



2020

GUIDE

Connecting you to what matters



We, the staff of the Portsmouth Health Department, recognize our contribution to the health, safety, and overall quality of life in our community through the provision of quality public health services.

We believe that the overall success of our organization, as well as its individual employees, is achieved through our commitment to our mission, vision, and values.

Mission: The Portsmouth Health Department is committed to the promotion, protection and preservation of a healthy and environmentally safe community.

Vision: Our vision is to be recognized by the public as a leader and advocate in safeguarding public health and the environment.

Values:

Accountability: We are committed to upholding the duties and expectations of the agency and the community.

Compassion: We care for the emotional and physical well-being of every person.

Excellence: We are committed to performing at the highest level while being dedicated to continuous improvement.

Respect: We will treat each person with dignity regardless of their diverse backgrounds, perspectives or ideas.

Communication: We will professionally deliver information in a timely, accurate and effective manner, accepting the input of others with a spirit of openness and respect.

Community: We actively collaborate internally and through partnerships to solve problems, make decisions and achieve common goals, recognizing that our combined efforts exceed what we can accomplish individually.

Integrity: We strive to earn and maintain trust by living up to our word, exercising personal leadership, and behaving ethically.





FOREWORD

The Community Resources Guide (CRG) is a directory of public, non-profit, and some private for-profit human services available to Portsmouth residents. Designed and maintained by the staff of the Portsmouth Health Department, this guide seeks to provide service descriptions, service access criteria, eligibility criteria, location, language, and contact information for hundreds of organizations providing services to our community.

Please help us make the CRG a more useful tool. Share your comments and suggestions with us via email or via our Resource Guide Feedback/Contact/Suggestion Form located at the back of the book. Please contact us if:

- You can't find what you are looking for,
- You believe information has changed or is incorrect,
- You know of an organization warranting inclusion,
- You have suggestion about how the CRG could better meet your needs.

Thank you.

1701 High Street, Suite 102
Portsmouth VA, 23704
757-393-8585 Ext. 8713
portsmouth@vdh.virginia.gov



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Abuse (Child, Domestic/Sexual/Rape, Senior Citizen)

| Organization | Telephone | Location | Website | Services |
|--|--------------|----------------------------------|--|--|
| <i>Child Abuse & Neglect</i> | | | | |
| CHIP of Virginia | | | | |
| Chesapeake | 757-543-9100 | 1302 Jefferson St | chipshr.org | Provides financial services, quality health care prenatally-age 6, and more through a family management system. |
| Portsmouth Department of Social Services: Child Protective Services | | | | |
| Hotline | 800-552-7096 | 1701 High St., Suite 101 | portsmouthva.gov/407/child-protective-services | Provides programs and help, ensuring the health and welfare of children and adults. |
| <i>Domestic Violence/ Sexual Assault/ Rape</i> | | | | |
| Center for Sexual Assault Survivors, The | | | | |
| Newport News | | | | |
| Crisis Hotline | 757-236-5260 | 718 J Clyde Morris Blvd, Suite B | visitthecenter.org | Provides support, treatment, & other help to victims of sexual or domestic violence. |
| All Services | 757-599-9844 | | | |
| The Up Center | | | | |
| Portsmouth | | | | |
| | 757-397-2121 | 1805 Airline Blvd. | theupcenter.org | Provides Counseling to victims of domestic violence and sexual abuse and offers anger control groups. |
| HER Shelter | | | | |
| Portsmouth | | | | |
| | 757-485-1445 | | hershelter.com | Provides emergency shelter, intervention, and counseling for victims of domestic violence. |
| Hotline | 757-485-3384 | | | |
| Sacred Journey | | | | |
| Norfolk | | | | |
| | 888-503-8521 | 999 Waterside Dr. Suite 2525 | sacredjourneyinc.com | Provides services to empower women, girls, and their loved ones. Offers outpatient therapy, therapeutic day treatment/partial hospitalization program, coaching, and mentoring. Helps women going through substance abuse, depression, other abuse, and more to find self-confidence, better intimate relationships, intuition, family, personal identity, and spirituality. Criteria include: resident of Norfolk or surrounding areas, Medicaid/Medicaid-Eligible, woman or man who are closely affiliated with a woman needing/wanting empowerment, 18 years or older, with permanent living arrangement, be willing to receive a mental health diagnosis, and must be motivated. Offers a FREE initial consultation. |
| Samaritan House (SOS) | | | | |
| Virginia Beach | | | | |
| | 757-587-4202 | | samaritanhouseva.org | Provides shelter & other services for homeless victims of domestic violence. |
| Virginia Department of Health: Family Violence Hotline | | | | |
| | 800-838-8238 | | vdh.virginia.gov | Hotline for family violence and sexual assault. |
| YWCA South Hampton Roads Sexual Assault Support Services | | | | |
| Norfolk | | | | |
| Office | 757-625-4248 | 500 E. Plume St., Suite 700 | ywca-shr.org | Offers comprehensive support services for victims of domestic violence or sexual assault. |
| Hotline | 757-251-0144 | | | |
| <i>Senior Citizen Abuse</i> | | | | |
| Citizens' Committee to Protect the Elderly | | | | |
| VA Beach | | | | |
| | 757-518-8500 | | citizenscommittee.org | Provides companionship, support, education, and a variety of other programs for abused elderly. |

Addiction (Alcohol, Gambling, Other Substance)

| Organization | Telephone | Location | Website | Services |
|--|--------------|-------------------------------|---------------------------|--|
| <i>Alcohol Abuse</i> | | | | |
| Alcoholics Anonymous | | | | |
| Hampton Roads | | Various Locations | aavirginia.org | Meets several times a week as a self-help group dedicated to overcoming alcohol abuse. |
| Bon Secours Maryview Behavioral Medicine Center | | | | |
| Portsmouth | | | | |
| Crisis Intervention Counselor | 757-398-2400 | | bonsecours.com | |
| Medicine Center | 757-398-2367 | 3636 High St. | | Offers psychiatric care for adults including treatment and management programs. |
| Virginia Alcohol Safety Action Program (ASAP) | | | | |
| South-Eastern VA | 757-396-6980 | 901 Port Centre Pkwy, Suite 3 | vasap.state.va.us | Offers driver improvement classes, may offer treatment and more. |
| Portsmouth Department of Behavioral Health Services | | | | |
| Office | 757-393-8618 | | portsmouthva.gov/ | |
| Central Intake | 757-393-5357 | 1811 King St. | 149/Behavioral-Healthcare | Provides emergency services for individuals experiencing substance abuse disorders. |
| Emergency Services | 757-393-8990 | | | |
| <i>Gambling</i> | | | | |
| Gamblers Anonymous | | | | |
| | | Various Locations | gamblersanonymous.org | Go to website to find out more on meetings near you. |
| <i>Other Substance Abuse</i> | | | | |
| Bon Secours Maryview Behavioral Medicine Center | | | | |
| Portsmouth | | | | |
| Crisis Intervention Counselor | 757-398-2400 | | bonsecours.com | |
| Medicine Center | 757-398-2367 | 3636 High St. | | Offers psychiatric care for adults including treatment and management programs. |
| | 800-445-4477 | | | |
| Portsmouth Department of Behavioral Health Services | | | | |
| Office | 757-393-8618 | | portsmouthva.gov/ | |
| Central Intake | 757-393-5357 | 1811 King St. | 149/Behavioral-Healthcare | Provides emergency services for individuals experiencing substance abuse disorders. |
| Emergency Services | 757-393-8990 | | | |
| Sacred Journey | | | | |
| Norfolk | 888-503-8521 | 999 Waterside Dr. Suite 2525 | sacredjourneyinc.com | Provides services to empower women, girls, and their loved ones. Offers outpatient therapy, therapeutic day treatment/partial hospitalization program, coaching, and mentoring. Helps women going through substance abuse, depression, other abuse, and more to find self-confidence, better intimate relationships, intuition, family, personal identity, and spirituality. Criteria include: resident of Norfolk or surrounding areas, Medicaid/Medicaid-Eligible, woman or man who are closely affiliated with a woman needing/wanting empowerment, 18 years or older, with permanent living arrangement, be willing to receive a mental health diagnosis, and must be motivated. Offers a FREE initial consultation. |
| UP Center, The | | | | |
| Norfolk | 757-662-7017 | 222 W. 19th St | | |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | theupcenter.org | Offers a number of support groups and counseling to help manage behaviors. |
| Suffolk | 757-965-8663 | 109.5 Clay St. | | |

Adoption

| Organization | Telephone | Location | Website | Services |
|---|--------------|-----------------------------|--------------------------------|---|
| Catholic Charities of Eastern Virginia | | | | |
| Virginia Beach | | | | |
| Pregnancy Services | 757-274-4952 | 5361 Virginia Beach Blvd. | adoptionandpregnancycenter.org | Provides help with child-planning. |
| Adoption Services | 757-456-2366 | | | |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High Street, Suite 101 | portsmouthva.gov/417/Adoption | Provides adoption information and services. |

After School Care (see "Care")

Alcoholism (See "Abuse")

Alzheimer's

| Organization | Telephone | Location | Website | Services |
|---|--------------|---------------------------|--------------|---------------------------------------|
| Alzheimer's Association of Southeastern Virginia | | | | |
| Norfolk | | | | |
| Office | 757-459-2405 | 6350 Center Dr. Suite 102 | alz.org/seva | Provides many programs and resources. |
| 24-hour Helpline | 800-272-3900 | | | |

Animals (Pets & Wildlife)

| Organization | Telephone | Location | Website | Services |
|---|--------------|---------------------------------------|---|---|
| Animal Assistance League | | | | |
| Chesapeake | 757-548-0045 | 1149 New Mill Dr | animalassistanceleague.com | Cat adoption and donation. |
| Humane Society | | | | |
| Portsmouth | 757-397-6004 | 4022 Seaboard Ct | portsmouthhumane-society.org | Offers many services including: spay/neuter, lost/found, surrender, etc. |
| Animal control | 757-393-8430 | | | |
| People for the Ethical Treatment of Animals (PETA) | | | | |
| Norfolk | 757-622-7382 | 501 Front St. | peta.org | Report animal abuse. Offers internships, volunteer hours, and more. |
| Spay Virginia | | | | |
| | | Various Locations | spayva.org or aspca.org/pet-care/spayneuter | Offers low-cost services. Go to aspca.org to search for clinics in your area. |
| SPCA | | | | |
| Norfolk | | | | |
| Shelter & Clinic | 757-622-3319 | 916 Ballentine Blvd 5585 Sabre Rd. | norfolkspca.com | Animal adoption center. |
| Other Clinic | 757-383-6620 | | | |
| Wildlife Response | | | | |
| Hampton Roads | 757-543-7000 | | wildliferesponse.org | Call for injured wildlife (no pets). |

Anorexia Nervosa

| Organization | Telephone | Location | Website | Services |
|--|--------------|---------------|--|---|
| Portsmouth Department of Behavioral Health Services | | | | |
| Office | 757-393-8618 | 1811 King St. | portsmouthva.gov/149/Behavioral-Healthcare | Provides emergency services for individuals experiencing substance abuse disorders. |
| Central Intake | 757-393-5357 | | | |
| Emergency Services | 757-393-8990 | | | |

Arthritis

| Organization | Telephone | Location | Website | Services |
|--|--------------|----------------------------------|-----------|---|
| Hampton Roads Community Health Center | | | | |
| Portsmouth | | | | |
| Community Health Center | | 664 Lincoln St | | |
| Norfolk | | | | |
| Park Place Medical Center | 757-393-6363 | 3415 Granby St. | hrchc.org | Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street. |
| CommuniCare Health Center East | | 804 Whitaker Ln | | |
| O.V. Medical & Dental Center | | 9581 Shore Drive | | |
| Little Creek Family Health Center | | 7447 Central Business Park Drive | | |

Asthma & Allergies

| Organization | Telephone | Location | Website | Services |
|--|------------------------------|---------------------------------|--|---|
| Allergy Partners of Hampton Roads | | | | |
| Newport News | 757-596-8025 | 895 City Center Blvd, Suite 302 | www.allergypartners.com/hamptonroads/ | Gives personalized services to individuals with comprehensive treatment programs. |
| American Academy of Allergy, Asthma, & Immunology | | | | |
| | | Various Locations | allergist.aaaai.org/find | Provides referral sources for allergist (search in VA). |
| American Lung Association: Better Breathers Club | | | | |
| Newport News | 757-534-5854 | 12200 Warwick Blvd., Suite 210 | lung.org/support-and-community/better-breathers-club | Educates on how to cope with COPD. |
| Food Allergy Research and Education | | | | |
| Northeast VA | 800-929-4040 703-691-3179 | Various Locations | foodallergy.org | Dedicated to increasing awareness and providing education. |

Autism

| Organization | Telephone | Location | Website | Services |
|--|--------------|--------------------------------------|-------------------|---|
| Autism Key | | | | |
| | | Online | autismkey.com | Provides information and resources including treatment opportunities & physicians |
| Autism Society | | | | |
| VA Beach | 757-461-4474 | 4605 Pembroke Lake Circle, Unite 202 | tidewaterasa.org | Provides opportunities and ways to improve life with autism. |
| Mea'Alofa Autism Support Center | | | | |
| Chesapeake | 757-465-3933 | 4016 Raintree Rd, Suite 200A | learnwithmasc.org | Supports families of autism and increases awareness. |
| Virginia Autism Resource Center | | | | |
| Richmond, VA | 855-711-6987 | Online | varc.org | Provides a resource center at VCU as well as quality services to improve lives. |

Babies (also see "breast feeding" & "pregnancy")

| Organization | Telephone | Location | Website | Services |
|-------------------------------------|--------------|-----------------------------|--|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street, Suite 102 | www.vdh.virginia.gov/portsmouth/ classes | Provides education including child safety seat installation classes; offers safety seats. |

Hampton Roads Community Health Center

Portsmouth

757-393-6363

664 Lincoln St

hrhc.org

Provides primary medical care; offers free transportation to appointments on Lincoln St.

Infant and Toddler Connection (Dept of Behavioral Health Care Services)

Portsmouth (local dept)

Main 757-541-8361

Online

infantva.org

General concerns 800-234-1448

Provides early intervention support and services for infants and toddlers with medical condition.

Oasis Social Ministry

Portsmouth

757-397-6060

800 A Williamsburg Ave

oasissocialministry.org

Provides assistance by referral. May provide diapers.

Portsmouth Department of Social Services

757-405-1800

1701 High Street, Suite 101

portsmouthva.gov/384/socialservices

Provides diapers (see intake worker).

Sentara Healthcare

Various Locations

sentara.com/hampton-roads-virginia/contact-us.aspx

Offers CPR classes and more. Search location nearest you on website for telephone numbers.

UP Center, The

Norfolk

757-662-7017

222 W. 19th St.

theupcenter.org/how-we-help/families/parenting-education-support

Offers family and child counseling services, as well as a range of parent education and support services.

Portsmouth

757-397-2121

1805 Airline Blvd.

Suffolk

757-965-8622

109.5 Clay St.

Bereavement

| Organization | Telephone | Location | Website | Services |
|---|---|-------------------------------------|--|--|
| Bon Secours Bereavement Services | | | | |
| Newport News | 757-947-3420 | 716 Denbigh Blvd., Suite B3 | bonsecours.com/hampton-roads/our-services/bereavement-center | Provides support groups for perinatal loss, bereavement and other grief. Support for CHILDREN: bshr.com/our-services-hospice-kidz-n-grief.html |
| Daily Strength | | | | |
| | | Online | dailystrength.org/categories/death_dying | Online support group. Provides resources and blogs for those who need support. |
| Edmarc Hospice for Children | | | | |
| Portsmouth | 757-967-9251 | 516 London Street | edmarc.org | Offers home health care, hospice care, patient & family support, bereavement services, and counseling. |
| Healing the Spirit | | | | |
| | | Various Locations | lifenethealth.org/healingthespirit/virginia-bereavement-support-groups | Offers many support group options in Hampton Roads. Go to website for extensive list of groups near you. |
| Jewish Family Service of Tidewater | | | | |
| Virginia Beach | Counseling 757-459-4640 Hospice & Palliative Care 757-321-2222 | 5000 Corporate Woods Dr., Suite 400 | jfshamptonroads.org | Offers hospice with a goal of comforting; provides counseling to loved ones of deceased. |

Birth Certificates

| Organization | Telephone | Location | Website | Services |
|--------------------------------------|--------------|----------|-------------------------------------|---|
| Virginia Department of Health | | | | |
| Richmond | 804-662-6200 | | www.vdh.virginia.gov/vital_Records/ | Birth certificates for those born in VA are only available through VDH. |

Blindness (see "vision")

Brain Injury

| Organization | Telephone | Location | Website | Services |
|--|--------------|-------------------|------------|---|
| Brain Injury Association of Virginia | | | | |
| | | Various Locations | biav.net | Offers support groups in the area. See website for locations. |
| National Resource Center for Traumatic Brain Injury | | | | |
| Richmond | 804-828-3704 | | tbinrc.com | Provides services and information seminars for those suffering with brain injury as well as their loved ones. |

Breast Feeding

| Organization | Telephone | Location | Website | Services |
|---|--------------|------------------|---|---|
| Portsmouth Health Department - WIC Program | | | | |
| Main Office | 757-393-5340 | 1701 High St. | www.vdh.virginia.gov/portsmouth/WIC-services/ | Offers breastfeeding support groups, lactation education, and more. |
| Churchland Office | 757-686-4900 | 3260 Academy Ave | | |

Bon Secours Hampton Roads

| | | | | |
|--|--|-------------------|----------------------|--|
| | | Various Locations | mybonsecoursbaby.com | Provides education classes for new or soon-to-be parents. Visit website for locations. |
|--|--|-------------------|----------------------|--|

Chesapeake Regional Medical Center: Sudden Infant Death Syndrome Support

| | | | | |
|--|--------------|----------------------|--|---|
| | 757-312-6158 | 736 Battlefield Blvd | chesapeake regional.com/programs-services/birthplace | Offer Parenting classes, childbirth prep classes, cpr classes, breastfeeding classes, and more. |
|--|--------------|----------------------|--|---|

La Leche League of Tidewater

| | | | | |
|----------------|--------------|-------------------|-------------|--|
| Norfolk | 757-961-8951 | Various Locations | lllavwv.org | Provides education, information, support, and encouragement to women about breastfeeding. Visit website or call for group meeting times and locations. |
| Portsmouth | 757-828-6555 | | | |
| Virginia Beach | 757-204-5557 | | | |

Cancer

| Organization | Telephone | Location | Website | Services |
|--|--------------|-----------------------------|----------------|--|
| American Cancer Society | | | | |
| Virginia Beach | 757-493-7940 | 477 Viking Drive, Suite 130 | cancer.org | Offers programs, services, information, education, events and much more. |
| American Lung Association | | | | |
| Richmond | 202-719-2809 | 9702 Gayton Rd. #110 | lung.org | Offers support groups and education and prevention programs for victims of lung disease. |
| Bon Secours Hampton Roads | | | | |
| Suffolk | 757-541-1300 | 7185 Harbour Towne Pkwy | bonsecours.com | Offers support groups, as well as treatment and other services. |
| National Cancer Institute (NCI) | | | | |
| | 800-422-6237 | | cancer.gov | Offers information and answers any cancer-related questions in English or Spanish. |
| Ronald McDonald House | | | | |
| Norfolk | 757-627-5386 | 404 Colley Ave | rmhc.org | Helps address financial problems for families with sick children; offers numerous volunteer opportunities. |

Sentara

| | | | | |
|---------------|--------------|-------------------|---|---|
| Hampton Roads | 888-220-2214 | Various Locations | sentara.com/ hampton-roads- virginia/medical services/services/ cancer.aspx | Provides comprehensive cancer care and addresses any cancer-related questions. (specialization in: breast, colorectal, head & neck, lung, & prostate) |
|---------------|--------------|-------------------|---|---|

13thirty Cancer Connect

| | | | | |
|--|--------------|--------|--------------|--|
| | 585-563-6221 | Online | 13thirty.org | Provides information, personal stories, and ways for teens and young adults to connect with one another. |
|--|--------------|--------|--------------|--|

Care (Child Care & Senior Citizen Care)

| Organization | Telephone | Location | Website | Services |
|--------------|-----------|----------|---------|----------|
|--------------|-----------|----------|---------|----------|

Child Care (also see "Head Start")

6 to Six

| | | | | |
|------------|--------------|-------------------|------------------------------------|---|
| Portsmouth | 757-393-8481 | Various Locations | portsvaprls.com/ youth-programs | Provides services including: help with homework, games, crafts, and rec activities. |
|------------|--------------|-------------------|------------------------------------|---|

Children's Harbor

| | | | | |
|------------|--------------|----------------------|----------------------------------|---|
| Chesapeake | 757-543-4221 | 2400 Strawberry Lane | | |
| Norfolk | 757-622-0900 | 1900 Llewellyn Ave | childrensharbor.cc/ index.php | Provides developmental before and after school child care for children ages 2-12. |
| Portsmouth | 757-397-2980 | 620 London Street | | |
| Suffolk | 757-483-2693 | 1020 Champions Way | | |

Child and Adult Care Food Program (CACFP)

| | | | | |
|------------|--------------|-------------------|---|--|
| Portsmouth | 757-393-8481 | Various Locations | portsvaprls.com/ child- and-adult-care-food- program-cacfp/ | Provides after school care with food, fun, and learning. |
|------------|--------------|-------------------|---|--|

Ida Barbour Early Learning Center

| | | | | |
|------------|--------------|-----------------|-----------|--|
| Portsmouth | 757-397-3097 | 1400 Camden Ave | ibelc.org | Provides early care & education for children 6 weeks- 4 years; offers before & after school care for ages 4-7; offers summer camp. |
|------------|--------------|-----------------|-----------|--|

Planning Council, The

| | | | | |
|---------|--------------|------------------------------|----------------------------|---|
| Norfolk | 757-622-9268 | 2551 Eltham Ave., Suite 1 | theplanning council.org | Childcare subsidies available for income eligible households. Families pay based on their gross monthly income for childcare regardless of number of children receiving care. |
|---------|--------------|------------------------------|----------------------------|---|

Portsmouth Department of Social Services

| | | | | |
|--|--------------|------------------|---|--|
| | 757-405-1800 | 1701 High Street | dss.virginia.gov/ family/cc/ assistance.cgi | Provides financial assistance to eligible families to help pay for cost of child care. |
|--|--------------|------------------|---|--|

Child Care Aware of Virginia

| | | | | |
|--|--------------|--|--|--|
| | 866-543-7852 | | | Provides assistance with finding child care. |
|--|--------------|--|--|--|

Senior Citizen Care

Commonwealth Senior Living @ Churchland House

| | | | | |
|------------|---------------|-----------------------|--------------------|--|
| Portsmouth | 757- 351-4904 | 4916 West Norfolk Rd. | commonwealthsl.com | Provides assisted living, memory care, and respite care. |
|------------|---------------|-----------------------|--------------------|--|

Cerebral Palsy

| Organization | Telephone | Location | Website | Services |
|--------------|-----------|----------|---------|----------|
|--------------|-----------|----------|---------|----------|

My Child

| | | | | |
|--|--------------|--------|-------------------|--|
| | 800-692-4453 | Online | cerebralpalsy.org | Provides resources, help, and answers. |
|--|--------------|--------|-------------------|--|

Ability Center of Virginia (formerly Cerebral Palsy of Virginia)

| | | | | |
|----------------|---------------|----------------------------------|---------------------------------|---|
| Virginia Beach | 757- 497-7474 | 5825 Arrowhead Dr., Suite 201 | cerebralpalsyof virginia.org | Offers recreational programs, arts & crafts, weekend activities, and camps. |
|----------------|---------------|----------------------------------|---------------------------------|---|

Children's Hospital of the King's Daughters

Norfolk-CHKD 757-668-7473 601 Children's Lane chkd.org Offers patient care, education, and research through it's comprehensive clinic and laboratory.

United Cerebral Palsy: Easter Seals Disability Services

North Carolina 800-622-7119 5171 Glenwood Ave., Suite 211 easterseals.com/NCV A/ Closest program is in NC, however, it provides many services, employment, training, rehabilitation, recreation, and more.

Child Abuse/Neglect (see "Abuse")

Children's Health Screening/Prevention Services

| Organization | Telephone | Location | Website | Services |
|--|--------------|------------------------------------|--|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street | vdh.virginia.gov/portsmouth/ | Provides immunizations |
| EVMS Medical Group: Ghent Family Medicine | | | | |
| Norfolk | 757-446-5955 | 825 Fairfax Ave. | evms.edu/patient_care/specialties/family_community_medicine/ | Offers comprehensive outpatient & inpatient healthcare to patients from infancy to geriatrics. |
| Hampton Roads Community Health Center | | | | |
| Portsmouth | | 664 Lincoln St | | |
| Norfolk | 757-393-6363 | 3415 Granby St. 804 Whitaker Ln | hrhc.org | Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street. |
| | | 9581 Shore Drive | | |

Citizenship

| Organization | Telephone | Location | Website | Services |
|--|--------------|--------------------------------|-------------|---|
| Commonwealth Catholic Charities | | | | |
| Newport News | 757-247-3600 | 12284 Warwick Blvd., Suite 1-A | cccofva.org | Offers citizenship classes as well as other resettlement services. Most classes are free. |
| Parimal J. Soni, MD | | | | |
| Portsmouth | 757-483-3560 | 3235 Academy Ave. Ste 300 | | Provides physicals required for citizenship. |

Clothing

| Organization | Telephone | Location | Website | Services |
|-------------------------------|--------------|-------------------------|--|--|
| Goodwill | | | | |
| Portsmouth | 757-215-1791 | 3225 High St. | goodwillvirginia.org | Offers low-cost clothing. For more locations, visit website or call. |
| Need Help Paying Bills | | | | |
| | | Various Locations | needhelppayingbills.com/html/virginia_beach_clothing_closet.html | Provides many places that provide clothing to low income families. |
| Oasis Social Ministry | | | | |
| Portsmouth | 757-397-6060 | 800 A Williamsburg Ave. | oasissocialministry.org | Provides clothing by referral. Oasis Thrift Store hours are Mon-Fri 8am-2pm. |
| Salvation Army, The | | | | |
| Portsmouth | 757-393-2519 | 2306 Airline Blvd | | |
| Norfolk | 757-499-0032 | 5525 Raby Rd. | salvationarmyusa.org | Offers clothing services for those in need. |
| Suffolk | 757-539-5201 | 400 Bank St. | | |
| Hampton | 757-838-4875 | 1033 Big Bethel Rd. | | |

STOP Organization

| | | | | |
|----------|--------------|----------------------------------|-------------|---|
| VA Beach | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | May be able to provide clothing. Call for more details. |
|----------|--------------|----------------------------------|-------------|---|

Suited for Change

| | | | | |
|----------------|--------------|------------------------------|---------------------|--|
| Washington, DC | 202-293-0351 | 1023 15th St NW Suite 601 | suitedforchange.org | Provides women professional clothing through the help of clothing donations. |
|----------------|--------------|------------------------------|---------------------|--|

Counseling (Credit/Financial & Youth/Family)

| Organization | Telephone | Location | Website | Services |
|--------------|-----------|----------|---------|----------|
|--------------|-----------|----------|---------|----------|

*Credit/ Financial Counseling***Catholic Charities of Eastern Virginia, Inc.**

| | | | | |
|--------------------------------|--------------|--|-----------|---|
| Financial & Housing Counseling | 757-587-4202 | | cceva.org | Offers financial & housing (budgeting, renter, homeowner, etc.) counseling. |
|--------------------------------|--------------|--|-----------|---|

UP Center, The

| | | | | |
|------------|--------------|--------------------|-----------------|---|
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | theupcenter.org | Offers family and child counseling services, as well as a range of parent education and support services. |
| Suffolk | 757-965-8663 | 109.5 Clay St. | | |

*Youth/Family Counseling***Barry Robinson Center, The**

| | | | | |
|---------|--------------|--------------------|-------------------|--|
| Norfolk | 800-221-1995 | 443 Kempsville Rd. | barryrobinson.org | Offers various behavior counseling programs in order to improve the lives of children (children, young adolescents, old adolescents) |
|---------|--------------|--------------------|-------------------|--|

Catholic Charities of Eastern Virginia, Inc.

Mental Health Counseling

| | | | | |
|-----------|--------------|--|--|--|
| Southside | 757-467-7707 | | | |
|-----------|--------------|--|--|--|

| | | | | |
|------------|--------------|--|--|--|
| Penninsula | 757-875-0060 | | | |
|------------|--------------|--|--|--|

Health & Community Services

| | | | | |
|------------|--------------|--|--|--|
| Life Coach | 757-875-0060 | | | |
|------------|--------------|--|--|--|

| | | | | |
|--|-----------|--|--|--|
| | Ext. 1033 | | | |
|--|-----------|--|--|--|

Guardianship/Conservatorship

| | | | | |
|--|--------------|--|--|--|
| | 757-467-7707 | | | |
|--|--------------|--|--|--|

Portsmouth Department of Behavioral Health Services

| | | | | |
|--------|--------------|--|--|--|
| Office | 757-393-8618 | | | |
|--------|--------------|--|--|--|

| | | | | |
|----------------|--------------|---------------|--|--|
| Central Intake | 757-393-5357 | 1811 King St. | portsmouthva.gov/ 149/Behavioral- Healthcare | Offers outpatient counseling, home-based services, emergency services, and more. |
|----------------|--------------|---------------|--|--|

| | | | | |
|--------------------|--------------|--|--|--|
| Emergency Services | 757-393-8990 | | | |
|--------------------|--------------|--|--|--|

UP Center, The

| | | | | |
|------------|--------------|--------------------|-----------------|---|
| Norfolk | 757-662-7017 | 222 W. 19th St. | | Offers family and child counseling services, as well as a range of parent education and support services. |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | theupcenter.org | |
| Suffolk | 757-965-8663 | 109.5 Clay St. | | |

Court Services

| Organization | Telephone | Location | Website | Services |
|--------------|-----------|----------|---------|----------|
|--------------|-----------|----------|---------|----------|

Circuit Court

| | | | | |
|--------------------------|--------------|----------------|--|--|
| Portsmouth (local dept.) | 757-393-8671 | 1345 Court St. | courts.state.va.us/ courts/circuit/ Portsmouth/ home.html | Provides services and resources according to VA's judicial system. |
|--------------------------|--------------|----------------|--|--|

DNA Diagnostics Center

| | | | | |
|--|--------------|--|---|--|
| | 800-681-7162 | | dnacenter.com/ locations/ virginia.html | Provides DNA testing services. For locations, visit website or call. |
|--|--------------|--|---|--|

General District Court

Portsmouth (local dept.)

| | | | | |
|----------|--------------|------------------------------|---|--|
| Criminal | 757-393-8681 | 1345 Court St., Suite 104 | courts.state.va.us/cou rts/gd/portsmouth/ho me.html | Provides services and resources according to VA's judicial system. |
| Traffic | 757-393-8506 | | | |
| Civil | 757-393-8624 | | | |

Juvenile & Domestic Relations Court

| | | | | |
|------------|--------------|---------------------------|---|--|
| Portsmouth | 757-393-8851 | 1345 Court St., Suite 103 | courts.state.va.us /courts/jdr/Portsmouth/home.html | Provides services and resources according to VA's judicial system. |
|------------|--------------|---------------------------|---|--|

Legal Aid Society of Eastern Virginia

| | | | | |
|---------|--------------|-------------------------------|--|---|
| Norfolk | 757-627-5423 | 125 St. Paul's Blvd., Ste 400 | laseva.org | Provides legal services in regards to custody, neglect, criminal acts against children, and other criminal matters. |
| Hampton | 757-275-0080 | 30 West Queen's Way | | |

Senior Law Center

| | | | | |
|---------|--------------|---------------------------------|--|--|
| Norfolk | 757-627-5423 | 125 St. Paul's Blvd., Suite 400 | | Federally funded, non-profit, law office offering free legal services (except court costs), for individuals ages 55 and older. |
|---------|--------------|---------------------------------|--|--|

Virginia Department of Social Services

| | | | | |
|-----------------|--------------|-----------------|--|---|
| Richmond (main) | 804-726-7000 | 801 E. Main St. | dss.virginia.gov | Provides resources for child support issues and child support malfunctions. |
| Portsmouth | 757-405-1800 | 1701 High St. | | |

Deaf, Hard of Hearing

| Organization | Telephone | Location | Website | Services |
|---|---|---------------------|--|---|
| American Society for Deaf Children | | | | |
| Woodbine, MD | 800-942-2732 | | deafchildren.org | Provides many resources for educating, empowering, and supporting families of deaf children. |
| Hearing Loss Association of America | | | | |
| | | Online | hearingloss.org | Provides many online resources, including Webinars and support groups. |
| Laurent Clerc National Deaf Education Center | | | | |
| Washington, DC | 202-651-5855 | 800 Florida Ave, NE | gallaudet.edu/clerc-center.html | Provides many resources and learning opportunities. |
| National Center on Deaf-Blindness | | | | |
| Richmond, VA | Voice Phone 804-828-2052 Text Phone 711 (VA Relay) | | nationaldb.org | Provides a library of resources as well as connections around the U.S. |
| Signing Savvy | | | | |
| | | Online | signingsavvy.com | Provides a database which shows the viewer how to sign different words. |
| Starkey Hearing Foundation | | | | |
| | 800-328-8602 | Various Locations | starkeyhearingfoundation.org | Call if you or someone you know is struggling with hearing loss in the US or around the world. Representative may be able to help with options. |
| Virginia Department for the Deaf and Hard of Hearing | | | | |
| | Voice or Text 804-662-9502 800-552-7917 | | vddhh.org | Provides interpreter services, technology services, support services, and more. |
| Virginia Relay | | | | |
| | | Online | varelay.org | Provides online sources to communicate via text in order to access their many resources. |

Death (also see "funeral services")

| Organization | Telephone | Location | Website | Services |
|--|--------------|---------------------------------------|--|--|
| Bon Secours Hampton Roads | | | | |
| Portsmouth | 757-398-2693 | | bbonsecours.com/health-care-services/hospice-palliative-care# | Provides compassionate care to patients and families. |
| Edmarc Hospice for Children | | | | |
| Portsmouth | 757-967-9251 | 516 London Street | edmarc.org | Provides services to ease trauma of child's illness or death. |
| Jewish Family Services of Tidewater | | | | |
| Virginia Beach | 757-321-2222 | 5000 Corporate Woods Drive, Suite 400 | jfshamptonroads.org | Provides Hospice and palliative care in Tidewater, as well as counseling and more. |

Death Certificates

| Organization | Telephone | Location | Website | Services |
|-------------------------------------|--------------------------|------------------|--|--|
| Portsmouth Health Department | | | | |
| | 757-393-8585 Ext 8587 | 1701 High Street | www.vdh.virginia.gov/portsmouth/birth-death-certificates-and-vital-records/ | Provides death certificates for the city of Portsmouth. Cost is \$12.00. |

Dental Care

| Organization | Telephone | Location | Website | Services |
|--|--------------------------|----------------------------|--|---|
| Chesapeake Care Clinic | | | | |
| | 757-545-5700 | 2145 South Military Hwy | chesapeakecare.org | Offers dental services to patients without insurance who qualify in Chesapeake, Virginia Beach, Portsmouth, Hampton, and Suffolk. |
| Healthy Smiles Dental Center | | | | |
| Portsmouth | 757-393-6363 | 664-A Lincoln St | hrhc.org/dental.html | Offers examinations and X-rays, as well as preventative and restorative care. |
| Kool Smiles | | | | |
| Virginia Beach | 757-644-3955 | 4239 Holland Rd | | |
| Portsmouth | 757-215-4498 | 4072 Victory Blvd | | |
| Norfolk | 757-319-4957 | 5900 E. VB Blvd | mykoolsmiles.com | Provides a fun and friendly environment to children and family while providing convenient and quality dental care. |
| | 757-644-5821 | 2338 East Little Creek Rd. | | |
| Hampton | 757-251-0517 | 2165 Cunningham Drive | | |
| Old Dominion University Dental Hygiene Office | | | | |
| Norfolk | 757-683-4308 | 1090 46th Street | odu.edu/dental | Provides low cost services to patients without insurance. |
| St. Columba Ecumenical Ministries, Inc. | | | | |
| Norfolk | 757-627-6748 | 2114 Lafayette Blvd | stcolumbaministries.com | Assists homeless residents of Norfolk with dental care if eligible and with referral. |
| U.S. Department of Veterans Affairs | | | | |
| | 800-273-8255 Option 1 | | va.gov/dental/ | Provides resources for Veterans, including a debriefing of Veteran benefits. |

Developmentally Disabled

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------------|--|---|
| Arc of South Hampton Roads, The | | | | |
| Virginia Beach | 757-828-6228 | 412 Investors Place Suite 102 | autismnow.org | Advocates for the human and civil rights of individuals with mental disabilities. |
| Portsmouth Department of Behavioral Health Care Services | | | | |
| Office | 757-393-8618 | | portsmouthva.gov/149/Behavioral-Healthcare | Offers outpatient counseling, home-based services, emergency services, and more. |
| Central Intake | 757-393-5357 | 1811 King St. | | |
| Emergency Services | 757-393-8990 | | | |

Hampton Mental Health Associates

| | | | | |
|---------|--------------|--------------------|-------------------------|--|
| Hampton | 757-826-7516 | 2112 Hartford Road | hamptonmentalhealth.com | Offers outpatient mental health services to children and adults with a variety of mental health disorders. |
|---------|--------------|--------------------|-------------------------|--|

Diabetes

| Organization | Telephone | Location | Website | Services |
|--|--------------|--|--------------------------|--|
| American Diabetes Foundation | | | | |
| Norfolk | 757-424-6662 | 870 Greenbrier Circle, Tower 11, Suite 404 | diabetes.org | Provides many resources including food & fitness ideas, basic facts, community outreach, and more. |
| Children With Diabetes | | | | |
| | | | childrenwithdiabetes.com | Provides resources and information about diabetes. |
| National Health Care for the Homeless Council | | | | |
| Newport News | 757-591-0643 | 4714 Marshall Ave. | nhchc.org or sevhs.org | Provides numerous services for the homeless, including diabetes testing and care. |

Diapers (see "babies")**Disabilities**

| Organization | Telephone | Location | Website | Services |
|---|--------------------------|---------------------------------|-----------------------------|---|
| A Andrew Ege Jr. Attorney at Law | | | | |
| Virginia Beach | 757-428-7447 | 1100 Laskin Rd. | | Help for people who have been denied Social Security Disability benefits. |
| Amputee Coalition | | | | |
| Manassas, VA | 888-267-5669 | | amputee-coalition.org | Provides resources and answers questions about limb loss. |
| Eggleston Services | | | | |
| Norfolk | 757-858-8011 | 1161 Ingleside Rd | egglestonservices.org | Provides resources for individuals with disabilities and their families, including summer camps and more. |
| Ability Center of Virginia (formerly Cerebral Palsy of Virginia) | | | | |
| Virginia Beach | 757-497-7474 | 5825 Arrowhead Dr. Suite 201 | cerebralpalsyofvirginia.org | Provides services to individuals and their families as well as camp for children with disabilities. |
| Community Alternatives | | | | |
| Norfolk | 757-468-7000 | | comalt.org | Provides services across Virginia including support programs, in-home programs, support living programs, and more. |
| Department for Aging and Rehabilitation Services | | | | |
| Portsmouth | 757-686-5004 | 601 Port Centre Pkwy, Suite 100 | vadrs.org | Offers employment services, community based services, assistive technology, and more to clients with disabilities. |
| Hampton/Newport News | 757-865-4863 | 303 Butler Farm Rd., Suite 105 | | |
| Department for the Blind and Vision Impaired | | | | |
| Richmond, VA | 804-371-3151 | 401 Azalea Ave. | | |
| Norfolk | 757-466-4162 | 6325 N. Center Dr. Suite 131 | vdbvi.org | Dedicated to providing services and resource in order to empower the blind, vision impaired, and deafblind. |
| Eastern Virginia Medical School | | | | |
| Norfolk | 757-446-5915 | 721 Fairfax Ave, Suite 300 | evms.edu | Provides rehabilitation services. |
| Independence Center, Inc | | | | |
| Norfolk | | | | |
| | Voice Phone 757-461-8007 | 6300 East VB Blvd | independence.org | Offers many services including referrals, counseling, advocacy, housing & employment assistance, education, transportation, and more. |
| | Text Phone 757-461-7527 | | | |

EQUI-KIDS Therapeutic Riding Program

| | | | | |
|----------------|--------------|--------------------------|--------------|--|
| Virginia Beach | 757-721-7350 | 2626 Heritage Park Drive | equikids.org | Offers a therapeutic riding program to benefit disabled men and women. |
|----------------|--------------|--------------------------|--------------|--|

Hope House

| | | | | |
|---------|--------------|----------------------------|--------------------|--|
| Norfolk | 757-625-6161 | 801 Boush Street Suite 302 | www.hope-house.org | Supports adults with intellectual disabilities by offering personal care & dressing, grocery shopping, meal prep, laundry, and more. |
|---------|--------------|----------------------------|--------------------|--|

Muscular Dystrophy Association

| | | | | |
|--|--------------|--|---------|---|
| | 800-572-1717 | | mda.org | Provides a specialized staff to help those with MD to understand, manage, and live daily with it. Has local activities. |
|--|--------------|--|---------|---|

National Multiple Sclerosis Society

| | | | | |
|--|--------------|--------|-----------------------|--|
| | 804-353-5008 | Online | nationalmssociety.org | Provides resources and strives to find a cure. |
|--|--------------|--------|-----------------------|--|

Online Colleges, Scholarships, and Degree Programs

| | | | | |
|--|--|--------|--------------------------|--|
| | | Online | college-scholarships.com | Provides resources for finding scholarships to the colleges with programs for students with learning disabilities. |
|--|--|--------|--------------------------|--|

Portsmouth Department of Parks and Recreation

| | | | | |
|--|--------------|------------------|----------------------|--|
| | 757-393-8481 | 801 Crawford St. | portsmouthparks.com/ | Strives to empower those with disabilities to become independent, responsible, and productive. |
|--|--------------|------------------|----------------------|--|

Virginia Board for People with Disabilities

| | | | | |
|--------------|--------------|-----------------------------|-------------|--|
| Richmond, VA | 804-786-0016 | 1100 Bank Street, 7th Floor | vaboard.org | Provides resources for people with disabilities including publications and social media. |
|--------------|--------------|-----------------------------|-------------|--|

Social Security

| | | | | |
|--|---|--|-----------------------|---|
| | Voice Phone 800-772-1213 Text Phone 800-325-0778 | | ssa.gov/disabilityssi | Website contains application for disability, online services, and more. |
|--|---|--|-----------------------|---|

Tidewater Community College

| | | | | |
|------------|--------------|------------------|--|---|
| Portsmouth | 757-822-2640 | 120 Campus Drive | tcc.edu/service-support/students-disabilities-accommodation/ | Offers services for those with disabilities including: placement testing accommodations, assistance with campus mobility, accessible parking, interpreter services, assistive technology, and more. |
|------------|--------------|------------------|--|---|

Domestic Violence (see "Abuse")**Down Syndrome**

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------|------------------------|--|
| Down Syndrome Association of Hampton Roads | | | | |
| Norfolk | 757-466-3696 | 6300 East VB Blvd | dsahr.org | Provides answers to any questions pertaining to the disability and provides resources. |
| Mosaic Down Syndrome | | | | |
| | | Online | mosaicdownsyndrome.com | Shares personal stories and other resources. |

Drug Abuse (see "Addiction")**Dyslexia**

| Organization | Telephone | Location | Website | Services |
|----------------------------|--------------|----------|-----------------------|---|
| Learning Abled Kids | | | | |
| | | Online | learningabledkids.com | Provides many books and resources for children with dyslexia, ADHD, Aspergers, and others. Also offers support groups for moms. |
| Learning Ally | | | | |
| | 800-221-4792 | Online | go.learningally.org | Offers success stories, support groups, empowerment, audiobooks and more. |

Virginia Beach Branch of the International Dyslexia Association

| | | | | |
|----------|--------------|----------------------------|--------------------|---|
| Richmond | 866-893-0583 | 3126 West Cary Street #102 | va.dyslexiaida.org | Dedicated to educating families on dyslexia and the services available to them. |
|----------|--------------|----------------------------|--------------------|---|

Education (also see "School Resources" & "GED Preparation")

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------------|--|---|
| Adult & Alternative Education: Excel Campus at Woodrow Wilson HS | | | | |
| Portsmouth | 757-465-2958 | | excel.ppsk12.us | Offers a HS diploma program for ages 18+. Pre-testing is required. Also offers a GED preparation program free for Portsmouth student residents & an Adult Learning Center Program for ages 21+ which includes basic education and GED prep. |
| Portsmouth Public Schools | | | | |
| | 757-393-8751 | Various Locations | pps.k12.va.us | Public schools in Portsmouth for K-12. Also offers adult education, including GED classes. |
| STOP Organization | | | | |
| VA Beach | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | Offers a learning academy/youth empowerment program to cultivate youth. |
| Tidewater Community College | | | | |
| Portsmouth | 757-822-2208 | 120 Campus Drive | tcc.edu/service-support/students-disabilities-accommodation/ | Offers services for those with disabilities including: placement testing accommodations, assistance with campus mobility, accessible parking, interpreter services, assistive technology, and more. |
| U.S. Department of Education | | | | |
| Washington, DC | 800-872-5327 | 400 Maryland Ave., SW | www2.ed.gov/programs/trioeoc/index.html | Provides a description of the programs provided by the Dept., as well as counseling and other information on college admissions. |
| U.S. Department of Veterans Affairs | | | | |
| | 888-442-4551 | | benefits.va.gov/gibill | Provides resources for veteran education and training. |
| Virginia Tidewater Consortium for Higher Education | | | | |
| Norfolk | 757-683-2312 | 861 Glenrock Rd., Suite 135 | vtc.odu.edu | Provides educational information, financial aid information, career planning, and more. |

Elder Abuse (see "Abuse")

Electricity Shut Off (see "Utility Assistance")

Emergency Care

| Organization | Telephone | Location | Website | Services |
|----------------------------------|--------------|------------------|--|--|
| Bon Secours Hampton Roads | | | | |
| Norfolk | 757-889-5000 | 150 Kingsley Ln. | | |
| Portsmouth | 757-398-2200 | 3636 High St. | bonsecours.com/hampton-roads/our-services/emergency-care | Provides emergency health care services. |
| Newport News | 757-886-6000 | 2 Bernardine Dr. | | |

*** **For heart attack or stroke call: 911** ***

*Signs of heart attack: chest pain/pressure, shortness of breath, pain in arm/back/shoulder
Signs of Stroke: sagging of face, arm drifts downwards, slurred speech*

Employment/Training

| Organization | Telephone | Location | Website | Services |
|--|--------------|------------------------------------|---|--|
| AARP | | | | |
| | | Online | local.aarp.org/portsmouth-va/ | Provides a database to search for jobs in your area. |
| Building Trades Academy | | | | |
| Chesapeake | 757-420-2434 | 2117 Smith Ave | | Provides numerous opportunities for those 18 years or older in low-income situations to receive a hands-on training in building & facilities maintenance trades. |
| Community Alternatives, Inc. | | | | |
| | 757-468-7000 | Various Locations | comalt.org | Provides vocational and employment services for people with disabilities. |
| Department for Aging and Rehabilitation Services | | | | |
| Portsmouth | 757-686-5004 | 601 Port Centre Parkway, Suite 100 | vadrs.org | Offers employment services, community based services, assistive technology, and more to clients with disabilities. |
| Hampton/Newport News | 757-865-4863 | 303 Butler Farm Rd., Suite 105 | | |
| Eggleston Services | | | | |
| | 757-858-8011 | | egglestonservices.org | Sheltered employment, vocational training, and job placement provided to clients with mental disabilities. |
| Goodwill Industries International, Inc. | | | | |
| | | Online | goodwill.org/jobs-training/find-a-job/ | Provides training, services, and careers paths. |
| Job Corps | | | | |
| | 800-733-5627 | Various Locations | jobcorps.gov | Free job training for young men and women age 16-24. Free room and meals, with spending money, a clothing allowance, dental & medical care, and more provided. Job placement services are available. |
| JuJu - Smarter Job Search | | | | |
| General Employment | | Online | juju.com/jobs | Online search engine for employment. Go to Website, enter your Location, & enter what you are looking for. |
| Hard of Hearing Employment | | | | For hard of hearing employment, enter "Employment for deaf" under "Keywords" |
| Portsmouth City Employment Hotline | | | | |
| | | Online | governmentjobs.com/careers/portsmouthva | Information available on job openings for the City of Portsmouth. |
| Portsmouth City Public Schools | | | | |
| | 757-393-8751 | | pps.k12.va.us | Offers those with an interest in education, to apply to positions within the Portsmouth City Public Schools. |
| Senior Community Service Employment Program | | | | |
| Norfolk | 757-625-7001 | | dol.gov/agencies/eta/seniors | Employment program for adults ages 55 and older. Subsidized 18 hour a week employment. Serves the Hampton Roads area |
| Senior Services of Southeastern Virginia | | | | |
| Norfolk | 757-461-9481 | 6350 Center Dr., Bldg 5, Suite 101 | ssseva.org | Formally called SEVAMP, provides employment services for adults age 60 and over. |
| Southeastern Tidewater Opportunity Project (STOP) | | | | |
| Norfolk | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | Serves South Hampton Roads. Provides educational support to individuals seeking opportunities in healthcare. |

Urban League of Hampton Roads, Inc.

Norfolk 757-627-0864 121 College Place
Suite 105

Norfolk 757-226-7589 830 Goff Street

Hampton 757-224-8134 1300 Thomas St.
Suite E

ulhr.org

Provides services and programs in education, employment, health, and housing.

U.S. Department of Education: Education Opportunity Centers Program

800-872-5327

ed.gov/

Provides counseling and information on different opportunities for furthering education including academic advice, workshops, tutoring, mentoring, and more.

U.S. Department of Veterans Affairs

Online

va.gov

Provides resources for veteran employment opportunities.

Virginia Career Works

Portsmouth 757-558-4462 4824 George
Washington Hwy

Norfolk 757-461-7537 861 Glenrock Rd.
Suite 100

Suffolk 757-514-7737 157 North Main St.

vcwhamptonroads.org/virginia-career-works-hampton-roads-2/

Offers basic training career services to everyone; offers enhanced career services and training to those eligible with funding limitations.

Virginia Employment Commission

Hampton 757-865-5800 600 Butler Farm Rd., Ste B

Portsmouth 757-558-4455 4824 George
Washington Hwy

www.vec.virginia.gov/find-a-job

Helps individual register as a job seeker, or file an unemployment claim online.

Virginia Tidewater Consortium for Higher Education

Norfolk 757-683-2312 861 Glenrock Rd.
Suite 135

vtc.odu.edu

Provides career planning and offers an outreach program for youth 16-24 years of age for employment preparation and education.

English as a Second Language

| Organization | Telephone | Location | Website | Services |
|--------------------------------------|--------------|---------------------|---|---|
| ESL Online | | | | |
| | | Online | esl.com | Provides resources for finding courses, jobs, or other services for ESL. |
| Hampton City Schools Adult ED | | | | |
| | 757-727-1386 | 1646 Briarfield Rd. | hampton.k12.va.us/departments/adult-ed/adulted.html | Offers ESL classes for adults who's first languages include Arabic, Chinese, French, Spanish, and Vietnamese. |
| Portsmouth Public Schools | | | | |
| | 757-393-8751 | 801 Crawford St. | pps.k12.va.us | Contact for additional information on ESL programs in the area. |

Epilepsy

| Organization | Telephone | Location | Website | Services |
|--|--------------|----------------------------|------------------------|---|
| Dr. Michael R. Wagner MD | | | | |
| Portsmouth | 757-953-2114 | 620 John Paul Jones Circle | | Has 21+ years of experience in neurology. |
| Eastern Virginia Medical School | | | | |
| Norfolk | 757-446-5888 | 825 Fairfax Ave. | evms.edu | Conducts research regarding neurological complications and the management of those. |
| Epilepsy Foundation | | | | |
| Charlottesville | 434-924-8669 | Online | epilepsy.com/ virginia | Provides information, referral assistance, and more. |

Ex-Offenders

| Organization | Telephone | Location | Website | Services |
|--|--------------|---------------|--|---|
| City-Data | | | | |
| | | Online | www.city-data.com/so/Virginia.html | Provides a list of all registered sex offenders. |
| Portsmouth Department of Behavioral Health Services | | | | |
| Office | 757-393-8618 | 1811 King St. | portsmouthva.gov/149/Behavioral-Healthcare | Provides mental health services, including emergency services, outpatient counseling, and more. |
| Central Intake | 757-393-5357 | | | |
| Emergency Services | 757-393-8990 | | | |

Eye Care

| Organization | Telephone | Location | Website | Services |
|--|--------------|-------------------|--|--|
| Department for the Blind and Vision Impaired | | | | |
| Richmond | 804-371-3151 | 401 Azalea Ave. | vdbvi.org | Provides services and resources to empower those who are blind, vision impaired or deafblind. |
| Foundation of the American Academy of Ophthalmology | | | | |
| | | Online | aao.org | Provides resources and referrals. |
| Senior's EyeCare Program | | | | |
| | | Various Locations | eyedoctorguide.com/eye_care/free_senior_eye_exams.html | Allows for seniors who have not received eyecare in the last 3 years to receive free eye care. |

Financial Management (see "Counseling")

Food Assistance

| Organization | Telephone | Location | Website | Services |
|--|---------------------------------|-------------------------------|--|--|
| First Presbyterian Church | | | | |
| Portsmouth | 757-397-3622 | 515 Court St. | fpcports.org | Open Tuesdays and Thursdays, from 10 am to 1 pm. By referral ONLY. |
| Food Bank of Southeastern VA and the Eastern Shore, The | | | | |
| Portsmouth | | | | |
| Twine Memorial Holy Temple | 757-399-0349 | 1419 County St. | foodbankonline.org | Website provides Food Bank locations where food is distributed to other agencies. Some are by referral only, so call for more information. |
| Oasis Social Ministry | 757-397-6060 | 800 Williamsburg Ave. Suite A | | |
| First Baptist of S. Portsmouth | 757-397-3948 | 1445 Center Ave. | | |
| Wesley Community Center | 757-399-0541 | 1701 Elm Ave. | | |
| Calvary Baptist Church | 757-399-1050 | 2117 London Blvd | | |
| LGBT Life Center | | | | |
| Norfolk | 757-640-0929 | 248 W. 24th St. | lgbtlifecenter.org | Distributes meals to clients. |
| Meals on Wheels | | | | |
| 888-998-6325 | | | | |
| Hampton Roads | 757-761-8220 OR 757-435-3035 | | mealsonwheelsamerica.org mowports.com | Ensures that seniors throughout America have nutritious meals. Also, provides friendly visits and safety checks to ensure nourished lives for seniors. |
| Oasis Social Ministry | | | | |
| Portsmouth | 757-397-6060 | 800 A Williamsburg Ave | oasisocialministry.org | Provides food assistance including groceries for the homeless, to last 2-3 days. |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St, Suite 101 | portsmouthva.gov/384/social-services | Offers benefit programs/assistance which include: TANIF, <u>food stamps</u> , tax relief and more. |
| Salvation Army, The | | | | |
| Norfolk | 757-965-9012, ext. 2 | 5525 Raby Rd. | virginiasalvationarmy.org/hrva/programs/feeding-programs | Offer food and nutrition services as well as many others. |
| Senior Services of Southeastern Virginia | | | | |
| | 757-461-9481 | | ssseva.org | Offers home-delivered meals to those 60 or older who live independently, but are unable to prepare their own meals. |
| Up Center Food Bank, The | | | | |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | | Food bank available on the 2nd and 4th Friday of every month 9am-2:30pm. Must have an ID. |
| Urban League | | | | |
| Norfolk | 757-627-0864 | 121 College Place | | Bread, bagels, and pastries to those in need every Friday 10am-12pm. |

| | | | | |
|--------------------------------|--------------|----------------|---|---|
| Wesley Community Center | 757-399-0541 | 1701 Elm Ave. | wesley-community-service-center.business.site | Offers food assistance every Tuesday or emergency food boxes. |
| Zion Baptist Church | 757-397-1671 | 225 Hatton St. | zionbaptistva.com | Offers meals on Tuesdays, Fridays, and Saturdays from 7-9 am. |

Foot Care

| Organization | Telephone | Location | Website | Services |
|-----------------------------------|--------------|---------------------------------|--------------------|---|
| Chesapeake Care Clinic | 757-545-5700 | 2145 S. Military Hwy. | chesapeakecare.org | Provides podiatry services to low income individuals with eligibility. By appointment only. |
| Tidewater Foot Center, LLC | 757-597-7699 | 11747 Jefferson Ave Suite 2A | | Offers preventative food checkup. |

Foreclosure Assistance (also see "Housing Financial Assistance" & "Counseling")

| Organization | Telephone | Location | Website | Services |
|--|------------------------|----------|--|---|
| Department of Housing and Urban Development | | | | |
| FHA Outreach Center | 800-225-5342 | | hud.gov/topics/avoiding_for eclosure | Gives information on avoiding foreclosure and gives resources on foreclosure. |
| Federal Housing Financial Agency | | | | |
| Washington, DC | 202-649-3800 | | www.fhfa.gov/ Homeownersbuyer | Provides resources to prevent foreclosure and more. |
| Salvation Army, The | | | | |
| | 757-965-9012 ext. 4 | | virginiasalvation army.org/hrva/ programs/rent mortgage- assistance | Offers financial help for families & individuals experiencing financial strain. |

Foster Care

| Organization | Telephone | Location | Website | Services |
|--------------------------------------|--------------|--------------------|--|--|
| Barry Robinson Center, The | | | | |
| Norfolk | 757-455-6100 | 443 Kempsville Rd. | barryrobinson.org/foster-care/community-based-services/ | Provides foster care placement with a teaching parent. |
| Department of Social Services | | | | |
| Portsmouth | 757-405-1800 | | portsmouthva.gov/415/Foster-care | Provides information on fostering a child. |
| First Home Care | | | | |
| Portsmouth | 757-393-7200 | | firsthomecare.com | Offer individuals the opportunity to become foster parents. |
| Up Center, The | | | | |
| Refer A Child | 757-965-8668 | | theupcenter.org/get-involved/foster-a-child | Provides services including referring or fostering children. |
| Foster A Child | 757-965-8638 | | | |

Free Meal Locations (see "Food Assistance")

Furniture

| Organization | Telephone | Location | Website | Services |
|----------------------------|--------------|---------------------|--|---|
| Craigslist | | | | |
| | | Norfolk | norfolk.craigslist.org | May offer free furniture in your area. Visit website for offers. |
| Offer Up | | | | |
| | | Various Locations | offerup.com | May offer free furniture in your area. Visit website for offers. |
| Open Door Chapel | | | | |
| Virginia Beach | 757-340-1441 | 3177 VB Blvd | opendoorchapel.org | Runs a thrift store which may provide clothing, household items, furniture, and more. |
| Salvation Army, The | | | | |
| Portsmouth | 757-393-2519 | 2306 Airline Blvd | salvationarmyusa.org | May be able to offer furniture, clothing, food supplements, and more. |
| Norfolk | 757-499-0032 | 5525 Raby Rd. | | |
| Suffolk | 757-539-5201 | 400 Bank St. | | |
| Hampton | 757-838-4875 | 1033 Big Bethel Rd. | | |

Gambling (see "Addiction")

Gas Shut Off (see "Utility Assistance")

Gay/Bi/Transgender

| Organization | Telephone | Location | Website | Services |
|-------------------------|--------------|---------------------------------|--|--|
| LGBT Life Center | | | | |
| Norfolk | 757-640-0929 | 1001 Monticello Ave., Suite 100 | lgbtlifecenter.org | Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list. |

GED Prep

| Organization | Telephone | Location | Website | Services |
|---|--------------|--------------------|--|---|
| Adult & Alternative Education: Excel Campus at Woodrow Wilson HS | | | | |
| Portsmouth | 757-465-2958 | 1401 Elmhurst Lane | excel.ppsk12.us | Offers a HS diploma program for ages 18+. Pre-testing is required. Also offers a GED preparation program free for |

Hampton City Schools Adult ED

GED Classes 757-727-1328

GED Test 757-727-1327

hampton.k12.va.us/d
eapartments/adult
ed/adulted.html

Offers a free placement test, as well as ABE/GED Classes and online practice tests.

Job Corps

800-733-5627

Various Locations

jobcorps.gov

Offers a free education and training program that helps individuals learn a career, earn a HS diploma/GED, and find a job. Must be at least 16 years of age and qualify as low income.

Glasses (also see "Vision")

| Organization | Telephone | Location | Website | Services |
|--|--------------|---------------------|-----------------------------|--|
| American Academy of Ophthalmology | | | | |
| | 877-887-6327 | Online | aao.org/eyecare-america | Online referral center for those 65 or older who have not received an exam in the last 3 years. Provides a medical eye exam and one year of care for those eligible. |
| New Eyes | | | | |
| | 973-376-4903 | | www.new-eyes.org | Provide glasses for the needy. Although main office is located in NJ, they distribute all around the 50 states. |
| St. Columba Ecumenical Ministries, Inc. | | | | |
| Norfolk | 757-627-6748 | 2114 Lafayette Blvd | stcolumba ministries.com | Assists homeless residents of Norfolk with eye exams if eligible and with referral. |

Grandparents Fostering/Raising Grandchildren

| Organization | Telephone | Location | Website | Services |
|---------------------------------------|-----------|----------|---|--|
| AARP: GrandFacts | | | | |
| | | | aarp.org/content/ dam/aarp/relationships/fr iends-family/grandfacts/ grandfacts-national.pdf | GREAT source for any resources you may need as a grandparents looking after children. Resources include: SS info, foster care info, key programs in VA, laws, education, and more. |
| FinAid | | | | |
| | | Online | finaid.org/parents/ grandparents.phtml | Provides scholarship opportunities and tips for grandparents helping grandchildren pay for college. |
| Virginia Cooperative Extension | | | | |
| | | Online | www.pubs.ext.vt.edu/ 350/350-255/350- 255.html | Provides resources on grandparents rearing grandchildren. |

Grief (see "Bereavement")

Guardianship/Conservatorship

| Organization | Telephone | Location | Website | Services |
|---|--------------------------|-------------------------------|--|--|
| Catholic Charities of Eastern Virginia | | | | |
| Virginia Beach | 757-467-7707 | 4855 Princess Ann Road | cceva.org | Offers guardianship to individuals who have been deemed incapacitated by the courts. This involves ongoing case management and monitoring of their needs and services. |
| Portsmouth Department of Social Services | | | | |
| Child Protective Services | 800-552-7096 | 1701 High Street Suite 101 | portsmouthva.gov/ 384/social-services | Provides information on guardianship and more. |
| Adult Protective Services | 888-832-3858 option 1 | | | |

VA Legal Aid

| | | |
|--------|-----------------|--|
| Online | valegalaid.org/ | Resource for information on laws of guardianship or conservatorship. |
|--------|-----------------|--|

Head Start

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------|---|--|
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St, Suite 101 | portsmouthva.gov/384/social-services | Offers the Virginia Head Start program to help children from birth to age 5 by promoting academic, social, and emotional development for income-eligible families. |
| Virginia Head Start Assoc. , Inc. | | | | |
| Portsmouth | | Various | headstartva.org eclkc.ohs.acf. hhs.gov/hslc | Provides a child development program which will improve the educational, physiological, social, and psychological wellbeing of the child and family. |

Health Insurance (also see "Medicaid/Medical Assistance")

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------|--------------------------------------|--|
| Cover Virginia | | | | |
| | 855-242-8282 | Online | coverva.org | Provides tools to help decide if you and your family are eligible for Medicaid, FAMIS, Plan First, or other health benefits. |
| Health Resources and Services Administration, HRSA | | | | |
| | 877-464-4772 | | hrsa.gov | Provides resources on getting healthcare, services, and more for low income uninsured individuals. |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St, Suite 101 | portsmouthva.gov/384/social-services | Offers resources for health insurance. |

Hearing (see "Deaf/Hard of Hearing")

HIV/AIDS Services

| Organization | Telephone | Location | Website | Services |
|---|---------------------------|--|----------------------------------|--|
| Portsmouth Health Department | | | | |
| STI Screening & Treatment Clinic Ryan White HIV Clinic | 757-393-8585 ext. 8716 | 1701 High St, Suite 101 | vdh.virginia.gov/ portsmouth/ | STI Screening Clinic is walk-in; Ryan White Clinic is by appointment only. |
| LGBT Life Center (formerly ACCESS Aids) | | | | |
| Norfolk | 757-640-0929 | 248 W. 24th St. 3309 Granby St. | lgbtlifecenter.org | Provides many services including outreach, meals programs, HIV testing, HIV education, transportation, case management, housing, and more. |
| HIV.gov | | | | |
| | | Online | hiv.gov | Provides resources on service locations and providers near you. Go to website to find articles, events, and more. |

Eastern Virginia Medical Center: HIV/AIDS Resource Center

| | | | | |
|---------|--------------|----------------------------|--|---|
| Norfolk | 757-446-6170 | 358 Mowbray Arch Suite 106 | evms.edu/ community/ community_training /hiv_aids_resource_center | Provides resources and consultations on prevention and education. |
|---------|--------------|----------------------------|--|---|

Hampton Roads Community Health Center

| | | | | |
|------------|--------------|----------------|----------|--|
| Portsmouth | 757-393-6363 | 664 Lincoln St | hrhc.org | Provides primary medical care; offers free transportation to appointments on Lincoln St. |
|------------|--------------|----------------|----------|--|

Opportunity House/Shelter Plus Care

| | | | | |
|------------|--------------|--------------------|--|--|
| Portsmouth | 757-393-8926 | 505 Jamestown Ave. | | A housing program for persons with disabilities who are homeless, low-income, and are receiving supportive |
|------------|--------------|--------------------|--|--|

Planned Parenthood

| | | | | |
|----------------|--------------|-----------------|-----------------------|---|
| Virginia Beach | 757-499-7526 | 515 Newtown Rd. | plannedparenthood.org | Offers clinical services including STD and HIV testing. |
| Hampton | 757-826-2079 | 403 Yale Dr. | | |

Urban League of Hampton Roads

| | | | | |
|---------|--------------|-------------------------|----------|--|
| Norfolk | 757-226-7589 | 830 Goff St. | ulhr.org | Provides a number of services including housing. |
| Hampton | 757-224-8134 | 1300 Thomas St, Suite E | | |

Homeless (see "Housing")

Home Ownership Assistance & Education

| Organization | Telephone | Location | Website | Services |
|--|--------------|-------------------|----------------------------------|---|
| Catholic Charities of Eastern Virginia | | | | |
| Virginia Beach | | | | |
| Office | 757-456-2366 | | | Offers financial and housing counseling which includes: financial assistance, budget counseling, debt management program, counseling on reverse mortgages, financial education classes, homebuying counseling, and mortgage default counseling. |
| Financial Assistance | 757-587-4202 | | cceva.org | |
| Financial Counseling | 757-484-0703 | | | |
| Department of Housing and Urban Development | | | | |
| Washington, DC | 202-708-1112 | | hud.gov | Offers many different programs for accessing homeownership for low-income families. |
| Habitat for Humanity | | | | |
| Norfolk | 757-640-0590 | 900 Tidewater Dr. | shrhabitat.org/ homeownership | Gives information on how to qualify for homeownership, the process, and more. |
| Virginia Housing Development Authority | | | | |
| | 804-782-1986 | | vhda.com | Offers free homeownership classes, as well as other resources. |

Hospice

| Organization | Telephone | Location | Website | Services |
|---|---|-------------------------------------|--|--|
| Bon Secours Bereavement Services | | | | |
| Newport News | 757-947-3420 | 716 Denbigh Blvd, Suite B3 | bonsecours.com/hampton-roads/our-services/bereavement-center | Provide bereavement care with support groups and other services. Support for CHILDREN: bshr.com/our-services-hospice-kidz-n-grief.html |
| Edmarc Hospice for Children | | | | |
| Portsmouth | 757-967-9251 | 516 London Street | edmarc.org | Offers home health care, hospice care, patient & family support, bereavement services, and counseling. |
| Jewish Family Service of Tidewater | | | | |
| Virginia Beach | Counseling 757-459-4640 Hospice & Palliative Care 757-321-2222 | 5000 Corporate Woods Dr., Suite 400 | jfshamptonroads.org | Offers hospice with a goal of comforting; provides counseling to loved ones of deceased. |

Hospital Care

| Organization | Telephone | Location | Website | Services |
|---|--------------|----------------------------|---|--|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street | vdh.virginia.gov/portsmouth/ | Provides immunizations, child health care, communicable disease services, STI services, environmental health services, Women's health care services, WIC, and other clinical services. |
| Bon Secours Hampton Roads | | | | |
| | 757-398-2200 | Various Locations | bonsecours.com/locations/hospital-medical-centers/hampton-roads | Provides a large variety of clinical services including immunizations, cardiac, oncology, primary care, and more. Call or visit website for more information. |
| Chesapeake Care Clinic | | | | |
| | 757-545-5700 | 2145 S. Military Hwy | chesapeakecare.org | Offers services to those without insurance who are in need of emergency medical or dental services. |
| CHIP of South Hampton Roads | | | | |
| Chesapeake | 757-543-9100 | 1302 Jefferson St | chipshr.org | Provides financial services, quality health care prenatally-age 6, and more through a family management system. |
| Eastern Virginia Medical School | | | | |
| | 757-446-5600 | Various Locations | evms.edu/patient_care | Offers patient care, education, and research through it's comprehensive clinic and laboratory. |
| Edmarc Hospice for Children | | | | |
| Portsmouth | 757-967-9251 | 516 London Street | edmarc.org | Provides services to chronically ill children and their families. |
| Every Woman's Life | | | | |
| | 866-395-4968 | | vdh.virginia.gov/every-womans-life | Offers the uninsured, low income women access to free breast and cervical cancer screening services. |
| FreeClinics.com | | | | |
| | | Online | freeclinics.com/cit/va-Portsmouth | Provides a list of free clinics in your area. |
| Ghent Family Medicine | | | | |
| Norfolk | 757-446-5955 | 825 Fairfax Ave, Suite 118 | evms.edu/patient_care/specialties/family_community_medicine/ | Specializes in invasive surgery, diabetes, reproductive problems, sleep disorders, comprehensive skull base surgery, and more. |
| JenCare Senior Medical Center | | | | |
| Portsmouth | 757-393-1136 | 4106 Portsmouth Blvd. | jencaremed.com | Primary and specialty care practice for Medicare-eligible seniors. |
| Maryview Foundation Health Care Center | | | | |
| Portsmouth | 757-215-3100 | 3600 High St. | | An option for individuals without health insurance and |
| Planned Parenthood | | | | |
| Virginia Beach | 757-499-7526 | 515 Newtown Rd. | plannedparenthood.org | Offers many services including: abortion, birth control, general health care, HIV testing, men's health, pregnancy testing and services, and more. |
| Hampton | 757-826-2079 | 403 Yale Dr. | | |

Portsmouth Community Health Center

757-393-6363 664 Lincoln St. Care by appointment. Office hours are 9am-5pm (M, W, Th, & F). Office hours on Tuesday only (11am-7pm). Prescription refills are M, W, & F. Accept Medicare, Medicaid, or use sliding fee.

Portsmouth Family Medicine Residency Program

757-397-6344 3640 High St., Suite 2F evms.edu Offers a passive community hospital with neonatal to hospice range of patients.

St. Columba Ecumenical Ministries, Inc.

Norfolk 757-627-6748 2114 Lafayette Blvd stcolumba ministries.com Assists residents of Norfolk with eye exams if eligible and with referral.

Housing Authorities

| Organization | Telephone | Location | Website | Services |
|--|--------------|--------------------------|----------------|--|
| Redevelopment and Housing Authority | | | | |
| Chesapeake | 757-523-0401 | 1468 S. Military Hwy | crhava.org | |
| Hampton | 757-727-6337 | 1 Franklin St. Suite 603 | hamptonrha.com | Provides services for safe and low cost living environment. Works on preserving a sanitary home and suitable living space for low-income families. |
| Newport News | 757-928-2620 | 227 27th St. | nnrha.com | |
| Norfolk | 757-623-1111 | 555 E. Main St. | nrha.us | |
| Portsmouth | 757-399-5261 | 3116 South St. | www.prha.org | |
| Suffolk | 757-539-2100 | 530 E. Pinner St. | suffolkrha.org | |
| Virginia Beach | 757-385-5750 | | vbgov.com | |

Housing (Disabled, Emergency/Homeless, Financial Assistance, Section 8, Senior Citizens, Transitional, Weatherization)

| Organization | Telephone | Location | Website | Services |
|---|---|-----------------------------|---|---|
| <i>Disabled Housing</i> | | | | |
| Community Alternatives | | | | |
| | 757-468-7000 | Various Locations | comalt.org | Provides resources for residential services or in-home services and more. Call for vacancies. |
| Developmental Services Supportive Living Program | | | | |
| Virginia Beach | 757-385-0600 | | vbgov.com/ government/ departments/human- services | Provides services and information about supportive living. To make a referral: 757-385-0600 |
| Effingham Plaza | | | | |
| Portsmouth | 757-393-4757 | 715 Madison St. | | Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Must have SS card, written proof of income, and current bank statement at time of application. |
| Endeppence Center, Inc | | | | |
| Norfolk | Voice Phone 757-461-8007 Text Phone 757-461-7527 | 6300 East VB Blvd | endeppence.org | Offers many services including referrals, counseling, advocacy, housing & employment assistance, education, transportation, and home modifications for accessible entrances and bathrooms. |
| Hope House | | | | |
| Norfolk | 757-625-6161 | 801 Boush Street, Suite 302 | hope-house.org | Non-profit organization provides community based residential services. |

Housing Development Corporation of Hampton Roads

Newport News 757-873-2111 2 Bernardine Dr. hdcofhr.org

Helps those who are previously incarcerated, veterans, who have physical disabilities, who are living with HIV/AIDS and people who have low income find homes

Malvern Hill

Portsmouth 757-393-0905 426 King St.

Subsidized housing exclusively for the Senior Citizens and persons with disabilities.

Mt. Herman Village

Portsmouth 757-399-4406 2400 Cutherell St.

Subsidized housing exclusively for Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.

STOP Organization of Hampton Roads

757-858-1360 5700 Thurston Ave.,
Suite 101 stopinc.org

May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more.

*Emergency/Homeless***Judeo-Christian Outreach Center**

Virginia Beach 757-491-2846 1053 VB Blvd jcoc.org

Provides many services for those in need of a home including: dining hall, food assistance, emergency housing, low cost housing, and more.

Oasis Social Ministry

Portsmouth 757-397-6060 800 A Williamsburg Ave oasissocialministry.org

Provides food assistance, household items, holiday baskets, and more to the homeless. Must have a case manager.

Portsmouth Area Resources Coalition

757-966-2107 portsmouthva.gov/
502/homelessness

Provides short term bed facility for families in crisis, supportive family living, a 12 month rental assistance program for homeless families & individuals, and 24 month support program for homeless families.

Portsmouth Homeless Hotline 757-966-2107

Portsmouth Christian Outreach Ministries

757-397-4570 910 7th St.

Provides temporary housing and meals for the homeless, as well as helps to guide them to become self-sufficient.

Portsmouth Department of Social Services

757-405-1800 1701 High Street,
Suite 101 portsmouthva.gov/384/social-services

Provides many resources for finding housing.

Portsmouth Volunteers for the Homeless, Inc.

757-399-0200 800 Williamsburg Ave. Suite B

Assists the homeless with receiving hygiene services, mentoring, and other ways for promoting a self-sufficient life.

Salvation Army

Norfolk

Emergency for single males 757-622-7275
757-449-0032

5525 Raby Rd.

salvationarmy.usa.org

Offers housing, emergency assistance, transitional housing and more.

Hampton

757-838-4875 1033 Big Bethel Rd.

Seton Youth Shelters

Virginia Beach

Girl's Shelter 757-306-1840

Boy's Shelter 757-498-4673

Crisis Hotline 757-498-4357

setonyouthshelters.org

Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness.

Union Mission Ministries

Norfolk

Men's Shelter 757-627-8686
ext 200Women's Shelter (single) 757-627-8686
ext 354Women's Shelter (with kids) 757-627-8686
ext 351

5100 E. VB Blvd

unionmissionministries.org

Provides shelter for those who need it based on availability.
Men: Single 18+
Women: Single/with children 18+; male children must be 10 or under.**Virginia Supportive Housing**

Chesapeake 757-523-0401

Norfolk 757-623-1111

Portsmouth 757-399-5261

Suffolk 757-539-2100

Virginia Beach 757-385-5750

Various Locations

virginiасupportivehousing.org

Offers a solution to homelessness. Provides a list of the many supportive housing in Hampton Roads. Call specific area for availability.

Volunteers of America Chesapeake - The Lighthouse Center

Virginia Beach 757-437-4911

825 18th St.

voachesapeake.org/
lighthouse-center

Day program for homeless. Offers shower facilities, case management, and life skills training. Also provides the homeless with address and telephone number to receive mail and phone calls.

*Financial Assistance***Catholic Charities of Eastern Virginia**

Virginia Beach

Office 757-456-2366

Financial Assistance 757-587-4202

Financial Counseling 757-484-0703

cceva.org

Offers financial and housing counseling which includes: financial assistance, budget counseling, debt management program, counseling on reverse mortgages, financial education classes, homebuying counseling, and mortgage default counseling.

Department of Housing and Urban Development

202-708-1112

hud.gov

Provides first mortgage loans to income eligible first time home buyers. Provides below market interest rate.

Housing Development Corporation of Hampton Roads

Newport News 757-873-2111

2 Bernardine Dr.

hdcofhr.org

Helps those who are previously incarcerated, veterans, who have physical disabilities, who are living with HIV/AIDS and people who have low income find homes

Oasis Social Ministry

Portsmouth 757-397-6060

800 A Williamsburg Ave.

oasisocialministry.org

May be able to assist with a small amount of rent payment.

PARC, Inc.

Portsmouth 757-966-2107

May be able to assist with one month's rent up to \$300 if funds are available. Individual must have not received any financial assistance for rent or utilities in the last 12 months, source of income must be adequate to allow family to remain in the home, lease must be in applicant's name, and rent must be past due.

Portsmouth Department of Social Services

757-405-1800 1701 High St.

May have different funding sources available. Contact SS Worker, or come in for Services Intake Worker assistance for rent.

Portsmouth Redevelopment and Housing Authority

757-399-5261 3116 South St. prha.org

Offers housing vouchers and affordable housing information to those who are eligible based on their income.

Planning Council, The

Norfolk 757-622-9268 2551 Etham Ave., Suite 1 theplanningcouncil.org

For risk of losing your household, the planning council may be able to receive financial assistance if eligible.

Salvation Army

Portsmouth 757-393-2519 2306 Airline Blvd. virginiasalvationarmy.org

When available, uses Federal FEMA funds to pay for up to one month of rent.

STOP Organization

Norfolk 757-838-1360 5700 Thurston Ave., Suite 101 stopinc.org

With the use of Federal FEMA funding, may be able to assist when funds are available

Southside Gardens

Portsmouth 757-399-0271 707 7th St.

Subsidized apartments with 2,3, or 4 bedrooms.

U.S. Department of Veterans Affairs

877-827-1000 va.gov

Provides resources for veterans in need of housing assistance.

Wesley Community Center

757-399-0541 1701 Elm Ave. wesley-community-service-center.business.site

May be able to assist with rent with small amounts (\$25.00).

*Section 8 Housing***Department of Housing and Urban Development**

Washington, DC 202-708-1112 hud.gov/states/virginia.renting

Provides rental assistance resources and advice.

Portsmouth Redevelopment and Housing Authority

757-399-5261 3116 South St. prha.org

Offers housing vouchers and affordable housing information to those who are eligible based on their income.

*Senior Citizen Housing***Commons at Churchland**

Chesapeake 757-484-8697 3504 Executive Center

Two bedroom apartments for ages 55 and older. Near border of Portsmouth and Chesapeake in Churchland. Includes washer dryer dishwasher garbage disposal

Effingham Plaza

(Silvertree Seniors) Portsmouth 757-393-4757 715 Madison St.

Affordable housing for Senior Citizens. Must call to schedule an appointment.

Commons at Greenwood

Portsmouth 757-465-9007 205 Bedord Court

Non-subsidized housing exclusively for the Senior Citizens, age 62 and older. Applicants may apply before age 62 and placed on a waiting list. Income restricted.

Low Income Housing

Various Locations lowincomehousing.us/VA.html

Provides a list of all low income housing available in Virginia. Go to website to search in your city.

Norfolk Urban Outreach Ministry

757-461-4213 972 Norfolk Square nuom.org

Helps extremely low income, elderly find housing.

| | | | | |
|---|--------------|-------------------------------|-------------|--|
| Malvern Hill | | | | |
| Portsmouth | 757-393-0348 | 426 King St. | | Affordable housing for Senior Citizens. Must call to schedule an appointment. |
| Mt. Hermon Village | | | | |
| Portsmouth | 757-399-4406 | 2400 Cutherell St. | | Affordable housing for Senior Citizens. Must call to schedule an appointment. |
| STOP Organization of Hampton Roads | | | | |
| | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more. |
| Victory Square Senior Apartments | | | | |
| Portsmouth | 757-397-9991 | 900 County St. | | Adults 55 years of age and older. |

Transitional Housing

Barrett Transitional Home

| | | | | |
|---------|--------------|-------------------|------------------------------|--|
| Norfolk | 757-624-6990 | 2129 Vincent Ave. | facebook.com/barretthaveninc | Provides a transitional home for single and single pregnant women including shower, food, bedroom, and more. |
|---------|--------------|-------------------|------------------------------|--|

Portsmouth Area Resources Coalition

| | | | | |
|--|--------------|--|-----------------------------------|--|
| | 757-966-2107 | | portsmouthva.gov/502/homelessness | Provides transition housing, family shelters, rental assistance, transportation, utility assistance, and more. |
|--|--------------|--|-----------------------------------|--|

Salvation Army

| | | | | |
|---------|--------------|---------------------|-----------------------|--|
| Norfolk | 757-499-0032 | 5525 Raby Rd. | salvationarmy usa.org | Offers housing, emergency assistance, transitional housing and more. |
| Hampton | 757-838-4875 | 1033 Big Bethel Rd. | | |

St. Columba Ecumenical Ministries, Inc.

| | | | | |
|---------|--------------|---------------------|--------------------------|--|
| Norfolk | 757-627-6748 | 2114 Lafayette Blvd | stcolumba ministries.com | Provides a 6 month transitional housing program for single, homeless, adult males and females. |
|---------|--------------|---------------------|--------------------------|--|

Virginia Transitional Housing

| | | | | |
|--|--------------|-------------------|--|--|
| | 800-334-8893 | Various Locations | transitionalhousing.org/state/virginia | Provides many different transitional housing opportunities in all of Hampton Roads. Go to website for specific locations and contacts. |
|--|--------------|-------------------|--|--|

Weatherization

STOP Organization, The

| | | | | |
|--|--------------|--|-------------|--|
| | 757-858-1360 | | stopinc.org | Provides weatherization services to low-income residents in South Hampton Roads. |
|--|--------------|--|-------------|--|

Virginia Department of Housing and Community Development

| | | | | |
|--|--------------|--------|----------------------|---|
| | 804-371-7000 | Online | dhcd.virginia.gov/wx | Provides many resources on weatherization assistance programs in your area. Go to website to find a local provider. |
|--|--------------|--------|----------------------|---|

Immigration & Naturalization Assistance (see "Citizenship")

Immunizations

| Organization | Telephone | Location | Website | Services |
|---|-----------------------|------------------|---------|---|
| Adult & Overseas Immunizations | | | | |
| Portsmouth | 757-393-8585 ext 8716 | 1701 High Street | | Overseas and adult immunizations Monday through Friday at the Portsmouth Health Department. Call for appointment. |

Portsmouth Health Department

| | | | |
|--------------------------|------------------|----------------------------------|--|
| 757-393-8585 ext 8519 | 1701 High Street | vdh.virginia.gov /portsmouth/ | Offers a free walk-in immunization clinic for children in the WIC office, every Wednesday from 1-4pm. Must have immunization record with you. Also offers adult immunizations. |
|--------------------------|------------------|----------------------------------|--|

Insurance (also see "Health Insurance")

| Organization | Telephone | Location | Website | Services |
|---|--------------|----------|--|---|
| Benefits | | | | |
| | | Online | benefits.gov/categories | Lists some of the benefit programs in Virginia. (FAMIS, Medicaid, Unemployment, & more) |
| Commonwealth of VA: State Corporation Commission | | | | |
| Life & Health | 804-371-9691 | | | |
| Property & Casualty | 804-371-9185 | Online | scc.virginia.gov/ pages/insurance | Provides resources for attaining insurance and answers all questions regarding insurance. |
| Other | 877-310-6560 | | | |
| U.S. Department of Veterans Affairs | | | | |
| Washington, DC | | Online | va.gov/health benefits/cost/ insurance.asp | Provides resources and information about health insurance. |
| Virginia Insurance Counseling Assistance Program | | | | |
| | 804-662-9333 | | vda.virginia.gov/vicap.htm | Program offers confidential help, advice, and advocacy concerning medical benefit programs, long-term care insurance, Medicare & Choice, and problems with Medicare, Medicaid, and medical bills. Program does not charge; however, it accepts donations. |

Jail

| Organization | Telephone | Location | Website | Services |
|---|------------------------------|---------------------------|------------------|---|
| Friends of the Portsmouth Juvenile Court | | | | |
| | 757-397-2799 | 345 Court St., Suite 1624 | fopjc.org | Helps children, youth, and families who come before the Portsmouth Juvenile Court. |
| Good News Jail and Prison Ministry | | | | |
| | 804-553-4090 800-220-2202 | | goodnewsjail.org | Serve prisons by bringing Jesus Christ to inmates and their families. Also may assist inmates in transition from incarceration. |

Job Training (see "Employment")

Kidney

| Organization | Telephone | Location | Website | Services |
|--|--------------|------------------|-----------------|---|
| Hampton Roads Community Health Center | | | | |
| Portsmouth | | 664 Lincoln St | | |
| Community Health Center | | | | |
| Norfolk | 757-393-6363 | 3415 Granby St. | hrhc.org | Provides primary medical care without regard to patient's ability to pay; offers free transportation to appointments on Lincoln Street. |
| Park Place Medical Center | | 804 Whitaker Ln | | |
| CommuniCare Health Center | | 9581 Shore Drive | | |
| East O.V. Medical & Dental Center | | | | |
| U.S. Department of Veterans Affairs | | | | |
| | | Online | ckd.vacloud.us/ | Provides an online simulation which helps the viewer learn more about keeping kidneys healthy, ways of paying for kidney work, nutrition, and more. |

Legal (see "Court Services")

Leukemia & Lymphoma

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------------|------------------|--|
| Leukemia & Lymphoma Society, The | | | | |
| Norfolk | 757-459-4670 | 500 Plume St. East, Suite 502 | lls.org/virginia | Provides many resources including L&L information, funding, improving quality of life, & finding a cure. |

Libraries

| Organization | Telephone | Location | Website | Services |
|-------------------------|--------------|--------------------|-----------------------------|--|
| Public Libraries | | | | |
| Portsmouth | | | | |
| Main | 757-393-8501 | 601 Court St. | portsmouthpubliclibrary.org | For other libraries in the area, visit: publiclibraries.com |
| Churchland | 757-686-2538 | 4934 High St. West | | |
| Cradock | 757-393-8759 | 28 Prospect Pkwy | | |
| Manor | 757-465-2916 | 1401 Elmhurst Lane | | |

Maternity (see "Babies," "Breastfeeding," & "Pregnancy/Prenatal Services")

Meals (see "Food Assistance")

Mediation Services

| Organization | Telephone | Location | Website | Services |
|--|----------------------|-----------------------------|---------------------------|---|
| Mediation Center of Hampton Roads | | | | |
| Norfolk | 757-624-1916 | 424 West 21st St. Suite 101 | mediationhamptonroads.com | Provides mediation services where people can communicate in a non-threatening, third-party environment. Mediation can be based on any kind of |
| Up Center, The | | | | |
| | 757-397-2121 ext 350 | Various Locations | theupcenter.org | Offers mediation services to resolve family conflicts including divorce, custody, and more. |

Medicaid/Medicare Assistance

| Organization | Telephone | Location | Website | Services |
|---|--------------|-----------------------------------|--------------------------------------|--|
| Centers for Medicare & Medicaid Services | | | | |
| | | Online | cms.gov | Provides resources on Medicare, Medicaid/CHIP, and more. |
| Medicare.gov | | | | |
| | | Online | medicare.gov | Provides resources and information on how to apply for Medicaid/Medicare and more. |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High Street, Suite 101 | portsmouthva.Gov/384/social-services | Provides Medicaid assistance/benefit programs. |
| Senior Services of Southeastern Virginia | | | | |
| Norfolk | 757-461-9481 | 6350 Center Dr. Bldg 5, Suite 101 | ssseva.org | Provides assistance and information for Medicare. |

Medicaid Community Based Providers

| Organization | | Telephone |
|---|----------------|------------------|
| PERSONAL CARE PROVIDERS | | |
| A Caring Hand Home Health Care Services | Suffolk | 757-539-9722 |
| Americare Plus | Norfolk | 757-499-6477 |
| Arvon Home Health Care | Virginia Beach | 757-499-9900 |
| Community Direct Services | Virginia Beach | 757-965-4899 |
| Dailey's Home Health Inc. | Chesapeake | 757-523-5207 |
| Direct Home Health Care | Portsmouth | 757-405-6320 |
| Genesys Home Health Care Inc. | Norfolk | 757-961-5243 |
| Health Horizons | Virginia Beach | 757-518-2800 |
| Home Care Services of Suffolk | Suffolk | 757-934-2969 |
| Hope In Home Care Inc. | Norfolk | 757-455-0030 |
| Immanuel Care | Chesapeake | 757-547-8400 |
| Interim Healthcare | Virginia Beach | 757-466-1401 |
| Maxim Healthcare | Virginia Beach | 757-490-3009 |
| Morrison Home Health | Portsmouth | 757-393-1300 |
| Personal Touch Home Care | Chesapeake | 757-484-2532 |
| Simply Love New Beginning Home Care | Portsmouth | 757-673-4900 |
| ADULT DAY CARE PROVIDERS | | |
| Jewish Family Services | | 757-489-3111 |
| M.E. Cox | Virginia Beach | 757-340-4388 |
| Norfolk Senior Center /Prime Plus | Norfolk | 757-625-5857 |
| CONSUMER DIRECTED FACILITATORS | | |
| Daileys Health Care Inc. | | 757-523-5207 |
| Endepence Ctr Inc. | Virginia Beach | 757-461-8007 |
| Morrison Personal Care | | 757-393-1300 |
| Aware Worldwide Inc. | Norfolk | 757-965-8373 |
| AIDS CASE MANAGEMENT PROVIDERS | | |
| Aware Worldwide Inc. | Norfolk | 757-965-8373 |
| Interim Health Care | | 757-466-1401 |
| LGBT Life Center | | 757-640-0929 |
| TACT Tidewater AIDS Community Taskforce | | 757-583-1317 |

Medical Care (see "Hospital Care")

Medical Equipment

| Organization | Telephone | Location | Website | Services |
|---|--------------|--------------------------------|---|--|
| LMS Medical Supply | | | | |
| Portsmouth | 757-484-9448 | 3238 Academy Ave. | lmsmedsupply.pridedealer.com | Offers medical supplies. |
| Medical Equipment Distributors | | | | |
| Virginia Beach | 757-498-8225 | 521 Central Dr. Suite 101 | medofva.com | Offers medical and respiratory equipment. |
| Muscular Dystrophy Association, Inc. | | | | |
| Richmond | 804-285-2961 | 1503 Santa Rosa Rd. # 120 | mda.org/care/resource-list/equipment-assistance | Offers medical equipment assistance and referrals. |
| National Multiple Sclerosis Society | | | | |
| Glenn Allen | 804-353-5008 | 400 Inns Lake Drive, Suite 301 | nationalmssociety.org | Provides many resources for those with MS including, financial assistance for equipment, research, support, information, finding a provider, and more. |
| Olde Towne Drug Center Pharmacy | | | | |
| Portsmouth | 757-393-4039 | 600 High St. | drugcenterpharmacy.com | Offers diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, and more. |

Medication Services

| Organization | Telephone | Location | Website | Services |
|---|--------------|-----------------------------------|--|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street. | vdh.virginia.gov/portsmouth | Offers various medical assistance programs. Also offers an HIV/AIDS medication assistance program. |
| Bon Secours Maryview Foundation Health Care Center | | | | |
| | 757-889-5900 | | bsvaf.org | Distributes medication to those without insurance in Portsmouth who need assistance. |
| Chesapeake Care Clinic | | | | |
| | 757-545-5700 | 2145 S. Military Hwy | chesapeakecare.org | Offers services to those without insurance who are in need of emergency medical or dental services. |
| Hampton Roads Community Health Center | | | | |
| Portsmouth | | | | |
| | | Community Health Center | 664 Lincoln St | |
| Norfolk | | | | |
| | | Park Place Medical Center | 3415 Granby St. | |
| | 757-393-6363 | CommuniCare Health Center | 804 Whitaker Ln | hrhc.org |
| | | East O.V. Medical & Dental Center | 9581 Shore Drive | Provides medication/pharmacy services. |
| Olde Towne Drug Center Pharmacy | | | | |
| Portsmouth | 757-393-4039 | 600 High St. | drugcenterpharmacy.com | Offers diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, and more. Medicaid recipients FREE of charge. |
| Portsmouth Community Health Center | | | | |
| | 757-393-6363 | 644 Lincoln St. | | Care by appointment only. Prescription refills are done on Monday, Wednesday, and Friday. Call for additional information. |
| Portsmouth Department of Behavioral Health Care Services | | | | |
| Administration | 757-393-8618 | | | |
| Central Intake | 757-393-5357 | 1811 King St. | www.portsmouthva.gov/149/Behavioral-Healthcare | Offers medication maintenance/management/intervention. |
| Emergency Services | 757-393-8990 | | | |

RxAssist

Online rxassist.org Assists individuals with using pharmaceutical company programs and others to reduce medical costs.

Virginia AIDS Drug Assistance Program (ADAP)

855-362-0658 vdh.virginia.gov/disease-prevention/virginia-aids-drug-assistance-program-adap/ Provides access to life-saving medications for the treatment of HIV and related illnesses for low-income clients.

Virginia Health Care Foundation

Richmond 804-828-5804 707 E. Main Street, Suite 1350 vhcf.org/for-those-who-help/the-pharmacy-connection Online software program that helps provide medications to chronically ill or uninsured individuals in VA.

Mental Health & Disability Services (also see "Disabilities" & "Addiction")

| Organization | Telephone | Location | Website | Services |
|---|--------------|--------------------|---|--|
| Anxiety and Depression Association of America | | | | |
| | | Online | adaa.org | Provides resources to help manage depression and anxiety including support groups, help finding providers, treatment and more |
| Balanced Mind Parent Network, The | | | | |
| | | Online | https://community.dbsalliance.org/welcome.htm | Provides resources in understanding and dealing with children who have mental disorders. |
| Barry Robinson Center, The | | | | |
| Norfolk | 800-221-1995 | 443 Kempsville Rd. | barryrobinson.org | Offers programs developed for children with learning disabilities, cognitive limitations, and/or emotional/behavior issues. |
| Child & Family Services of Eastern VA, Inc. | | | | |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | | Provides counseling addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse, and more. Offers groups on anger control, men who batter, battered women, teen parenting, and more. Most services are provided on a sliding scale. |
| Conduct Disorders | | | | |
| | | Online | conductdisorders.com | Website for support of parents with difficult children. |
| Depression and Bipolar Support Alliance | | | | |
| | | Online | dbsalliance.org | Provides resources for understanding these disabilities better. |
| Developmental Services Supportive Living Program | | | | |
| Virginia Beach | 757-385-0600 | | vbgov.com | SLP Services residents of VB who have been diagnosed with Intellectual Disability. |
| Eggleston Services: Camp Civitan | | | | |
| Norfolk | 757-858-8011 | 1161 Ingleside Rd. | egglestonservices.org | Offers resources for those with mental disabilities including programs and special events, including summer camps and more. |
| International OCD Foundation | | | | |
| | 617-973-5801 | Various Locations | iocdf.org | Offers resources for those with OCD including kids. Go to website to find help near you. |
| Mental Health America | | | | |
| | 703-684-7722 | Online | mhanational.org | Offers mental health information, resources, and more. |

Mental Health Outpatient Treatment Services/Supported Living Services

Portsmouth

| | | | | |
|--------------------------|--------------|---------------|--|---|
| Crisis Outreach | 757-393-8990 | 1811 King St. | | Combines 24 hour response for mental health and substance abuse emergencies with case management services for high risk clients and those returning to the community from state facilities. |
| Mental Health Outpatient | 757-393-8223 | | | Services include mental health outpatient counseling and medication services to individuals, groups, or families. |
| Intake | 757-393-5357 | | | |

National Association for the Dually Diagnosed

| | | | |
|--------------|--------|-------------|--|
| 845-331-4336 | Online | thenadd.org | Offers many different publications on persons with developmental disabilities and mental health needs. |
|--------------|--------|-------------|--|

Opportunity House: Alliance for the Mentally Ill

| | | | | |
|------------|--------------------------|--------------------|--|--|
| Portsmouth | 757-393-8926 ext 5733 | 505 Jamestown Ave. | | Support group for the family and friends of the mentally ill. Call for more information. |
|------------|--------------------------|--------------------|--|--|

Portsmouth Department of Behavioral Healthcare Services

| | | | | |
|--------------------|--------------|---------------|--|--|
| Administration | 757-393-8618 | | | |
| Central Intake | 757-393-5357 | 1811 King St. | www.portsmouthva.gov/149/Behavioral-Healthcare | Provides resources for those with mental disabilities. |
| Emergency Services | 757-393-8990 | | | |

Portsmouth Department of Social Services

| | | | |
|--------------|--------------------------------|--------------------------------------|--|
| 757-405-1800 | 1701 High Street, Suite 101 | portsmouthva.gov/384/social-services | Provides services to ensure the health and welfare of those who need assistance. |
|--------------|--------------------------------|--------------------------------------|--|

Portsmouth Parks & Recreation: Therapeutic Recreation Program

| | | | |
|--------------|------------------|---|---|
| 757-393-8481 | 801 Crawford St. | portsvaprls.com/therapeutic-recreation/ | Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning. |
|--------------|------------------|---|---|

U.S. Department of Veterans Affairs

| | | | |
|--------------|--|-------------------------|---|
| 800-827-1000 | | www.mentalhealth.va.gov | Offers many services and programs relating to mental health like substance abuse. |
|--------------|--|-------------------------|---|

Veterans Crisis Line

800-273-8255

Virginia Department of Behavioral Health & Developmental Services

| | | | | |
|----------|--------------|---------------|--------------------|--|
| Richmond | 804-786-3921 | 1220 Bank St. | dbhds.virginia.gov | Provides help in finding providers and local service facilities. |
|----------|--------------|---------------|--------------------|--|

Mentoring

| Organization | Telephone | Location | Website | Services |
|--|-------------------------|--------------------------|------------------|---|
| Big Brothers Big Sisters of America | | | | |
| Norfolk | 757-392-5155 | 500 East Main St., #1105 | bigbrobigsis.com | Offers an opportunity for individuals to become mentors to children. |
| UP Center, The | 757-397-2121 ext 337 | | theupcenter.org | Offers an opportunity for those 21 and older to be mentors to foster children in Hampton Roads. |

Military

| Organization | Telephone | Location | Website | Services |
|--|-----------------------------------|-------------------|-------------------------------|---|
| Armed Services YMCA | | | | |
| Virginia Beach | 757-363-1884 | 1465 Lakeside Rd. | asymca.org/hampton-roads-home | Offers services and programs to those in the military and their families. |
| USO of Hampton Roads | | | | |
| | 757-337-4447 | Various Locations | hrcv.uso.org | Offers services for wounded, ill, injured, active duty, or new service members and their families. |
| Military Bases Hampton Roads | | | | |
| | | Online | military.com | Provides all information on military bases in Hampton Roads. Contains a base directory which has all numbers for all services offered by each base. |
| U.S. Department of Veterans Affairs | | | | |
| | Benefits 800-827-1000 | | | |
| | Health Care 877-222-8387 | | | |
| | Veterans Crisis Line 800-273-8255 | | va.gov | Provides information on veteran health, benefits, burials, memorials, and more in Virginia. |

Mortgage Assistance (see "Housing")

Multiple Sclerosis

| Organization | Telephone | Location | Website | Services |
|--|--------------|-----------------------------------|---|---|
| Multiple Sclerosis Center of Tidewater | | | | |
| Norfolk | 757-461-5400 | 6161 Kempsville Circle, Suite 315 | mscenteroftidewater.com | Offers counseling, testing, infusion therapy, bladder scans, and more. |
| National Multiple Sclerosis Society | | | | |
| | 804-353-5008 | 4200 Inns Lake Dr., Suite 301 | nationalmssociety.org | Provides many resources including: treatment options, local physicians, research, and more. |
| Portsmouth Parks & Recreation: Therapeutic Recreation Program | | | | |
| | 757-393-8481 | 801 Crawford St. | portsvaprls.com/therapeutic-recreation/ | Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning. |

Muscular Dystrophy

| Organization | Telephone | Location | Website | Services |
|---------------------------------------|--------------|----------------------------|---------|---|
| Muscular Dystrophy Association | | | | |
| Richmond | 804-285-2961 | 1503 Santa Rosa Road, #120 | mda.org | Provides dietician services, genetic services, cardiologist, orthopedist, and other services. |

Nutrition/Health Counseling & Education

| Organization | Telephone | Location | Website | Services |
|--|------------------|------------------|--|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | | vdh.virginia.gov/portsmouth/ classes | Offers food handlers training courses, as well as certified food manager training courses. |
| | WIC 757-393-5340 | 1701 High Street | vdh.virginia.gov/portsmouth/ WIC-Services/ | Offers healthy eating tips and nutrition counseling for eligible pregnant and breastfeeding women and children from birth to 5 years old. |
| Hampton Roads Community Health Center | | | | |
| Portsmouth | | | | |
| | | 664 Lincoln St | | |
| Norfolk | | | | |
| | 757-393-6363 | 3415 Granby St. | hrhc.org | Provides diet and nutrition consultations, as well as obesity and behavioral management. |
| | | 804 Whitaker Ln | | |
| | | 9581 Shore Drive | | |
| Virginia Cooperative Extension | | | | |
| | | Online | ext.vt.edu | Provides food and health resources and program options. |
| Virginia Beach Family Nutrition Program | | | | |
| | 757-385-4769 | Online | vbgov.com | Offers online sources to keep track of food intake and gain information on nutrition. |
| United States Department of Agriculture | | | | |
| | | Online | nal.usda.gov/fnic | Gives nutritional information for various food items, allergies, and more. |

Parenting/Parent Support (also see "Pregnancy/Prenatal Services")

| Organization | Telephone | Location | Website | Services |
|---|--------------|--------------------|---------------------|--|
| Barry Robinson Center, The | | | | |
| | 800-221-1995 | 443 Kempsville Rd. | barryrobinson.org | Offers various behavior counseling programs in order to improve the lives of children (children, young adolescents, old adolescents) |
| Behavior Advisor | | | | |
| | | Online | behavioradvisor.com | Provides strategies for managing child behavior. |
| Bon Secours Hampton Roads | | | | |
| | | Various Locations | bonsecours.com | Offers classes on active parenting of children all ages, a nurturing parent class, raising safe kids class, and more. Go to "events calender" for more info. Also offers support groups including Bi-Polar meetings, mothers of twins, nar-anon, perinatal loss, and more. Go to "support groups" for more info. |
| Brighton Rock AME Zion Church | | | | |
| | 757-393-0570 | 1300 Centre Ave. | | Offers parenting support groups for grandparents as parents. |
| Catholic Charities of Eastern Virginia | | | | |
| | 757-456-2366 | 5361A VB Blvd | cceva.org | Offers a variety of education workshops covering parenting, anger management, intervention, and more. |
| CHIP of Virginia | | | | |
| | 757-543-9100 | 1302 Jefferson St | chipshr.org | Offers a family support and parenting education program to help parents become aware of how their infants/toddlers will develop in the next few years. |
| Fairwood Agape Baptist Church | | | | |
| | 757-397-8911 | 3709 Elliot Ave. | | Offers support groups for mothers without husbands. Call for more details. |

Parents Night Out: YMCA

| | | | | |
|------------|--------------|--------------------|-------------|--|
| Portsmouth | 757-399-5511 | 1013 Effingham St. | ymcashr.org | Without a fee for members, the YMCA takes care of kids |
|------------|--------------|--------------------|-------------|--|

Portsmouth Department of Behavioral Health Services

| | | | | |
|--------------------|--------------|---------------|--|---|
| Office | 757-393-8618 | 1811 King St. | portsmouthva.gov/149/Behavioral-Healthcare | Provides emergency services for individuals with thoughts of harming self or others. Also, for more information on "individuals & families" mental health services go to dbhds.virginia.gov . |
| Central Intake | 757-393-5357 | | | |
| Emergency Services | 757-393-8990 | | | |

Portsmouth Department of Social Services: Child Protective Services

| | | | | |
|---------|--------------|--------------------------|--|---|
| Hotline | 800-552-7096 | 1701 High St., Suite 101 | portsmouthva.gov/407/child-protective-services | Provides programs and help, ensuring the health and welfare of children and adults. |
|---------|--------------|--------------------------|--|---|

Portsmouth Health Department

| | | | | |
|--|-----------------------|------------------|--------------------------------------|--|
| | 757-393-8585 ext 8531 | 1701 High Street | vdh.virginia.gov/portsmouth/ classes | Offers child restraint safety seat installing trainings, breast feeding activities, and more. Call for more information. |
|--|-----------------------|------------------|--------------------------------------|--|

Pride in Parenting

| | | | | |
|----------------|--------------|--------------------|---------------------------------|---|
| Virginia Beach | 757-681-2090 | 504 Marsh Duck Way | facebook.com/prideinparenting1/ | Offers co-parenting and parenting workshops in Hampton Roads. |
|----------------|--------------|--------------------|---------------------------------|---|

Tidewater Parents of Multiples

| | | | | |
|----------------|--|--|-----------|--|
| Virginia Beach | | | tpomc.org | Contact by email on website only. Offers women in Tidewater with multiples many resources in the community, different activities and programs, support groups, newsletters and more. |
|----------------|--|--|-----------|--|

St. John's Episcopal Church

| | | | | |
|------------|--------------|--------------------|------------------------------|--|
| Portsmouth | 757-399-4967 | 424 Washington St. | stjohnsportsmouth.org | Offers support group for women dealing with life's struggles. Meets most Thursdays. Call for more details. |
| Suffolk | 757-255-4168 | 828 Kings Hwy | stjohnsepiscopal-suffolk.org | |

Up Center, The

| | | | | |
|--|--------------|-------------------|-----------------|--|
| | 757-965-8622 | Various Locations | theupcenter.org | Offers parenting education and support, in addition to family and child counseling services. Pre-registration is required. |
|--|--------------|-------------------|-----------------|--|

Parks and Recreation

| Organization | Telephone | Location | Website | Services |
|---|--------------|----------|----------------------|--|
| Hampton Roads Parks and Recreation | | | | |
| Chesapeake | 757-382-6411 | | cityofchesapeake.net | Offers recreational programs and activities. |
| Hampton | 757-727-8311 | | hampton.gov | |
| Newport News | 757-926-1400 | | nnva.gov | |
| Norfolk | 757-823-4291 | | norfolk.gov | |
| Portsmouth | 757-393-8481 | | portsmouthva.gov | |
| Suffolk | 757-514-7250 | | suffolkva.us | |
| Virginia Beach | 757-385-1100 | | vbgov.com | |

Pregnancy/Prenatal Services (also see "Babies" & "Breastfeeding")

| Organization | Telephone | Location | Website | Services |
|--------------|-----------|----------|---------|----------|
|--------------|-----------|----------|---------|----------|

Portsmouth Health Department

| | | | | |
|---------------------------|-----------------------|------------------|------------------|---|
| General Classes | 757-393-8585 | | | Provides education including: child safety seat installation classes, baby care program, and more. |
| WIC | 757-393-5340 | 1701 High Street | vdh.virginia.gov | Offers services for eligible pregnant and breastfeeding women and children from birth to 5 years old, including: breastfeeding tips, nutrition, equipment, etc. |
| Teen Pregnancy Prevention | 757-393-8585 ext 8570 | | | Offers adult education programs, empowerment programs, and more. |

Birthright International

| | | | | |
|---------|--------------|------------------|----------------|---|
| Norfolk | 757-489-0222 | 150 Kinsley Lane | birthright.org | Provides services and support for the challenges of unplanned pregnancies. Offers alternatives to abortion. |
|---------|--------------|------------------|----------------|---|

Bon Secours Hampton Roads

| | | | | |
|--|--------------|-------------------|----------------|---|
| | 757-889-2273 | Various Locations | bonsecours.com | Offers classes on active parenting of children all ages, a nurturing parent class, raising safe kids class, and more. Go to "events calender" for more info. Also offers support groups for the following: mothers of twins, perinatal loss, and more. Go to "support groups" for more info. |
|--|--------------|-------------------|----------------|---|

Catholic Charities of Eastern Virginia

| | | | | |
|--------------------|--------------|---------------------------|--------------------------------|---|
| Virginia Beach | | | | |
| Pregnancy Services | 757-274-4952 | 5361 Virginia Beach Blvd. | adoptionandpregnancycenter.org | Provides help with child-planning, offers education & classes, and offers free diapers and baby supplies. |
| Adoption Services | 757-456-2366 | | | |

CHIP of Virginia

| | | | | |
|------------|--------------|-------------------|-------------|--|
| Chesapeake | 757-543-9100 | 1302 Jefferson St | chipshr.org | Offers a family support and parenting education program to help parents become aware of how their infants/toddlers will develop in the next few years. |
|------------|--------------|-------------------|-------------|--|

Keim Centers, The

| | | | | |
|----------------|--------------|---------------------------|-----------------|--|
| Norfolk | | 2121 Colonial Ave | | |
| Portsmouth | | 4224 Portsmouth Ave | | |
| Virginia Beach | 757-499-4444 | 4356 Bonney Rd. Suite 103 | keimcenters.com | Offer education on unplanned pregnancy. Provide pregnancy testing, ultrasound, medical consultation, and pregnancy verification. |
| Suffolk | | 302 N. Main St. Suite A | | |

La Leche League of Tidewater

| | | | | |
|----------------|--------------|-------------------|-------------|--|
| Norfolk | 757-961-8951 | Various Locations | lllvawv.org | Provides education, information, support, and encouragement to women about breastfeeding. Visit website or call for group meeting times and locations. |
| Portsmouth | 757-828-6555 | | | |
| Suffolk | 757-357-4369 | | | |
| Virginia Beach | 757-204-5557 | | | |

Loving Steps

| | | | | |
|---------|--------------|--|----------|---|
| Norfolk | 757-314-3138 | | evms.edu | Works to eliminate significant disparities in perinatal health within the African-American community. Provides intensive case management services, screenings, and more. Call for registration. |
|---------|--------------|--|----------|---|

Planned Parenthood

| | | | | |
|----------------|--------------|-----------------|-----------------------|---|
| Virginia Beach | 757-499-7526 | 515 Newtown Rd. | | |
| Hampton | 757-826-2079 | 403 Yale Dr. | plannedparenthood.org | Offers many services including: abortion, general health care, HIV testing, pregnancy testing and services, and more. |

Hampton Roads Community Health Center

| | | | | |
|-----------------------------------|--------------|------------------|----------|---|
| Portsmouth | | | | |
| Community Health Center | | 664 Lincoln St | | |
| Norfolk | | | | |
| Park Place Medical Center | | 3415 Granby St. | | |
| CommuniCare Health Center | 757-393-6363 | 804 Whitaker Ln | hrhc.org | Provides prenatal care, post partum visits, family planning services, pediatric services, and more. |
| East O.V. Medical & Dental Center | | 9581 Shore Drive | | |

Naval Services Family Line

www.nsfamilyline.org Refers individuals to specific resources, provides information and outreach to command family members, and more.

Sentara Mother/Baby Care Program

Various Locations sentara.com/
hampton-roads-
virginia Provides prenatal education and support, individual assessments for community resources, baby items, parenting education and support, and baby developmental monitoring. Visit website for locations.

Preschool (see "School Resources")

Prescription Assistance (see "Medicine Services")

Rape/Sexual Assault (see "Abuse")

Reading (also see "Libraries")

| Organization | Telephone | Location | Website | Services |
|---------------------------------------|--------------|----------------------------------|---------------|---|
| Portsmouth City Public Schools | | | | |
| | 757-393-8751 | Various Locations | pps.k12.va.us | Public schools in Portsmouth for K-12. Also offers adult education, including GED classes, and many more. |
| STOP Organization | | | | |
| Norfolk | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | Offers a learning academy/youth empowerment to learn & lead program. |

Recreation (also see "Parks and Recreation")

| Organization | Telephone | Location | Website | Services |
|---|--------------|---------------------------------|---------------------------------|--|
| Ability Center of Virginia (formerly Cerebral Palsy of Virginia) | | | | |
| Virginia Beach | 757-497-7474 | 5825 Arrowhead Dr. Suite 201 | cerebralpalsyof virginia.org | Offers summer camp programs, as well as social and recreation weekend activities. |
| Eggleston | | | | |
| Norfolk | 757-858-8011 | 1161 Ingleside Rd. | eggleston services.org | Offers leisure programs, outdoor and indoor recreation for youth and adults, and more. |
| EQUI-KIDS/EQUI-VETS Therapeutic Riding Program | | | | |
| Virginia Beach | 757-721-7350 | 2626 Heritage Park Drive | equikids.org | Offers a therapeutic riding program to benefit disabled men and women. |
| Therapeutic Recreation Programs | | | | |
| Chesapeake | 757-382-6411 | | cityof chesapeake.net | Offers many different therapeutic recreation programs for those with disabilities. |

Rent/Security Deposit Assistance (see "Housing")

Representative Payee

| Organization | Telephone | Location | Website | Services |
|---------------------------------------|--------------|--------------------|---------------|--|
| Family Services | | | | |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | | Can be the payee for Social Security payments/checks. Call for additional information. |
| Social Security Administration | | | | |
| | 800-772-1213 | | ssa.gov/payee | Answers any questions regarding representative payees. |

Runaway/Disconnected Youth

| Organization | Telephone | Location | Website | Services |
|--|-----------------------------|--------------------|------------------------|--|
| C.H.I.P. of South Hampton Roads | | | | |
| Chesapeake | 757-543-9100 | 1302 Jefferson St. | chipshr.org | Offers developmental centered parenting skills. |
| LGBT Life Center | | | | |
| Norfolk | 757-640-0929 | 248 W. 24th St. | lgbtlifecenter.org | Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list. |
| Portsmouth Department of Behavioral Health Care Services: F.O.C.Y.S | | | | |
| Seton Youth Shelters | | | | |
| Virginia Beach | | | | |
| | Girl's Shelter 757-306-1840 | | setonyouthshelters.org | Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness. |
| | Boy's Shelter 757-498-4673 | | | |
| | Crisis Hotline 757-498-4357 | | | |
| StandUp for Kids | | | | |
| Hampton Roads | | | standupforkids.org | Provides shelter, education, medical services, and more. |
| Tidewater Youth Services Commission | | | | |
| Portsmouth | 757-488-9161 | 2404 Airline Blvd. | tyscommission.org | Offers community-based therapeutic services providing assistance to troubled youth and their families during their transition to adulthood. |

School Resources (also see "Education" & "GED Preparation")

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------------|--------------------------------|--|
| AFCEA Hampton Roads | | | | |
| | | Online | hamptonroads.afceachapters.org | Offers annual scholarships to students who are pursuing a degree in appropriate technical disciplines. |
| Online Colleges, Scholarships, and Degree Programs | | | | |
| | | Online | college-scholarships.com | Provides resources for finding scholarships to the college of your choice. |
| Portsmouth Public Schools | | | | |
| | 757-393-8751 | Various Locations | pps.k12.va.us | Public schools in Portsmouth for K-12. Also offers adult education, including GED classes. |
| STOP Organization | | | | |
| Norfolk | 757-858-1360 | 5700 Thurston Ave., Suite 101 | stopinc.org | Offers a learning academy/youth empowerment program to cultivate youth. |
| Virginia Tidewater Consortium for Higher Education | | | | |
| Norfolk | 757-683-3183 | 4900 Powhatan Ave. | vtc.odu.edu | A consortium of 13 institutions of higher education, that work to enhance opportunities for students. |

Senior Citizen Services (also see "Abuse," "Care," or "Housing")

| Organization | Telephone | Location | Website | Services |
|---|--|------------------------------------|--|---|
| Alzheimer's Association Norfolk | 757-459-2405 Helpline 800-272-3900 | 6350 Center Dr. Suite 102 | alz.org/seva | Offers support groups, respite care, education groups, telephone helpline, research, and support. |
| American Association of Retired People | | Various Locations | local.aarp.org/ portsmouth-va | Provides services to people age 50+. Offers programs including: Safe Driver Training, Taix-Aid, and Health |
| Catholic Charities of Eastern Virginia | Southside 757-456-2366 Peninsula 757-875-0060 | | cceva.org | Offers community assistance and resources for seniors, as well as, guardianship/conservatorship, and in-home respite care. |
| Citizens' Committee to Protect the Elderly | | | | An all-volunteer non-profit organization offering assistance programs to the residents of nursing homes and their families throughout Hampton Roads. |
| JenCare Senior Medical Center | 757-393-1136 | | | JenCare Senior Medical Center is a family-owned primary and specialty care practice committed to delivering healthcare to Medicare-eligible seniors. |
| LogistiCare - Transportation | 866-246-9979 | | transportation. dmas.virginia.gov | Provides rides for those with Medicaid. Individuals may be eligible for non-emergency medical transportation. Call for a reservation. |
| Long-Term Care Ombudsman | | | theconsumervoice.org/ /home | Serves as an advocate for older adults by investigating and helping to resolve issues involving quality of care, quality of life, and residents' rights in Adult Care Facilities, Nursing Facilities, and Home Health Services in LTC settings. |
| Portsmouth Office of the Commissioner of the Revenue | 757-405-1800 | 801 Crawford St. | portsmouthva.gov/21 5/tax-relief-program | Provides tax relief for those eligible. Criteria include persons to be permanently and totally disabled or must be 65 years of age, and more. |
| Portsmouth Senior Care | | Various Locations | care.com/senior- care/portsmouth-va | Provides senior caregiver contacts in the area. |
| Senior Center Adult Day Care Norfolk | 757-625-5857 | 7300 Newport Ave. | primeplus.org | Day care for seniors. |
| Senior's EyeCare Program | 800-222-3937 | Various Locations | eyedoctorguide. com/eye_care/ free_senior_eye_ exams.html | Allows for seniors who have not received eyecare in the last 3 years to receive free eye care. |
| Senior Law Center Norfolk | 757-627-5423 | 125 St. Paul's Blvd., Suite 400 | laseva.org | Federally funded non-profit law office, offering free legal services (except court costs), for individuals age 55+. |

Senior Services of Southeastern Virginia

| | | | | |
|---------|--------------|------------------------------|------------|--|
| Norfolk | 757-461-9481 | 6350 Center Dr. Suite 101 | ssseva.org | Offers a variety of services to persons age 60+ including: employment, transportation, health screening, homemaking, personal care, adult day care, merchant |
|---------|--------------|------------------------------|------------|--|

Senior Station

| | | | | |
|------------|--------------|-------------------|----------------------------------|---|
| Portsmouth | 757-391-3241 | 3500 Clifford St. | portsvaprls.com/senior-programs. | A wide variety of activities and programs for senior adults. Hours of operation are Mon-Fri, 9am-4pm. |
|------------|--------------|-------------------|----------------------------------|---|

Social Security

| | | | | |
|--|--|--|---------|--|
| | | | ssa.gov | Provides information on social security whether retired, disabled, or other. |
|--|--|--|---------|--|

United States Department of Agriculture

| | | | | |
|--|--|--------|---|--|
| | | Online | https://www.nal.usda.gov/fnic/older-individuals | Gives seniors many resources for nutrition and health. |
|--|--|--------|---|--|

Virginia Insurance Counseling Assistance Program

| | | | | |
|--|--------------|--|--|---|
| | 804-662-9333 | | | Offers confidential help, advice, and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice, and problems with Medicare, Medicaid, and medical bills. |
|--|--------------|--|--|---|

Sexual Assault (see "Abuse")**Sexually Transmitted Diseases** (also see "HIV/AIDS Services")

| Organization | Telephone | Location | Website | Services |
|---|---------------------------|----------|--|--|
| Portsmouth Health Department | | | | |
| STI Screening & Treatment Clinic Ryan White HIV Clinic | 757-393-8585 ext. 8716 | | vdh.virginia.gov/portsmouth/clinical-services | STI Screening Clinic is walk-in; Ryan White Clinic is by appointment only. |

Shelter (also see "Housing")

| Organization | Telephone | Location | Website | Services |
|--|---------------------------------|-----------|---|--|
| Barrett Haven | | | | |
| Norfolk | 757-624-6990 | | facebook.com/barrett-haveninc/ | Serves single and pregnant women in need. |
| For Kids | | | | |
| Norfolk | 757-622-6400 | | forkidsva.org | Provides housing, education, and clinical services to parents and their children. |
| Genieve Shelter, The | | | | |
| | 757-705-2025 or 757-353-1439 | | thegenieve-shelter.org | Provides counseling, court accompaniment, case management, emergency shelter, supportive housing, and more. |
| HER Shelter | | | | |
| Portsmouth | 757-485-1073 | | hershelter.com | Provides emergency shelter, intervention, and counseling for victims of domestic violence. |
| Judeo-Christian Outreach Center | | | | |
| Virginia Beach | 757-491-2846 | | jcoc.org | Provides many services for those in need of a home including: dining hall, food assistance, emergency housing, low cost housing, and more. |
| Our House | | | | |
| Chesapeake | 757-545-4075 | 405 D St. | | For chesapeake residents. Referral needed from Social services. Limited shelter stay. Call Chesapeake SS for more info. |

PARC Homeless Shelter

| | | | | |
|------------|--------------|--|-------------|--------------------------------------|
| Portsmouth | 757-966-2107 | | parcinc.org | Provides assistance to the homeless. |
|------------|--------------|--|-------------|--------------------------------------|

Portsmouth Volunteers for the Homeless

| | | | | |
|--|--------------|-------------------------------|--|--|
| | 757-399-0200 | 800 Williamsburg Ave. Suite B | | Provides shelter for the homeless who are 18 years old or older, single men and women. |
|--|--------------|-------------------------------|--|--|

Salvation Army Emergency & Transitional Lodging

| | | | | |
|---------|--------------|--|---------------------------------|---|
| Norfolk | 757-587-4202 | | virginiasalvationarmy.org/hrva/ | Offers emergency shelter, transitional housing, food, clothing, travel aid, job, and housing search assistance. Single males must have picture ID and proof of address. |
|---------|--------------|--|---------------------------------|---|

Samaritan House (SOS)

| | | | | |
|----------------|--------------|--|----------------------|--|
| Virginia Beach | 757-587-4202 | | samaritanhouseva.org | Provides shelter & other services for homeless victims of domestic violence. |
|----------------|--------------|--|----------------------|--|

Seton House

| | | | | |
|----------------|--------------|--|------------------------|---|
| Virginia Beach | 757-498-4357 | | setonyouthshelters.org | A temporary safe haven for adolescents in crisis and their families. Services include a shelter for adolescents (ages 12-17). |
|----------------|--------------|--|------------------------|---|

Suffolk Homeless Shelter

| | | | | |
|--|--------------|--|--|--|
| | 757-934-1353 | | | Serves the area of Franklin, Isle of Wight, Southampton, and Suffolk. Serves families with children, single parents with children, and single women (no single males). |
|--|--------------|--|--|--|

Union Mission Ministries

| | | | | | |
|---------|-----------------------------|----------------------|-----------------|----------------------------|---|
| Norfolk | | | | | |
| | Men's Shelter | 757-627-8686 ext 200 | 5100 E. VB Blvd | unionmissionministries.org | Provides shelter for those who need it based on availability. Men: Single 18+ Women: Single/with children 18+; male children must be 10 or under. |
| | Women's Shelter (single) | ext 354 | | | |
| | Women's Shelter (with kids) | ext 351 | | | |

YWCA

| | | | | |
|---------|---------|--------------|--------------|---|
| Norfolk | Hotline | 757-251-0144 | ywca-shr.org | Offers a Women in Crisis (battered women) support program providing services including: rapid re-housing, transitional housings, emergency shelter, and more. |
|---------|---------|--------------|--------------|---|

Shower & Laundry

| Organization | Telephone | Location | Website | Services |
|---|--------------|-------------------------------|-------------------|--|
| Portsmouth Volunteers for the Homeless | | | | |
| | 757-399-0200 | 800 Williamsburg Ave. Suite B | | Individuals must be part of the program. Criteria are being homeless, and having a valid ID. |
| Volunteers of America Chesapeake - The Lighthouse Center | | | | |
| Virginia Beach | 757-437-4911 | 825 18th St. | voachesapeake.org | Day program for homeless. Offers shower facilities, case management, and life skills training. Also provides the homeless with address and telephone number to receive mail and phone calls. |

Social Security

| Organization | Telephone | Location | Website | Services |
|--------------------------------------|--------------|----------|---------|--|
| United States Social Security | | | | |
| | 800-772-1213 | | ssa.gov | Provides resources, services, and information about social security. |

Social Services of Portsmouth

| Program | Telephone | Services |
|---------|-----------|----------|
|---------|-----------|----------|

*Portsmouth Social Services is located at:
1701 High Street, Portsmouth, VA 23704
757-405-1800*

Adult Services

| | | |
|------------------------|--------------|--|
| Main Office | 757-405-1800 | <p>The Department for Aging and Rehabilitative Services (DARS) administers the following programs through the Adult Protective Services Division: Adult Services (AS), Adult Protective Services (APS), and Auxiliary Grants (AG) Program. Any person who suspects that an adult or incapacitated individual is at risk of abuse, neglect, or exploitation may report their concerns. Reports may be made Monday through Friday, between 9:00 a.m. and 5 p.m. If calling after hours/holidays, call Virginia State Hotline. Reporter's name will be confidential, unless otherwise ordered by court. *AS include provision of case management, home-based care, transportation, adult day services, nutrition services, placement services, companion services, assisted living facility assessments, and others. *APS consist of the identification, receipt, and investigation of complaints and reports of adult abuse, neglect or exploitation (or the risk thereof). Services may include the provision of home-based care, transportation, adult day services, meal services, legal proceedings, and other activities to protect the adult. Eligibility for APS include: 60+ years of age, or 18+ years of age and incapacitated. *The AG Program is a financial assistance program that provides supplemental income to low income individuals who are aged, blind, or disabled and reside in assisted living facilities (ALF) or adult foster care homes (AFCH).</p> |
| Virginia State Hotline | 888-832-3858 | |

Benefits Program

| | | |
|--|--------------|--|
| | 757-405-1800 | <p>The programs provided under the BP are the Auxiliary Grant (AG), Energy Assistance Program (EA), Medical Assistance Programs (MA), Supplemental Nutrition Assistance Program (SNAP), and the Temporary Assistance for Needy Families Program (TANF). An *AG is an income supplement for individuals who receive Supplemental Security Income and certain other aged, blind, or disabled individuals who reside in a licensed assisted living facility or an approved adult foster care home. The *EA consists of three components: Fuel Assistance, which helps eligible households with the costs of heating their homes; Crisis Assistance which helps households in heating emergency situations with primary heat security deposits, utility heating bills, repair/replacement of heating equipment, primary heating fuel, or emergency shelter; Cooling Assistance which helps with cooling equipment repairs or purchases and with payment of the electric bill to operate cooling equipment. Each *MA program covers different groups of people and each program has different eligibility requirements. Age, income, financial resources, and non-financial factors affect which program an individual is eligible for. A goal of *SNAP is to reduce hunger and increase food security. The Program permits low-income households to have a more nutritious diet through normal channels of trade by increasing the food purchasing power for eligible households. The Program also provides food when there is a disaster. The purpose of *TANF is to provide assistance to needy families so that children may be cared for in their own homes or in the homes of relatives; end the dependence of needy parents on government benefits by promoting job preparation, work, and marriage; prevent and reduce the incidence of out-of-wedlock pregnancies; and encourage the formation and maintenance of two-parent families.</p> |
| | 757-405-1800 | |

Child Protective Services & CPS Ongoing

| | | |
|------------------------|--------------|---|
| Local Hotline | 757-405-1800 | <p>CPS is a government mandated agency that provides protection for children who are at risk of, or are experiencing physical, sexual, or emotional abuse, or emotional or physical neglect. The focus is on the safety of the child and support for parents to strengthen families and promote safe nurturing homes for children. Services include: screenings, investigations, referrals, out-of-home placement, and more. Be ready with this information: child's name, age, address, name and relationship of person being suspected of abusing, what you have seen or heard regarding the abuse, and voluntarily your name & telephone number. CPS Ongoing aims to empower families to function independent from the social services system. They address individuals and family members by continuing to reassess child safety, risk of maltreatment, and more in order to help families remain together. Services include: emergency needs, shelter, child care, counseling, treatment, furniture, beds, rental payment, transportation, substance abuse programs, and more.</p> |
| Virginia State Hotline | 800-552-7096 | |

Children's Service Act

757-405-1800

The goal of CSA is to establish a collaborative system of services and funding that is child-centered, family-focused, and community-based to assess and meet the strengths and needs of troubled and at-risk youths and their families in the Commonwealth. The purpose of the program is to ensure services and funding are consistent with the Commonwealth's policies of preserving families and providing appropriate services in the least restrictive environment while protecting the welfare of children and maintaining the safety of the public, to identify and intervene early with young children and their families who are at risk of developing emotional or behavioral problems, or both, due to environmental, physical or psychological stress, to design and provide services that are responsive to the unique and diverse strengths and needs of troubled youths and families, increase interagency collaboration and family involvement in service delivery and management, to encourage a public and private partnership in the delivery of services to troubled and at-risk youths and their families, and to provide communities flexibility in the use of funds and to authorize communities to make decisions and be accountable for providing services in concert with these purposes.

Community Agency Resource Enhancement Services

757-405-1800

CARES is a Portsmouth Department of Social Services Therapeutic Foster Care Program designed to meet the needs of children that come in to foster care that have challenging medical, physical and behavioral needs that require more intensive and supportive levels of care. The children are placed in family foster homes provided by DSS. The foster parents in these homes have received training that allows them to provide the additional support and supervision necessary for the needs of each individual child. These parents provide a safe, nurturing environment for the children placed in their homes.

Foster Care & Adoption Programs

One Church, One Child 800-440-5090

AREVA 800-362-3678

757-405-1800

Virginia's ***Adoption Program** works to promote adoptions by increasing adoption awareness, by developing policies and procedures for adoption, and by improving the service systems that support adoption. Portsmouth DSS is committed to achieving adoption for all children in foster care. The initiatives are: Virginia One Church, One Child, Adoption Resource Exchange in Virginia (AREVA), Outreach Program, Virginia's Adoption Assistance Program, and Adoption through Collaborative Partnerships. Virginia **One Church, One Child** has a continued partnership with the Adoption Program to recruit prospective families for African-American children in foster care with the goal of adoption. **AREVA** works to: manage a toll free line; publish a photo listing book of waiting children and families; and to provide instructions on how an agency can collaborate with the AdoptUSKids, the national adoption Website, collaboration for recruitment of families for older special needs children. The **Outreach Program** entails a continued partnership with the media (television, radio and local newspapers) in order to feature waiting children. Some of these programs include Wednesday's Child on WAVY-TV 10, Portsmouth. In cooperation with the Adoption Exchange Association, other efforts include television shows and foundations like The Dave Thomas Foundation's "A Home for the Holidays," an annual newsletter, "Let's Talk Adoption" featuring waiting children and includes adoption statistics for the state, and The Heart Gallery, a public art exhibit featuring beautifully and artistically photographed portraits of children in foster care waiting for adoption. **Virginia's adoption assistance**, also known as subsidy, is available for families who adopt children with special needs. The **ATCP** has the goal finalizing adoptions for a number children and youth in foster care (statewide) through collaborative partnerships. The ***Foster Care Program** provides services to children and families when circumstances require the child to be removed from their home. Foster care provides a safe and stable environment for children and older youth until the issues that made placement outside the home necessary are resolved. When a child cannot return home, another permanent home is found for the child through adoption or legal custody by a relative. Services provided for children and families include: foster family home placement, group home or residential placement, independent living home placement, housing assistance, parent training, intensive home-based services, independent living Skills training, respite care services, medical assistance, therapeutic, mental health and substance abuse counseling, and any service identified on the child's service plan as being needed to achieve the permanency goal.

Resource Families Program

757-405-1800

The Resource Family Unit is designed to maintain children in a safe and nurturing environment, which is supportive of their development while assisting their parents in resuming responsibility and custody or until an alternative permanent placement for the children is found. The Resource Family Unit identifies families who are willing and able to act as a resource to children who are placed in the custody of Portsmouth Department of Social Services. Resource Families are expected to meet the emotional, mental, educational, and medical needs of children who are placed in their homes. The Resource Family Unit is responsible for the initial and ongoing approval of Resource Parents. In addition, the Resource Family Unit coordinates initial placement of all children entering the department's foster care program. Subsequent placements of children are arranged as the need arises.

Services Intake

757-405-1800

Services Intake Department is responsible for screening applicants for the Elderly and Disabled Consumer Directed (EDCD) Waiver which is required by the Medicaid Waiver and Medicaid. This waiver provides services to approved applicants to assist them in remaining in their home or community. If an applicant is determined as being at immediate risk of being placed in a nursing home, he/she can be eligible for these services and receive personal care services, adult day health care services, and/or respite care. Another function of the Services Intake Unit is to serve as the liaison between clients and other community agencies. Services Intake Unit makes referrals to appropriate in-house units as well as to other community agencies as needed for services. The unit maintains an in-house Food Pantry with non-perishable food items for clients with emergency food needs. Through the United Way National Office's Emergency Food and Shelter Program (EFSP), assistance is given for rent/mortgage, utilities, and screening. The unit is in the process of teaming with other agencies to support community re-entry for ex-offenders as well as preventing homelessness in the community.

Tax Relief for the Elderly and Disabled

757-405-1800

To be eligible for the reduced tax component of this program, a household must have no more than \$30,000 gross annual income and financial resources of no more than \$75,000 (excluding the value of the residence being occupied and up to one acre. All changes are effective July 1, of each year. If income or assets are above limits, the household is automatically evaluated for the freeze component. For the freeze component, income is between \$30,001-\$50,000; and financial resources between \$75,001-\$175,000. While still responsible for the payment of real estate taxes, the amount the homeowner pays will be frozen at the prior year's amount, regardless of any increase in assessment or tax rate. If over the income or asset levels stated above, the household is not eligible. Other criteria for person making the application are that he/she must: be 65+ or permanently and totally disabled as of June 30th of the immediately preceding taxable year, own or partially own title to the property for which the exemption is claimed (if applicant is a co-owner, the exemption will be prorated), be living in the home at all times, and shall not have disposed of assets to future heirs within the preceding 5 years if such assets would have made the applicant ineligible. A new application must be filed each year. Applications will be taken weekdays 8am – 5:00 pm (hours may change) from January 1 through April 30 *(excluding holidays and weekends). Forms are available from the Commissioner of Revenue and City Treasurer, City Hall 801 Crawford Parkway, and all public library branches.

Special Needs Services (also see "Disabilities" & "Mental Health & Disability Services")

| Organization | Telephone | Location | Website | Services |
|--|--------------|--------------------|--|---|
| Barry Robinson Center, The | | | | |
| Norfolk | 800-221-1995 | 443 Kempsville Rd. | barryrobinson.org | Offers programs developed for children with learning disabilities, cognitive limitations, and/or emotional/behavior issues. |
| Eggleston Services | | | | |
| Norfolk | 757-858-8011 | 1161 Ingleside Rd | egglestonservices.org | Provides resources for individuals with disabilities and their families, including summer camps and more. |
| HealthyChildren.org | | | | |
| | | Online | healthychildren.org | Provides resources for finding pediatricians in your area and more. |
| LD Online | | | | |
| | | Online | ldonline.org | Provides resources for parents with children with learning disabilities. |
| Learning Abled Kids | | | | |
| | | Online | learningabledkids.com | Provides many books and resources for children with dyslexia, ADHD, Aspergers, and others. Also offers support |
| My Child | | | | |
| | 800-692-4453 | Online | cerebralpalsy.org | Provides resources, help, and answers. |
| Portsmouth Department of Behavioral Healthcare Services | | | | |
| Administration | 757-393-8618 | | www.portsmouthva.gov/149/Behavioral-Healthcare | |
| Central Intake | 757-393-5357 | 1811 King St. | | Provides resources for those with mental disabilities. |
| Emergency Services | 757-393-8990 | | | |

Spinal Cord Injury/Spinal Muscular Atrophy

| Organization | Telephone | Location | Website | Services |
|--|--------------|------------------|---|--|
| Portsmouth Department of Parks and Recreation | | | | |
| | 757-393-8481 | 801 Crawford St. | portsvaprls.com/therapeutic-recreation/ | Strives to empower those with disabilities to become independent, responsible, and productive. |

Stay at Home Parents

| Organization | Telephone | Location | Website | Services |
|--------------------------|-----------|-------------------|------------------------------|---|
| Stay-at-Home Moms | | | | |
| | | Various Locations | sahm.meetup.com/cities/us/va | Provides resources and group meetings for stay at home moms in your area. |
| Stay At Home Moms | | | | |
| | | Online | sahm.org | The official site for stay at home moms. |

Stroke (also see "Emergency Care")

| Organization | Telephone | Location | Website | Services |
|--|--------------|-----------------------------|-------------|--|
| Eastern Virginia Medical School | | | | |
| Norfolk | 757-446-8400 | 721 Fairfax Ave., Suite 461 | evms.edu | Offers patient care, education, and research through it's comprehensive clinic and laboratory. |
| National Aphasia Association | | | | |
| | | Online | aphasia.org | Contains resources for dealing with aphasia after surviving a stroke. |

Substance Abuse (see "Addiction")

Suicide

| Organization | Telephone | Location | Website | Services |
|--|---|--------------------|--|--|
| CRISIS HOTLINE | | | | |
| Portsmouth | 757-393-8990 | | | Crisis hotline for crisis intervention and information. |
| Hampton Roads Survivors of Suicide Support Group | | | | |
| Portsmouth | 757-483-5111 | 4811 High St. West | | Offers a support group for those who have lost a loved one due to suicide in order to cope with the loss. Also conducts many activities in the community to bring awareness. |
| LGBT Life Center | | | | |
| Norfolk | 757-640-0929 | 248 W. 24th St. | LGBTlifecenter.org | Offers many LGBT resources including suicide hotline. |
| Portsmouth Department of Behavioral Health Services | | | | |
| | Office 757-393-8618 Central Intake 757-393-5357 Emergency Services 757-393-8990 | 1811 King St. | portsmouthva.gov/149/Behavioral-Healthcare | Provides emergency services for individuals experiencing substance abuse disorders. |
| Teen Suicide | | | | |
| | | Online | teensuicide.us | Provides articles on teen suicide and many resources on the issue. |

Support (see "Abuse" & "Counseling")

Taxes

| Organization | Telephone | Location | Website | Services |
|---|--------------|------------------|---|--|
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High Street | dss.virginia.gov/family/cc/assistance.cgi | Provides tax information. |
| Portsmouth Office of the Commissioner of the Revenue | | | | |
| | 757-405-1800 | 1701 High St. | portsmouthva.gov/215/tax-relief-program | Provides tax relief information and services to those who are eligible. |
| Wesley Community Center | | | | |
| | 757-399-0541 | 1701 Elm Ave. | | Offers financial assistance to those who need it, and may help with tax preparation. |

Teens

| Organization | Telephone | Location | Website | Services |
|--|--------------|--------------------|------------------------------|--|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street | vdh.virginia.gov/portsmouth/ | Provides information and resources on teen health. |
| Job Corps | | | | |
| | 800-733-5627 | Various Locations | jobcorps.gov | Offers a free education and training program that helps individuals learn a career, earn a HS diploma/GED, and find a job. Must be at least 16 years of age and qualify as low income. |
| LGBT Life Center | | | | |
| Norfolk | 757-640-0929 | 248 W. 24th St. | LGBTlifecenter.org | Offers many LGBT resources including: suicide hotline, homeless/runaway, domestic violence survivors, STI information, counseling, and much more. Go to website for a complete list. |
| Online Colleges, Scholarships, and Degree Programs | | | | |
| | | Online | college-scholarships.com | Provides resources for finding scholarships to the college of your choice. |
| Planned Parenthood | | | | |
| Virginia Beach | 757-499-7526 | 515 Newtown Rd. | plannedparenthood.org | Offers many services including: abortion, birth control, general health care, HIV testing, men's health, pregnancy testing and services, and more. |
| Hampton | 757-826-2079 | 403 Yale Dr. | | |
| Seton Youth Shelters | | | | |
| Virginia Beach | | | setonyouthshelters.org | Provides shelter based on needs assisting youth and parents dealing with runaway behaviors and homelessness. |
| Girl's Shelter | 757-306-1840 | | | |
| Boy's Shelter | 757-498-4673 | | | |
| Crisis Hotline | 757-498-4357 | | | |
| Teen Dating Violence Awareness Month | | | | |
| | | Online | teendvmonth.org | Provides resources on teen dating violence. |
| 13Thirty Cancer Connect (formerly Teens Living With Cancer) | | | | |
| | 585-563-6221 | Online | 13thirty.org | Provides information, personal stories, and ways for kids to connect with one another. |
| Teen Suicide | | | | |
| | | Online | teensuicide.us | Provides articles on teen suicide and many resources on the issue. |
| Tidewater Youth Services Commission | | | | |
| Portsmouth | 757-488-9161 | 2404 Airline Blvd. | tyscommission.org | Offers community-based therapeutic services providing assistance to troubled youth and their families during their transition to adulthood. |
| UP Center, The | | | | |
| Norfolk | 757-662-7017 | 222 W. 19th St | theupcenter.org | Offers a number of support groups and counseling to help manage behaviors. |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | | |
| Suffolk | 757-965-8663 | 109.5 Clay St. | | |

Teen Mothers (also see "Babies" & "Pregnancy/Prenatal Services")

| Organization | Telephone | Location | Website | Services |
|--|--------------|------------------|-----------------------------|--|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street | vdh.virginia.gov/portsmouth | Offers family planning services and more. |
| EVMS Medical Group: Ghent Family Medicine | | | | |
| Norfolk | 757-446-5955 | 825 Fairfax Ave. | | Offers comprehensive outpatient & inpatient healthcare to patients from infancy to geriatrics. |

Portsmouth Family Medicine Residency Program

| | | | |
|--------------|--------------------|----------|---|
| 757-264-5913 | 3640 High St., #3B | evms.edu | Offers a passive community hospital with neonatal to hospice range of patients. |
|--------------|--------------------|----------|---|

UP Center, The

| | | | |
|------------|--------------|--------------------|-----------------|
| Norfolk | 757-662-7017 | 222 W. 19th St | |
| Portsmouth | 757-397-2121 | 1805 Airline Blvd. | theupcenter.org |
| Suffolk | 757-965-8663 | 109.5 Clay St. | |

Tourette's Syndrome

| Organization | Telephone | Location | Website | Services |
|-------------------------------------|--------------|------------------|------------------------------------|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 | 1701 High Street | vdh.virginia.gov /portsmouth | Offers resources on getting help. |
| WebMD | | | | |
| | | Online | webmd.com/brain/tourettes-syndrome | Provides resources for understanding Tourette's Syndrome and how to get help. |

Transportation

| Organization | Telephone | Location | Website | Services |
|---|--------------|---------------------------------|----------------------------------|--|
| Department for Aging and Rehabilitation Services | | | | |
| Portsmouth | 757-686-5004 | 601 Port Centre Pkwy, Suite 100 | vadr.org | Offers employment services, community based services, assistive technology, and more to clients with disabilities. |
| Hampton/Newport News | 757-865-4863 | 303 Butler Farm Rd., Suite 105 | | |
| DMAS - Medicaid Cab | | | | |
| | 866-810-8305 | | transportation.dmas.virginia.gov | Fee-for-service non-emergency medicaid transportation. If HMO, call the # on the back of card instead. |
| Hampton Roads Transit | | | | |
| | 757-222-6100 | | gohrt.com | Provides information about buses, Tide light rail, ferries, and more in Hampton Roads. |
| LogistiCare | | | | |
| | 800-486-7647 | | www.logisticare.com | Provides non-emergency medical transportation. |

Tuberculosis

| Organization | Telephone | Location | Website | Services |
|-------------------------------------|-----------------------|------------------|------------------------------|---|
| Portsmouth Health Department | | | | |
| | 757-393-8585 ext 8716 | 1701 High Street | vdh.virginia.gov /portsmouth | Offers TB risk screening and PPD reading. Walk-ins are accepted. Services offered Monday, Wednesday and Friday. |

Utility Assistance (Electricity, Gas, Water)

| Organization | Telephone | Location | Website | Services |
|--|--------------|-----------------------------|--|---|
| <i>Electricity</i> | | | | |
| Catholic Charities | | | | |
| Virginia Beach | 757-587-4202 | 5361-A VB Blvd. | cceva.org | Offers financial assistance for those eligible. Must call to make appointment. Renter/Homeowner must be living in residence, bill must be in candidate's name, bill should not be 30+ days delinquent, individual/family must be in a crisis beyond their control, and must show self-sufficiency after assistance. |
| Need Help Paying Bills | | | | |
| | | Online | needhelppayingbills.com/html/virginia_assistance_programs.html | Provide financial aid to help pay housing costs in order to prevent homelessness. |
| Portsmouth Area Resources Coalition | | | | |
| | 757-966-2107 | | parcinc.org | May be able to provide utility assistance for families in need |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St. | | May have different funding sources available. |
| Salvation Army, The | | | | |
| Portsmouth | 757-393-2519 | 2306 Airline Blvd | salvationarmyusa.org | Offers financial help for families & individuals experiencing financial strain. |
| Norfolk | 757-499-0032 | 5525 Raby Rd. | | |
| Hampton | 757-838-4875 | 1033 Big Bethel Rd. | | |
| STOP Organization | | | | |
| Norfolk | 757-838-1360 | 5700 Thurston Ave., Ste 101 | stopinc.org | May be able to use Federal FEMA funding to help, when available. |
| United Way | | | | |
| Norfolk | 757-853-8500 | 2515 Walmer Ave. | unitedwayshr.org | May be able to assist with utility bill. |
| Wesley Community Center | | | | |
| Portsmouth | 757-399-0541 | 1701 Elm Ave. | | May be able to assist with small amount towards payment of utility bill. |
| <i>Gas</i> | | | | |
| Energy Assistance (EA) Program, Social Services | | | | |
| Portsmouth | 757-405-1800 | 1701 High Street | dss.virginia.gov/benefit/ea/ | Website lists types of assistances, as well as how to apply for those. Included are fuel, crisis, cooling, and weatherization assistance |

| | | | | |
|---|-----------------------|--------------------------------|--|--|
| Portsmouth Area Resources Coalition | | | | |
| | 757-966-2107 | | parcinc.org | May be able to provide utility assistance for families in need. |
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St. | | May have different funding sources available. |
| Salvation Army, The | | | | |
| | 757-965-9012 ext 1 | | virginiasalvation army.org/hrva/ programs/utility- assistance | Offers help for families & individuals experiencing financial strain with heating and cooling. Call the hotline for current information. |
| STOP Organization | | | | |
| Norfolk | 757-838-1360 | 5700 Thurston Ave., Ste 101 | stopinc.org | May be able to use Federal FEMA funding to help, when available. |
| United Way | | | | |
| Norfolk | 757-853-8500 | 2515 Walmer Ave. | unitedwayshr.org | May be able to assist with utility bill. |
| Wesley Community Center | | | | |
| Portsmouth | 757-399-0541 | 1701 Elm Ave. | | May be able to assist with small amount towards payment of utility bill. |

Water

| | | | | |
|---|--------------|--------------------------------|-----------------------|---|
| Portsmouth Department of Social Services | | | | |
| | 757-405-1800 | 1701 High St. | | May have different funding sources available. |
| Salvation Army, The | | | | |
| Portsmouth | 757-393-2519 | 2306 Airline Blvd | | |
| Norfolk | 757-499-0032 | 5525 Raby Rd. | salvationarmyusa .org | Offers financial help for families & individuals experiencing financial strain. |
| Hampton | 757-838-4875 | 1033 Big Bethel Rd. | | |
| STOP Organization | | | | |
| Norfolk | 757-838-1360 | 5700 Thurston Ave., Ste 101 | stopinc.org | May be able to use Federal FEMA funding to help, when available. |
| United Way | | | | |
| Norfolk | 757-853-8500 | 2515 Walmer Ave. | unitedwayshr.org | May be able to assist with utility bill. |
| Wesley Community Center | | | | |
| Portsmouth | 757-399-0541 | 1701 Elm Ave. | | May be able to assist with small amount towards payment of utility bill. |

Vaccinations (see "Immunizations")

Veterans (see "Military Services")

Vision

| Organization | Telephone | Location | Website | Services |
|---|--------------|-----------------|-----------|--|
| American Council of the Blind | | | | |
| | 800-424-8666 | Online | acb.org | Offers resources for those who are blind in order to increase independence, security, quality, and equality. |
| American Foundation for the Blind | | | | |
| | 212-502-7600 | Online | afb.org | Offers many resources and information on the blind. |
| Department for the Blind and Vision Impaired | | | | |
| Richmond, VA | 804-371-3151 | 401 Azalea Ave. | vdbvi.org | Dedicated to providing services and resource in order to empower the blind, vision impaired, and deafblind. |

Foundation Fighting Blindness

| | | | |
|--|--------|-----------------------|--|
| | Online | fightingblindness.org | Offers many resources and free information regarding treatments and research efforts to fight blindness. |
|--|--------|-----------------------|--|

Learning Ally

| | | | |
|--------------|--------|------------------|---|
| 800-221-4792 | Online | learningally.org | Offers success stories, support groups, empowerment, audiobooks and more. |
|--------------|--------|------------------|---|

Lens Crafters: One Sight

| | | | |
|--|--------|------------------------------|---|
| | Online | lenscrafters.com/onesight#sd | Provides opportunities for financial assistance through partnerships with school-based vision centers, charitable vision clinics, and community vision centers. |
|--|--------|------------------------------|---|

Lions Club International

| | | | |
|-------------------|--------|----------------|---|
| Various Locations | Online | lionsclubs.org | Holds meetings for designing projects to prevent blindness, restore eyesight, improve eye health, and more. Go to website for local meetings. |
|-------------------|--------|----------------|---|

National Center on Deaf-Blindness

Richmond, VA

Voice Phone 804-828-2052

Text Phone 711 (VA Relay)

| | | | |
|--|--|----------------|--|
| | | nationaldb.org | Provides a library of resources as well as connections around the U.S. |
|--|--|----------------|--|

National Federation of the Blind

| | | | |
|--------------|--------|---------|--|
| 410-659-9314 | Online | nfb.org | Provides resources on living, working, learning, and recreation while being blind. |
|--------------|--------|---------|--|

Portsmouth Parks & Recreation: Therapeutic Recreation Program

| | | | |
|--------------|------------------|---|---|
| 757-393-8481 | 801 Crawford St. | portsvaprls.com/therapeutic-recreation/ | Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning. |
|--------------|------------------|---|---|

Volunteer Services

| Organization | Telephone | Location | Website | Services |
|--------------------------------|--------------|----------|--------------------|---|
| Volunteer Hampton Roads | 757-624-2400 | Online | volunteerhr.org | Helps individuals find volunteer opportunities in Hampton Roads. |
| Volunteer Match | | Online | volunteermatch.org | Provides volunteer organizations that match up to your interests. |

Water Turn Off (see "Utility Assistance")**WIC**

| Organization | Telephone | Location | Website | Services |
|-------------------------------------|--------------|-------------------|---|--|
| Portsmouth Health Department | 757-393-5340 | 1701 High Street | vdh.virginia.gov/portsmouth/WIC-services/ | Provides services for eligible pregnant and breastfeeding women and children from birth to 5 years old. |
| | 757-686-4900 | 3260 Academy Ave. | vdh.virginia.gov/portsmouth/WIC-services/ | Provides services for eligible pregnant and breastfeeding women and children from birth to 5 years old. Services available Tuesday and Wednesday only. |

Youth Activities

| Organization | Telephone | Location | Website | Services |
|---|--------------|--------------|-----------------------|---|
| 4-H Youth Development | | | | |
| Portsmouth | 757-393-5125 | 105 Utah St. | 4-h.org | Offers camps, clubs, after school programs, and more. |
| Department of Parks and Recreation | | | | |
| Chesapeake | 757-382-6411 | | cityof chesapeake.net | |
| Hampton | 757-727-8311 | | hampton.gov | |
| Newport News | 757-926-1400 | | nnva.gov | |
| Norfolk | 757-823-4291 | | norfolk.gov | Offers recreational programs and activities. |
| Portsmouth | 757-393-8481 | | portsmouthva.gov | |
| Suffolk | 757-514-7250 | | suffolkva.us | |
| Virginia Beach | 757-385-1100 | | vbgov.com | |

Resource Guide Feedback/Contact/Suggestion Form

The Portsmouth Health Department would like to keep this guide as current as possible. Please use this form to let us know of any correction, change, addition or deletion that is necessary. Thank you for helping us to keep Portsmouth's Community Services Guide current.

Print Clearly or Type

Agency Name: _____

Address: _____

Phone#(voice,TTY,FAX): _____

E-mail address: _____

Contact person and title: _____

Describe service(s) provided: _____

Please mail, fax, or email this form to:

Portsmouth Health Department
1701 High Street, Suite 102
Portsmouth, Virginia 23704

757-393-8585 ext. 8713
757-393-5423 (fax)

portsmouth@vdh.virginia.gov

PORTSMOUTH VIRGINIA
 Quick Reference for Emergencies
If there is immediate danger call 911!
 24 Hour Emergency Hotlines

| | | |
|---|---|--|
| Child Abuse | Department of Social Services www.dss.virginia.gov/family/cps/index.cgi | (800)552-7096 |
| Disaster Victims (fires, flood, tornadoes, etc) | Red Cross Salvation Army | (757)446-7700 (757)393-2519 |
| Domestic Violence | Help & Emergency Response, Inc. (H.E.R.) The UP Center Virginia Domestic Violence Hotline www.vsdvalliance.org YWCA Women in Crisis Program | (757)251-0144 (757)397-2121 (800)838-8238 (757)625-4248 |
| Elder Abuse | Adult Protective Services | (888)832-3858 |
| Emergencies, Depression, Addictions & Mental Illness | Portsmouth Department of Behavioral Healthcare Services Depression Hotline Tidewater Crisis Center www.211virginia.org | (757)393-8990 (800)273-8255 211 |
| Poison Control | Virginia Poison Control www.poison.vcu.edu | (800)222-1222 |
| Rape/Sexual Assault | Response Sexual Assault : Support Services of the YWCA Virginia Family Violence/Sexual Assault www.vsdalliance.org | (757)625-4248 (800)838-8238 |
| Runaway Youth | National Runaway Switchboard (800)RUNAWAY www.1800runaway.org | (800)786-2929 |
| Suicide | Crisis Line National Suicide Prevention Lifeline | (757)622-1126 (800)273-8255 |