# **For Expectant Mothers**

#### Rockdale Health WIC office

985 Taylor Street Conyers, GA – 30012 (770) 785-4345 www.dph.georgia.gov/WIC

#### Office Hours

Mon: 8:00 AM-3:30 PM Tue: 8:00 AM-5:30 PM Wed: 8:00 AM-3:30 PM Thu: 8:00 AM-5:30 PM

Fri: 8:00 AM-3:30 PM



The Official WIC program is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC. You may apply for WIC if you are working or unemployed.

#### **Car Seats**

Prevent Child Abuse Rockdale 1430 Starcrest Drive, Conyers, GA 30012 (770) 483-7333

www.pcarockdale.org

Call to schedule an appointment. A short child safety course is required and provided to obtain a car seat.



To serve families with Christ-like compassion, by offering support, guidance and education in times of physical, emotional and spiritual need for promoting healthy pregnancy, birth and lifestyle. All are welcome. No one will be turned away because of race, religion, or economic status.



1307 Milstead Ave. Conyers, GA 30012 Phone: 770-922-5939 RefugeConyers.org



Because we all need a little help every once in a while.







# Clothing

### **Zion Baptist Church**

7037 Hwy 212 Covington, GA 30016 770-786-6767



Wed 4pm-5:30pm Thurs. 10am-2pm

www.zbcga.org/726553

# **Medical Help**

### **Mercy Heart**

2796 Georgia Hwy 20 S. Conyers, GA 30013

(470) 223-0989

Providing free medical and dental care for qualified Rockdale County citizens.

Call for an appointment Mondays Only 10AM-1PM 678-374-5132

## **Helping Hands**

1733 Lake Rockaway Rd NW Conyers GA.30012 678-607- 0759



Mon-10AM-5PM Tue 10AM-7PM Wed-Closed

Thur-10M-5PM Fri-10M -2PM Walk-ins Welcomed

Saturday's 2nd and 4th of the Month 9AM-12PM

(Note) Google 2442 Lake Rockaway Rd closer to the building **www.helpinghandsga.org** 

# **Food**

#### **Rockdale Emergency Relief**

350 tall Oaks Dr. SE Conyers, GA 30013 770-922-9210



M, T, Th 10AM-1:30PM

Those requesting assistance from the Food Bank must bring:

- A. Proof of identification requires social security cards for all household members and a photo ID for the person receiving services.
- B. B. Proof of residency in Rockdale County requires a current lease or utility bill in recipient's name with a Rockdale County address. If client is living in a local hotel/motel s/he must provide a current bill from the hotel/motel.

www.rockdaleemergencyrelief.org

### Willing Helpers Food Ministry

Solid Rock Baptist Church 8111 Brown Bridge Rd Covington, GA 30014 770-784-0982 THURSDAY'S 10AM-1PM



The Ministry operates on a \$10.00 donation. Please bring some form of I.D in order to record your visit.

www.solidrockbaptist.com/outreach-ministries/willing-helpers-food-ministry

#### **One Heart Ministries**

Food Bank 1203 Royal Dr SW, Conyers, GA 30094 678-910-5725



Tuesdays and Thursdays 9:00am – 1:00pm

www.oneheartministriesinc.org

## **Abuse**

## **Project Renewal**

Conyers, GA 770-860-9770 24/7 HOTLINE-770-860-1666 www.wrcdv.org

#### 4Sarah

(470) 362-8808 www.4sarah.net Offering HOPE to EXPLOITED Women and Girls



4Sarah is a faith based nonprofit organization whose mission is to empower change in the life direction of women and girls who are adult entertainers, prostitutes, escorts, porn stars, or victims of sex trafficking by offering a holistic approach as well as an educational, emotional, physical, and spiritual support. With the support from our communities and churches, 4Sarah will be able to provide a system of care to women and girls seeking to exit a life in the adult entertainment industry.

# **Miscellaneous**

#### **United Way 211**

936 Green Street SW Conyers, GA 30012 (678) 623-2876



Mon-Fri 8:30 - 5:00

www.unitedwayatlanta.org/county/rockdale-county

#### St. Vincent DePaul

2621 Lost Valley Ct SE, Conyers, GA 30013 770-761-3731



Mon, Wed, Fri-10AM to 12PM

https://www.svdpgeorgia.org/request-help/