

# The Parenting Journey

- This is an Allegheny County and surrounding areas Quick Reference Guide
- This is not an inclusive list, specific services may not be provided by agencies listed but they can help point you in the right direction
- For more information please contact, **Parent to Parent Family Support Network- High Country** (866) 812-3122 or [parent2parent@appstate.edu](mailto:parent2parent@appstate.edu)

## SOCIAL/RECREATIONAL



**How do I keep my child active and entertained?**

*Playgroups, preschools, child care, ABLE Recreation, Respite Events, Bowling Alley, Local parks, Library, Skating Rinks*

**Allegheny Library\***

[nwrlibrary.org/allegheny](http://nwrlibrary.org/allegheny)  
(336) 372-5573

**Parks and Recreation**

[www.alleghenycounty-nc.gov/recreation](http://www.alleghenycounty-nc.gov/recreation)  
(336) 372-2942

**NC Cooperative Extension\***

[alleghany.ces.ncsu.edu](http://alleghany.ces.ncsu.edu)  
(336) 372-5597

**Allegheny Wellness Center**

[www.alleghenywellnesscenter.com](http://www.alleghenywellnesscenter.com)  
(336) 372-2944

## BEHAVIORAL/EMOTIONAL



**What do I do when I don't know what to do about my child's behavior?**

*Positive Parenting tools/classes, Love & Logic, dealing with challenging behaviors, grief counseling*

**Daymark**

[www.daymarkrecovery.org](http://www.daymarkrecovery.org)  
(336) 372-4095

**Allegheny Partnership for Children (Birth-5)\***

[www.alleghanykids.com](http://www.alleghanykids.com)  
(336) 372-2846

**VayaHealth**

[www.vayahealth.com](http://www.vayahealth.com)  
(828) 265-5315

## PHYSICAL/MEDICAL



**What do I do to keep my child healthy?**

*Dental, Medical, Physical Therapy, Occupational Therapy, Speech/Language Therapy, Home-Health*

**Health Department\***

[www.apphealthcare.com](http://www.apphealthcare.com)  
(336) 372-5641

**Allegheny Memorial Hospital**

[www.amhsparta.org](http://www.amhsparta.org)  
(336) 372-5511

## EDUCATIONAL



**Who do I contact about Child Development, preschool, school, or childcare?**

*Pre-K, Preschools, Home School*

**Allegheny County Schools**

[www.alleghany.k12.nc.us](http://www.alleghany.k12.nc.us)  
(336) 372-4345

**Child Developmental Service Agency (Birth-3)\***

[www.beeearly.nc.gov](http://www.beeearly.nc.gov)  
(336) 667-8978

## FAMILY ASSISTANCE



**Where do I go if I need help with food, shelter, transportation, emergency heat or medical costs/coverage?**

*Housing, Medicaid, Insurance, Food & Nutrition Services, Energy Assistance*

**Pregnancy Center**

[alleghanypregnancycenter.org](http://alleghanypregnancycenter.org)  
(336) 372-7844

**Blue Ridge Opportunity Commission\***

[www.brocinc.com](http://www.brocinc.com)  
(336) 372-7284

**Allegheny Cares\***

[alleghanycares.com](http://alleghanycares.com)  
(336) 372-5959

**Solid Rock Food Closet**

[foodcloset@skybest.com](mailto:foodcloset@skybest.com)  
(336) 372-6560

*\* Denotes organizations that have resources in many categories*