



Hope Reins Client Resource List 2026

Emergencies: Call 911

Suicide Prevention Hotline: Call 988

Humanitarian Crisis (utility, rental, housing, humanitarian services): Call 211 (711 for TTY)

The following resources are provided to support you in your family's healing journey. Please note that Hope Reins does not warrant, endorse, guarantee or assume responsibility or reliability of any information offered by a third-party website linked through the site, or any website or feature linked in any banner or any other advertising. We will not be party to, or responsible for, monitoring any transaction between you and providers of products or services. The use and reliance of any information contained on these sites is done solely at your own risk.

Child Trauma Therapists

1. Hope Services: <https://www.hopeservices4u.com/>
2. NC Center for Child & Family Health (Post Adoption Services): <https://www.ccfhnc.org/>
3. Cornerstone Counseling - Hannah Strayhorn (EMDR): <https://www.cornerstonecounselingnc.net/>
4. 180 Counseling: <https://one-eightycounseling.com/meet-our-team/>
5. Greta Zuck, PhD(Adoption Specialty): <https://www.drgretazuck.com/>
6. Stephanie Mieja (Spanish Speaking) MSW, LCSW: <https://www.healingseedstherapy.com/>
7. Mary Woodson (AA Therapist) PhD, LCMHC-S, NCC: <https://www.jrmcounseling.com/>
8. Wakebrook Emergency Mental Health: 984-974-4830, [Wakebrook Emergency Mental Health](#)
9. Heather Bunzey, NCLPMHC: <https://www.newpathwaysequinetherapy.com/>
10. Bright Path Behavioral Health Services for Adolescents (Intensive Outpatient and Partial Hospitalization plans for Ages 13-17: <https://www.brightpathbh.com/>
11. Somethings (Peer Support Teen Mental Health): <https://somethings.com/>
12. Elizabeth Danielian, LCSW: psychologytoday.com, headway.com, 919-355-0144
13. Bridgehaven Counseling: <https://bridgehavencounseling.org/#>
14. Ashleigh Guynn, LMFT - Cultivate Hope Counseling:



<https://www.cultivatehopecounseling.com/>

Family Therapy

1. Hope Services: <https://www.hopeservices4u.com>
2. NC Center for Child and Family Health (Post Adoption Services):
<https://www.ccfhnc.org>
3. Cornerstone Counseling: <https://www.cornerstonecounselingnc.net>
4. Oak City Counseling: <https://oakcitycounseling.com>
5. Life Care (multiple locations; has option to select care from interns at a decreased cost): <https://lifecarecc.com>
6. Mary Woodson, PhD, LCMHC-S, NCC: <https://www.jrmcounseling.com>
7. Monarch Mental Health Services: <https://www.monarchnc.org>
8. Wake Behavioral Health URGENT CARE:
<https://monarchnc.org/resource/behavioral-health-urgent-care-raleigh/>
9. The Hope Center for Youth and Family Crisis (Fuquay-Varina):
<https://www.kidspeace.org>
10. Wake Network of Care: <https://wake.nc.networkofcare.org/mh/services/index.aspx>
11. Transitions Life Care (Grief Care): <https://www.transitionslifecare.org/patients/>
12. Alliance Behavioral Health Hotline 24/7: 877-223-4617,
<https://www.alliancehealthplan.org/>
13. The Compassionate Friends (Grief and Loss Support):
<https://www.compassionatefriends.org/about/>
14. Horizon Integrated Wellness Group: <https://horizonintegratedwellnessgroup.com/>
15. Hope Counseling Services: <https://hopechapelhill.org/>
16. Ashleigh Guynn, LMFT - Cultivate Hope Counseling:
<https://www.cultivatehopecounseling.com/>

Wrap Around Support Services (family support services, foster care)

1. Bloom Here: <https://www.facebook.com/bloomhere/>
2. Raleigh Dream Center: <https://raleighdreamcenter.org/>
3. NC Integrated Care for Kids (NC InCK): <https://ncinck.org/>
4. Big Brothers/Big Sisters: <https://bigstri.org/>
5. Foster Closet Seven Marks Church (for Foster Families):
<https://www.facebook.com/groups/1071536259698504/>
6. One Hope Refuge, Wake Forest, NC: <https://onehoperefuge.org/>
7. Foster Family Alliance of NC: <https://www.ffa-nc.org/about-ffa>
8. B.A.G.S.-Being A Grandparent Support: <https://bagsgoodlife.org/>

Educational Services



1. Project Enlightenment (Wake County, services for children 5 and under): <https://www.wcpss.net/projectenlightenment>
2. Johnston County Pre-K Services: <https://partnershipforchildrenjoco.org/families/nc-pre-k/>
3. Franklin/Vance/Warren County Early Intervention: <https://www.fvwopp.com/virtual-head-start>
4. Durham County Early Intervention; [Early Intervention](#).
5. KIPP (Knowledge Is Power) NC (Durham Public Charter School): <http://www.kippnc.org/>
6. Saddle Up And Read: <https://www.saddleupandread.org/>
7. [Understood.org](#): [Understood.org](#)
8. Planet Peace Farm: <https://www.planetpeaceful.org/>
9. Wake Monarch Academy (alternative high school for adolescents with substance use disorders): <https://www.wakemonarchacademy.org/>
10. Wake County Smart Start: <https://www.wakesmartstart.org/>
11. Durham PreK: <https://www.durhamprek.org/>
12. Communities In Schools of Wake County: <https://ciswake.org/>
13. Big Brothers Big Sisters of the Triangle: <https://www.bigstri.org/>
14. Boys & Girls Clubs of Johnston County: <https://johnstonbgc.org/>
15. NC Infant-Toddler Program: <https://www.ncdhhs.gov/itp-beearly>

Autism Specific Support

1. Triangle Disability & Autism Services (TDAS): [Triangle Disability & Autism Services](#)
2. Family Support Network of North Carolina: <https://fsnnc.org/>
3. Disability Rights North Carolina: <https://disabilityrightsncc.org/>
4. NC Division of Vocational Rehabilitation Services; <https://www.ncdhhs.gov/eipd>
5. Amivie: <https://amivie.com/>
6. Autism Society of North Carolina: <https://www.autismsociety-nc.org/>
7. Charis Foundation <https://www.charisfoundation.com>
8. Clove Hitch Behavior - Kellie Syfan, Board Certified Behavior Analyst;; <https://www.chbehavior.com/>, 919-579-6192

Domestic Violence & Sexual Assault

1. Durham Crisis Response Center: <https://www.thedcrc.org/>
2. Compass Center for Women and Families: <https://www.compassctr.org/>



3. Orange County Rape Crisis Center: <https://ocrcc.org/>
4. Harbor, Inc: <https://harborshelter.org/>
5. SAFEchild: <https://safechildnc.org/>
6. InterAct: <https://interactofwake.org/>
7. Called To Peace: <https://calledtopeace.org/>

Self Care

1. Soul Care Retreats: <https://www.journeymates.org/>

Food Insecurity

1. Food Bank of Central and Eastern North Carolina: <https://foodbankcenc.org/>
2. Wake County Food Resources: [Food Resources](#)
3. Durham County Food Resources: <https://www.endhungerdurham.org/food-resources/>
4. Franklin/Vance/Warren Counties County Food Resources: <https://www.fvwopp.com/projects-2>
5. NC Food and Nutrition Resources: [Food and Nutrition Resources](#)
6. NC Food Stamps/DHHS: [NC DHHS: Food and Nutrition Services Food Stamps](#)
7. NC Community Food Services: WIC/Child and Adult Food Care Program: <https://www.ncdhhs.gov/nc-wic-cacfp>
8. NC InCK Food Resources: [NC InCK Quick Reference Guide: Food Insecurity Resources](#)
9. SNAP (NC Supplemental Nutrition Assistance Program) ; <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
10. Inter-Faith Food Shuttle: <https://www.foodshuttle.org/findfood>
11. Richland Creek Community Church: <https://www.richlandcreek.com/creek-food-pantry>
12. North Wake Church, Wake Forest; Care and Benevolence Ministry, Feed Ministry: <https://northwake.com/ministries>
13. Diaper Bank of North Carolina: <https://ncdiaperbank.org/>
14. Urban Ministries of Durham: <https://umdurham.org/>
15. Catholic Charities of the Diocese of Raleigh: <https://www.catholiccharitiesraleigh.org/>

Legal & Advocacy

1. Legal Aid of North Carolina: <https://legalaidnc.org/>
2. Disability Rights North Carolina: <https://disabilityrightsnnc.org/>
3. NC Justice Center: <https://www.ncjustice.org/>
4. Church World Service: <https://cwsglobal.org/>
5. NC Navigator Consortium: <https://ncnavigator.net/>



Transportation Support Services

1. Go Wake: [GoWake Access Transportation | Wake County Government](#)
2. Wake County Bus Routes: [Bus Routes and Schedules | Raleighnc.gov](#)
3. Durham County Non-Emergency Medicaid Transport Services: <https://dconc.gov/Social-Services/Medicaid/Transportation-Services>
4. City of Durham Transit and Mobility: <https://www.durhamnc.gov/4311/Transit-and-Mobility>
5. Johnston County Transportation; <https://www.cssjohnston.org/wwwjcatsorg>

Housing Assistance

1. Johnston County Housing Assistance Payment Program (HAPP): <https://www.johnstonnc.com/happ/content.cfm?pageid=about>
2. Johnston/Lee/Harnett Counties Housing Assistance Information: <https://www.jlhcommunityaction.org/rapid-re-housing>
3. Johnston County Serve the Need: <https://www.servetheneedjc.org/>
4. Durham County Housing Assistance: [Entry Point | Durham, NC](#)
5. Durham Housing Assistance/Maintenance; <https://www.findhelp.org/housing/maintenance-%26-repairs--durham-nc>
6. CASA: <https://www.casanc.org>
7. NC Emergency Solutions Grant for Home Assistance: <https://www.ncdhhs.gov/divisions/aging/nc-emergency-solutions-grant>
8. NCHousing Search.org: <https://nchousingsearch.org/>, dial 211 for emergency housing assistance information, dial 711 for TTY
9. Triangle Family Services: <https://tfsnc.org/>
10. City of Durham Welcome Home Program: <https://www.durhamnc.gov/5460/Welcome-Home-Program>
11. Community Empowerment Fund: <https://communityempowermentfund.org>
12. Urban Ministries of Durham: <https://umdurham.org/>

Immigration & Newcomer Support

1. El Centro Hispano: <https://elcentronc.org/>
2. El Futuro: <https://elfuturo-nc.org/>
3. Church World Service (CWS): <https://cwsglobal.org/>
4. Siembra NC: <https://www.siembranc.org/>
5. Catholic Charities of the Diocese of Raleigh: [Citizenship Support](#)



6. NC Justice Center: <https://ncjustice.org/>
7. Refugee Hope Partners: <https://refugeehopepartners.org/>

Spanish-Language Resources

1. El Futuro: <https://elfuturo-nc.org/>
2. El Centro Hispano: <https://elcentronc.org/es/>
3. Centro para Familias Hispanas: [Centro para Familias Hispanas - Catholic Charities of the Diocese of Raleigh](#)
4. NC Navigator Consortium: <https://ncnavigator.net/>
5. Center for Child & Family Health: <https://www.ccfhnc.org/>
6. Autism Society of NC: [https://www.autismsociety-nc.org/#googtrans\(es\)](https://www.autismsociety-nc.org/#googtrans(es))