

HOUSING SUPPORT FOR WOMEN & CHILDREN

ASHEVILLE-Transformation Village

*Transitional housing -single women,
mothers with children & female veterans.*

www.abccm.org/transformation-village

Mothers with children (828) 398-6920

Veteran women only (828) 767-1687

BELMONT-Catherine's House

Transitional housing -women & children.

www.catherineshouseinc.org

(704) 825-9599

GREENSBORO-Room at the Inn

*Immediate Shelter for homeless pregnant
women & children. Case management,*

*child development services, financial
assistance & tutoring/life skill education.*

& Mary Nussbaum Maternity Home

18+ pregnant mother's housing.

www.roominn.org (336) 996-3788

MARION-McDowell Mission Ministries

*24 hour emergency shelter, transitional
living, case management -women &
children.*

www.mcdowellmissionministries.org

(828) 659-6490

Pregnant On Campus?

CHARLOTTE/BELMONT-Mira Via

*Maternity housing program for
female college students.*

www.mira-via.org (704) 525-4673

Standing With You

Balancing parenthood on campus.

www.standingwithyou.org

Call or Text (877) 306-8138

Abortion Pill Reversal

Have you changed your mind?

If you have recently taken the first
abortion pill, it may not be too late
to save your baby.

ACT FAST Call 24/7 (877) 558-0333

Habla Español

Intimate Partner Violence

*WNC hotline, emergency shelter, case
management, counseling & advocacy.*

www.helpmateonline.org

(828) 254-0516

Forced Sex?

WNC Self assessment www.life107.org

Charlotte Trauma Informed

Residential Program (Call or text)

Tammy (704) 780-2933

SUBSTANCE DEPENDENCY

WNC/Asheville Outpatient

Project CARA at MAHEC

*Comprehensive substance use program
for pregnant women & mothers.*

(828) 771-5500

WNC/Asheville Residential

Abba's House

*Substance use program for mothers &
babies.*

[www.westerncarolinarescue.org/
Abbashouse](http://www.westerncarolinarescue.org/Abbashouse)

(828) 254-1529

Mary Benson House (RHA program)

*Substance use disorder treatment center
for mothers (over 18) & mothers-to-be.*

[www.rhahealthservices.org/mary-benson-
house](http://www.rhahealthservices.org/mary-benson-house)

(828) 252-5280

***FREE & low-cost
Resources for Women
Western North Carolina (WNC)
& Nationwide***

Crisis Help Lines

Option Line (Call or Text 24/7)

Unplanned Pregnancy?

¿Crees Estar Embarazada?

www.optionline.org

(800) 712-4357 (HELP)

Love Line (Call or Text 24/7)

*Individualized case management for
single parents and pregnant women.*

Helping to fill the gap in resources.

www.loveline.com

(888) 550-1588

Created by SAFL of Asheville
s afl.ashevillenc@gmail.com

The resources provided are for informational purposes only. Our parish does not guarantee that each organization has been thoroughly vetted. Please use discernment when seeking services as this resource list does not constitute endorsement of all services provided, nor does it guarantee that all services or philosophies are aligned with Catholic Church teaching.

PREGNANCY SUPPORT & EDUCATION

FREE Pregnancy testing & limited
OB ultrasounds, education, support,
baby loss & grief care

Asheville-Mountain Area Pregnancy Services (MAPS)

www.mtnpregnancy.com (828) 252-1306

Smoky Mountain Pregnancy Care Ctr & Mobile Clinic (see website for schedule)

www.smpcc.org Text: (720) 767-2262

Franklin (828) 349-3400

Cullowhee (828) 293-3600

Hendersonville-Open Arms Pregnancy Center

www.openarms329.com (828) 676-4510

Mars Hill-Abiding Hope (Walking distance from MHU)

www.abidinghopeinc.org

Call (828) 680-1230 /Text (828)-380-6458

Burnsville-Tri-County Pregnancy Ctr

www.burnsvillepregnancyhelp.com

(828) 682-7250

Brevard-The Center for Women

www.brevardwomenscenter.com

(828) 885-7885

Marion-McDowell Pregnancy Care Ctr

www.mpccnc.org (828) 652-7676

Nurse-Family Partnership

FREE Home-visiting nurses provide
first-time mother support during
pregnancy up to two years.

26 NC Counties including Buncombe,
Haywood, McDowell & Rutherford.

www.nursefamilypartnership.org

(866) 864-5226

LIFE-LIMITING PRENATAL DIAGNOSIS, BABY LOSS & GRIEF SUPPORT

Eva's Footprints (MAPS)

www.mtnpregnancy.com (828) 252-1306

Be Not Afraid

www.benotafraid.net/Home

Elizabeth Ministries International

www.elizabethministry.org

(920) 766-9380

Now I Lay Me Down To Sleep

Photography Creating Memories

www.nowilaymedowntosleep.org

Sexual Assault Nurse Examiners AdventHealth Emergency Department

100 Hospital Drive, Hendersonville
(855) 774-5433

Mission Emergency Department

509 Biltmore Ave, Asheville
(828) 213-1111

NC Rape Victims Assistance Program

www.ncdps.gov/DPS-Services/Victim-Services

Nat'l www.hopeafterrapeconception.org

ABORTION IN YOUR PAST? HEALING & RECOVERY

Support After Abortion

www.supportafterabortion.com

(844) 289-HOPE (4673)

Rachel's Vineyard Healing retreats

www.rachelsvineyard.org

(704) 370-3229 jrgrabowski@rcdoc.org

En Español (828) 585-0483 Lorena Haynes

Save One

www.saveone.org/abortion-recovery

Let's Talk About Adoption

www.talkaboutadoption.org

ADOPTION SERVICES

Call or Text 24/7

(800) 923-6784

www.lifetimeadoption.com

Christian Adoption Services

US & International

www.christianadopt.org

(800) 453-1011

En Español (888) 297-4108

Matthews (704) 847-0038

Rocky Mount (252) 937-6560

Catholic Charities of Charlotte

US Only www.ccdoc.org

(828) 255-0146 or (704) 370-3222

SAFE HAVEN

*All 50 states have safe haven laws
allowing mothers in crisis to leave their
newborns in a safe environment such as
a hospital or fire station, without
questions or repercussions, as long as
there are no signs of abuse.*

Call **1-888-510-BABY**.

SafeHavenLaw.com

WOMEN'S HEALTH & FERTILITY CARE

WNC/Grace OBGYN graceobgyn.com

Physician Directory aaplog.org

FEMM: restorative & science-based way
to achieve hormonal balance
& your fertility goals.
femmhealth.org