

## Support Groups

### Al-A-Teen

(910) 295-6853

Support group for young people whose parents or friends have a drinking problem.

### Alzheimer's Support Group

101 Brucewood Road  
Southern Pines, NC 28387  
(910)692-4928

www.elmcroftsouthernpines.com

### Breast Cancer Support Group

Moore Regional Hospital  
Page Road and Hwy 211  
Pinehurst, NC  
(910) 715-5266

Support group for breast cancer survivors and those who have been diagnosed with breast cancer.

### Cancer Support Group

155 Memorial Drive  
Pinehurst, NC 28374  
(910) 715-2298

Cancer support group for survivors and those dealing with the disease.

### CODA - Codependence Anonymous

105 Salem Drive  
Pinehurst, NC 28374  
(910) 235-0545

A twelve step program on codependency.

### FirstQuit Support Group

181-C Westgate Drive  
West End, NC  
1(877) 342-2255

Support group for those who have

quit smoking or have a desire to quit smoking.

### Living with Loss - Moore County

251 Campground Road  
Pinehurst, NC 28374  
(910) 715-6000

A support group for those who have experienced the death of a loved one.

### Narcotics Anonymous

1(800) 457-3019

Support group for men and women who meet regularly to help each other stay clean.

### Stroke Club

Moore Regional Hospital  
Page Road and Hwy 211  
Pinehurst, NC  
(910) 715-1658

Support group for those who have suffered a stroke.

### Vital Connections

251 Campground Road  
Pinehurst, NC 28374  
(910) 715-6000

Support group for those who have a loved one enrolled in a hospice or palliative care program.

### Zipper Club

Moore Regional Hospital  
Page Road and Hwy 211  
Pinehurst, NC  
(910) 715-5266

A support group for people recovering from open-heart surgery or related procedures.



### TOLL FREE NUMBERS FOR NATIONAL & NORTH CAROLINA HEALTH INFO

A comprehensive listing of national toll-free numbers for health information is available from the National Health Information Center, which can be found online at [www.health.gov/nhic/pubs/2013tollfreenumbers/tollfreenumbers1.htm](http://www.health.gov/nhic/pubs/2013tollfreenumbers/tollfreenumbers1.htm)

## Moore County Health Resource List



## Emergency Assistance

### **American Red Cross - Moore County**

*Provides disaster relief, assistance for military service members, classes in CPR/AED, babysitting, health and safety, pet sitting.*

115 E. Pennsylvania Avenue

Southern Pines, NC 28387

**(910) 692-8571**

<http://www.redcross.org/nc/southern-pines>

### **Moore County Department of Social Services**

*Provides emergency financial assistance, food and nutrition services, Medicaid, NC Health Choice and Work First. Adult & child protective services and case management for underserved populations in Moore County*

1036 Carriage Oaks Dr.

Carthage, NC

**(910) 947-2436**

[www.moorecountync.gov](http://www.moorecountync.gov)

### **Northern Moore Family Resource Center**

*Provides after school program, summer camp, housing improvement initiatives and Little free library.*

125 East Salisbury St.

Robbins, NC 27325

**(910) 948-4324**

<http://www.nmfrc.com/>

### **Salvation Army**

*Provides emergency assistance with utilities, rent, and clothing*

575 SE Broad Street, Suite 7

Southern Pines, NC 28387

**(910) 725-1054**

### **Sandhills/Moore Coalition for Human Care**

*Emergency assistance to low income families, food pantry, employment services, clothing assistance, transportation to social services, financial assistance*

1500 W. Indiana Avenue

Southern Pines, NC 28387

**(910) 693-1600**

[www.sandhillscoalition.com](http://www.sandhillscoalition.com)



## Substance Abuse / Mental Health

### **NAMI of Moore County**

PO Box 4823

Pinehurst, NC 28374

Provides assistance with mental health issues. Offers workshops on ADHD, anger management, bullying, bipolar, autism, self esteem, and family support.

### **North Carolina Mentor**

241 Grant Street

West End, NC 27376

**(910) 673-3535 ext. 227**

[www.thementornetwork.com](http://www.thementornetwork.com)

Offers diagnostic assessments and comprehensive clinical assessments, outpatient therapy, individual and group support.

### **PORT Human Services, Adolescent Clinic - Moore Co.**

204 North Pine

Aberdeen, NC 28315

**(910) 944-2189**

[www.porthumanservices.org](http://www.porthumanservices.org)

An intensive residential program for adolescents 13-17 offers a comprehensive plan of treatment, education, and residential placement.

### **Sandhills Center**

1120 Seven Lakes Drive

West End, NC 27376

**(910) 673-9111**

[www.sandhillscenter.org](http://www.sandhillscenter.org)

Sandhills assures that people in need have access to quality mental health, developmental, and substance abuse services.

### **Sandhills Teen Challenge**

444 Farmlife School Road

Carthage, NC 28327

**(910) 947-2944**

[www.sandhillstc.org](http://www.sandhillstc.org)

A residential faith-based recovery program that also provides prevention and education to school and youth groups.

### **Bethany House**

240 E. Vermont

Southern Pines, NC

**(910) 692-0779**

A residential program for female substance abusers. Includes AA/NA attendance, group counseling, and assistance in obtaining employment.

### **Bethesda Inc.**

204 North Pine Street

Aberdeen, NC 28315

**(910) 944-7700**

A halfway house for recovering substance abusers who have recently completed an inpatient treatment program.

### **Daymark Recovery Services**

205 Memorial Drive

Pinehurst, NC 28374

**(910) 692-2413**

<http://www.daymarkrecovery.org/>

A comprehensive community provider of non-hospital detoxification services, psychiatry services, and facility based crisis services.

### **Drug Free Moore County**

703-B Pinehurst Avenue

Carthage, NC 28327

**(910) 947-1902**

[www.drugfreemc.com](http://www.drugfreemc.com)

A drug abuse prevention agency that provides educational materials and programs for children and adults.

### **Elk's Drug Awareness Program**

280 Country Club Circle

Southern Pines, NC

**(910) 692-7375**

The Elk's National Drug Awareness Program provides resource materials on drug and alcohol education free of charge



## Primary Care

### Aberdeen

Hope Family Center  
210 Magnolia Sq.  
Aberdeen, NC 28315  
910-944-0779

Dr. Roger Waddell  
211 Bonnie Brook Ct.  
Aberdeen, NC 28315  
910-944-7777

### Carthage

Moore Family Care  
304 Saunders St.  
Carthage, NC 28327  
910-947-3000

### Pinehurst

Pinehurst Family Care Center  
10 Avimore Dr.  
Pinehurst, NC 28374  
910-215-5555

Pinetree Clinic  
289 Olmstead Blvd. Ste 7  
Pinehurst, NC 28374  
910-295-2900

### Robbins

Moore Family Care  
301 S. Middleton St.  
Robbins, NC 27325  
910-948-2059

Robbins Family Practice  
301 S. Middleton St.  
Robbins, NC 27325  
910-948-2911

### Southern Pines

Moore Medical Associates  
630 S. Bennett St  
Southern Pines, NC 28387  
910-692-4821

Premier Pediatrics  
135 Turner St.  
Southern Pines, NC 28387  
910-246-2229

Sandhills Pediatrics  
195 W. Illinois Ave.  
Southern Pines, NC 28387  
910-692-2444

Sandhills Urgent Care  
10935 US Hwy 15-501  
Southern Pines, NC. 28387  
910-692-5555

### Vass

Moore Family Care  
3349 US 1  
Vass, NC 28394  
910-245-7678

### West End

FirstHealth Family Care Center  
1035 Seven Lakes Dr.  
West End, NC 27376  
910-673-0045



## Optometrists

### Aberdeen

Eye Care Associates 910-684-4123  
Family Eye Care 910-692-2020  
Glenn Matheny 910-695-1034

### Pinehurst

Doctors Vision Center 910-692-3937

### Robbins

Neil Ward 910-948-3711

### Southern Pines

Carolina Eye Assoc. 910-295-2100  
Midland Optometric 910-295-3220  
WalMart Vision Center 910-695-1034

### West End

Seven Lakes Eyecare 910-673-3937



## Food Pantries

Interfaith Food Pantry  
110 Knight St  
Aberdeen, NC 28315  
(910) 944-9307

St Anthony's Food Pantry  
175 E Connecticut Avenue  
Southern Pines, NC 28387  
(910) 692-6613

New Zion AME Food Pantry  
9535 NC Hwy 705  
Robbins, NC  
(910) 673-2542

Southside Baptist Church Food Pantry  
125 Heflin Road  
Aberdeen, NC 28315  
(910) 281-3333



## Information and Referral Services

### FirstNavistar

1-877-609-5645

[www.firstnavistar.com](http://www.firstnavistar.com)

FirstNavistar is a web-based database and call center staffed by trained care navigators who connect patients, families, caregivers, health care providers, and the community with community and medical resources in the Sandhills and mid-Carolinas.

### United Way 2-1-1

<http://www.nc211.org/>

To access the information and referral line, **Dial 2-1-1 or 1-888-892-1162**

Simply dial 2-1-1 from your home, office or cell phone, any time 24 hours a day, 365 days a year to learn about vital health & human service resources in your community. This call is free, confidential and available in any language.



## Health Services

### FirstHealth - Moore Regional Hospital

*FirstHealth Moore Regional Hospital is a 395-bed facility that offers comprehensive health care and a host of specialty services.*

155 Memorial Drive  
Pinehurst, NC 28374  
(910) 715-1000  
[www.firsthealth.org](http://www.firsthealth.org)

### Heather Glen

*Offers primary and secondary care. Specializes in internal medicine, gastroenterology and endoscopy.*

15 Regional Drive  
Pinehurst, NC 28374  
(910) 295-5511  
<http://www.pinehurstmedical.com/>

### Moore County Health Department

*Services include: Immunization, maternity, women's health, family planning, communicable disease, case management, WIC nutrition program, and health education.*

705 Pinehurst Avenue  
Carthage, NC 28327  
(910) 947-3300  
[www.moorecountync.gov/health](http://www.moorecountync.gov/health)

### Moore Free Care Clinic

*Primary, preventative, and specialty care to limited income people living in Moore County who are uninsured and can't afford access to health care.*

211 Trimble Plant Road, Suite C  
Southern Pines, NC 28387  
(910) 246-5333  
<http://moorefrecare.org/>

### Neese Family Clinic

*Specializes in internal medicine.*

102 Gossman Drive  
Southern Pines, NC 28387  
910-246-4140  
<http://www.pinehurstmedical.com/>

### Outpatient Cancer Center

*Specializes in hematology and oncology.*

220 Page Road  
Pinehurst, NC 28374  
910-715-3500  
<http://www.pinehurstmedical.com/>

### Pinehurst Medical Clinic - East

*Specialties include cardiology, endocrinology, memory disorders, and sleep medicine.*

205 Page Road  
Pinehurst, NC 28374  
(910) 295-5511  
<http://www.pinehurstmedical.com/>

### Pinehurst Medical Clinic - South

*Specializes in internal medicine.*

1902C N. Sandhills Blvd.  
Aberdeen, NC 28315  
(910) 692-4011  
<http://www.pinehurstmedical.com/>

### Pinehurst Surgical

*A multi-specialty clinic comprised of 9 specialty centers that are housed in a state-of-the-art surgical facility.*

5 FirstVillage Drive  
Pinehurst, NC 28374  
(910) 295-6831  
[www.pinehurstsurgical.com](http://www.pinehurstsurgical.com)

### Sleep Disorders Center

*Specializes in sleep medicine.*

245 Page Road  
Pinehurst, NC 28374  
(910) 235-3320  
<http://www.pinehurstmedical.com/>

## Physicians

### **Audiology (Hearing)**

#### Audiology of the Sandhills

1902 N. Sandhills Blvd., Suite K  
Aberdeen, NC 28315  
(910) 722-4379  
<http://www.sandhillshearing.com/>

#### Avada Audiology

160 Pinehurst Ave.  
Southern Pines, NC 28327  
910-310251  
<http://www.avada.com/>

#### Pinehurst Audiology

5 FirstVillage Drive  
Pinehurst, NC 28374  
(910) 295-6831

<http://www.pinehurstsurgical.com/specialties/audiology-center>

## Dental Providers

#### ABERDEEN

Bernard Dennison	(910)-944-2383
Christine Gatti	(910) 944-5600
Robert Gilbert	(910) 944-7015
Amanda Grimshaw	(910) 692-4450
David Kuhn	(910) 692-4450
Ritt Kuhn	(910) 692-4450

#### CARTHAGE

Charles Guizzotti	(910) 947-2411
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#### PINEHURST

Craig Allison	(910) 295-4343
Shannon Allison	(910) 295-4343
Larry Baucom	(910) 295-1010
Getta Bhat	(910) 215-2583
Susan Buckland	(910) 295-9700
Jim Corcoran	(910) 722-9501
Bonnie Davis	(910) 215-5578
Michael Henry	(910) 692-7965
G.R. Horton	(910) 687-6274
Herbert Hudson	(910) 295-2750
Terry Hulihan	(910) 295-4343
Robert Johnson	(910) 295-8088
Gary Jones	(910) 295-8088
Joseph Lenard	(910) 692-9484
Kamron Monroe	(910) 295-4242
Clement Monroe	(910) 295-4242
James Musselwhite	(910) 722-9501
John Neely	(910) 295-8088
Kenneth Perkins	(910) 215-2583
Fred Ridge	(910) 695-3100
Rick Saunders	(910) 295-3762
William Strayhorn	(910) 215-2583
Laura Wellener	(910) 295-1010

#### ROBBINS

Paul James	(910) 948-4655
Darrell Powers	(910) 948-2555

#### SOUTHERN PINES

John Ceraso	(910) 692-5250
FirstHealth Dental	(910) 692-5111
Richard Gant	(910) 692-6500
Anna Goodwich	(910) 693-1977
H. Barry Leslie	(910) 692-7761
Shannon McGee	(910) 695-4281
Edward Monroe	(910) 695-3334
Amy Moubry	(910) 692-0703
John Oettinger	(910) 692-4051
Christina Powers	(910) 692-5329
William Sulik	(910) 692-4051
Steven VanScoyoc	(910) 692-6270
Thomas Vicars	(910) 695-1300

#### VASS

Nathan Hifko	(910) 693-8030
E.F. Scammon	(910) 693-8030
Mark Zubick	(910) 693-8030

#### WEST END

Harold McAdoo	(910) 295-0772
William McKay	(910) 673-0113