

MENTAL HEALTH /COUNSELING/SUPPORT SCVS.
 Child Adolescent Services.....706-270-5047 Ext. 1028
 Community Development Services..... 706-270-5050
 Georgia Crisis & Access Line..... 800-715-4225
 (24 hr. Crisis Line, Mental Health, Alcohol/Drugs)
 Georgia Hope..... 706-279-0405
 (Mental Health, Alcohol & Drug Counseling Scvs.)
 Helping The Hurting..... 706-264-3248
 Highland Rivers..... 706-270-5107
 (Mental Health, Counseling, Alcohol/Drug Abuse Scvs.)
 The RESOLVE Project..... 706-270-5130
 (Family Violence Intervention Classes & Anger Management)

RENT/MORTGAGE ASSISTANCE
 Salvation Army.....706-278-3966
 (First and Third Monday of Month, by phone appt. only)
 St. Josephs / St. Vincent De Paul..... 706-278-3107
 (Thursdays 8-11:30am)
 The Living Room 678-536-8979
 (for HIV/Aids only)
MURRAY COUNTY
 NEXT STEP 706-260-0119
 (takes calls on Mon 9am - 11:30am)
WHITFIELD COUNTY
 DOC-UP 706-529-9000
 (By appt. only, Mon, Wed, Fri., 9-12)

TRANSPORTATION SERVICES
 Murray County MATS..... 706-695-5161
 Southeastrans, Inc..... 866-388-9844
 (Medicaid Clients Only)
 Whitfield Transportation..... 706-278-3606

UTILITY ASSISTANCE
 Salvation Army..... 706-278-3966
 (First and Third Monday of Month, by phone appt. only)
 St. Josephs / St. Vincent De Paul..... 706-278-3107
 (Thursdays, First come first serve 6:30am)
 The Living Room 678-536-8979
 (for HIV/Aids only)
MURRAY COUNTY
 Community Action Agency..... 706-695-5913
 NEXT STEP 706-260-0119
 (takes calls on Mon 9-12)
WHITFIELD COUNTY
 Community Action Agency..... 706-226-7241
 DOC-UP..... 706-529-9000
 (Mon, Wed, Fri 9-11:30, By Appt. Only)

ADDITIONAL INFORMATION

United Way of Northwest Georgia
 P.O. Box 566
 Dalton, GA 30722-0566
 Dial 2-1-1 or 706-226-4357 (CAN HELP)

VISIT OUR WEBSITE FOR INFORMATION OR TO VOLUNTEER
www.ourunitedway.org

EDUCATION

Visit United Way of NW GA's Little Free Libraries

- Located in every public park in Murray and Whitfield counties
- Read a book, lend a book program
- www.ourunitedway.org/content/little-free-libraries

Tips for Birth to 5 years

- Make sure you take your child for regular checkups and keep immunizations up to date.
- Read and sing to your child.
- Play! Make learning fun.

Tips for Preparing Your Child for School and Life

- Get Involved! Make a point to communicate regularly with your child's teacher.
- Help your child with schoolwork and ensure your child is ready and prepared for the following school day.
- Make sure your child has a quiet place to study and complete assignments away from distractions.
- Help your child read at grade level.

BASIC NEEDS

Tips for Job Seekers

- Be prepared! Practice before you go on an interview. Have a friend ask you questions.
- Make sure you talk about your skills.
- Ask questions. This shows your interest in the job and the company.

Tips for Making a Dollar Stretch

- Purchase shelf staple items such as dried beans and rice and items on sale.
- Make sure doors and windows are sealed properly so heat or cool air won't escape.
- Always, follow this simple tip: Pay rent or mortgage first, utilities second and then food. Write down everything you spend and keep track of where your money is going.

HEALTH

Tips for Improving Health

- Drink lots of water!
- If you smoke- quit. Not only will this improve your health, but you will save money!
- If possible, get a flu shot. It will help you stay out of the doctor's office and you won't miss work and/or school.

Tips for Fitness

- Walk, Walk, Walk!
- Get outside and play!
- Take advantage of what your community has to offer, such as recreation activities and events. Visit www.ourunitedway.org/Play60.

When you support United Way, you make an investment in our community. United Way gives kids a solid start, stabilizes families in crisis, and provides independence for the elderly and people with special needs. We are all about connecting people who want to help, with people who need help. We do that through community contributions that fund partner agencies, information and referral, and our volunteer center.

United Way Partners

Alzheimer's Association.....	706-275-0819
American Red Cross.....	844-536-6226
Big Brothers/Big Sisters.....	706-278-0702
Boehm Birth Defects Center.....	423-778-2222
Boy Scouts.....	706-272-7111
Boys & Girls Club.....	706-226-2582
Carter Hope Center.....	706-226-7044
Cross Plains Community Partner.....	706-278-8143
Family Frameworks.....	706-313-0023
Family Support Council.....	706-272-7919
4-H Clubs of Murray County.....	706-695-3031
Friendship House.....	706-278-8012
Girl Scouts.....	706-226-1435
Looper Speech & Hearing Center.....	706-226-4623
Meals on Wheels-Murray.....	706-695-7050
-Whitfield.....	706-278-2777
Murray County Developmental Center.....	706-695-4571
NW GA Family Crisis Center.....	706-278-6595
RossWoods Adult Day Services.....	706-270-9628
Salvation Army.....	706-278-3966
The GreenHouse.....	706-278-4769
United Way Information & Referral..2-1-1 or	706-226-4357
United Way Volunteer Center.....	706-226-4357
Whitfield-Dalton Day Care.....	706-278-8991

All United Way partner agencies and programs provide direct and/or supportive services to Murray and Whitfield county residents.

FOLLOW US!

@unitedwayNWGA



OR 706.CAN.HELP
 706-226-4357



MURRAY AND WHITFIELD COUNTIES
**COMMUNITY
 RESOURCE
 GUIDE**

WINTER 2016



This listing includes services in the community from agencies not funded by United Way.

AGING/SENIOR SCVS

Adult Protective Scvs. Intake.....	866-552-4464
Alzheimer's & Related Disorders.....	706-275-0819
24/7 Helpline.....	800-272-3900
Area Agency on Aging.....	800-759-2963
(GA Cares Medicare/Insurance Counseling, Home Delivered Meals, Personal Care Assistance, Adult Day Care funding, Information & Referral, Community Care Svcs. Program, etc.)	
Community Action Agency (Commodities, General Energy Assistance ,Senior Information)	
Murray County.....	706-695-5913
Whitfield County.....	706-226-7241
Dept. of Family & Children Services	
Murray County.....	706-695-7315
Whitfield County.....	706-272-2331
Meals on Wheels	
Murray County.....	706-695-7050
Whitfield County.....	706-278-2777
RossWoods Adult Day Services.....	706-270-9628
(Adult Day Services, Caregiver's Night Out (2nd Tues) 3pm-9pm, in Home Respite)	
Senior Center	
Murray County.....	706-695-2713
Whitfield County.....	706-278-3700
Social Security.....	800-772-1213

ALCOHOL/DRUGS

Alcohol Abuse-24 hr. Hotline & Treatment.	800-299-6310
Carter Hope Center.....	706-226-7044
Alcohol/Drug prevention programs	
Murray County CHAMPS Program.....	706-695-4592
Whitfield County DARE Program.....	706-272-3273
Helping the Hurting.....	706-264-3248
New Hope Women's Center.....	706-270-5040
Providence Ministries.....	706-275-0268
Highland Rivers (ADAC).....	706-270-5005
Westcott Center.....	706-272-6480
(Alcohol & Drug Detoxification & Psychiatric Care)	
Outpatient Services.....	706-272-6560
(Counseling,therapy,career choices for kids & adults)	

ANIMAL WELFARE

Animal Control Dispatch.....	706-259-2529
Humane Society...(leave message).....	706-226-5002
Murray County Animal Control.....	706-695-8003
Whitfield County Animal Shelter.....	706-278-2018

CHILD CARE BASED ON INCOME

Friendship House.....	706-278-8012
Quality Care for Children.....	877-722-2445
Whitfield/Dalton Day Care.....	706-278-8991

CHILDREN/YOUTH

Big Brothers/Big Sisters.....	706-278-0702
Boys & Girls Club -Whitfield	706-226-2582
Murray County.....	706-980-8303
Bagley Unit.....	706-980-8301
Boy Scouts.....	706-272-7111
Girl Scouts.....	706-226-1435
4-H Clubs	
Murray County.....	706-695-3031
Whitfield County.....	706-278-8207
Dalton Parks & Recreation.....	706-278-5404
Murray County Recreation.....	706-695-7359
Whitfield County Recreation.....	706-226-8341

CLOTHING

Central Church of Christ.....	706-278-8051
(Tues. & Thurs. 10am-12pm, WHITFIELD ONLY)	
City of Refuge...(Tues. & Thurs. 10 to 3pm).....	706-226-1301
Dalton's Greater Works (Tu 5-7pm & Sun 7-9am)...	706-270-2239
Providence Ministries Thrift Store.....	706-275-0268
Salvation Army	
Murray County Thrift Store.....	706-422-8691
Whitfield County Thrift Store.....	706-226-8438
Soul Station Ministries.....	706-673-7247

CONSUMER

Better Business Bureau.....	800-548-4456
Chamber of Commerce	
Murray County.....	706-695-6060
Whitfield County.....	706-278-7373
Consumer Credit Counseling.....	800-459-2227
(Budget Counseling/Debt Management)	

EDUCATION

Dalton Public Schools.....	706-278-8766
Dalton State College.....	706-272-4436
Dalton Whitfield Public Library.....	706-876-1360
Family Support Council - PAT, Healthy Families	706-272-7919
Junior Achievement of Georgia.....	706-278-9180
Head Start	
Dalton Heritage.....	706-278-8202
Murray County.....	706-695-8608
Park Creek.....	706-277-7807
Pioneer Head Start	706-529-6007
Valley Point.....	706-281-4404
Whit/Dalton Head Start/Early Head Start	706-529-7271
Whitfield Head Start/Early Head Start ..	706-278-9515
Migrant Education Program.....	800-648-0892
Murray County Library.....	706-695-4200
Murray County Schools.....	706-695-4531
Northwest GA Regional Library.....	706-876-1379
Northwestern Technical College.....	706-272-2966
Adult Learning—Murray County.....	706-695-4641
Vocational Rehab Services.....	706-272-2303
(work program for disabled)	
Whitfield County Schools.....	706-278-8070

EMERGENCY SERVICES

Emergency Services.....	9-1-1
American Red Cross.....	844-536-6226
Emergency Mgmt	
Murray	706-695-2088
Whitfield	706-259-3730
Georgia State Patrol.....	706-272-2200
Murray County Forest Fires.....	706-695-3422
Northwest GA Family Crisis Center.....	706-278-6595
Crisis Line.....	706-278-5586
Poison Control.....	800-282-5846
Police	
Chatsworth.....	706-695-9667
Dalton.....	706-278-3333
Sheriff's Dept.	
Murray.....	706-695-4592
Whitfield.....	706-278-1233

EMPLOYMENT & TRAINING

Cross Plains Community Partner.....	706-278-8143
Endless Opportunities.....	706-275-0545
(ages 16-24 GED, Training, Job Placement)	
GA Dept. of Labor.....	706-272-2301
Murray County Developmental Center.....	706-695-4571
Vocational Rehabilitation Services.....	706-272-2303

FAMILY SUPPORT SERVICES

Compassion House.....	706-272-2843
(Visitation for DFCS families, parenting classes, etc.)	
Department of Family & Children Services	
Murray County.....	706-695-7315
Whitfield County.....	706-272-2331
Family Frameworks.....	706-313-0023
(Marriage and Relationship Education and Support)	
Family Support Council.....	706-272-7919
(Parent Education and Support, Child Abuse Info and Education)	
Helping the Hurting.....	706-264-3248
Murray County Family Connection	706-483-2684
Whitfield County Family Connection.....	706-876-4910

FOOD ASSISTANCE

EFNEP.....	706-278-8207
nutrition education for families with limited resources, Youth program 4th-12th grade)	
MURRAY COUNTY	
Helping Hands Food Pantry.....	706-517-0091
(Thursdays 8am-1pm , Eton)	
Rockbridge Food Drop 9:30am-11am.....	@senior center
9/26,10/10,11/14,12/19,01/23,02/20,03/12,04/16,05/14	
Salvation Army Food Pantry.....	706-695-7605
(Mon- Tues 10am-2pm & Thurs- Fri 10am-2pm)	
WHITFIELD COUNTY	
Central Church of Christ... Mon-Fri 10am-12pm.....	706-278-8051
City of Refuge.....	706-226-1301
(Tuesday 10am-12pm/1pm-3pm & Wednesday 9am-1pm)	
Dalton's Greater Works.....	706-270-2239
(Lunch M-Th, Dinner 1st & 3rd Mon., 3rd Tues., 4th Wed., Sun. 7am-9am)	
Harbor House.....	706-271-0293
(Tues 10am-12pm/1pm-3pm & Wed 9am-1pm)	
Salvation Army...(Monday-Friday 1:00pm-3:30pm)....	706-278-3966
Soul Station...Tuesdays & Fridays, By Appt. Only....	706-673-7247
Varnell United Methodist Church.....	706-694-8023
(1 st and 3 rd Wednesday 9am- 12pm)	
Northwest GA Branch Food Bank.....	706-508-8591

HEALTH SERVICES

Alzheimer's Association.....	706-275-0819
American Cancer Society.....	706-278-1960
Babies Can't Wait.....	706-529-5763
Blood Assurance	800-962-0628
Children 1st Program.....	706-529-5763
Critical Conditions (Final Health Care).....	706-272-6663
DEO Medical Clinic.....	706-581-2009
(Lab Work/tests Mon & Thurs.)	
Georgia Lions Lighthouse Foundation.....	800-718-7483
Georgia Mountains Health...medical & Dental.....	706-517-2273
Hamilton Medical Center.....	706-278-2105
Hamilton Home Health/Hospice.....	706-226-2848
Hamilton Physician Referral Line.....	706-272-6100
Looper Speech and Hearing.....	706-226-4623
MEDBANK	
Murray County.....	706-695-4585 Ext.109
Whitfield County.....	706-281-2363
Medicaid	
Murray County.....	706-695-7315
Whitfield County.....	706-272-2331
Medicare (Social Security).....	800-772-1213
Murray County Health Dept.....	706-695-4585
Murray Medical Center.....	706-695-4564
Northwest Health District.....	706-529-5757
NW GA Healthcare Partnership.....	706-272-6662
Promotoras de Salud.....	706-272-6664
Right from the Start Medicaid	
Murray.....	706-422-1941
Whitfield.....	706-272-2141
Rockbridge Hope Mobile Unit	
Murray 1st Tuesday each month 5-9pm.....	706-695-0095
Whitfield 2nd & 4th Tuesday 5-9pm.....	@ GreaterWorks

RossWoods Adult Day Services.....	706-270-9628
(Medical model with RNs, LPNs, and C.N.A.s on site)	
Vision Rehabilitation Services.....	770-432-7280
Vocational Rehabilitation.....	706-272-2303
Whitfield County Health Dept.....	706-279-9600
Children's Medical Svcs.....	706-529-5763
Dental Clinic.....	706-281-2206
Environmental Health.....	706-272-2005
Medical Access Clinic.....	706-226-5446
Healthy Babies.....	706-281-2259
WIC.....	706-370-4700
Women's Enrichment Center Pre-Natal Counseling	
Murray.....	706-695-0095
Whitfield.....	706-278-1050

HOUSING –BASED ON INCOME

Dalton Whitfield CDC—housing counseling.....	706-876-1630
Rebuilding Hope—housing repair.....	706-934-9261
MURRAY COUNTY	
Chatsworth Housing Authority.....	706-695-3353
Cohutta Shadows.....	706-695-5977
Cohutta View.....	706-695-0790
Fieldstone Apts.....	706-517-8625
Linwood Place.....	706-517-8693
WHITFIELD COUNTY	
Cliff Apartments.....	706-278-1101
Dalton Housing Authority.....	706-278-6622
Habitat for Humanity.....	706-272-3336
Mountainwoods Apts.....	706-226-2718
Whitfield Commons...(Disabled and Seniors).....	706-278-7006
Whitfield Place...(Disabled and Seniors).....	706-272-7000

HOUSING/SHELTER/TRANSITIONAL

Action Ministries...Transitional Housing	404-881-1991
City of Refuge.....Transitional Shelter.....	706-226-1301
Dalton's Greater Works.....	706-270-2239
Shower, Laundry day Monday-Thursday 10-2pm	
Dalton Whitfield CDC Housing Coun, Shelter + care	706-876-1630
Family Promise.....(Families Only).....	706-529-4637
Georgia Sherriff's Cherokee Estates.....	706-259-8581
Georgia Sherriff's Mtn. View Boys Home....	706-695-2100
NW GA Girls Group Home.....	706-226-4862
Oak Haven.....Teen mother, child group home).....	706-259-4550
Providence Ministries.....	706-275-0268
Providence Women's Ministry.....	706-673-3461
Salvation Army-Transitional Housing.....	706-278-3966

LATINO SERVICES

CLILA.....	706-529-9216
Mexican Consul Atlanta.....	404-266-2233
Migrant Education Program.....	800-648-0892
Nueva Vista.....	706-259-6402
Promotoras de Salud.....	706-272-6664
Servicos Latinos.....	706-281-4523

LEGAL ASSISTANCE/SUPPORT SCVS.

YOUTH SERVICES	
CASA.....	706-272-7919
(Court Appointed Special Advocate for Children)	
Child Support Enforcement.....	877-423-4746
Compassion House.....	706-272-2843
Dept. of Juvenile Justice.....	706-272-2343
Greenhouse.....	706-278-4769
Regional Youth Detention Center.....	706-272-2309
ADULT SCVS.	
Georgia Legal Services.....	706-272-2924