



Reentry Resource Guide for Perquimans County



2025




now with partner info!

PLEASE READ THIS FIRST!

Nothing is more frustrating these days than trying to get an actual human being to answer the phone when you call organizations for assistance. This can especially be true for government agencies. If this happens to you when contacting any of the service providers listed in this Reentry Resource Guide, remember the following:

- Try to find all the information you need on the service provider's website, which OurJourney gives for every service provider that has one. That way you won't even need to call. If the website gives an email address, you might try emailing the service provider with your non-emergency questions.
- Sometimes by pressing the zero button on your phone you can skip past the recorded message and be sent straight to a human operator.
- Know ahead of time exactly what you want to ask; have any materials you need on hand before you call (such as ID, application, etc.).
- Be patient. If you simply can't wait on hold any longer, choose the option that lets you leave a voicemail (if available).
- If you leave a voicemail, remember to state your name and phone number clearly, along with the reason for your call.
- Make sure you're available for call-back during normal business hours. If you can't be, when you leave your voicemail provide a time range for call-back.

Also remember, many people in your community need help too. So you may be placed on a waiting list for some services. OurJourney always recommends that you begin your search for assistance by contacting the One-Stop Resource Centers listed at the front of this guide. Why? Because these service providers usually have the resources and connections in the community to provide more immediate and specific help.

Agencies, organizations, ministries or businesses with a  beside their listing are close partners of OurJourney. We have verified not just their basic information but that they are dedicated to helping you rebuild your life. Make sure you mention that OurJourney sent you!

Finally, remember that your success ultimately depends on **YOU!** OurJourney encourages you not to give up if you can't find help when and how you need it. We know firsthand how frustrating it can be when things don't go the way you hope, but we also know that **the worst day in freedom is better than the best day in prison**, and that patience and perseverance are just as important to your success as the assistance you need.

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Picture on the front cover courtesy of www.longandfoster.com



Resource Guide - Perquimans County

The service providers listed below are for Perquimans County and surrounding areas. Agencies, organizations or businesses may be listed multiple times if they offer services in multiple categories. Agencies, organizations or businesses listed under the category "One-Stop Resource Centers" offer assistance in all or nearly all other categories. OurJourney does not endorse any of the agencies, organizations or businesses listed below, unless otherwise noted by a check mark beside the listing.

OurJourney has verified the accuracy of the information in this Resource Guide as of the date printed on the bottom of each page. There may be other service providers in Perquimans County not listed. Please call (888) 50-REENTRY or email contact@ourjourney2gether.com to report any discrepancies or to suggest other service providers in Perquimans County.

NOTE: Perquimans County is limited in reentry support resources, which is why some of the resource providers listed in this guide are from neighboring counties. Your parole officer will most likely allow you to travel outside of Perquimans County for reentry assistance. However, you should always contact your parole officer before leaving Perquimans County for any reason, even to visit the reentry resource providers listed in this guide. Failure to obtain permission from your parole officer to travel outside of Perquimans County may result in a violation of the conditions of your post-release.

One-Stop Resource Centers

North Carolina ePASS

<https://epass.nc.gov/>

North Carolina ePASS is a new online way to apply for Benefits and services as a resident of the state. It is made available by the NC Department of Health and Human Services.

You can apply for Food & Nutrition Services, apply for Energy Assistance, register to vote (if eligible) and apply for other state services.

You will need to set up an account first and you must have an active email account. You will also need a photo ID and your birth certificate to set up an account.

Setting up an account is free. To qualify for benefits, you must meet certain guidelines.

One-Stop Resource Centers

The Salvation Army of the Albemarle Region

602 N. Hughes Blvd.
Elizabeth City, NC 27909

252-338-4120

<https://southernusa.salvationarmy.org/albemarle/>

Monday through Thursday: 9:00 AM to 4:00 PM (Closed for lunch from Noon to 1:00 PM.)
Friday: 9:00 AM to Noon

Provides a wide variety of services, including Disaster Relief, Shelter, Food, Rent and Utility Assistance, and Clothing. See **Clothing Resources** for information about their thrift store. **Always contact your parole officer before leaving Perquimans County.**

Assistance is free; some services provided by partner organizations may charge fees

Albemarle Area United Way

1413 Parkview Dr.
Elizabeth City, NC 27909

252-333-1510

<https://www.aaunitedway.org/>

Monday through Friday: 9:00 AM to 5:00 PM

Provides support to dozens of member agency programs in Pasquotank County. In addition to calling the number provided for the Pasquotank County office, you can get 24-hour assistance by calling the United Way hotline by dialing 211. **Always contact your parole officer before leaving Perquimans County.**

Assistance is free; some services provided by partner organizations may charge fees



Recidivism Reduction Call Center

<https://rreps.net/recidivism-reduction-hotline>

888-852-0004

The Recidivism Reduction Call Center allows people recently released from prison in North Carolina to connect with a RREPS operator to request information about, and set up warm referrals to, employment, housing, healthcare, and public benefits services.

Assistance is free; some services provided by partner organizations may charge fees

One-Stop Resource Centers



Go Further Connect

<https://gofurtherconnect.com/>

Introducing a new way to get connected

Do you need a resource?
Do you need a job?
Do you need inspiration?
Do you need to connect?



Visit www.GoFurtherConnect.com
to start connecting now

Go Further Connect is an online resource for connecting returning citizens with programming, services, and community support that meet the individual's needs. You can search for help by zip code and also access some of the other great resources they have available for free, such as a tool for finding a job.

Free



Fenced In: Fighting for Freedom Advocacy

336-840-7570

<https://aprilbarberscales.com/#our-services>

Monday - Friday:
9:00 am to 5:00 pm

April spent over 33 years in prison and now helps others returning after long prison sentences of 20 years or more. If that's you, April will prepare a tailored plan according to your vision of release and will provide a prepaid cell phone and gift card as funding permits. She is also a certified peer support specialist who offers support for those who struggle with mental health, psychological trauma, or substance use. April is an OurJourney board member.

Free if you served 20 years or more.



Harvest Solutions

<http://www.harvestsolutions.com/>

Available 24/7

Harvest Solutions is a free, all-in-one digital platform that offers life-skills education, job and housing resources, mental health support, and recovery tools. Available to anyone for free, users earn giftcard rewards for engaging in courses. The platform is mobile-friendly, easy to access, and designed to support people navigating transition or reentry.

Free

Food Resources

Food Bank of the Albemarle - Elizabeth City

109 Tidewater Way
Elizabeth City, NC 27909

252-335-4035

<https://afoodbank.org/>

Tuesday: 9:00 AM to 11:45 AM
Wednesday: 5:00 PM to 7:00 PM
Thursday: 4:00 PM to 6:00 PM

Provides food to those in need.
Always contact your parole officer before leaving Perquimans County.

Free

The Open Door Food Pantry of Perquimans County

293 Creek Dr.
Hertford NC 27944

252-421-3700

<https://www.perquimansopendoor.com/>

Mondays and Wednesdays: 10:00 AM to Noon
Thursdays: 4:00 PM to 6:00 PM

Provides food to those in need in Perquimans County. You can receive food assistance once per month.
You must fill out an application before they can serve you. You can either download and print the application out from their website ahead of time, or fill it out in person.
Must have a photo ID with a Perquimans County address.

Free to those who qualify (based on income)

Medical / Dental Resources

Perquimans County Health Department

103 Arpdc St.
Hertford, NC 27944

252-426-2100

<https://www.arhs-nc.org/>

Monday through Friday:
8:00 AM to 5:00 PM
2nd and 4th Thursday evenings:
5:00 PM - 7:00 PM

Offers assistance with a variety of basic health needs, including disease prevention and others. Also offers free HIV and other STD testing and free COVID testing and vaccinations. Will also help with referrals to other health care providers in Perquimans County.

Offers Clinical Services on a sliding fee scale based on income for anyone regardless of ability to pay. They also accept Medicaid, Medicare and private insurances.

Medical / Dental Resources

Community Care Clinic

918 Greenleaf St.
Elizabeth City, NC 27909

252-384-4733

<https://doctor.webmd.com/practice/community-care-clinic-b98e7363-737c-e211-a5a4-001f29e3eb44>

Mondays through Thursday: 8:00 AM to 4:00 PM

Provides primary health care, regardless of your ability to pay. Services include: checkups, treatment, pregnancy care (where applicable), immunizations and child care (where applicable), prescription medicine and mental and substance abuse where applicable.

Always contact your parole officer before leaving Perquimans County.

All programs fees are based on income and for patients without insurance.



NC MedAssist

866-331-1348

medassist.org

NC MedAssist is a statewide program for those who do not have the means to buy life-saving medications to treat chronic diseases such as heart disease, diabetes, and asthma. To qualify you must live in NC, not have any insurance (not even Medicaid) and have income that is at or below 300% of the national poverty average. (To give you an example, if you live with one other person, the combined yearly income for both of you can't be more than \$54,930, or \$4,577 per month.) Visit their website to enroll or call for more information. They also have a Mobile Free Pharmacy that travels the state handing out free Over The Counter medications to anyone, no ID required.

Free for those who qualify and aren't insured

OurJourney can help you enroll in NC MedAssist's free pharmacy program! Call us (888) 50-REENTRY to learn more.

Medical / Dental Resources



Parks Insurance

153 S. Oakland Ave.
Rock Hill SC 29730

866-932-7200

<https://parksinsured.com/>

Monday through Friday: 9:00 AM to 5:00 PM

Parks Insurance is licensed in all 50 states to offer healthcare insurance to individuals returning from prison. Through a special program called G.I.F.T. (Giving Insurance Freely for Transition), you are eligible to receive healthcare insurance with ZERO monthly payments and little, if any, deductibles. This plan covers doctor visits, medication, behavioral health, surgery, hospital stays and more. Everyone qualifies, even those with preexisting conditions.

Free to most people returning after incarceration

OurJourney can help you enroll in Parks Insurance's G.I.F.T. program! Call us (888) 50-REENTRY to learn more or call Parks Insurance and speak to a representative.

Mental Health & Substance Abuse Resources

PORT Health

102 Medical Dr.
Elizabeth City, NC 27909

252-335-0803
866-488-7678 (Crisis Line)

<https://www.porthealth.org/treatment/adult-services/alcohol-substance-use/treatment/medication-assisted-therapy>

Monday through Friday: 8:00 AM to 5:00 PM

The PORT Health Methadone Clinic believes that Medication Assisted Therapy (MAT) is most effective when it is administered in conjunction with comprehensive therapeutic services. The combination of these two treatments creates better outcomes for the patient, such as increased independence and greater integration back into their family and the community. They also offer various forms of mental health therapy.

Always contact your parole officer before leaving Perquimans County.

Fees are on a sliding scale, or based on what you can afford to pay. Nobody is turned away because of an inability to pay.

Albemarle Counseling Group

905 Halstead Blvd
Elizabeth City, NC 27909

252-335-2018

<https://albemarlecounselinggroup.com/>

Mondays through Friday: 8:00 AM to 5:00 PM

Offers programs for adults that are facing depression, anxiety or other mental health concerns.

Always contact your parole officer before leaving Perquimans County.

Accepts Medicare, Medicaid and most insurance.

Mental Health & Substance Abuse Resources

Center for Emotional Health

905 Halstead Blvd., Unit 7
Elizabeth City, NC 27909

252-318-7552

<https://www.cehcharlotte.com/>

Monday through Friday: 8:00 AM to 5:00 PM

Provides treatment and support for mental health issues, including:

- Out-patient Therapy
- Medication Management
- Veterans Support Services
- Trans-Cranial Magnetic Stimulation (TMS)
- Tele-Psychiatry

Always contact your parole officer before leaving Perquimans County.

Accepts Medicare, Medicaid and most insurance. They also offer sliding scale rates for those who qualify.



Mental Health America

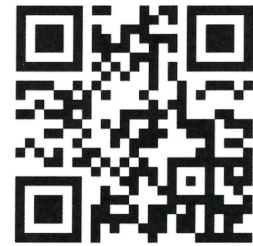
800-969-6642

<https://www.mhanational.org/>

<https://screening.mhanational.org/screening-tools/>

Provides free mental health screening, which is the quickest and easiest way to determine whether you are experiencing symptoms of a mental health condition.

To take the free and confidential mental health screening, visit their website or scan the QR code to the right with your smartphone.



mhascreening.org

Hope4NC

855-587-3463

<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-use-services/hope4nc-helpline-1-855-587-3463>

Available 24/7

Hope4NC is here to connect you with the help you need, whenever you need it, whether that's mental health assistance, substance abuse assistance or if you're having suicidal thoughts.

Assistance is free; some services provided by partner organizations may charge fees. If you don't have health insurance, you may be eligible for behavioral, mental health and substance abuse services. Call Hope4NC for more information.

Heels Care Network

<https://care.unc.edu/resource/mental-health-gps/>

This is an online network of North Carolina and national mental health resources and support groups.

Access is free; some providers listed may charge fees for their services

Mental Health & Substance Abuse Resources

Statewide Peer Warm-line

855-733-7762

Available 24/7

The statewide Peer Warm-line is a Free phone line staffed by Peer Support Specialists who offer non-clinical support and resources to those in crisis. Peer Support Specialists (or “peers”) are people living in recovery with mental illness and/or substance use disorder who provide support to others who can benefit from their lived experience. Their unique expertise helps reduce stigma while strengthening overall engagement in care. Like 988, North Carolina's Peer Warm-line is available 24 hours a day, 7 days a week.

Darkness Rising - Rebuild Program

919-589-7808

<https://findmeatherapist.org/>

Monday to Friday:
9:00 Am to 8:00 Pm

The Rebuild program provides therapist connection for the formerly incarcerated while also paying for the first 10 sessions. Rebuild serves the BIPOC community. Black, indigenous, people of color. Call for more information.

Free



Better Life Partners

866-679-0831

<https://betterlifepartners.com/north-carolina>

Monday-Sunday:
8:00 AM to 6:00 PM

Better Life Partners, an outpatient treatment provider dedicated to supporting individuals aged 18 and above with Substance Use Disorder (SUD) and Alcohol Use Disorder (AUD). Our comprehensive approach includes medication-assisted treatment (MAT) and substance use-related responsive care. These services are paired with counseling sessions facilitated by licensed counselors in virtual group settings. Our Telehealth model streamlines an innovative approach to care and support for our members.

Accepts most major insurances. Flex pay is available if uninsured and payment is based on income.

Job Training / Job Placement Resources



NCWorks Career Center

111 Jordan Plaza
Elizabeth City, NC 27909

252-621-6350

<https://www.ncworks.gov/>

Monday through Friday: 8:30 AM to
5:00 PM

Offers support for everything from creating a resume and finding the right job opportunities to preparing clients for job interviews. Website has links for Finding a Job.

Free

Always contact your parole officer before leaving Perquimans County.

Vocational Rehabilitation Center

401 South Griffin St, Suite 100
Elizabeth City, 27909

252-621-6160

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

Monday through Friday: 8:00 AM to
5:00 PM

Provides a variety of services, depending on your specific needs. They are customized to help you find a job and offer career counseling, education and training, job placement assistance and on-going support, medical treatments and assistive technology. Works specifically with those who have physical, mental or emotional disabilities.

Free

Always contact your parole officer before leaving Perquimans County.

Coastal Staffing - Elizabeth City

1601 N Road St., Suite C
Elizabeth City, NC 27909

252-338-9133

<https://coastalstaffingservice.com/>

Monday through Friday: 8:00 AM to
5:00 PM

Offers temporary to permanent job placement from clerical to construction jobs. Must consent to a background check. Drug screening may be required. Call for an appointment or apply online. No walk ins.

Free

Always contact your parole officer before leaving Perquimans County.

Job Training / Job Placement Resources



Find A Job - OurJourney's Employment Assistance Program

888-507-3368

<https://www.ourjourney2gether.com/find-a-job>

Monday - Friday:
9:00 AM to 5:30 PM

Finding a good job is a top priority for most people after their release from prison, yet it's often one of the most difficult challenges to overcome. OurJourney is partnering with Honest Jobs to help you meet that challenge head on through our Find A Job program. Honest Jobs was created by people with criminal records or people with criminal records, and now OurJourney can help you take full advantage of their services through their innovative Reentry Navigator system, which allows us to work with you to access Second Chance jobs in your area. To learn more or to enroll, visit the website.

Free to residents of NC with criminal records

Financial Resources



Operation HOPE

704-680-3163

<https://operationhope.org>

Monday through Friday: 8:00 AM to 5:00 PM

Helps individuals of all ages and backgrounds, including the formerly incarcerated, by offering financial education, one-on-one coaching, courses on credit score improvement, as well as pathways toward homeownership and starting a business. They have eight locations across the state of North Carolina, but since they can also provide their services over the phone, they can help you even if you don't live near one of their locations. This is a great (and totally free) program for those who want to understand how to rebuild their credit and financial life after incarceration. Call Alisha Kenny at the number provided to set up an initial appointment.

Free

Transportation Resources

Inter-County Public Transportation Authority (ICPTA)

Office:
110 Kitty Hawk Dri.
Elizabeth City, NC 27909

252-338-4480

<https://icpta.net/>

Office Hours:
Monday through Friday: 6:00 AM to 5:00 PM

Scheduled Van Service Hours:
Monday through Friday: 4:30 AM to 7:30 PM

Provides transportation services to Perquimans County residents. Scheduled Van Transportation throughout Perquimans County. They will pick you up and bring you back. Must schedule pickup at least 48 hours before your trip.

All rides are currently free

Clothing Resources

Goodwill Industries Thrift Store

502 W Ehringhaus St.
Elizabeth City, NC 27909

252-562-6610

<https://www.gienc.org/>

Monday through Saturday: 10:00 AM to 6:00 PM

Offers previously-owned clothing and other items at extremely low prices. You can often find name-brand clothes in good to great condition.

Always contact your parole officer before leaving Perquimans County.

Men's pants are as low as \$4.50 each, shirts as low as \$2.99 each. Other items are priced low also.

The Salvation Army Family Store

602 N. Hughes Blvd.
Elizabeth City, NC 27909

252-338-8741

<https://southernusa.salvationarmy.org/albemarle/>

Monday through Saturday: 10:00 AM to 4:00 PM

Offers previously-owned clothing and other items at extremely low prices. You can often find name-brand clothes in good to great condition.

Always contact your parole officer before leaving Perquimans County.

Prices vary depending on item

Clothing Resources

CHKD Thrift Store

1511 W. Ehringhaus Street
Elizabeth City, NC 27909

252-335-5437

<https://www.chkd.org/support-us/thrift-stores/>

Monday through Saturday: 9:00 AM to 7:00 PM

Sunday: Noon to 5:00 PM

Offers previously-owned clothing and other items at extremely low prices. You can often find name-brand clothes in good to great condition.

They have Discount Days where everything is discounted for designated shoppers.

Always contact your parole officer before leaving Perquimans County.

Prices vary depending on item

Education Resources



In The Beginning Incubator

919 E Main St
Richmond, Va 23219

804-468-8141

<https://inthebeginningco.com/>

Monday - Friday:
10:00 AM to 5:00 PM

In The Beginning Incubator and Fund (ITB) was founded in 2021 with a simple but powerful mission: To empower entrepreneurs who have been historically overlooked — and help them build legacies, not just businesses. What started as a single-location incubator in Richmond, Virginia has grown into a multi-state platform. Our model is research-backed through our partnership with Langston University, focusing on entrepreneurs from underserved, rural, minority, disabled, and returning citizen communities. ITB offers Culturally centered entrepreneur training, Mental health and business development integrated in all programs, Real capital access through KIVA partnerships and the ITB Fund Federal research partnership to design better entrepreneur support models and Specialized niche services (grant readiness, virtual business services, procurement certification support)

Programs and packages vary in cost. See website or call for information. Also has grant programs to help cover cost for those that qualify.

Education Resources

Perquimans County Center

601-A S Edenton Road St
Hertford, NC 27944

252-426-5428

<https://perquimans.ces.ncsu.edu/>

Monday - Friday:
8:00 AM to 5:00 PM

The Perquimans County Center has partnered with NC State to offer classes and events for residents of Perquimans County. The classes include topics such as Lawn & Garden classes, Agriculture & Food, Home & Family and more. See the website for more information and dates.

Cost varies per course.
See website for details.

House Of Resilience LLC

910-249-9426

<https://www.gobuildresilience.com/>

Monday - Friday:
8:30 AM - 5:30 PM
Available on some Saturdays

House of Resilience Empowerment Coaching (HOR) provides trauma-informed, strengths-based coaching for justice-involved Men seeking personal growth, emotional healing, and successful reentry. We specialize in mindset development, identity rebuilding, and purpose-driven goal setting through structured coaching frameworks. Services include one-on-one virtual or in-person sessions, personalized reentry planning, and empowerment programs that promote self-worth, accountability, and long-term transformation. We welcome individuals with criminal backgrounds but currently do not serve registered sex offenders. Clients may apply through our website or be referred by a facility or partner agency. The first step is a free 15-minute discovery session to determine program fit. Contact: Crystal Jackson, Founder & Lead Coach, at info@gobuildresilience.com or 910-249-9426.

Free for incarcerated individual and affordable for those released. Call or email for more information.

Education Resources

NC DIT Tech Resource Finder

<https://www.ncbroadband.gov/resource-finder>

Provides more than 1,100 resources that help North Carolinians use the internet, find public computers and Wi-Fi and access technical support and digital skills classes across the state. Tech Resource Finder users can search for local offerings by county, zip code or type of resource and can select a map view or table view. Each resource includes a description, address, website, contact information and directions.

Free

NC Work From Anywhere

<https://communitydevelopment.ces.ncsu.edu/local-economic-development-programs/nc-work-from-anywhere/>

NC Work From Anywhere is your gateway to remote work success — whether you want to stay in your rural community while working for top employers or develop the skills needed to thrive in a remote job. Live Here. Work Anywhere. If you love your rural community and want a remote job that allows you to stay, we offer training and resources to help you succeed in a virtual environment.

Course Fee is \$200 dollars.

Directory for Perquimans County Agencies:

Perquimans County Probation Department	110 N Church St., Suite 1 Hertford, NC 27944	252-426-7224
Pasquotank County DMV Always contact your parole officer before leaving Perquimans County.	1164 Hwy 17 Elizabeth City, NC 27909	252-331-4776
Perquimans County Dpt. of Social Services	103 Charles St. Hertford, NC 27944	252-426-7373

Directory for State and Federal Government Programs that Offer Temporary Assistance:

SNAP (Supplemental Nutrition Assistance Program): www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

LIEAP (Low Income Energy Assistance): www.ncdhhs.gov/divisions/social-services/energy-assistance/low-income-energy-assistance-lieap

TANF (Temporary Assistance for Needy Families): www.ncdhhs.gov/divisions/social-services/work-first-family-assistance

Other Organizations that Offer Assistance:

The National Reentry Network for Returning Citizens is a national network comprised of individuals returning from incarceration who support each other's successful reintegration. To learn more, visit their website at <https://thenationalreentrynetwork.org/>.

National Suicide Prevention Hotline: Dial 988 or online at www.988lifeline.org.

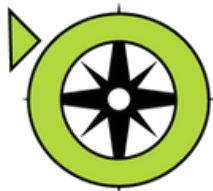
Felony Record Hub (an online resource with jobs, housing and reentry advice for people with criminal records): www.felonyrecordhub.com

Honest Jobs is the nation's leading job marketplace for people affected by the criminal justice system. Honest Jobs has over 300,000 job openings from 1,000+ fair-chance employers: www.honestjobs.com

Veterans Resources in Perquimans County (for all military veterans): 252-426-1796 or online at <https://www.perquimanscountync.gov/departments/veteran-services>

NC211.org (an online information and referral service provided by United Way of North Carolina. It offers a searchable database with information about resources for all 100 counties in North Carolina)

Other Assistance Available through OurJourney: Anyone returning to any county in North Carolina from any state prison is automatically eligible to participate in the OurJourney **Essential Services** program. The Essential Service programs provides one-on-one, professional assistance, including help with writing a resume, preparing for a job interview, handling stress and rejection, smartphone training, and six other essential services for those rebuilding their lives after incarceration. This program is free of charge. To learn more or to enroll, call (888) 50-REENTRY or visit www.ourjourney2gether.com/essential-services.



OurJourney
PO Box 2862
Rocky Mount, NC 27802
(888) 50-REENTRY