


USING THE NURTURING DURHAM WEBSITE

HOME PAGE

Opportunities & Announcements



[Free Parent Education Webinar Series for Durham families](#)

Hey Durham families! Join us for our free Parent Education Suite webinars—real, down-to-earth sessions co-designed by local caregivers, made for caregivers. We'll talk about building strong...

[Read More >](#)

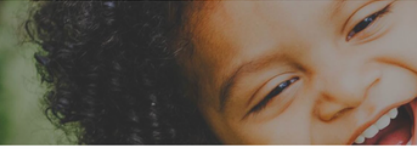
[See All Announcements](#)

Scroll down on the home page to see announcements about upcoming events or opportunities for children and families offered by Nurturing Durham programs and others in the community. If you're curious about previously posted opportunities, you could click on 'All Announcements' to see the full list. We encourage you to come back to Nurturing Durham frequently to see what new announcements have been posted.

FIND SUPPORT PAGE

HOME ABOUT FIND SUPPORT ALL PROGRAMS CONTACT

I am looking for:



Click one of the categories below to see a list of programs and resources that can support your family with:

Children's Behavior and Emotions

Concerns About a Child's Development

Crisis Support

Early Learning and Opportunities

Essential Supplies & Basic Needs

Finding and Paying for Child Care

Getting Connected to Services

Legal Resources

Parent Groups

Parent Organizing and Advocacy

Parenting Support and Strategies

Parents' Health and Wellbeing

Pregnancy, Birth, and Postpartum

If you're looking for a particular kind of help or program, navigate to the "Find Support" page. We recommend you scan through the list of categories on this page, and click on the one that best describes the need you have.

Once you click on a category from the "Find Support" page, you will see a list of organizations in the Durham community that provide related services. You can read just enough about each organization to determine if it might be relevant, and click on any one to find out more about who they are, what services they provide, and how to get in contact.


On every category page, there are also a few additional resources at the bottom that link to websites full of resources related to that category. If you're the kind of person who does better with a printed list, you can click on the green button here on each category page to find this same list in a print-friendly version.

Children's Behavior and Emotions


Even little people can have big emotions. Children of all ages can struggle with mental health concerns. And everyone's brain is wired a little differently. Getting help to give words to your child's feelings or make sense of their behaviors can make a world of difference.

These programs can help families (and teachers!) understand and address emotional and behavioral challenges that arise in young children.


Durham Resources




ABC
Attachment & Behavioral Catch-up
A 6-session service for families with infants and toddlers. ABC helps to build the attachment and connection between parents and children under age 3.




All Connections
Coordinating and connecting intentionally through summer camps, play groups, and training programs.



Alliance Health
Services to mental substance abuse and behavioral health professionals for families with Medicaid or with no insurance. Also serves as a 24/7 behavioral health crisis line.



Black Families and Providers Accessory Services, Together (REALS)
Our mission is to provide access, resources, culturally sensitive, and personally tailored information to Black families and providers in Durham and North Carolina.



Child First
We partner with you to build strong family connections with your young children, ages 0-5, to protect and protect them from this many distressing challenges.

[Click here for a print-friendly view of these program's information.](#)

Please note that there are a number of private mental health providers and clinics in our community with specialized training in assessing and treating young children's emotional and behavioral needs.

This website does not currently maintain a directory of private providers. Please check out the programs above or contact your child's doctor and insurance company for other referrals to a therapist that works with young children.

Additional Resources

[Child Mind Institute Family Resource Center](#)

[NAM: Kids, Teens & Young Adults](#)


[CDC: Children's Mental Health](#)

[Harvard Center on the Developing Child: Early Childhood Mental Health](#)

[NAEYC: Articles for Families on Behavior and Development](#)

[National Child Traumatic Stress Network: Resources for Families and Caregivers](#)

[Back to all resource categories](#)



Child First

At Child First, we help struggling families build strong relationships that lead and protect young children from trauma and stress. We use a two-generation approach, working with parents and children together in their home. This is the best way to stabilize the family and build safe, supportive, nurturing relationships. Research shows this protects the child's developing brain from damage. Even in the face of extreme challenges, our children and families are making incredible progress.

Who We Serve:

Child First is available for families with children ages 0-5 who are Medicaid recipients residing in Durham.

Where Can You Get Services:

Child First is an in-home service that provides trauma informed therapy tailored to your family's needs.

How To Get Connected:

Call James Turner, Clinician Supervisor, at 336-402-3679 or email jturner@chanc.org or Fill out the online intake form here: [CS Child First Request for Service](#)

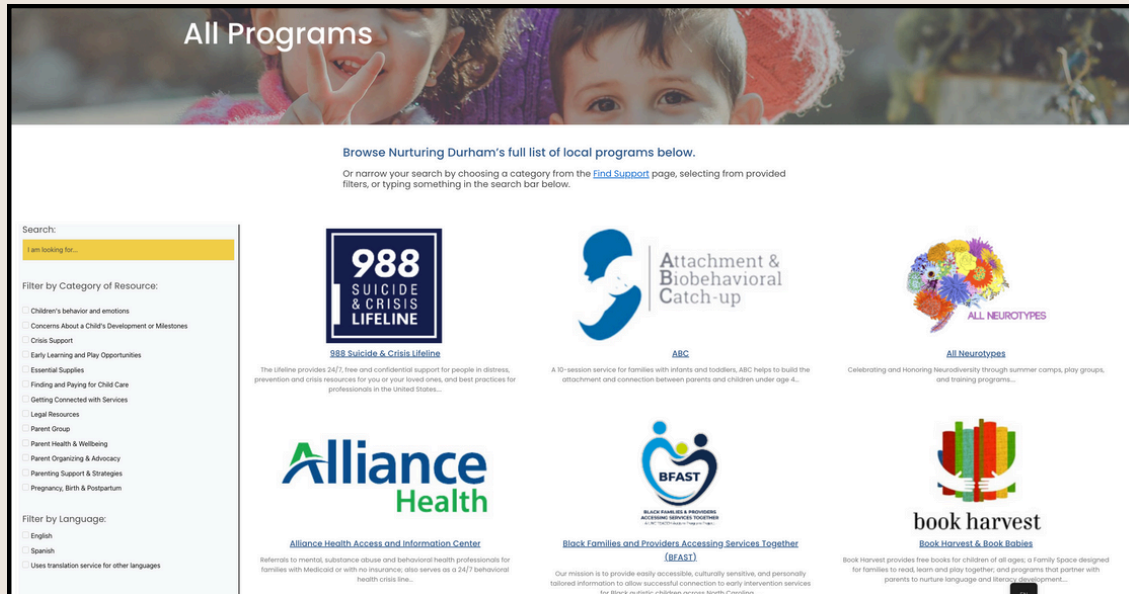
Cost:
Free, Medicaid Eligible
Medicaid-funded

Languages Spoken:
English

Learn More:

chanc.org/helping-families/parent-education/child-first/

ALL PROGRAMS PAGE



All Programs

Browse Nurturing Durham's full list of local programs below.

Or narrow your search by choosing a category from the [Find Support](#) page, selecting from provided filters, or typing something in the search bar below.

Search:

Filter by Category of Resource:

- Children's behavior and emotions
- Concerns About a Child's Development or Milestones
- Crisis Support
- Early Learning and Play Opportunities
- Essential Supplies
- Finding and Paying for Child Care
- Getting Connected with Services
- Legal Resources
- Parent Group
- Parent Health & Wellbeing
- Parent Organizing & Advocacy
- Parenting Support & Strategies
- Pregnancy, Birth & Postpartum

Filter by Language:

- English
- Spanish
- Uses translation service for other languages

988 Suicide & Crisis Lifeline

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Attachment & Biobehavioral Catch-up

A 10-session service for families with infants and toddlers, ABC helps to build the attachment and connection between parents and children under age 4.

All Neurotypes

Celebrating and Honoring neurodiversity through summer camps, play groups, and training programs...

Alliance Health

Referrals to mental, substance abuse and behavioral health professionals for families with Medicaid or with no insurance; also serves as a 24/7 behavioral health crisis line.

BFAST

Black Families and Providers Accessing Services Together (BFAST)

Our mission is to provide easily accessible, culturally sensitive, and personally tailored information to allow successful connection to early intervention services for young children with disabilities across the state.

book harvest

Book Harvest provides free books for children of all ages, a family space designed for families to read, learn and play together, and programs that partner with parents to nurture language and literacy development.

Need help with food, housing, finances, addiction or other resources you don't see here?

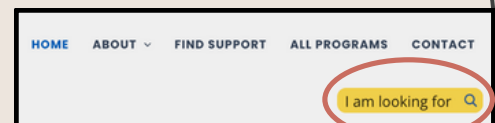
Try one of these resource directories available to the Durham community:

- [NCCare360](#)
- [FindHelp.org - Search and Connect to Social Care](#)
- [Food Resources - End Hunger in Durham](#)
- [Durham County Network of Care](#)
- [Resource lists compiled by Partnership for a Healthy Durham](#)

If you want to more generally browse the organizations in the Nurturing Durham resource guide, you might go straight to the “All Programs” page, where they’re all listed in alphabetical order. Here, you can click on each organization to open its description. You can also use the filters on the left hand side to narrow the list to programs related to a specific need or category or available in languages other than English. If you aren’t able to find an organization that offers the service you need, you will also see links here to other databases with additional resources that fall outside of this website’s scope.

SEARCH BAR

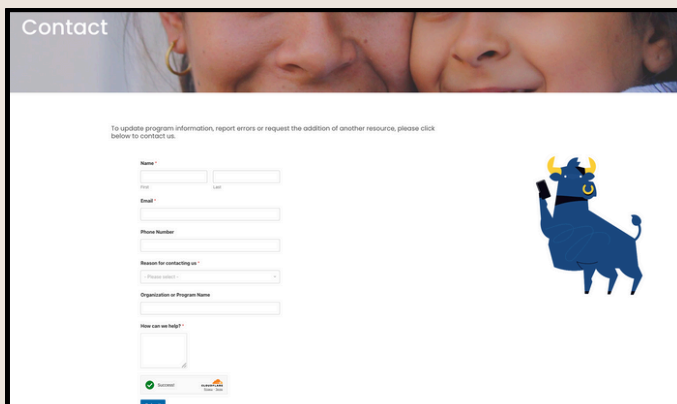
On the top of every page is a yellow search bar. To find a particular program or to search Nurturing Durham by keyword, you can always try typing it in here. The search function will find everything on this website, including the category pages, program descriptions, and announcements related to your search term.



HOME ABOUT FIND SUPPORT ALL PROGRAMS CONTACT

I am looking for

CONTACT PAGE



Contact

To update program information, report errors or request the addition of another resource, please click below to contact us.

Name


Email

Phone Number

Reason for contacting us

Organization or Program Name

How can we help?



If you need further assistance, please feel free to reach out to us! On the “Contact” page, you can send us a message and you will get a response within a few days. You can also call or text the Nurturing Durham helpline 24 hours a day. Leave a message in English or Spanish, and our family navigator will reach back out to you during our posted Helpline hours.