

[View this email in your browser](#)

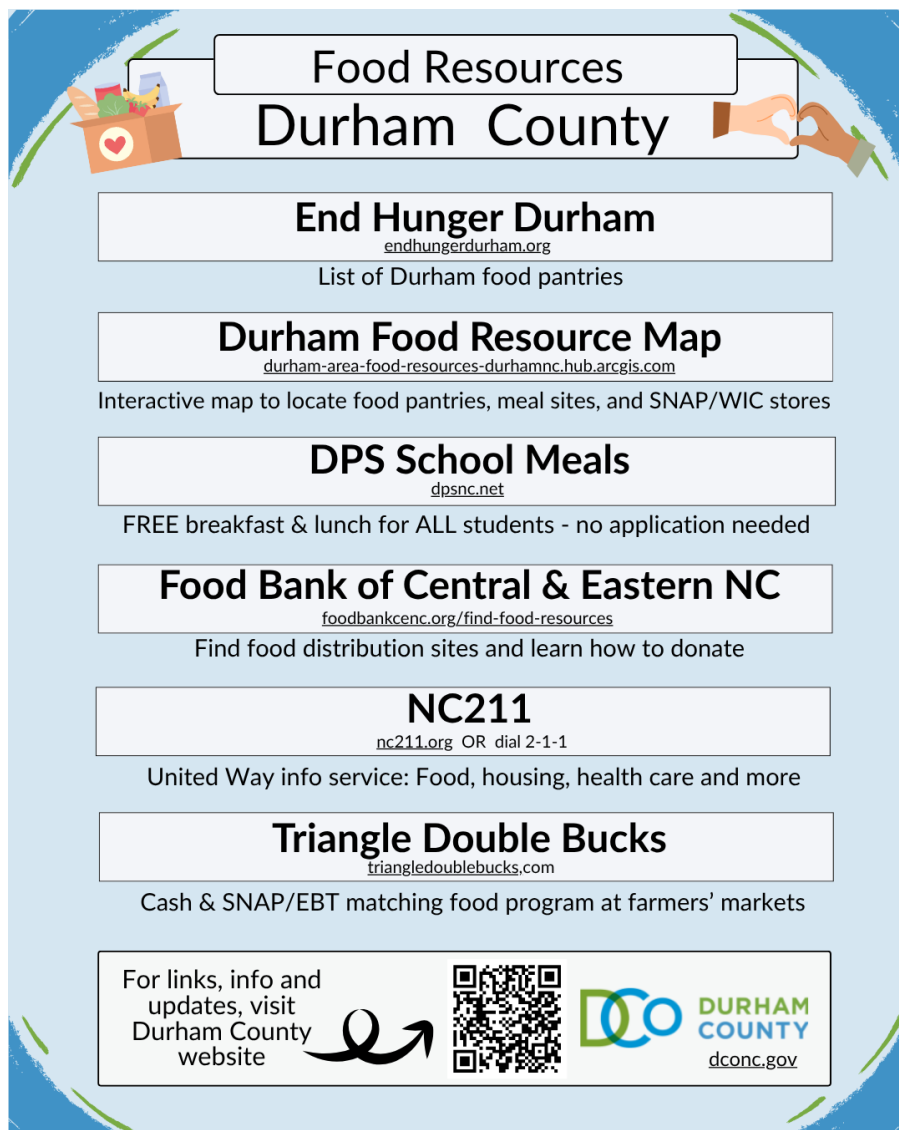


November 20, 2025

Resilience Resource Review

Supports for Durham Families

In recognition of the uncertainty and concern many Durham families are experiencing, we are sharing resources for communities affected by changing federal government policies and actions.

A graphic titled "Food Resources Durham County" with a light blue background and green brushstroke accents. It features a box of food and hands holding a heart at the top. Below the title are seven resource cards, each with a title, website URL, and description. At the bottom, there is a QR code, a curved arrow pointing to it, and the Durham County logo with the text "For links, info and updates, visit Durham County website".

**Food Resources
Durham County**

End Hunger Durham
endhungerdurham.org
List of Durham food pantries

Durham Food Resource Map
durham-area-food-resources-durhamnc.hub.arcgis.com
Interactive map to locate food pantries, meal sites, and SNAP/WIC stores

DPS School Meals
dpsnc.net
FREE breakfast & lunch for ALL students - no application needed

Food Bank of Central & Eastern NC
foodbankcenc.org/find-food-resources
Find food distribution sites and learn how to donate

NC211
nc211.org OR dial 2-1-1
United Way info service: Food, housing, health care and more

Triangle Double Bucks
triangledoublebucks.com
Cash & SNAP/EBT matching food program at farmers' markets

For links, info and updates, visit Durham County website



[Durham County Community Food Resources](#), *Durham County Government*

The Durham County Government has developed a new community food resources webpage and will be updating it with important information regarding food and nutrition resources for Durham County residents impacted by the federal government shutdown.

DURHAM WINTER SHELTER 2025-2026

Shelter options expand during winter months.

Call Entry Point at 984-287-8313 for updated info

EVERY NIGHT	WHITE FLAG NIGHTS		
11/15/25 - 3/15/26 excluding holidays	When weather is at or below 32 degrees OR 35 degrees with rain or snow between 11/1/25 - 3/31/26		
Walk-In	Call Entry Point for referral		Walk-In
Check in: 7 - 8:30 PM	Check in: 7 - 8PM	Check in: 6 -8PM	Check in: 5 PM
 OPEN TABLE Ministry	 DURHAM CRISIS RESPONSE CENTER	 URBAN MINISTRIES OF DURHAM	 DURHAM RESCUE MISSION
@ Asbury UMC 806 Clarendon St.	300 N Queen St	410 Liberty S	1201 East Main St / 507 East Knox St
adults only	families w/ children, survivors fleeing DV / SA (alternate secure location)	adults only	men / women and children
Call Entry Point @ 984-287-8313			(919) 688-9641

frequently asked questions on back...

Durham County White Flag Night Resources, *Durham Community Safety Department & White Flag Coordinating Group*

"White Flag" is activated when the weather is 32 degrees or below (35 or below with precipitation). White Flag is called daily based on the accuweather.com forecast. Regardless of White Flag status, please refer any Durham community members seeking shelter to Entry Point Durham at 984-287-8313 for resource and shelter availability.



POSTPARTUM SUPPORT
INTERNATIONAL

RESOURCE GUIDE FOR INDIVIDUALS AFFECTED BY THE U.S. GOVERNMENT SHUTDOWN

Created by Postpartum Support International (PSI)

(Last updated: October 2025)

For anyone in need, pregnant, postpartum, parents, partners, or individuals seeking help.

Notice: These resources are shared by Postpartum Support International (PSI) for informational purposes only. PSI does not endorse, guarantee, or monitor the availability or quality of any listed services. If you are in crisis or need immediate support, call or text 988 to reach the Suicide and Crisis Lifeline.

1. Mental Health Support

- **PSI HelpLine:** The PSI HelpLine does not handle emergencies. HelpLine hours are 8am-11pm ET. Services are in English and Spanish.
 - Text "Help" to 800-944-4773 (EN)
 - Text en Español: 971-203-7773
 - Website: <https://www.postpartum.net>
- **National Maternal Mental Health Hotline:** 24/7 free and confidential support for pregnant and postpartum individuals experiencing mental health concerns or emotional distress.
 - Available in English and Spanish with interpreter services for 60+ languages
 - Call or Text: 1-833-TLC-MAMA (1-833-852-6262)
 - Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- **988 Suicide & Crisis Lifeline:** The 988 Lifeline is available 24/7/365. Your conversations are free and confidential.
 - Call or text: 988
 - Website: <https://988lifeline.org>
- **SAMHSA National Helpline:** SAMHSA's Helpline is a free and confidential service available 24/7, every day of the year. It offers support, information, and referrals for individuals and families dealing with mental health or substance use challenges. Help is available in both English and Spanish.
 - 1-800-662-HELP (4357)
 - Website: <https://www.samhsa.gov/find-help/national-helpline>

[Resource Guide for Individuals Affected by the U.S. Government Shutdown,](#)
Postpartum Support International (PSI)

These resources are for anyone in need, pregnant, postpartum, parents, partners, or individuals seeking help. The guide includes the following categories: mental health support; food assistance and essentials; housing, rent, and utility support; financial help and income support; and medical access during the shutdown.

Durham Resources and Happenings

Do you have an announcement about a new resource, program, or event? This is the spot to share it!

Applications now open!!

CHANGED BY YOUTH AMBASSADOR PROGRAM

Ages 15–22
15–22 años de edad

EL PROGRAMA DE EMBAJADORXS DE CHANGED BY YOUTH

We're recruiting young people who live, work, learn, or play in Durham to join our ambassador team for this exciting year of growth and impact. This evaluation cohort will take place from January 2026 to the summer of 2026.

**GO TO [BIT.LY/CHANGEDBYYOUTH26](https://bit.ly/changedbyyouth26)
OR SCAN THE CODE**

Apply by Friday, November 21, 2025 at 11:59 PM.

   **YouthSpeakDURM**

[Changed By Youth Ambassador Program](#), City of Durham Office on Youth, Due by November 18, 11:59 pm

The Office of Youth invites young people, ages 15-22, to apply for this year's Changed by Youth Ambassador (CBY) Program! The CBY connects young people across Durham and supports them in cultivating leadership skills and personal identity. This Evaluation Year, ambassadors will help the Office of Youth review past cohorts and shape the next generation of Changed by Youth. New ambassadors will be paid \$22/hr for 10-15 hours a month. For more information, [click here](#).



NCDHHS



Family Matters
DURHAM



Public Health

JOIN THE COMMUNITY ACTION TEAM!

*Are you interested in maternal and child health in Durham County?
Join Family Matters Durham at our next CAT meetings!*



December 10th, 2025
10:00 AM - 12:00 PM



Where? Hybrid (In-person and Zoom)
201 E. Main Street, Durham, NC
27701, Conference Room 461



Why join the CAT?

- Help enhance health outcomes in your community!
- Be a part of engaging discussions, interactive activities, networking opportunities, and more!
- Get \$50 gift card for your time and commitment!

Registration:



Food is provided for all
in-person meetings.
Registration is required.

Zoom Link:



Meeting ID: 819 1850 7155
Passcode: 723471

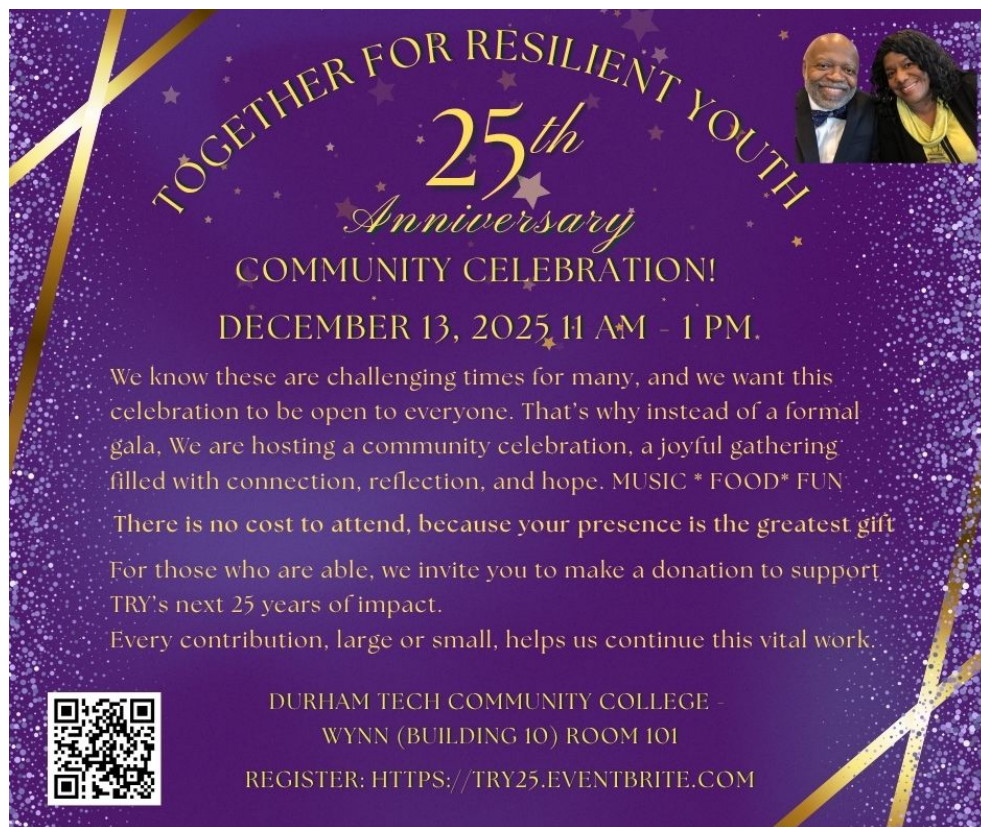


jjohnson@dconc.gov



(984) 335-4562

[Family Matters Durham Community Action Team Meetings](#), Durham County
 Department of Public Health, 201 E. Main St, December 10, 10 am - 12 pm
 Family Matters Durham invites anyone interested in maternal and child health
 to join their collaborative efforts to improve health outcomes and promote
 equitable services. The Family Matters Durham Community Action Team (CAT)
 includes family leaders, community members, local stakeholders, and partners
 – all dedicated to enhancing the health and well-being of Durham County. The
 CAT meets every other month, either in person or virtually. Registration is
 required, click here to sign-up and learn more: [Family Matters Durham
 Community Action Team \(CAT\) Meetings!](#)



[TRY 25th Anniversary: Honoring Our Past, Building Our Future, Together for Resilient Youth \(TRY\), 1637 East Lawson St, December 13, 11 am - 1 pm](#)
Together for Resilient Youth (TRY) proudly celebrates 25 years of building resilience, empowering youth, families and strengthening communities. Recognizing that many families are facing financial challenges, this event is open at no cost with the intention of gathering in unity, reflection, and hope. For those who are able, donations are warmly welcomed to sustain TRY's mission and ensure the next 25 years of impact. To learn more and sign up, [click here!](#)

ACEs and Resilience Research and News

This section contains research - academic, community, and organizational - about topics related to ACEs and resilience. Did you recently release a report or publish an article or read something that informed your practice? Share it here!

10 Years of Building Community Resilience

Leading systems change and measuring impact for a more just and resilient world.



[10 Years of Building Community Resilience](#), Center for Community Resilience (CCR)

Center for Community Resilience (CCR) is proud to announce the release of their new report, *10 Years of Building Community Resilience: Leading Systems Change and Measuring Impact for a More Just and Resilient World*. The report highlights key lessons from a decade of advancing systems change with community partners to address the root causes of health inequity and adverse childhood experiences.

Webinars, Conferences, and Trainings



NCIMHA

NORTH CAROLINA
INFANT AND EARLY CHILDHOOD
MENTAL HEALTH ASSOCIATION

[Stronger Together: Creating Connections For Early Childhood](#), North Carolina Infant and Early Childhood Mental Health Association (NCIMHA), Zoom, November 20, 12:30 pm - 1:30 pm

The North Carolina Infant & Early Childhood Mental Health Association (NCIMHA) invites participants to a monthly virtual gathering designed as a supportive space for those working with young children and families. Co-facilitated by NCIMHA staff and community members, these open sessions provide an opportunity to share experiences, engage in thoughtful dialogue, and find encouragement amid the rapid changes and uncertainties facing families today. Whether participants come seeking new perspectives, meaningful discussion, or simply a place to feel heard and held, Stronger Together offers a nurturing community for early childhood professionals to connect and navigate challenges side by side. [Register here!](#)



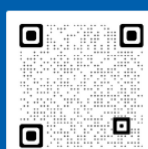
CONNECTIONS MATTER
developing brain • relationships • community
NORTH CAROLINA

**CONNECTIONS MATTER
IN EARLY EDUCATION
VIRTUAL TRAINING**

THE GOAL
More resilient,
compassionate, and
trauma-informed
educators, classrooms,
and communities—
empowering every child
to reach their full
potential.

THE DETAILS
📅 DEC 3, 2025
🕒 9:00 am - 2:00 pm
💰 \$40 per person

**SIGN UP
TODAY**



 **Positive
Childhood
Alliance**
NORTH CAROLINA

[Connections Matter in Early Education Virtual Training](#), *Positive Childhood*

Alliance NC, Zoom, December 3, 9 am - 2 pm, \$40

This specialized training hosted by the Positive Childhood Alliance equips Early Childhood Educators with essential knowledge on the interconnected topics of Adverse Childhood Experiences (ACEs), trauma, brain development, and resilience. Grounded in evidence-informed practices and enriched with real-world examples, the training illustrates how ACEs can negatively impact a child's developing brain and overall well-being - while also showing how nurturing, supportive relationships can act as a vital protective buffer against these effects. To ensure your spot, [register here](#).



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