

Want a little extra support?

Now you can call or text the brand new

Nurturing Durham Helpline

919-706-0404

What Is the Helpline?

- Free service to help families learn about programs on the Nurturing Durham website.
- Talk to local navigators by phone or text.



Who Can Use It?

- Parents and caregivers who are pregnant or raising young children in Durham.
- Relatives, providers, and anyone supporting a young child or family.

When Is It Available?

- Tuesdays & Thursdays: 10:00 AM – 3:00 PM
- Wednesdays: 5:00 PM – 7:00 PM
- Outside these hours: Leave a voicemail or send a text

What Info Should I Provide?

- Your full name
- Phone number or email
- Age of your child(ren)
- Your zip code
- What kind of help you're looking for

Your Privacy Is Protected

- We may follow up to offer more resources or ask about your experience.
- We will not share personally identifying info.

