



KCHD WIC Referral & Community Resource List

July 2023 – June 2024



Additional WIC Program information is available online at www.knoxcounty.org/health/wic.php, <http://tn.gov/health/topic/wic>, www.fns.usda.gov/wic/

HOTLINES

A BETTER BALANCE HELPLINE 1-833-NEED-ABB / 1-833-633-3222
Workers' rights during pregnancy & parenthood www.abetterbalance.org
 CATHOLIC CHARITIES / 24-hour helpline 1-877-990-4673
 CDC INFORMATION 1-800-232-4636
 CHILD ABUSE HOTLINE / Dept. of Children Services 1-877-237-0004
Also Nurture the Next / (to report child abuse or neglect) 1-877-542-2873
 COMMUNITY INFORMATION <https://tn211.myresourcedirectory.com/> 211
 DOMESTIC VIOLENCE HELPLINE Nurture the Next 1-800-356-6767
 FAMILY VIOLENCE 24/7 HELPLINE 521-6336
 KNOXVILLE CITY SERVICES 311
 PARENT HELPLINE Nurture the Next 1-800-244-5373
 WIC 1-800-DIAL-WIC

ADULT JOBS AND EDUCATION PROGRAMS

American Job Center of TN 594-5500
 Tennessee College of Applied Technology /TCAT 546-5567

ALCOHOL & DRUG ABUSE COUNSELING & TREATMENT

180 Health Partners 1-888-339-9404
Strong Well Program: for pregnant women using opioids from any source
 Alcoholics Anonymous 522-9667
 CenterPointe / Treatment Center 523-4704
 Ensemble Recovery 770-4003
 Florence Crittenton Agency www.FCAKnox.org 602-2021
 Gateway Center / Adolescents 498-9892
 Great Starts / Child & Family Care, including housing 637-9711, ext 1455
 McNabb Center / Substance Use Treatment www.mcnabbcenter.org 1-800-255-9711
 Metro Drug Coalition <http://metrodrug.org/> 588-5550
 Peninsula / outpatient 970-9800
 SAMHSA Helpline / Subst Abuse and Mental Hlth Svcs Admin 1-800-662-HELP (4357)
 Susannah's House / for PN & PP www.susannahshouse.org 200-4759

ALCOHOL HALFWAY HOUSES

Midway Center / Adolescent&Adult Males & Women www.MidwayRehabCenter.com 522-0301

BREASTFEEDING ASSISTANCE, SUPPORT, & INFORMATION

Aeroflow / order breastpumps through insurance 1-844-867-9890
 KCHD WIC Program <https://knoxcounty.org/health/wic-breastfeeding.php>
 • Robin Penegar, IBCLC, WIC BF Coordinator 215-5060
 o Sarah Edwards, WIC BFPC 679-2801
 o Laura Petit, WIC BFPC 556-4674
 National Breastfeeding Helpline 1-800-994-9662
 Tennessee Breastfeeding Hotline 1-855-4BFMOMS
 24/7 IBCLC, CLC, RN or RD phone/video support & help with breastfeeding questions or concerns.
 This is a free service, provided by TN Dept of Health, available to anyone. For more BF info online:
[Breastfeeding in Tennessee \(tn.gov\)](http://Breastfeeding in Tennessee (tn.gov)) & www.womenshealth.gov/breastfeeding

CHILD SUPPORT ENFORCEMENT [Child Support \(tn.gov\)](http://Child Support (tn.gov))

Child Support Services of TN 862-0366
 Establishing Paternity / Paternity Testing 1-800-457-2165

DEPT OF HUMAN SERVICES / SNAP & Child Care Assistance 594-6151

ENGLISH CLASSES *additional English Class info available upon request*

Centro Hispano de East Tennessee 522-0052

Families Assistance Service Center 1-866-311-4287

FAMILY JUSTICE CENTER / Domestic violence assistance 215-6800

FEDERAL SURPLUS COMMODITIES (CAC): www.knoxcac.org 546-3500

CAC Neighborhood Centers:

East: 546-5125 South: 577-7591 West: 524-3345

CAC Office on Aging 524-2786

CAC Urban Agriculture / Home & Community Gardens 546-8446

FOOD/CLOTHING/HOUSEHOLD (includes furniture) RESOURCES

Angelic Ministries / Furniture & Household Items angelicministries.com 523-8884

Bread of Life Food Pantry / Food Ministry 690-0031

Community Chest of Knox County

• 1508 N Central St. 522-3200

• 2107 W Emory Rd. 938-3517

• 122 W Scott Ave. 971-4417

Ecumenical Storehouse / Furniture (serves Anderson County residents) 481-0274

FISH Main Hotline / food delivery pantry 523-7900

Fish Hospitality Pantries:

East: 522-3474 Northwest: 971-4000 South: 577-9600

Knox Family Ministries / Furniture Ministry 507-1557

Ladies of Charity 474-9348

Manna House / Food Ministry 246-0439

Salvation Army 525-9401

Second Harvest Pantry 521-0000

Second Harvest Pantry Locator website: secondharvestetn.org/pantry-locator/

Volunteer Ministry Center 524-3926

Water Angel Ministries 524-5194

HEADSTART/EARLY HEADSTART (CAC) 522-2193

HEALTHCARE COVERAGE OPTIONS

Amerigroup / TennCare MCO myamerigroup.com/tn 1-800-600-4441

BlueCare / TennCare MCO bluecare.bcbst.com 1-800-468-9771

Cover Kids tn.gov/coverkids 1-866-620-8864

Health Insurance Marketplace healthcare.gov 1-800-318-2596

United HealthCare / TennCare MCO uhccommunityplan.com/tn 1-800-690-1606

No Insurance? www.knoxvilleareaprojectaccess.org

Knoxville Area Project Access 531-2766

HEALTH CARE SERVICES

Cherokee Health Systems Western Ave. Office Phone: 544-0406

www.cherokeehealth.com Appointments: 1-866-231-4477 Fax: 544-0480

HEALTH CARE SERVICES, *continued*

Free Medical Clinic [Kim Health Center](#) 577-3733
HIV Prevention & Outreach / *Helen Ross McNabb* 329-9023
Interfaith [Interfaith Health Center - Home \(interfaithhealthclinic.org\)](#) 546-7330
Knox County Health Department / KCHD **215-5000**
<http://www.knoxcounty.org/health/index.php>

For hearing impaired **TDD 215-5001**

CDC / *Sexually Transmitted Infections, TB, HIV testing* 215-5370
Center of Excellence / *HIV & AIDS treatment* 215-5080
CHANT / *Community Health Access and Navigation in TN* 215-5190
Includes: CSS, Lead Screening, Newborn Hearing, HUGS & TennCare Kids
Dental 215-5110
Environmental Health / *grocery & restaurant inspections* 215-5200
Immunization Program / *shot records for daycare & school* 215-5150
TIC / *immunizations for adults & children; newborn screening* 215-5070
Vital Records / *Birth & Death Certificates* 215-5100
West Clinic / *KCHD Satellite Clinic at Cedar Bluff* 215-5950
Women's Health / *Reproductive health services and TennCare application* 215-5320

KCHD WIC • **Appointments 215-5016** • **all other inquiries 215-5030**
• **Clerical Intake** text/call/send proofs **865-393-0159**

• **WIC office email** to send proofs or request services kchd.wic@knoxcounty.org
• **Spanish *deje un mensaje* 215-5418** • **Nutrition Line 215-5052**
• **SOS** text or call for WIC shopping help **679-2941** • **WIC Fax 215-5064**

Remote Area Medical / *Mobile Clinic* www.ramusa.org 579-1530
Shriner's Hospital for Children (local: 865-573-1901) 1-800-237-5055
Volunteer DNA & Drug Testing / *paternity & peace of mind drug testing* 379-1182
Volunteer Ministry Center / *free dental services for uninsured, low income adults* 524-3926

HEALTH SERVICES (SPECIALTY)

Child Find @ Fort Sanders School / *no MD referral needed* 594-5035
Children's Hospital Rehabilitation Center / *by doctor referral only*

Main Office: 541-8652 West Office: 690-8961

Tennessee's Early Intervention System / *no MD referral needed* 579-3099
UT Speech Center / *by doctor referral only* 974-5451
UT Hearing Center / *by doctor referral only* 974-5453

HOUSING ASSISTANCE, FACILITIES, & EMERGENCY SHELTERS

Family Crisis Center / *emergency shelter for domestic violence* 637-8000
Family Promise of Knoxville / *non-emergency shelter* 584-2822
Homeless Services / *HR McNabb; women and children, free*
www.mcnabbcenter.org 523-8695 or 637-9711

Homeward Bound / *CAC agency* 546-3500
Knox Area Rescue Ministries / *includes Serenity Shelter* <https://karm.org/> 673-6540
Salvation Army www.salvationarmyknoxville.org 525-9401
Includes women's shelters, transitional housing, food, utility help

The Refuge at Volunteer Ministry 673-0235

HOUSING

KCDC-Public Housing **Contact - KCDC** send email to info@kcdc.org 403-1100
KCDC Section 8 Housing Choice Vouchers section8info@kcdc.org 403-1234
YWCA Women's Housing 523-6126

KNOX COUNTY SCHOOLS Voluntary Pre-K knoxschools.org/prek 594-1529

LEGAL AID OF EAST TENNESSEE www.laet.org 637-0484

MENTAL HEALTH CARE SERVICES *includes pp depression care for uninsured
Cherokee Health Systems* Western Ave. Office Phone: 544-0406
Family Crisis Center 637-8000
Helen Ross McNabb www.mcnabbcenter.org

Adult Mental Health Services* 770-3002
Children 523-8695
Crisis Stabilization / *includes in-patient urgent care* 541-6958

Mobile Crisis 539-2409
Sexual Assault Center of East Tennessee 522-7273
UT Psychological Clinic 974-2161

NUTRITION SERVICES

Food Allergy Resources: acaai.org/allergies & foodallergy.org
UT Extension Services <https://extension.tennessee.edu/knox> &
EFNEP / *Expanded Food & Nutrition Education Program* 215-2340

PARENTING

CHANT @ KCHD 215-5190
Healthy Families / *Helen Ross McNabb* 637-9711/ext 1275
Helen Ross McNabb / free parenting classes 544-5003
Parent Help Line / *counseling, domestic violence* [Nurture the Next](#) 1-800-356-6767
Parents as Teachers knoxcounty.org/health/parents_as_teachers/ 215-5120

PREGNANCY COUNSELING

Bethany Christian Services www.Bethany.org 588-5283
Catholic Charities / *also Pregnancy tests, Proof of Pregnancy* www.cctn.org 524-9896
Hope Resource Center www.knoxvillehope.com 525-4673
Knoxville Center for Reproductive Health www.afternic.com 637-3861
Women's Health @ KCHD, Dameron Avenue Clinic 215-5320
Women's Health @ KCHD, West Clinic 215-5950

SECRET SAFE PLACE FOR NEWBORNS www.secretsafeplacetn.org 1-866-699-SAFE (7233)

SNAP OFFICE / *formerly called Food Stamps* www.fns.usda.gov/snap 594-6151
EBT Customer Service Line 1-888-328-6399

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213

SUPPORT GROUPS

Alcoholics Anonymous www.etiaa.org 522-9667
American Cancer Society www.cancer.org 1-800-227-2345
American Diabetes Association www.diabetes.org 524-7868
American Heart and Stroke Association www.heart.org 293-5100
Cancer Support Community www.cancersupportcommunity.org 546-4661
Grandparents as Parents Program / *CAC* www.knoxseniors.org 524-2786
Knox County Relative Caregiver Program 376-3464
National Alliance for the Mentally Ill www.nami.org 703-524-7600
Tennessee Tobacco QUITLINE **1.800.QUIT.NOW** 1-800-784-8669

TRANSPORTATION SERVICES

CAC Transportation Pgm / *Knox Co only & if no TennCare* www.knoxcac.org 524-0319
ETHRA 691-2551
KAT www.katbus.com 215-7800

UTILITIES ASSISTANCE

CAC / *Low-Income Energy Assistance* www.knoxcac.org 546-3500
Volunteer Ministry Center/Bush Family Refuge vmcinc.org 524-3926