4365 Address: 130 South Post Road, Suite 1 Shelby, NC 28152 Email: Kbwarre4@ncsu.edu	The EFNEP Program teaches new skills to limited resource youth and adults to eat healthier, address food safety, stretch their food dollars and encourage physical activity.
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.clevelandcountyhdnc.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 Contact Person: Priscilla Harrell Email: pharrell@agingcouncil.org Phone Number: (704) 482-3488 Address: 100 T.R. Harris Drive Shelby, NC 28150 Website: https://www.nealseniorcenter.org	The Council on Aging/Senior Center Senior Adult Nutrition Program is made up of Congregate Meal Sites (Meet & Eat) and Meals on Wheels. Congregate Meal Sites include the Neal Senior Center, West Warren Manor, Patrick Senior Center and Lawndale. Meals are served to participants who have been assessed and approved for meals Monday through Thursday. Persons over age 60 and their spouse who are signed up and assessed and persons over age 60 who have a physical or mental handicap and who have been assessed are eligible for this program. Meals on Wheels delivers nutritious meals to ill, disabled and senior residents of Cleveland County, offering independence through good nutrition and social interaction. Volunteers deliver meals and safety checks to participants living within a fixed route who are unable to participate at a Congregate Meal site. *Currently there is a waiting list for Meals on Wheels individual deliveries; interested individuals should call the Senior Center Nutrition Coordinator for information.*

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 - 3rd Tuesday of each month 3:00pm - 5:30 pm	No eligibility requirements for food
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 – Thursday 9:00 am-12:00 pm	Our Fallston Baptist Church food pantry is open Monday-Thursday from 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 Website: https://firstbaptistlawndale.org/ 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: hcbcshelby1@gmail.com Website: https://hcbcshelby.org/food-clothing-ministry/ Facebook: https://www.facebook.com/Hoppers-Chapel-Baptist-Church-801102829954936/	2nd and 4th Wednesday 10:30 am-12:00pm	The food and clothing ministry works to meet 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	Adults age 55 and older can receive assistance from the food pantry (up to once a month).
Mt. Calvary Community Center Jireh Food Ministry Distribution	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	3rd 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 Monthly Food and Supplies Giveaway	Phone Number: (704) 734-0447 Address: 909 E. Kings Street Kings Mountain, NC 28086 Email: Tabitha.thomas@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 8:30-10:00 am during summer months	Clients must be 55 or older and in need of food. Clients must sign up at the Patrick Center ahead of time. Donations are welcome.
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	
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	A community refrigerator, located diagonally across from the Rainbow Preschool playground, is an additional resource for individuals and families. 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 am	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
Washington Outreach Ministry WOM	Contact: Rev. Frances Webber Phone Number: (704) 769-4128 Address: 2007 Capernium Road Cherryville, NC 28021 Email: Washington_outreach@yahoo.com Facebook: https://www.facebook.com/washingtonoutreachministry/	Drive-Thru Food Distribution every other Friday 9:00 am. – 11:00 am	WOM Food Pantry operates every other Friday on a drive-thru basis. It serves everyone from low income families, single parents, senior citizens, unemployed individuals, disabled

			veterans, and the working poor. The food provided meets basic nutritional needs. WOM Emergency Food Pantry operates Monday, Wednesday and Friday from 10:00 am – 1:30pm by appointment only. Call (704)769-4128 to schedule an appointment.

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	Hot Meal Wednesday 11:30 a.m. – 12:30 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. Client application and waivers on line at church website.
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 pastries 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. Call for information.

Farmer's Markets

Name	Contact Information	Availability
Broad River Community Market	Contact: Megan Murphy Phone Number: (704) 691-4651 Email: megan@broadrivermarket.org Website: https://www.broadrivermarket.org/about Current distribution site: Jefferson Park 1001 Buffalo Street Shelby, NC	Broad River Community Market strives to create a thriving, equitable food system by providing access to fresh produce in our community through partnerships with local farmers. Every Monday @4:30 p.m. we give away fresh produce in Jefferson Park. We offer seasonal vegetables, fruit and eggs on a first-come basis. Everyone is welcome to take what they need – no questions asked.
Foothills Farmer's Market	Contact: Mary Cornwell, Market Manager 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/ The Foothills Farmer's Market accepts cash, SNAP/EBT and credit or debit cards. Kids can come by the information table at the market and receive a $2 Power of Produce (POP) token to spend on fruits and vegetables at the market.	**Year Round** **Saturday Market** Bobby Bell Pavilion 126 W. Marion Street Shelby, NC **April – October 8:00a.m.– Noon** **November - March 9 a.m. – Noon** **Tuesday** Atrium Health Cleveland 201 E. Grover Street. Shelby, NC 10:00 a.m.- 1:00 p.m. **June – August** **Wednesday** Bobby Bell Pavilion 126 W. Marion Street, Shelby, NC 8:00 a.m. - Noon **June – October**

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.

Hometown Market of Kings Mountain	Contact: Austin Henderson, Market Manager Phone Number: (704) 974-8016 Address: 313 South Battleground Avenue Kings Mountain, NC 28086	An extension of the Foothills Farmer's Market in uptown Kings Mountain, items available include produce, meat, mushrooms, flowers and eggs. The Hometown Market is open peak season Saturdays from May 17th – September, 8:00 am until noon. The market accepts cash, SNAP/EBT and credit or debit cards.
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. The market currently accepts cash and credit cards.

For more information on specific 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 invites all individuals to come purchase garden art and plants as well as to learn about plants. Autumn Sage Folk Art Garden is open year-round to participants with no requirements or fees. This garden includes common plots. Individuals will work in the garden as a community.
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: (704) 476-8240 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 in the garden as a community.
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 during warmer months. Common plots are available. Call for updates.

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.
Redeemer Sunrise Community Garden	Leader/Contact Name: Frank Lattimore Phone Number: (704) 297-8383 Address: 502 W Sumter Street Shelby, NC Email: karen.lattimore@gmail.com	Redeemer Sunrise Community Garden is open year-round for participants with no requirements other than following common rules. Individual and common plots are available.
Washington Elementary School	Leader/Contact Name: Angela Smith Phone Number: (704) 476-8260 Address: 1907 Stony Point Rd Shelby, NC 28150 Email: amskeith@clevelandcountyschools.org	Washington Elementary School Community Garden is open year-round. The garden offers common plots however, participants must work on the garden as a whole.
Washington Outreach Ministry	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	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.

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:** Cleveland County residents free with resident's Decal $10/car for non-residents $75 yearly pass for non-residents For passes and decals, call (704) 434-0040 Camping available for small fee – fill out application online	The 1500-acre Greenway has 15 miles of natural surface trail and is a great place to ride, hike or picnic.. Printable trail map online. 24 picnic tables, 2 shelters, 9 grills available for use – tables are NOT reservable Leashed pets are allowed Paddlers access for kayak/ canoe/paddleboard Two life jacket loaner stations are located at the Greenway. These stations provide life jackets (size infants to oversized adults) available on a daily basis on loan free to individuals accessing the water. The life jackets are available from Memorial Day through Labor Day.
First Broad River Trail/ Carolina Thread Trail	Phone Number: (704) 484-4772 Address: 940 West Grover Street Shelby, NC 28150 Website: https://www.carolinathreadtrailmap.org/trails/trail/first-broad-river-trail **Admission: Free** ***This trail was severely impacted by Hurricane Helene and is currently closed. Please check on the City of Shelby's website, www.cityofshelby.com, for updates on repairs and reopening.***	The First Broad River Trail is a 1.5 mile natural surface trail that follows the First Broad River. **Disclaimer**: To get on the trail you must cross a swinging bridge.
Carl Spangler Trail	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**	The Carl Spangler Trail, a 0.8 mile section (one-way) 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. Trail is open dawn to dusk Leashed pets allowed No restrooms available

Carolina Harmony Trail	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**	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. Leashed dogs allowed City noise ordinance enforced No fires, grilling or camping No alcohol or smoking No ATVs or motor vehicles allowed
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. Ranger on duty with security cameras on-site This trail is handicap-friendly. Foot trail is open to Galilee Church Road Bikes and pets allowed Open dawn to dusk Thanks to the support of Scout members and senior projects, the trial 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 – This app provides historical information about the houses/buildings on the tour. **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.
Stagecoach Greenway on the First Broad River	Current Greenway Contacts: Brad Cornwell, General Manager Cleveland County Water 715 Polkville Road Shelby, NC 28150 or Josie Rikard, GIS Coordinator josie.rikard@clevelandcountywater.com Website: https://stagecoachgreenway.com	The Stagecoach Greenway, a new walking and biking trail, highlights an exceptional river while featuring four parks, two river accesses and Main Street in Lawndale, NC. When completed the project will encompass 60 acres of greenway, five miles of trails and four parks.
Regional Parks		
Lawndale Park	Phone Number: (980) 404-5511 Address: 209 East Main Street Lawndale, NC 28090 Website: https://stagecoachgreenway.com	Lawndale Park is a local park open from 8:00 am to 8:00pm during May to September and from dawn to dusk in other months. The park may close due to inclement weather. Amenities include restrooms, river beach access, walking paths, picnic areas and is dog-friendly. A life jacket loaner station is located at Lawndale Park. These stations provide life jackets (size infants to oversized adults) available on a daily basis on loan free to individuals accessing the water. The life jackets are available from Memorial Day through Labor Day.
John H. Moss Recreation Park	Contact: Dee Steward, Moss Lake Supervisor Phone Number: (704)482-7926 Address: 2621 Oak Grove Road Shelby, NC 28150 Website: https://www.Cityofkm.com	Moss Lake is located in Kings Mountain and borders Shelby. The area is more than 2,000 acres with 57 miles of shoreline and 1,660 acres of water. There are ten public boat ramps and the lake is stocked with bass and crappie. Campgrounds and picnic areas are available.

		The park is handicap accessible with free parking. Dogs are welcome if leashed. Two life jacket loaner stations are located at Moss Lake Park. These stations provide life jackets (size infants to oversized adults) available on a daily basis on loan free to individuals accessing the water. The life jackets are available from Memorial Day through Labor Day.
South Mountain State Park	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* - hours change month to month, closed on Christmas** ***Headquarters, Shinny and Possum Trails closed*** ***No trail access for biking/equestrians @ Jacob Fork***	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. No fees except for camping, event permits and reservations. Pets must be leashed. Park has tent sites, RV sites and equestrian campsites. Showers are available. Picnic shelters available. Waterfall safety offered.
Crowders Mountain State Park	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/state-parks/crowders-mountain-state-park **Admissions: Free – fees for camping, group climbing, certain event permits and reservations** ***Hours are located on website* - hours vary by month, closed on Christmas**	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. Sparrow Springs – paddling and fishing, backpack camping, picnic shelters here only Linwood – rock climbing here Boulders – bouldering here Pets allowed at all sites but must be leashed

Kings Mountain National Military Park	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* - usual 9:00am – 5:00pm** **Visitors Center open Sunday, Wednesday, Thursday, Friday, Saturday 9:00 am – 5:00 pm, closed some holidays**	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. Camping, picnicking, hiking, horse trails, fishing, 19th Century Living History Farm Bikes allowed only on main park road. Pets must be leashed.
Kings Mountain State Park	Phone Number: (803) 222-3209 Address: 1277 Park Road Blacksburg, SC 29702 Website: https://southcarolinaparks.com/kings-mountain **Admissions: $3 adults, $1.50 seniors, $1 children ages 6-15, 5 and under free** ***Hours are located on website* - usual 8:00 am – 6:00 pm, 7:00 am – 9:00 pm during Daylight Savings Time** **Office open 11:00-12:00 and 4:00-5:00 Monday-Friday**	Kings Mountain State Park has miles of trail, Equestrian Facilities, Campgrounds, Two Fishing Lakes with boat rentals, and the popular Living History Farm. Pets allowed – must be leashed.
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: 117 Piedmont Drive Lawndale, NC 28090	Walking track, field, and updated playground facilities.
Polkville Park	Address: Park Drive Polkville, NC 28136	Walking track, ball fields, playground, and 2 pickleball courts
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, pickleball court

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. Family Swin Night 7:30 – 9:30 p.m. on Tuesday and Thursday $2 12 and under, $ 13+, $3 55+
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* - 7:00 am – 8:00 pm**	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*** **Monday – Thursday 10:00 am – 7:00 pm** **Friday – 9:00 am – 5:00 pm** **Closed Saturday/Sunday**	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
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: 211 Cleveland Avenue Kings Mountain, NC 28086	ADA accessible, 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://clevelandcountyhdnc.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.**	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.

	Hours are located on website	
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.
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 Poor.

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	Phone Number: (980) 484-5164 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/programs__services/pharmacy.php	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. Free Narcan is available at the Cleveland County Health Department Drive-Thru window: • For free, for everyone • No prescription required Free Tobacco Cessation/Nicotine Replacement Therapy may be available while supplies last, including patches, gum and lozenges. Free Over-the County (OTC) medications may be available while supplies last (intended for short-term use to treat a variety of acute illnesses and their symptoms including allergies, coughs and colds, diarrhea, constipation and others).
Access Meds Cleveland County Health Department Pharmacy	Phone Number: (980) 484-5164 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/AccessMeds Program Information Link.pdf	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. 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.

Medication Assistance Program (MAP) - Cleveland County Health Department Pharmacy	Phone Number: (980) 484-5146 Address: 200 South Post Road Shelby, NC 28152 Website: https://www.clevelandcountyhdnc.com/programs__services/pharmacy.php	MAP provides free medications to eligible low-income and uninsured Cleveland County residents through partnership with NC MedAssist 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	Address: 705 East Dixon Boulevard Shelby, NC 28152 Phone Number: (704) 484-0021 Website: https://www.walmart.com/store/1034-shelby-nc	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. See full list of qualifying medications at: https://www.walmart.com/cp/4-prescriptions/1078664
NC MedAssist Non-Profit Pharmacy – Cleveland County Health Department is a Point of Entry partner.	Address: 4428 Taggart Creek Rd #101 Charlotte, NC 28208 Phone: (704) 536-1790 Website: https://medassist.org/	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).
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 DOES NOT endorse this pharmacy in any way; we are presenting this information in an attempt to provide affordable options to Cleveland County residents. *Please do your own research and use this tool at your own risk!*		

Transportation Resource Guide		
Name	**Contact Information**	**Other**
Adult Medicaid	Phone Number: (980) 484-6314 Address: 200 South Post Road Shelby, NC 28152 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. You must qualify to receive transportation. For questions or concerns please contact Lorraine Edwards with Cleveland County Department of Social Services (980) 484-6314.
Transportation Administration of Cleveland County Inc. (TACC)	Phone Number: (704) 482-6465 Address: 952 Airport Road Shelby, NC 28150 Email: scostner@taccshelbync.com Website: https://taccshelbync.com/ Operates Monday-Friday, 6am-6pm	Transportation Administration of Cleveland County, Inc. (TACC) is a local, non-profit transit provider serving residents of Cleveland County. Non-emergency transportation is available for those who are elderly, disabled or lack reliable transportation. ADA-accessible vans are used for door-to-door scheduling; vans also have audio and video surveillance systems. Services are provided for medical appointments, pharmacy visits, dialysis, adult day care and more. Services are also available for out-of-county appointments such as Gastonia, Charlotte and the Asheville VA Medical center. To schedule services, please contact the TACC office at 704-482-6465
Cleveland County Transit (CCT)	Phone Number: (704) 482-2311 Address: 952 Airport Road Shelby, NC 28150 Operates Monday-Friday, 7am – 3 pm. Email: scostner@taccshelbync.com Website: https://taccshelbync.com/cct-2/	CCT is a deviated fixed-route system with 27 bus stops around the city limits of Shelby. CCT makes five rounds daily with 27 stops. This service is free to the general public and funs Monday-Friday from 7am – 3 pm. CCT and REACH routes were combined in June 2025.

Primary Care Resources

Name	Contact Information
Cleveland County Health Department Primary Care Clinic	Care for Cleveland - Cleveland County Health Department Primary Care Clinic Serving all Cleveland County residents, with or without insurance; for those without insurance, fees are based on household income 200 South Post Road, Shelby, NC 28152 Hours: Monday – Friday, 8:00 AM – 5:00 PM 980-484-5100 website: www.clevelandcountyhdnc.com
Atrium Health	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 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 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 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 Also available at certain locations – check website for availability : Atrium Health Care Everywhere Mobile Unit Community Virtual Primary Care More Information: https://atriumhealth.org Financial Assistance: https://atriumhealthy.org/for-patients-visitors/financial-assistance
Caromont Health	Caromont Family Medicine-Shelby 520 North DeKalb Street, Shelby, NC 28150 Hours: Monday – Friday 8:00am-5:00pm 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 More Information: https://caromonthealth.org Financial Assistance: https://www.caromonthealth.org/Patients-Visitors/Patient-Information/Billing-Information/Financial-assistance.aspx

Kintegra Health	Kintegra Family Medicine – Shelby 1760 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 445 Earl Road, Shelby, NC 28152 Hours: Monday – Friday, 8:00 AM – 5:00 PM Office: 704-284-7008 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 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 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 More Information: https://www.kintegra.org
Urgent Care	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 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 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

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

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.clevelandcountyhdnc.com/ Facebook:https://www.facebook.com/clevelandcountyhealthdepartment	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
Broad River Dental	Phone Number: (704) 484-0611 Address: 1210 E Marion Street Shelby, NC 28150 Website: https://broadriverdental.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
Kings Mountain Family Dentistry	Phone Number: (704) 739-4473 Address: 107 East Mountain Street Kings Mountain, NC 28086 Website: https://kingsmtndental.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 Family Dentistry	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 Suite 13 Shelby, NC 28150 Website: https://huittandbordersdentistry.com/	Does NOT accept Medicaid; accept some forms of Medicare as an out of network benefit
Zachary Evans, DDS Periodontics	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 Suite 9 Kings Mountain, NC 28086 Website: https://bakerdentalcare.com/	Does NOT accept Medicaid; accepts Medicare supplemental plans with dental coverage
Kintegra Health	Phone Number: (704) 284-7008 Address: 445 Earl Road Shelby, NC 28150 Website: www.kintegra.org	Offers dental care – for adult dental will bill Medicaid and offer a sliding fee scale for uninsured patients
Andy Hollifield, DMD, PA	Phone Number: (704) 739-7588 Address: 801 West King Street Kings Mountain, NC 28086 Website: https://dochollifield.com	Does NOT accept Medicare or Medicaid
Shelby Pediatric Dentistry	Phone Number: (704) 484-3366 Address: 221 Simpson Park Road Shelby, NC 28150 Website: https.ncpediatricdentistry.com	Accepts Medicaid and private insurance; payment plans if eligible **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 Website: https://codybarrettdds.com	Does NOT accept Medicare or Medicaid

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.org	Accepts Medicare
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

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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: 980-484-2111 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
Cleveland County Health Department	200 South Post Road Shelby, NC 28152 Phone Number: 980-4845100 Website: https://www.clevelandcountyhdnc.com/ Facebook:https://www.facebook.com/clevelandcountyhealthdepartment	Cleveland County Health Department offers Behavioral Health Services in an outpatient setting. Therapy sessions are available to individuals in the community who are interested in improving their overall mental wellness. Will serve ages 10+. Accepts Medicaid and most private insurances (please call to make sure the company is in-network), self-pay and sliding fee scale for those who are eligible
CORE Family Services	1300 Gidney St., Suite C Shelby, NC 28150 Phone Number: 704-484-2558 Website: www.corefamilyservices.org	Outpatient Mental Health Services for adults, adolescents, and children Substance Abuse services for adults Takes some Medicaid, no Medicare, uninsured on a sliding scale, most private insurance

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: Foothillspsychshelby.com	Outpatient Therapy for mental health and substance abuse, Medication Management; MAT provider
Halos Counseling	132 Elizabeth Avenue, Unit D Shelby, NC 28150 Phone Number: 866-242-5648 Website: haloscounseling.com	Therapy and counseling for individuals, couples, family, groups, teens No insurance accepted, all services self-pay
Integrated Care of Greater Hickory-Shelby	117 West Marion Street Shelby, NC 28152 Phone Number: 828-322-5915 Website: www.integratedcarehickory.com Mobile Medication Assisted Treatment Unit is located at CCHD on Wednesday, 2:00 pm – 4:00 pm	Substance abuse and mental health treatment, MAT provider Accepts uninsured, Medicaid, Medicare, and private insurance
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 (sliding fee available if income qualifies)
Kintegra Family Medicine	Shelby Location: 445 Earl Road, Shelby, NC 28150 Phone Number: 704-284-7008 Fallston Location 5009 Fallston Road, Lawndale, NC 28090 Phone Number: 704-538-8532 Kings Mountain Location 812 West King Street, Kings Mountain NC 28086 Phone Number: 704-739-5456 Boiling Springs Location 305 West College Avenue, Shelby, NC 28152 Phone Number: 704-818-9200 Website: www.kintegra.org	Behavioral Health Services – therapy and medication management Medication for Opioid Use Disorder (MOUD) at Shelby location MAT providers at Boiling Springs location 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, Mental Health, DWI Services, MAT providers VA, Medicaid/Medicare, self-pay and uninsured (sliding fee available if income qualifies)
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, MAT provider Crisis Line: 855-527-4747 Accepts VA, Medicaid/Medicare, self-pay and uninsured (sliding fee available if income qualifies)
Preferred Choice Healthcare	806 N. Lafayette 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 No Medicare, Am-Better or VA
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 24/7 Scheduling Line: 618-861-6000 Only see clients with Opioid Use Disorder, can do screening and diagnosis on site	Opens 5:00 a.m. – 11:00 a.m. Monday through Saturday MAT provider Counseling Takes VA, commercial/private, self-pay, Medicaid, Medicare
Speak Your Peace Counseling, Coaching & Consulting, PLLC	222 North Lafayette Street, Suite 11 Shelby, NC 28150 Phone Number: 980-224-0412 Website: www.speakyourpeacecounseling.com	Therapeutic counseling services Accepts Oscar Health, United Healthcare, Oxford health, Aetna, Cigna, BCBS of Massachusetts, uninsured (sliding fee available), Medicaid, Medicare

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

Where ***MAT provider*** is listed as a service in this guide, please note that these are providers who do Medication Assisted Treatment for either opioids or some other substance use disorder. MAT covers a wide range of possible medication uses for a variety of substances that individuals may be using.

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.

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

Improving Lives. Strengthening Communities.

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

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

Crisis Lines/Resources and Suicide Prevention

All Emergencies	**911**
Mobile Crisis Unit *(24 hours)*	855-527-4747
Cleveland Crisis and Recovery	704-751-3693
Partners Behavioral Health Crisis Line	1-833-353-2093
Atrium Behavioral Health *(24 hours)*	704-444-2400
Carolinas Poison Center	1-800-848-6946
HopeLine NC *(Call or Text)*	1-877-235-4525
National Suicide Prevention Lifeline	**Call or Text 988** or 1-800-273-8255
Crisis Text Line	Text CONNECT to 741741
Veterans Crisis Line	1-800-273-8255 Press 1
Teen Talk Line	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
Atrium Health	Linda Page Faith Community Health Ministry Coordinator at Atrium Health Linda.Page@atriumhealth.org Wanda Clary Wanda.Clary@atriumhealth.org	Virtual QPR gatekeeper training for Atrium Health employees and Cleveland County community organizations/members
Cleveland County Health Department	200 South Post Road Shelby, NC 28152 Contact Person: Zakoya Spikes at 980-484-5205	Certified QPR instructor provides QPR (Question, Persuade, Refer) suicide prevention gatekeeper training to new health department staff Training can be extended to community organizations by setting up appointments – for more information, please call the number provided
Mental Health Association of Cleveland County	205 South Washington Street Shelby, NC 28150 Telephone: 704-481-8637 MHA@ClevelandCountyMHA.org	Mental Health Association programming revolves around advocacy, education and support for individuals and families affected by mental illness
The Starr Project	Joyce Davidson, Secretary and Spokeswoman 704-710-6604 thestarrproject2022@gmail.com	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

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

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