

**WCU Counseling & Psychological Services**  
**Area Resources for Families, Children, and Newcomers**

WCU CAPS welcomes prospective internship applicants and matched incoming interns who may be moving their families to Western North Carolina. Below is a partial list of some resources for families, children, and newcomers:

- Mountain Projects, Inc.
  - Community based non-profit; has info about Head Start and other services for families and children
  - <http://www.mountainprojects.org/>
- Jackson County Family Resource Center
  - Services for children and families including respite care, parenting classes
  - <http://jacksoncountyfrc.org/>
- WCU Kneeder Child Development Center
  - On campus daycare resource
  - <https://www.wcu.edu/engage/kneeder-child-development-center/index.aspx>
- Southwestern Child Development Commission
  - Has daycare
  - <http://www.swcdcinc.org/>
- Haywood Community College Regional Center for the Advancement of Children
  - Has childcare
  - <https://www.haywood.edu/rcac/index.php>
- Cullowhee Methodist Church
  - Is just off campus and has pre-school
  - <http://www.cullowheeumc.org/>
- Refuge Church of North Carolina
  - Has childcare
  - <https://www.facebook.com/RefugeChurchofNorthCarolina>
- Pam's Child Development Center (Sylva, NC)
  - Recommended by staff
  - <https://pamscdc.weebly.com/>
  - <https://www.facebook.com/Pams-Child-Development-Center-103972759657166/>
- Tiny Toes Learning Center (Dillsboro, NC) – Preschool ages 3 - 6
  - <https://www.facebook.com/TinyToes-Learning-Center-105661417619798/>
  - [http://www.thesylvaherald.com/news/article\\_d1a88d84-f2c1-11ea-9be2-47fe82fd734b.html](http://www.thesylvaherald.com/news/article_d1a88d84-f2c1-11ea-9be2-47fe82fd734b.html)
- Jackson County Public Schools
  - Cullowhee Valley School is closest elementary school to campus; they do bus drop off on campus
  - <https://www.jcps.k12.nc.us/>
- Haywood County Public Schools
  - <http://www.haywood.k12.nc.us/>
- Macon County Public Schools
  - <http://www.macon.k12.nc.us/>
- Swain County Public Schools

- <http://www.swain.k12.nc.us/>
- WCU Campus Recreation
  - <https://www.wcu.edu/experience/campus-recreation/index.aspx>
- Jackson County Recreation Center
  - Has recreational programming for children in and around Cullowhee and Sylva
  - <https://www.rec.jacksonnc.org/cullowhee-recreation-department>
- Haywood County Recreation Center
  - Has recreational programming for children in and around Waynesville
  - <http://www.waynesvillenc.gov/parks-recreation>
- Haywood Regional Health & Fitness Center
  - <https://www.myhaywoodregional.com/health>
- Asheville Community Yoga – donation based yoga classes in Asheville
  - <https://ashevillecommunityyoga.org/>
- Blue Ridge Outdoors
  - <https://www.blueridgeoutdoors.com/>
- Blue Ridge Parkway
  - <https://www.blueridgeparkway.org/>
- On campus events and arts:
  - <https://www.wcu.edu/bardo-arts-center/>
  - <https://www.wcu.edu/experience/campus-activities/>
  - <https://wcu.campuslabs.com/engage/events>
  - <https://wcu.campuslabs.com/engage/organization/last-minute-productions>
  - <https://www.wcu.edu/learn/departments-schools-colleges/fpa/stagescreen/>
- Other resources
  - WCU diversity related resources
    - <http://diversity.wcu.edu>
    - <https://www.wcu.edu/discover/diversity/tools-and-training/index.aspx>
  - WCU LGBT Working Group and resources in the area
    - <https://www.wcu.edu/discover/diversity/LGBTQ-working-group.aspx>
  - Cornbread & Roses LGBTQ Community Services
    - <https://www.cornbreadroses.com/>
  - Sylva Pride
    - <https://www.sylvanpride.org/>
  - Blue Ridge Pride
    - <https://blueridgepride.org/>
  - Sylva Belles Drag
    - <http://drag.social/>
  - WCU Health Services list of local medical resources (medical, dental, etc.)
    - <https://www.wcu.edu/experience/health-and-wellness/health-services/CoordinationofHealthCare.aspx> and click on link to Community Medical Providers Directory
      - <https://www.wcu.edu/WebFiles/CommunityMedicalProvidersDirector2022.pdf>
  - Sesame – online doctors and specialists (recommended by one of our interns)
    - <https://sesamecare.com/>
  - ComPsych

- Interns have access to the Employee Assistance Program (currently administered by ComPsych) which provides 24/7 access to trained counselors via phone. Initial consultations are free, and WCU provides employees access to referrals for additional free counseling sessions through providers contracted with ComPsych. ComPsych also provides access to additional resources via their website.
  - For more information about ComPsych, please access the following links or phone numbers: <http://www.guidanceresources.com/> (click Register, then enter Web ID WCUEAP)
  - Or call: +1-855-259-0382
- Our Town Western North Carolina – Jackson County North Carolina Chamber of Commerce newcomer’s magazine
  - <http://www.mountainlovers.com/>
  - <http://www.mountainlovers.com/about-jackson-county>
  - <https://www.mountainlovers.com/restaurants-breweries/>
  - <https://issuu.com/jcccourtown/docs/2019ourtownmagazinefinalissuu>
- Haywood County North Carolina Chamber of Commerce
  - <https://haywoodchamber.com/>
  - Relocation guide: <https://haywoodchamber.com/live-work/quality-of-life>
- Haywood County Tourism Development Authority
  - <https://visitncsmokies.com/>
- Macon County (Franklin, NC) Chamber of Commerce
  - <https://www.franklin-chamber.com/>
  - <https://franklin-chamber.com/franklin-nc-visitors-guide.pdf>
- Romantic Asheville – list of things to see/do in the area
  - <https://www.romanticasheville.com/>
- WNC Parent – Publication of Asheville Citizen-Times newspaper
  - <http://www.citizen-times.com/lifestyle/family/>
- WCU’s Health & Physical Education Department and PE Majors Club periodically sponsors a Parents Night Out where they organize games and events for children – they inform WCU employees about this via email
- WCU typically runs a series of camps and programs for kids, especially in the summer:
  - <https://www.wcu.edu/engage/professional-enrichment/camps-and-programs-for-kids/index.aspx>
- Alcoholics Anonymous - District 80 (Western North Carolina)
  - <https://www.aawnc80.org/>
- Narcotics Anonymous
  - <https://www.wncna.org/>
- Recovery Dharma Asheville
  - <http://recoverydharmaavl.org/>
- WCU Health & Wellness Blog
  - <https://www.wcu.edu/experience/health-and-wellness/blog/index.aspx>
  - Also follow WCU Health & Wellness on Instagram @wcuhealthandwellness
- WCU W.H.E.E. for Life Employee Wellness Team
  - <https://www.wcu.edu/discover/campus-services-and-operations/human-resources-and-payroll/whee-for-life/>
- Coming soon – spirituality guide (our case manager is working on this...)