

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html



2-1-1 provides 24/7 information regarding community resources and can be accessed by phone (2-1-1) or online (nc211.org). Resources can be requested by county, city, state or zip code.



Behavioral Health Services.....2, 3
Bill/ Utility Assistance....4
Childcare Resources....5
Clothing and Thrift Shops....6
Emergency Shelter....7
Food Assistance....8, 9
Health and Wellness Services....10, 11

Housing.... 12, 13
Job Resources....14
Meals...15, 16
Miscellaneous....17, 18
Permanent Medicine Drop Locations....19
Support Groups....20, 21
Education Classes...22, 23
Transportation....24

Behavioral Health Services

RHA Mobile Crisis Management		24/7/365	888-573-1006
24/7/365 CRISIS LINE: 1-888-573-1006 Provides behavioral and mental health services for individuals of all ages and families in crisis.			
Direct Care Community Based Services, LLC	668 Withrow Rd. Forest City, NC	Monday- Friday 9am-5pm	828-286-4466 www.directcare.co
Provides personal, high-quality mental health services for children and adults that include day treatment, outpatient therapy and residential treatment. After hour crisis care available for Polk day treatment, call crisis line at 828-429-8503.			
Family Preservation Services (Pathways by Molina)	84 White Drive Columbus, NC	Monday- Friday 8:00am-5:00pm	828-894-2290 www.pathways.com
Provides emergency same day, walk-in services for behavioral, mental health and substance abuse concerns.			
Polk Health Center Blue Ridge Community Health	155 West Mills Street Columbus, NC	Monday- Friday 8am-5pm	828-894-2222 www.brchs.com
A federally funded community health center that provides behavioral health services including substance abuse and mental health groups for adults and children. Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. See also Health and Wellness Services.			
Vaya Health (Formerly)Smoky Mountain LME/ MCO	200 Ridgefield Ct. Ste. 206 Asheville, NC	Monday- Friday 8:00am-5:00pm	800-849-6127 www.vayahealth.com
Provides assistance for those with behavioral health and intellectual or developmental disabilities through referrals to local providers. Check your mental health with an anonymous screening at www.vayamindful.org .			
Cooper Riis Healing Community	101 Healing Farm Lane Mill Spring, NC	Monday- Friday 8:30am-5:00pm	800-894-7140 www.cooperriis.org
Offers hope and healing to adults who struggle with complex mental health issues. Residential treatment available.			
Pavillon Treatment Center	241 Pavillon Place Mill Spring, NC	Monday-Friday 8:30am-5pm	800-392-4808 www.pavillon.org
Comprehensive addiction treatment and recovery services that provide residential, outpatient and extended patient care programs.			
St. Luke's Hospital Center of Behavioral Medicine	101 Hospital Drive Columbus, NC	24/7	864-894-3311 www.saintlukeshospital.com
Inpatient geriatric psychiatry services for adults age 55 and over. Accepts self-referrals as well as physician, social services, rest home, adult daycare and/ or hospital referrals. See also Health and Wellness Services, Support Groups and Education Classes.			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

<p align="center">St. Luke’s Hospital Senior Life Solutions</p>	<p align="center">48 Hospital Dr. Ste 2A Columbus, NC</p>	<p align="center">Monday- Friday 8am-5pm</p>	<p align="center">828-894-9890 www.saintlukeshospital.com</p>
<p>An intensive outpatient counseling program which addresses the emotional and behavioral health of adults over the age of 65. See also Health and Wellness Services, Support Groups and Education Classes.</p>			
<p align="center">Lifespan Psychological Services, PC Dr. Gordon Schneider,</p>	<p align="center">801 W. Mills St. Ste. B Columbus, NC</p>	<p align="center">Monday- Friday 8am-5pm</p>	<p align="center">828-894-2300</p>
<p>Provides behavioral health services that include mental health, developmental disabilities and substance abuse services to children and adults. Accepts Medicaid, Medicare and private insurance. Financial assistance for behavioral health services to those that meet eligibility criteria, call for more information.</p>			

Bill/ Utility Assistance

Name	Address	Days/ Hours of Operation	Phone
Crisis Intervention Program (CIP) Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
Serves individuals and families who are experiencing or in danger of experiencing a heating or cooling related crisis as long as funds are available. See also Childcare Resources, Food Assistance, Transportation and Miscellaneous.			
Low Income Energy Assistance Program (LIEAP) Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
Provides a one-time annual vendor payment to help eligible families pay their heating expense as long as funds are available. See also Childcare Resources and Miscellaneous.			
Thermal Belt Outreach Ministry	134 White Drive Columbus, NC	Monday- Thursday 9am-11:30am, 12:30pm-3:30 Friday 9am-12pm	828-894-2988 www.tboutreach.org
Financial assistance provided to help families with basic needs such as electric, gas, kerosene, water, firewood, heaters and fans. In addition financial assistance is provided for mortgage and rent payment and Emergency dental, diagnostic, testing and prescription medications. See also Food Assistance. (V)			
Salvation Army	239 3 rd Ave. East Hendersonville, NC	Monday- Friday 8:30am-5:00pm	828-693-4181 www.salvationarmycarolinas.org/hendersonville/home/
Financial assistance provided to eligible families. Call for more information. (V)			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Childcare Resources

Name	Address	Days/ Hours of Operation	Phone
Western Carolina Community Action Columbus Children’s Center	2060 Lynn Rd. Columbus, NC	Monday- Friday 8am-5pm	828-859-0165
Childcare (Headstart) offered to children birth to age 3, free for eligible families. WCCA also offers home-based program based on the same criteria as the Headstart program.			
Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
Child Day Care Subsidy provides childcare vouchers to eligible low income families. See also Bill/ Utility Assistance, Food Assistance, Miscellaneous and Transportation.			
Polk County Schools Pre-K Program	125 East Mills Street Columbus, NC	Monday-Friday 8:00am-5:00pm	828-894-3051 www.polkschools.org/preschool
Children that will be 3 or 4 years of age before August 31 are eligible. Children may be eligible as fee-paying or may qualify for the Head Start.			

Clothing and Thrift Shops

Name	Address	Days/ Hours of Operation	Phone
Second Chance Thrift Store	232 East Mills Street Columbus, NC	M, W, F 10am-4pm Tues, Thurs 10am-5pm Saturday 10am-1pm	828-894-2373 www.stepstohope.org/scts/second-chance-thrift-store.html
Provides gently used merchandise for purchase. (V)			
Thrift Barn Hospice of the Carolina Foothills	1810 SC-14 Landrum, SC	M-TH 10am-4pm Friday 10am-6pm Saturday 10am-5pm	864-457-7348 www.hospiceofrutherford.org
Provides gently used merchandise for purchase. (V)			
Tryon Seventh-Day Adventist Thrift Store	2820 Lynn Road Tryon, NC	Sunday 10am-3pm M, T, Th 9am-3pm Wed, Fri 9am-1pm	828-859-6407 http://www.tryonsdachurch.org/share/thrift-store
See also Food Assistance. (V)			
Good Neighbor Thrift Store Columbus Baptist Church	45 Houston Road Columbus, NC	Thursday 9am-1pm Friday 9am-1pm Saturday 9am-12pm	828-894-8588 www.columbusbc.org
Provides gently used merchandise for purchase. (V)			
A Thrift Barn	64 Greenville St. Saluda, NC	Wednesday-Saturday 10am-4pm	828-393-7891
Provides gently used merchandise for purchase. (V)			
Bethlehem United Methodist Church	253 School Street Mill Spring, NC	Call for Information	828-551-9686 www.bethlehemunitedmethodist.com
Clothing is available in all sizes for children as well as adults. There are also free diapers, personal hygiene items, cleaning supplies, and even pet food. See also Meals.			
Habitat for Humanity Restore	132 N. Trade Street Landrum, SC	M-F 9am-4pm Saturday 10am-4pm	864-457-2666 www.thermalbelthabitat.org/tbh/
Provides gently used home furnishings for purchase. (V)			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Emergency Shelter

Name	Address	Days/ Hours of Operation	Phone
Steps to Hope	60 Ward Street Columbus, NC	24/7	828-894-3702 828-894-2340- 24 Hour Crisis Help-Line www.stepstohope.org
A SAFE PLACE FOR VICTIMS OF DOMESTIC VIOLENCE AND/OR SEXUAL ASSAULT. Temporary, emergency safe shelter is available, along with options-counseling with someone who is a compassionate listener. (V)			
Hendersonville Rescue Mission	639 Maple Street Hendersonville, NC	24/7	828-697-1354 www.hendersonvillerescuemission.com
Provides shelter, food and clothing to anyone in need. (V)			
Grace of God Rescue Mission	537 West Main Street Forest City, NC	24/7	828-245-9141
Provides shelter and food to anyone in need. See also Meals. (V)			

Food Assistance

Name	Address	Days/ Hours of Operation	Phone
Thermal Belt Outreach Ministry	134 White Drive Columbus, NC	Monday- Thursday 9am-11:30am, 12:30pm-3:30 Friday 9am-12pm	828-894-2988 www.tboutreach.org
Food Pantry available for clients to shop once a month for food. Commodities are available weekly. Holiday program provides Thanksgiving and Christmas meals for families that may have difficulty during the season. Feed-a-Kid program delivers bags of food to local schools for nutritionally at-risk children. Garden Hope Program/ Microform. See also Bill/ Utility Assistance. (V)			
Feed A Family United Church of Christ	210 Melrose Ave. Tryon, NC	Varies. Call for more information	828-859-9509 www.ucctryon.org
An extension of the Feed a Kid program by TBO. Provides a meal each week to families throughout the summer months.			
Hickory Nut Gorge Outreach	2594 Memorial Hwy Lake Lure, NC	Monday, Thursday, Friday 10am-3pm	828-625-4683 www.hickorynutgorgeoutreach.org
Food Pantry provides 3-5 day emergency food supply to local families and individuals. Family food assistance is offered on a weekly basis. Food for Kids provides nutritious food for school age children over the weekend during the school year. Serves Rutherford County Residents only. (V)			
Faith Temple Baptist Church	662 Mountain Laurel Drive Mill Spring, NC	Varies. Call for more information	828-894-0001 828-817-5942
Food pantry available. Call for more information.			
Green Creek Missionary Baptist Church	2382 Coxe Rd Tryon, NC	Wednesday 9am-12pm	828-863-2549
Food pantry available. Call for more information.			
Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
Provides monthly allotment for food stamp benefits through Electronic Benefit Transfer cards (ATM cards). See also Childcare Resource, Bill/ Utility Assistance, Miscellaneous and Transportation.			

See our online version of this guide at www.polkitfreshandfriendly.org/resources.html

Columbus Farmers Market	Courthouse Street Columbus, NC	Saturdays 8am-12pm	828-548-1316 www.polkcountyfarms.org/ farmer-markets/
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
Saluda Tailgate Market	West Main Street Saluda, NC	Fridays May- Oct. 4:30pm-6:30pm	828-548-1316 www.polkcountyfarms.org/ farmers-markets/
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
Tryon Farmers Market	Tryon Depot Tryon, NC	Thursdays May- Nov. 4:30pm-6:30pm	828-548-1316 www.appalachiangrown.or g/listing/show/696-tryon- tailgate-market
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
Tryon Seventh-Day Adventist Pop-up Markets	Various Locations throughout Polk County	Days and hours vary. Call or see website	828-859-6407 http://www.tryonsdachurc h.org/share/share-thy- bread
Pop-up market locations include Polk County Wellness Center, Ashley Meadows Apts., The Meeting Place, Ridge Oak Apts., , Levi Rd, Bethlehem Methodist Church, Independence Rd. Mobile Park, Landrum Rd. Mobile Homes, Roseland Community Center, Community House, Newview Apts, Smith- Waldrop, Full Proof Ministries, Garrison Chapel. See also Clothing and Thrift Shops.			
Landrum Farmers Market	111 N. Trade Ave. Landrum, SC	Saturdays May- Oct. 8:00am-12:00pm	864-457-6585 www.cityoflandrumsc.com
Seniors Farmers Market Nutrition Program (SFMNP), Senior Checks and WIC Vouchers			
Rutherford County Farmers Market	172 Depot Street Forest City, NC	Tuesday 8am-1pm Thursday 3pm-7pm Saturday 8am-1pm	828-287-6080 www.rutherfordcountync.g ov/farmersmarket
Accepts WIC FMNP (Farmers Market Nutrition Program) and Senior FMNP			

Health and Wellness Services

Name	Address	Days/ Hours of Operation	Phone
St. Luke's Hospital	101 Hospital Drive Columbus, NC 28722	24/7	864-894-3311 www.saintlukeshospital.com
A local, not-for-profit community hospital that offers an emergency department, psychiatry/ geriatric care, surgery, rehab/ therapy, radiology, laboratory services, respiratory therapy, pain management, diabetes prevention/ management, and Senior Life Solutions. See also Behavioral Health Services, Support Groups and Education Classes. (V)			
The Free Clinics (at Polk Health Center)	155 West Mills Street Columbus, NC	Monday-Friday 9am-5pm	828-774-9129 828-697-8422 www.thefreeclinics.org
A free clinic that provides healthcare and prescription services to residents of Polk and Henderson counties. Requires state ID, proof of residence, and proof of income for eligibility. Main office located in Henderson; Local case manager available in Polk County. (V)			
Polk Health Center Blue Ridge Community Health	155 West Mills Street Columbus, NC	M, W, Th, Fr 8am-5pm Tuesday 8am- 8pm	828-894-2222 www.brchs.com
A federally qualified community health center that provides comprehensive primary care for adults and children. Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. See also Behavioral Health Services.			
Polk County Health Department	161 Walker Street Columbus, NC	Monday – Friday 8:30am-5pm	828-894-8271 www.rpmhd.org
Provides community and environmental health services that include but are not limited to immunizations, well child exams, women's preventive services, communicable disease control, sexually transmitted disease clinic, maternal health services, tuberculosis control, postpartum home visits, pregnancy medical home program and Women, Infants and Children (WIC).			
Collins Dental Center	158 White Drive Columbus, NC	Monday- Thursday 8:30am-3:00pm	828-894-3120 https://www.brchs.com/collins-dental-polk
Provides dental care for all ages. Sliding fee scale are available based on a family income and size. Offers emergency dental care for the uninsured through Thermal Belt Outreach partnership.			
Columbus Lions Club			828-894-7062
Assist with eye exam and glasses expenses as well as lending out medical equipment.			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

NC Medical Eye Care Program Polk Social Worker for the Blind	231 Wolverine Trail Mill Spring, NC	Monday-Friday 8:30am-5:00pm	828-894-2100
Provides preventive and corrective vision services as well as eye-related surgery/ treatment and medication assistance for NC residents who don't qualify for Medicaid and have no other resources.			
Med-Assist	75 Carmel Lane Columbus, NC	Tuesdays 9am-12pm	828-894-0001 http://polkcountymeetingplace.com/senior_resources
Med-Assist is a resource for seniors that assist with access to life-saving prescription medications each month. APPOINTMENT REQUIRED.			
Affordable Care Act Health Insurance Help	Various Locations throughout Polk County	Days and hours vary. Call or see website.	855-733-3711 www.getcoveredamerica.org/get-covered-connector-national/
Provides access to affordable health insurance for those that do not have coverage.			
Senior Health Insurance Information Program (SHIIP)	75 Carmel Lane Columbus, NC	Tuesdays and Thursdays 9am-2pm	828-894-0001 http://polkcountymeetingplace.com/senior_resources
Certified SHIIP counselors answer Medicare beneficiaries and caregivers questions about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. APPOINTMENT REQUIRED.			
Veterans Services	75 Carmel Lane Columbus, NC	Tuesday-Thursday 8:30am-5:00pm	828-894-0003 www.polknc.org/veterans_services.php#.WNVK5jvyyvZu
Assists in processing claims for veteran benefits. See also Miscellaneous.			

Housing

Name	Address	Days/ Hours of Operation	Phone
Foothills Housing Partnership			828-429-3822 Dgraham2@charter.net
This is a program for rehabilitation, weatherization, continued maintenance or other improvements of housing owned by or available for low income residents. They also provide information and resources regarding housing needs of low income, and to promote, develop, construct or otherwise provide housing for low income families. Also they provide economic opportunities for low and moderate income families in the field of housing construction and rehabilitation. (V) See also miscellaneous.			
Ridge Oak Apartments	160 Shuford Road Columbus, NC	Monday- Friday 8:30am-5:00pm	864-457-2280
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
Highwood Apartments	15 Pinetree Lane Columbus, NC	Monday- Friday 8:30am-5:00pm	828-894-3499
Low income housing for the elderly population.			
Ashley Meadows at White Oak	113 Ashley Meadows Circle Columbus, NC	Monday- Friday 8:30am-5:00pm	828-894-2671
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
Arc Hds New View Apartments	120 Carson Street Tryon, NC	Monday- Friday 8:30am-5:00pm	828-273-4404 x21
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
Arc Hds Polk County Group Home	7 Mimosa Lane Tryon, NC	Monday- Friday 8:30am-5:00pm	919-782-4632
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Viewmont Apartments	974 Hooper Creek Road Tryon, NC		828-817-2744
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			

Job Resources

Name	Address	Days/ Hours of Operation	Phone
Polk Vocational Services	451 Industrial Park Columbus, NC	Monday-Friday 8:00am-4:00pm	828-894-3041 www.polkvocational.com
Provides vocational rehabilitation, developmental services, and employment for people with disabilities, disadvantages and other barriers to employment.			
NC Vocational Rehabilitation Services	277 Commercial Drive Forest City, NC	Monday-Friday 8:30am-5:00pm	828-245-1223 www.ncdhhs.gov/divisions/dvrs
Assists individuals with chronic physical, mental, or emotional impairments that affect their ability to obtain and maintain employment. Most services are at no cost, however, for some services there are financial eligibility criteria.			
First Staffing	1987 Lynn Road Columbus, NC	Monday- Friday 8:00am-5:00pm	828-859-0438 Columbusjobs@1firststaffing.com Amanda@1firststaffing.com
Assist jobseekers and employers through temporary staffing.			
Work First Services Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
A one-time vender payment up to \$500 as long as funds are available designed to support job retention and advancement, strengthen the family, promote the healthy development of children and parents, and encourage the formation and maintenance of two-parent families. Gross income at or below 200% of poverty, must have children in home.			
Rutherford NCWorks Career Center	223 Charlotte Road Rutherfordton, NC	Monday- Friday 8am-4:30pm	828-286-3042 lace.boal@ncommerce.com
Offers employment and career assistance.			

Meals

Name	Address	Days/ Hours of Operation	Phone
The Meeting Place Polk County Senior Center	75 Carmel Lane Columbus, NC	Monday- Friday 8:30am-4:30pm	828-894-0001 www.polkcountymeetingplace.com
Congregate meals served daily Monday-Friday from 11:30am-12:30pm. Free to senior's age 60+. (V)			
The Meeting Place 2 Green Creek	25 Shield Dr. Green Creek, NC	Monday-Friday 11:45pm-1pm	828-863-2795 www.polkcountymeetingplace.com
Congregate meals served daily Monday-Friday from 11:45am-12:30pm. Free to senior's ages 60+. (V)			
Meals on Wheels Polk and Green Creek	75 Carmel Lane Columbus, NC	Monday-Friday 8:30am-4:30pm	828-894-0001
Home-delivered meals for those that qualify daily Monday-Friday. For more information please call. (V)			
Meals on Wheels Saluda	64 Greenville St. Saluda, NC	Monday- Friday 8:30am-2:30pm	828-749-9245
Home-delivered meals for those that qualify daily Monday- Friday. For more information please call. (V)			
Bethlehem United Methodist Church The Thursday Table	253 School Street Mill Spring, NC	Every Thursday 6:00pm-7:00pm	828-551-9686 www.bethlehemunitedmethodist.com
Free meal to the public, take-out plates available.			
Polk Baptist Association Care Kitchen "Food From the Heart"	208 Blanton St. Columbus, NC	Every Friday 11:30am-12:30pm	828-894-5633 www.polkbaptistassociation.org
Columbus Baptist Church	45 Houston Rd. Columbus, NC	Every 3 rd Wednesday 5:30pm	828-894-8588 www.columbusbc.org
Congregate meals served free to the community during the school year. See also Clothing and Thrift shops.			
Columbus Presbyterian Church	21 Peniel Road Columbus, NC	Breakfast every Sunday at 9:20am. Dinner every Wednesday at 6pm.	828-894-3368 www.columbuspresbyterian.homestead.com
Congregate meals served free to the community.			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Grace of God Rescue Mission	537 West Main Street Forest City, NC	Everyday 5:00pm	828-245-9141
Offers meals to anyone in the community. See also Emergency Shelters. (V)			
Saluda United Methodist Church Saluda Welcome Table	132 Greenville Street Saluda, NC	Tuesday 5:30pm-6:45pm	828-749-9764
Congregate meals served free to the community.			
Landrum United Methodist Church	227 N. Howard Ave. Landrum, SC	Every 4 th Saturday 4:00pm-6:00pm	864-457-3984 www.landrumumc.net
Congregate meals served free to the community.			
Landrum First Baptist Church	300 East Rutherford St. Landrum, SC	Every 3 rd Saturday 4:00pm-6:00pm	864-457-4118 www.fbclandrum.com
Congregate meals served free to the community.			

Miscellaneous

Name	Address	Days/ Hours of Operation	Phone
Foothills Housing Partnership			828-429-3822 Dgraham2@charter.net
This is a program for rehabilitation, weatherization, continued maintenance or other improvements of housing owned by or available for low income residents. They also provide information and resources regarding housing needs of low income, and to promote, develop, construct or otherwise provide housing for low income families. Also they provide economic opportunities for low and moderate income families in the field of housing construction and rehabilitation. (V) See also housing.			
Community Alternatives Program (CAP)	48 Hospital Drive Ste.3 Columbus, NC	Monday-Friday 8:30am-5:00pm	828-894-0564
A Medicaid funded program that provides services to individuals in their homes that would otherwise require the level of care provided in a skilled nursing facility.			
Veterans Services	75 Carmel Lane Columbus, NC	Tuesday-Thursday 8:30am-5:00pm	828-894-0003 www.polknc.org/veteransservices.php#.WNVK5jvyyZu
Assists in processing claims for veteran benefits. See also Health and Wellness Services.			
Pisgah Legal Services	169 N. Main Street Rutherfordton, NC	Monday-Friday 8:30am-5:00pm	800-489-6144 www.pisgahlegal.org
Provides free civil legal aid to the most vulnerable people in WNC: disadvantaged children, seniors, at risk families & domestic violence victims.			
Isothermal Planning and Development Commission	111 West Court Street Rutherfordton, NC	Monday-Friday 8:30am-5:00pm	828-287-2281 www.regionc.org
Housing rehabilitation and urgent repair, weatherization.			
Helping Hands United Church of Christ	210 Melrose Ave. Tryon, NC	Varies	828-859-9509 www.ucctryon.org
Assist with housing repairs and problems such as winterizing, basic repair, handicap access ramps, etc. (V)			
Emergency Assistance (EA) Polk County DSS	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
A one-time vender payment up to \$250 as long as funds are available designed to assist families with a sporadic emergency need, such as utility cut-off or eviction notice. Gross income at or below 200% of poverty, must have children in home.			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Saluda Living in Place (SLIP)	PO Box 322 Saluda, NC	Varies	828-749-1975
Offers a variety of services for seniors including support services, home safety and accessibility and social activities. Call for information. (V)			
AARP Foundation Tax-Aide	Polk County Library	Wednesday Call for Appointment	828-894-8721 Ext. 221
Tax assistance for Seniors. This service is available January 31-April 11, 2018.			
Big Brother Big Sisters of WNC	301 N. Tryon Street Tryon, NC	Monday-Friday 8:30am-5:00pm	828-859-9230 www.bbbswnc.org/big-brothers-big-sisters-polk
Matches mentors with children from single-parent homes and support the growth and enrichment of their relationship by providing on-going resources and trainings and support services for families and volunteers. (V)			

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Permanent Medicine Drop Locations

Name	Address	Days/ Hours of Operation	Phone
Columbus Police Department	95 Walker Street Columbus, NC	Monday- Friday 8am-5pm	828-894-5464
Lake Lure Police Department	2950 Memorial Hwy. Lake Lure, NC	Monday- Friday 9am-5pm	828-625-4911
Polk County Sherrif's Office	40 Courthouse St. Columbus, NC	Monday- Friday 8am-5pm	828-894-3001
Saluda Police Department	2 East Main Street Saluda, NC	Monday- Friday 8am-5pm	828-749-2691
Tryon Police Department	291 North Trade St. Tryon, NC	Monday- Friday 8am-5pm	828-859-9195

Support Groups/Education/ Classes

Support Groups

Name	Address	Days/ Hours of Operation	Phone
Alcoholics Anonymous Columbus	76 N. Peak St Columbus, NC	Tuesdays 6:30-8pm	828-894-2168
Alcoholics Anonymous Mill Spring	Cooper Riis	Thursdays 8pm	828-859-7099
Alcoholics Anonymous Landrum	404 East Rutherford St. Landrum, SC	Mondays 7pm	864-266-2404
Alcoholics Anonymous Saluda	64 Greenville Street Saluda	Tuesdays 6pm	828-749-2251 800-286-1326
Alcoholics Anonymous Foothills	St. Luke's Hospital Classroom 704	Thursdays 7pm	
Nicotine Support Group	St. Luke's Hospital	Thursdays 7pm	828-699-9001 828-817-2481
Mental Health and Wellness Awareness	Columbus Presbyterian Church 21 Peniel Rd.	Thursdays 7-8:30pm	828-894-3368
Adolescent Substance Abuse Support Group	84 White Drive Columbus, NC	Every Monday 4:00pm-5:00pm	828-894-2290
Adult Substance Abuse Support Group	84 White Drive Columbus, NC	Every Tuesday 1:00pm-2:30pm	828-894-2290
Celebrate Recovery	Midway Baptist Church	Thursdays 6:30pm	828-894-5633
Celebrate Recovery	The Well	Fridays 6:30pm	828-817-9789
Lap Babies	Landrum Library	Thursdays 10:30am	864-457-2218

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Narcotics Anonymous	Saluda Center	Fridays 8pm	864-457-7278
Female Domestic Abuse	Steps to HOPE	Mondays at 12:30pm	828-894-2340
Batterer Intervention Program (BIP) is a 26 week course focusing on healthy family relationships. Call for more information.			
Male Domestic Abuse	Steps to HOPE	Mondays 6-7:30pm	828-894-2340
Batterer Intervention Program (BIP) is a 26 week course focusing on healthy family relationships. Call for more information.			
Women's Support Group	Steps to HOPE	Wednesdays 5:30pm	828-894-2340
Rising Readers	Polk County Library	Tuesdays 10:30-11am	828-894-5790
Weight Watchers	Tryon United Methodist Church	Meets every Tuesday at 5:30pm	828-859-9218
Foothills Parkinson's Support Group	Landrum Library	2nd Wed. of Month 1:30pm	864-404-8001
Diabetes Support Group	St. Luke's Hospital	Varies	828-894-0944
Smoking Cessation Support Group	St. Luke's Hospital	Thursdays 7pm	828-894-0847
Survivors of Child Sexual Abuse	Call for location	Every other Thursday 6:30pm	828-817-4267
Be a Voice 4 Kids			beavoice4kids@yahoo.com
Seasons of Grief	60 Ward Street Columbus, NC	Tuesdays 6:00-7:30pm	828-894-2340

Education and Classes

Polk County Library Kids Program	Polk County Library	Wednesdays 12:30pm	828-894-8721
Holistic Health Network	835 N. Trade Street Tryon, NC	Third Saturday from 10-11:30am	828-290-9110
Circle of Parents	Morgan Center 2820 Lynn Road	Every Wednesday 8:30am-10:30am	817-8022 or 625-4008 polkcop@pfcfoothills.org
Cookbook Club	Polk County Library	12:00pm	828-894-8721
Gentle Yoga	Landrum Library 111 Asbury Dr.	Every Wednesday at 10am	864-547-2218
Tai Chi	Saluda Center	Every Tuesday at 6pm	saludacenter@hotmail.com
Gentle Yoga	Saluda Center 64 Greenville St.	Monday-Friday at 9:00am	828-749-9245 saludacenter@hotmail.com
Free Fitness Classes	Stearns Gym 105 N. Peak Street	Monday and Wednesdays 12:15-1:15pm	Debbi Ware ware-house@att.net
Saluda Living in Place (SLIP)	PO Box 322	Varies	828-749-1975
Provides educational classes on ways to improve your health and vitality of seniors. Call for more information. (V)			
Diabetes Prevention Program	St. Luke's Hospital	Varies- Call for Schedule	828-894-0824 buffy.ashmore@slhnc.org
A CDC diabetes prevention program designed for pre-diabetics offered in a group setting			
Diabetes Self-Management Education Classes	St. Luke's Hospital	Varies- Call for schedule	828-894-0944
One-on-one and group classes for diabetics to learn to manage all aspects of diabetes.			
Living Healthy with Diabetes	Region C Area on Aging	Varies- Call for schedule	828-894-8219
A six week self-management program to help you learn more about and control your diabetes.			
Living Healthy with Chronic Pain	St. Luke's Hospital	Varies- Call for schedule	828-894-8419 http://www.ccwjc.com/living_healthy.asp
Community Health Talks	St. Luke's Hospital	Topics, dates and time vary. Call for schedule	828-894-0972

See our online version of this guide at www.polkfitfreshandfriendly.org/resources.html

Smoking Cessation Class	St. Luke's Hospital	Varies-Call for schedule 10:30am-12pm	828-894-3311
--------------------------------	---------------------	------------------------------------------	--------------

Transportation

Name	Address	Days/ Hours of Operation	Phone
Polk County Transportation	County Annex Gibson and Ward Street Columbus, NC	Monday- Friday 8am-4:30pm	828-894-8203 http://www.polknc.org/departments/transportation/
Public transportation program that operates county-wide and provides access to health care around the region. A minimal fare is charged. However, programs are available for the elderly and disabled, as well as those who need financial assistance to get to work or college. Call ahead 3 business days for trips outside the county including area airports and a shopping Shuttle on Fridays to Hendersonville. Call the day before by 10 am for trips inside the county.			
Saluda Living in Place (SLIP)	PO Box 322 Saluda, NC 28773	As Needed	Jane Ella 828-749-0049
Provides transportation to all SALUDA senior adult residents in need- medical, food, clothing, job interview, etc. (V)			
Non- Emergency Medical Transport (NEMT) Polk County Department of Social Services	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 www.polknc.org/social_services.php
Non-Emergency transportation to medical appointments for eligible Medicaid recipients. See also Childcare Resources, Bill/ Utility Assistance, Miscellaneous and Food Assistance.			