

The Forsyth County

Community Resource Guide

For Parents & Parenting



This guide was prepared by the Coalitions & Community Engagement Section of the Forsyth County Department of Public Health. It was revised in November 2020.

Pregnancy Testing, Counseling, & Options

Birthright of Winston-Salem	(336) 774-0456
Catholic Charities	(336) 727-0705
Children's Home Society	(800) 632-1400
Family Planning Clinic (Health Department)	(336) 703-3429
Planned Parenthood Winston-Salem Health Center	(336) 768-2980
Provide (www.providereferrals.org)	(855) 518-4603
Salem Pregnancy Care Center	(336) 760-3680
Social Services	(336) 703-3656
A Woman's Choice of Greensboro	(336) 273-9485

Childbirth Education & Support

Childbirth Education Class (Health Department)	(336) 703-3206
DONA International Doula Service	(888) 788-3662
Labor & Delivery Classes (Wake Forest Baptist Health)	(336) 713-MOMS
Maternity Education (Novant Health)	(336) 718-7000 (855) 251-8808
Piedmont Doulas	(336) 448-4114

Parenting Classes & Postpartum Support

Eliza's Helping Hands – English	(336) 671-0138 (336) 776-0322
Eliza's Helping Hands – Spanish	(336) 749-9840
Labor & Delivery Classes (Wake Forest Baptist Health)	(336) 713-MOMS
Maternity Education (Novant Health)	(336) 718-7000 (855) 251-8808
The Parenting PATH	(336) 748-9028
<i>Fatherhood Program</i>	(336) 748-9028
<i>Welcome Baby 24-hr Warmline</i>	(336) 725-2229
Postpartum Support International Helpline – English & Spanish	(800) 944-4773
<i>Support via text – English</i>	(800) 944-4773
<i>Support via text – Spanish</i>	(971) 420-0294

Parenting Classes & Postpartum Support, Continued

Prenatal Parenting Classes (Health Department)	(336) 703-3206
Salem Pregnancy Care Center	(336) 760-3680

Infertility Treatment

Carolinas Fertility Treatment	(336) 448-9100
Lyndhurst Gynecologic Associates	(336) 765-9350
Maternity Care (Novant Health)	(877) 9-NOVANT
Tubal Reversal: A Personal Choice (Raleigh)	(919) 977-5050
Wake Forest Center for Fertility, Endocrine & Menopause	(336) 716-6476

Prenatal Care

Cone Health Center for Women's Health (Kernersville)	(336) 992-5120
Hawthorne OB/GYN Associates	(336) 768-3632
Lyndhurst Gynecological Associates	
<i>Kernersville Office</i>	<i>(336) 993-4532</i>
<i>Mt. Airy Office</i>	<i>(336) 789-9076</i>
<i>Winston-Salem Office</i>	<i>(336) 765-9350</i>
Novant Health	
<i>Today's Woman OB/GYN</i>	<i>(336) 722-1818</i>
<i>Triad OB/GYN (Dr. Lipscomb)</i>	<i>(336) 277-0340</i>
<i>Valaoras & Lewis OB/GYN</i>	<i>(336) 659-4777</i>
<i>WomanCare</i>	<i>(336) 765-5470</i>
Pregnancy Medicaid (Social Services)	(336) 703-3800

Prenatal Care, Continued

United Health Centers	
<i>Felicity Lane</i>	<i>(336) 999-7655</i>
<i>Peter's Creek</i>	<i>(336) 955-1379</i>
<i>Southside</i>	<i>(336) 293-8728</i>
Wake Forest Baptist Health	
<i>Comprehensive Fetal Care Center</i>	<i>(336) 716-6893</i>
<i>Downtown Health Plaza OB/GYN</i>	<i>(336) 713-9800</i>
<i>Family Medicine at Piedmont Plaza</i>	<i>(336) 716-4479</i>
<i>High Point – Elm OB/GYN</i>	<i>(336) 878-6530</i>
<i>High Point – Pinewest OB/GYN</i>	<i>(336) 885-0149</i>

Breastfeeding Support

La Leche League – Helpline	(877) 452-5324
<i>Kernersville</i>	(336) 416-8180
<i>Winston-Salem</i>	(336) 971-0691
Medala Breast Pump Rentals	(800) 835-5968 (844) 867-9890
Novant Health	
<i>Baby Café</i>	(336) 718-8233
<i>Nursing Mother’s Place (Forsyth Medical Center)</i>	(336) 718-5636
Wake Forest Baptist Health	
<i>Mother’s Nursing Nook</i>	(336) 716-6212
<i>Lactation Support Services (High Point Medical Center)</i>	(336) 878-6712
<i>Virtual Support Group</i>	(336) 713-MOMS
Women, Infants & Children (WIC) (Health Department)	(336) 703-3346

Housing for Pregnant Women

Bethesda Center	(336) 722-9951
Family Services	(336) 722-8173
<i>Crisis Line & Shelter Info</i>	<i>(336) 723-8125</i>
Florence Crittenton Services (Charlotte)	(800) 448-0024
Room at the Inn (Greensboro)	(336) 996-3788
Salvation Army Center of Hope	(336) 777-8611, ext. 66327 (336) 723-6366
Winston-Salem Housing Authority	(336) 727-8500

Advocacy

Children's Law Center of Central NC	(336) 831-1909
Legal Aid of North Carolina	(336) 725-9162

Childcare Resources

Child Care Resource Center	(336) 245-4900
Family Services Child Development / Head Start	(336) 727-0617
NC Division of Child Development (ncchildcare.ncdhhs.gov/)	(800) 859-0829
Smart Start of Forsyth County	(336) 725-6011
Social Services	(336) 703-3800
Winston-Salem / Forsyth County Schools	(336) 727-2816

Abuse, Assault, & Neglect

Family Services	(336) 722-8173
<i>24-hr Crisis Line</i>	<i>(336) 723-8125</i>
<i>24-hr Sexual Assault Crisis Line</i>	<i>(336) 722-4457</i>
<i>Safe on Seven Domestic Violence Center</i>	<i>(336) 776-3255</i>
National Domestic Violence Hotline (24-hr)	(800) 413-7054
<i>Support via text (24-hr)</i>	<i>Text LOVEIS to 22522</i>
Next Step Ministries	(336) 413-7054
<i>24-hr Crisis Line</i>	<i>(336) 413-5858</i>
The Parenting PATH (counseling for abused children)	(336) 748-9028
Social Services	(336) 703-3800
<i>Child Protective Services</i>	<i>(336) 703-3500</i>
<i>Child Abuse & Neglect Report Line (24-hr)</i>	<i>(336) 703-2287</i>
Emergencies	911

Mental Health, Substance Use, & Crisis Intervention

Alexander Youth Network Winston-Salem Branch	(336) 724-1412
Associates in Christian Counseling	(336) 896-0065
Cardinal Innovations Health	(800) 939-5911
CareNet Counseling	(336) 716-0800
<i>Kernersville Office</i>	<i>(336) 716-0855</i>
<i>Winston-Salem Office</i>	<i>(336) 716-0800</i>
Catholic Charities	(336) 727-0705
Daymark Recovery Services	(336) 607-8523
Insight Human Services	(336) 725-8389

Mental Health, Substance Use & Crisis Intervention, Continued

Mended Hearts Counseling (High Point)	(336) 609-7383
Mobile Crisis Team (24-hr)	(866) 275-9552
National Suicide Prevention Lifeline (24-hr)	(800) 273-8255
Postpartum Depression Helpline	(800) 773-6667
Trellis Supportive Care – Grief Counseling	(336) 331-1300
Triad Therapy Mental Health	(336) 529-6300 (336) 896-0904
Trinity Center	(336) 725-3999
Women Infant & Children Health (WISH) – Community Choices	(336) 397-7500
Emergencies	911

Dental Health

Cleveland Ave Dental Center (Health Department)	(336) 703-3090
Dr. Perry Jeffries (ages 1-18)	(336) 748-0033
Dr. Suzanne Newsome (ages 3 & up)	(336) 945-2403
Dr. Mark Oliver (ages 6 & up)	(336) 724-5054
Dr. Bruce Peller & Dr. Paula Henao	(336) 759-0651 (English) (336) 896-1341 (Spanish)
FTCC Dental Hygiene Clinic (ages 3 & up)	
<i>Appointments</i>	(336) 734-7550
<i>Information</i>	(336) 734-7550
Rescue Mission Dental Clinic	(336) 723-1848
Smilestarters (ages 1-20)	(336) 777-1272
United Health Centers (Peter's Creek Office)	(336) 955-1379

Family Planning & Birth Control

Family Planning Clinic (Health Department)	(336) 703-3324
NC Emergency Contraception Hotline	(866) 942-7762
Planned Parenthood Winston-Salem Health Center	(336) 768-2980

Smoking Cessation

Fresh Start (American Cancer Society)	(336) 834-0844
Quitline NC (24-hr) – English	(800) QUIT-NOW
Quitline NC (24-hr) – Spanish	(800) DÉJELO-YA
Smoking Cessation Resources (Health Department)	(336) 703-3267
Virtual Tobacco Program (Wake Forest Baptist Health)	(336) 716-8246

Case Management with Social Support

Forsyth County Dept. of Public Health	(336) 703-3100
Care Management for At-Risk Children (CMARC)	(336) 703-3242
Care Management for High-Risk Pregnancies (CMHRP)	(336) 703-3243
Healthy Beginnings	(336) 703-3183
NC Triad Baby Love Plus	(336) 703-3189
Nurse-Family Partnership (NFP)	(336) 703-3185
ImprintsCares	(336) 722-6296
The Parenting PATH	(336) 748-9028
WS/FC School Social Worker for Teen Parents & Their Families	(336) 414-0875

Special Needs

ABC of NC Child Development	(336) 251-1180
Amos Cottage Therapeutic Day Program	(336) 713-7493
Autism Society of NC	(800) 442-2762
Care Management for At-Risk Children (CMARC) (Health Dept.)	(336) 703-3242
Centers for Exceptional Children & The Children's Center	(336) 727-2440
Children's Development Service Agency (CDSA) (ages 0-3)	(336) 713-7412
Down Syndrome Association of Greater Winston-Salem	(336) 739-3696
Family Support Program of Chapel Hill	(800) 852-0042 (919) 966-2841
Ronald McDonald House of Winston-Salem	(336) 723-0228
The Special Children's School	(336) 703-4191

Transportation

Medicaid Transportation (Social Services)	(336) 703-3919
Piedmont Authority for Regional Transportation (PART)	(336) 883-7278
Winston-Salem Transit Authority (WSTA)	(336) 727-2000

Baby Supplies

Beautiful Beginnings	(336) 298-1561
Catholic Charities Wee Care Shoppe	(336) 727-0705
Clemmons Food Pantry (diapers)	(336) 331-3432
Diaper Bank of NC Greater Triad Branch	(336) 830-4579
Salem Pregnancy Care Center	(336) 760-3680
The Shalom Project Clothing Closet (diapers)	(336) 721-0606
Today's Woman (diapers)	(336) 722-1818

Other Emergency Assistance

Catholic Charities Food Pantry	(336) 727-0705
Crisis Control Ministry	(336) 724-7453
<i>Kernersville Office</i>	<i>(336) 996-5401</i>
<i>Winston-Salem Office</i>	<i>(336) 724-7453</i>
Forsyth County Department of Social Services	(336) 703-3800
The Shalom Project	(336) 721-0606
Sunnyside Ministry	(336) 724-7558
Women Infants & Children (WIC) (Health Department)	(336) 703-3346