

# Family Support Resources for Students

## Finding childcare

The **Children's Council of Watauga County**

(<http://www.thechildrenscouncil.org/child-care-related-services.html>) offers a list of other childcare providers in the community. They have resources for families, early childhood professionals, and also a calendar of community events.

As a parent, you want the best for your child and that starts with great childcare. Our university offers childcare through our **Child Development Center** (<https://childdevelopment.appstate.edu/>), which is located just a couple minutes from campus.

**Lucy Brock Child Development Lab School** (<https://lucybrock.appstate.edu/families>) offers childcare for faculty, staff, and students on campus. Lucy Brock is located on campus, which makes for easy access for families who are on campus frequently.

## On Campus Resources

The **Division of Student Affairs** offers many resources for our students. Currently in the Women's Center located in the Plemmons Student Union, we offer a lactation room for our students who are nursing mothers. This room offers a space to nurse, pump, change diapers, and is a quiet place to rock the baby.

The **Division of Student Affairs** also offers an Emergency Fund

(<https://financialaid.appstate.edu/videos/emergency-fund>) in times of financial emergency for our students. Funds cannot be used to pay off university debt.

The **Office of the Dean of Students** (<https://deanofstudents.appstate.edu/>) offers resources for our students such as a free legal clinic, case managers ready to speak to you if you are struggling academically, and resources for **off campus housing** (<https://offcampushousing.appstate.edu/>). Our off campus housing website is easy to navigate and provides real time listings of apartments and houses available in the community.

The **Children's Developmental Services Agency (CDSA) of the Blue Ridge**

(<https://ihhs.appstate.edu/about-ihhs/community-resources/childrens-developmental-services-agency-cdsa-blue-ridge>) offers services and resources for parents of children with specific developmental and health needs. They work with you and health care providers to help create an understanding of your child's specific needs.

Our **Office of Title IX Compliance** (<https://titleix.appstate.edu/pregnancy-and-parenting>) offers pregnant and parenting individuals protection and resources. They offer academic assistance, employee assistance, and adjustments to parking, faculty notifications, and support.

**Student Veterans Services** (<https://militarystudents.appstate.edu/services>) offer many resources for veterans coming to our university. Student Veteran's receive benefits and financial aid to help further their academic career.

The **Office of Student Financial Aid** (<https://financialaid.appstate.edu/>) offers assistance to our students to help them further their academic career. The financial aid office offers different types of aid such as grants, loans, employment, and scholarships.

The **Career Development Center** (<https://careers.appstate.edu/>) has many resources that help students find their desired career path. Students can work with members of the faculty and staff to find careers that fit their goals, personality, and dispositions. They offer resources to find jobs in the community and elsewhere.

**Parent 2 Parent** (<https://parent2parent.appstate.edu/>) offers support to families who have lost a child, had a premature birth, children with disabilities, children with mental illness, and children who have a chronic illness. In the county, Parent 2 Parent does many fundraisers to raise money for the families they support, such as 5k races.

## Children and Family Services in the Community

The **Watauga County Public Library** in Downtown Boone offers interactive and fun activities for children during the year and during the summer. You can find more information here (<https://www.arlibrary.org/watauga-childrens-services/watauga-children>).

The **Children's Playhouse** (<https://goplayhouse.org/>) offers great indoor and outdoor activities for children in the community. The Playhouse offers educational activity and musical activities to help students expand their learning.

Watauga County has an excellent **Parks and Recreation program** ([http://www.wataugacounty.org/App\\_Pages/Dept/ParksRec/home.aspx](http://www.wataugacounty.org/App_Pages/Dept/ParksRec/home.aspx)) where they offer aquatics, athletics, and other special programs for members of our community. The Parks and Recreation Center offers special programs, equipment rental, and also host special Olympic events. They offer summer camps for students who seek adventure and who also focus more on dance.

The **Hunger and Health Coalition** (<https://www.hungerandhealthcoalition.com/services-programs>) offers many services for families in the county. They have a food pantry, which gives families a box of food every 2 weeks, a fresh market, a free pharmacy, and other food services. The Hunger and Health Coalition has helped to feed thousands of members of the community.

**Blue Ridge Pediatric and Adolescent Medicine** (<http://www.blueridgepeds.com/>) is Watauga County's only pediatric office. Their office is located centrally and has excellent staff dedicated to the health of our community's children.

**Watauga Medical Center** (<https://apprhs.org/wataugamedical/>) offers quality medical care to members of the community. The medical center offers many services such as behavioral health, cancer services, cardiovascular services, community health, wellness services, and emergency and urgent care. The hospital also offers family medicine.

**Watauga County** (<http://www.wataugacounty.org/Default.aspx>). This website offers information on how to pay taxes online, the snowline for the county, trash and recycling, property sales, and other useful community resources.

Watauga County offers a **Community Resource Assistance Guide** ([https://www.ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Watauga\\_County.pdf](https://www.ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Watauga_County.pdf)). This guide has many resources offered in our community for families, children, and much more.

**Western Youth Network** (<https://www.westernyouthnetwork.org/>) has many resources for children in the community. They are located conveniently just a minute from Downtown Boone and even pick up your children from school for their after school programs. They offer mentoring programs, summer camps, and even have a community health program not only in Watauga County but in neighboring counties as well. They work with children who have suffered adverse situations growing up and work with the students to identify the trauma and help them to overcome their situations and strive for success.

## State Resources

The **WIC Program** (<https://www.nutritionnc.com/wic/>) is a Special Supplemental Nutrition Program for Women, Infants, and Children. This program provides resources to help you have healthy eating habits for your family. The program strongly supports breastfeeding for new mothers and offers different formulas for infants. The program helps families receive cash-value vouchers for healthy foods to promote healthy eating habits.

The **NC Department of Health and Human Services** (<https://www.ncdhhs.gov/>) offers many resources such as pregnancy assistance, children's services, division of child development and early education, and many more resources.

## Watauga County School District

**Watauga County Schools** (<https://www.wataugaschools.org/>) are spread throughout the county and offer valuable educational experiences for our children in the community. The High School is centrally located close to Downtown Boone.

Watauga County Schools offers a **snow day/holiday program** (<https://www.wataugaschools.org/Page/1215#calendar1013/20190523/month>) for students in the county. The program is held at Hardin Park Elementary and is for students K-8. Parents must register for 10 snow days at a time and after the first 10 snow days, parents can continue registering or opt out. This program also applies to holidays in the county, but you must register for that ahead of time. To participate in this program, students must be enrolled in one of the elementary schools in the county.