

Swain County

What's For Dinner?



Swain County Food Sources for Families

2022

Monday	Tuesday	Wednesday	Thursday	Friday
The Giving Spoon Bryson City Presbyterian Church (828)736-0962 3:00-5:15pm	Bryson City Food Pantry Bryson City Presbyterian Church 6:00-8:00pm Vouchers needed! Pick up vouchers at DSS 828-488-6921 or Family Resource Center 828-488-7505	Manna at First Baptist 10:00-11:00am (First Wednesdays) Manna: 800-820- 1109 or text 828- 202-9685	The Giving Spoon Bryson City Presbyterian Church (828)736-0962 3:00-5:15pm	Bryson City Food Pantry Bryson City Presbyterian Church 10:00am-12:00 Vouchers needed! Pick up vouchers at DSS 828-488-6921 or Family Resource Center 828-488-7505
Family Resource Center 9:00am-4:00pm 828-488-7505	Family Resource Center 9:00am-4:00pm 828-488-7505	Family Resource Center 9:00am-4:00pm 828-488-7505	Family Resource Center 9:00am-4:00pm 828-488-7505	Family Resource Center 9:00am-4:00pm 828-488-7505
	The Pass It On Café Methodist Church Last Tuesday of the month United Methodist Church 5:00-6:30pm		Manna at Victory Baptist 3 rd Thursday 3:00-5:00pm Manna: 800-820- 1109 or text 828-202-9685	Manna at Southwestern CC, Swain 10:30am-1:00pm (Second or Third Fridays) Manna: 800-820- 1109 or text 828-202-9685
Restoration House 10:00am-2:00pm Call for an Appointment (828)538-4540	Restoration House 10:00am-2:00pm Call for an Appointment (828)538-4540	Restoration House 10:00am-2:00pm Call for an Appointment (828)538-4540	Restoration House 10:00am-2:00pm Call for an Appointment (828)538-4540	Restoration House 10:00am-2:00pm Call for an Appointment (828)538-4540
Living Waters Food Pantry 8:00am-5:00pm Call for an Appointment Mon- Sat 828-788-6455 text or call (Closed Sunday)	Living Waters Food Pantry 8:00am-5:00pm Call for an Appointment Mon- Sat 828-788-6455 text or call (Closed Sunday)	Living Waters Food Pantry 8:00am-5:00pm Call for an Appointment Mon- Sat 828-788-6455 text or call (Closed Sunday)	Living Waters Food Pantry 8:00am-5:00pm Call for an Appointment Mon- Sat 828-788-6455 text or call (Closed Sunday)	Living Waters Food Pantry 8:00am-5:00pm Call for an Appointment Mon- Sat 828-788-6455 text or call (Closed Sunday)

For Senior Citizens

For Senior Citizens	For Senior Citizens	For Senior Citizens	For Senior Citizens	For Senior Citizens
Senior Citizen's Center 60 years old and older 11:00am-12:00 Lunch (828)488-3047	Senior Citizen's Center 60 years old and older 11:00am-12:00 Lunch (828)488-3047	Senior Citizen's Center 60 years old and older 11:00am-12:00 Lunch (828)488-3047	Senior Citizen's Center 60 years old and older 11:00am-12:00 Lunch (828)488-3047	Senior Citizen's Center 60 years old and older 11:00am-12:00 Lunch (828)488-3047

Additional Contacts for Food Source:

- WIC (Supplemental Food Program for Pregnant Women, Infants and Children): 828-488-3198, ext 2002
- Department of Social Services Food Assistance Program: 828-488-6921
c.roth76@yahoo.com, 1/20/22

Financial/Housing Assistance/Career Services

Swain County Department of Social Services

<https://www.swaincountync.gov/social-services/>

Phone: 828-488-6921

PO Box 610

Bryson City, NC 28713

- The leading agency to turn to for help and advice. They offer a large number of mandated programs and resources including the following:

Food Stamp Program - This can help families, children, and disabled apply for government food and surplus items.

Low Income Home Energy Assistance Program, otherwise known as LIHEAP, can help families/individuals pay their utility bills.

Swain County Family Resource Center

<https://swainfrc.com/>

Phone: 828-488-7505

300 Hughes Branch Road

Bryson City, NC 28713

- Swain County Family Resource Center (SCFRS) is a (charitable) organization dedicated to helping families. They serve families in Swain and Graham counties and the Cherokee Indian Reservation. Services include helping provide food, clothing, shelter, utility assistance, career readiness and family support for the elderly.

Area Transit

Swain Public Transit

<https://stateoffranklin.org/swain-public-transit>

Phone: 828-488-3213

125 Brendle Street

Bryson City, NC 28713

Monday-Friday (7:00am-4:00pm)

- Local (Bryson City Area): Requests for transportation are taken on a first-call, first-served basis. Scheduling your ride as far in advance as possible is preferred but can be made no later than 2pm at least one business day prior to the date of the trip.

Family Opportunities for Community Involvement

Swain County Resource Directory:

<https://coreofswaincounty.com/resource-results/>

Mental Health Services

<u>Therapy Provider</u>	<u>Contact #</u>	<u>Insurance(s)</u>	<u>Office Locations/Telepsych</u>
Blue Ridge Health	(828) 692-4289, Option 2	Most insurances Medicaid, Health Ch.	Jackson/Regional Telepsych
Ridgeline Therapeutic Collaborative	(828) 347-0522	Most insurances No Medicaid or Health Choice	Jackson, Macon Telepsych
The Long Center	(828) 524-4110	BCBS, Medicaid	Jackson, Macon Telepsych
Meridian Behavioral	(828) 631-3973	Most insurances Medicaid, Health Ch.	Jackson/Regional Telepsych
Sylva Clinical	(828) 586-5555	Most insurances No Medicaid, Health Ch.	Jackson Telepsych
Compassionate Healing of WNC	(828) 335-5895	BCBS, Medicaid	Jackson Telepsych
Analenisgi Center	(828) 497-9163	Enrolled Tribal Members	Qualla Telepsych
Appalachian Community Services	(828) 488-3294	Medicaid, No one will be turned away due to inability to pay	Swain, Macon
Vecinos	(828) 293-2274	Uninsured or Underinsured	Jackson