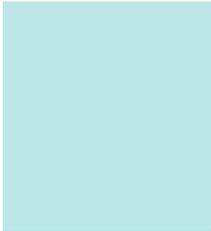




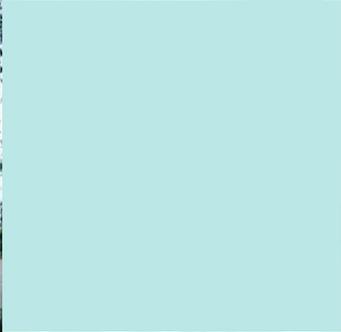
Community Services Resource Guide



Family Support



Court
Services



AIDS & STD
Testing



Employment
Services



Education
Resources



Health



Child Care





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 dedicated to promoting, protecting and preserving a healthy and safe community.

Vision: We envision a community where every person living, working or visiting has the opportunity to achieve optimal health.

Values:

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

Respect: We value our diverse backgrounds, perspectives and ideas as strengths of our community and organization. We will treat everyone in our diverse community with respect and dignity.

Communication: We communicate truthfully, effectively, timely and accurately. We accept the input of others with a spirit of openness and generosity.

Excellence: We are committed to working at the highest level of performance, delivering services and products of high quality in a competent and timely manner, while being committed to continuous improvement.

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

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

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

We will incorporate our mission, vision and values as anchor points which guide every decision we make.



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, and 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're looking for.
- you believe information has changed or is incorrect.
- you know of an organization warranting inclusion.
- you have suggestions about how the CRG could better meet your needs.

Thank you.

1701 High Street, Suite 102
Portsmouth VA 23704
757-393-8585 extension 8582
757-393-8585 fax
phd.info@vdh.virginia.gov

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Abuse

Child

**Child and Family Services, Portsmouth DSS,
1701 High Street
405-1800**

Provides counseling (for individuals, couples and families) addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse and the perpetrators. Offer groups on anger control, men who batter, battered women, teen parenting and other issues. Most services are provided on a sliding scale.

**HER Shelter
Portsmouth
485-3384**

Provides emergency shelter for battered women and their children with 24-hour crisis intervention and advocacy. Legal, psychological and social counseling available by referral to residents as needed.

**Samaritan House (SOS)
Virginia Beach
Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

**Teen Dating Violence Project /The HERR Shelter
485-1445**

Program for teens ages 12-18 to address the healthy dating relationship versus relationships controlled by abuse and violence.

Elder Abuse

**Chesapeake Sheriff's Office TRIAD
382-8824**

An organization composed of police, sheriff and A.A.R.P. representatives. Their commitment is to reduce criminal victimization of the elderly and enhance the delivery of law enforcement services to older persons.

**Citizens' Committee to Protect the Elderly
Virginia Beach
518-8500**

Sexual Abuse

**Response – Norfolk Sexual Assault Support Services
Norfolk
622-4300**

**Response - Peninsula Sexual Assault Support Services
Hampton
825-2591**

Adoption

**Catholic Charities
Chesapeake
484-0703**

A licensed Child-Placing Agency.

**Portsmouth Department of Social Services
408-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

After School Care

Children's Harbor 397-2980

Provides developmental child care serving children between the ages of 2-12, including before and after school program. Program offers a sliding fee scale based on parent income.

Ida Barbour Early Learning Center 399-5402

Provides early care and education for children 6 weeks to 5 years of age. Offers before and after school care for children up to age 7. Summer care is offered to children up to age 7.

KIDS CAFÉ

Various locations in Portsmouth 393-8481 ext 4116

After school program where food, fun & learning meet in your neighborhood! The City of Portsmouth Parks, Recreation and Leisure Services and the FoodBank of Southeastern Virginia operate Kids Cafés Mondays – Fridays. Pre-registration is required, although the program is free.

Portsmouth Department of Parks, Recreation, and Leisure Services 393-8481

Various locations at schools including: "6 to 6" Before and After School Program a childcare alternative staffed by educational paraprofessional and recreation experts who provide help with homework and educational projects as well as active games, contests, crafts and activities. Sponsored by: Portsmouth Parks, Recreational and Leisure Services, and Portsmouth Public Schools. Held at Brighton, Churchland Academy, Churchland Elementary, Churchland Primary, James Hurst, Lakeview, Olive Branch, Parkview and John Tyler Elementary schools.

Wesley Community Services Center, Inc. 442 Jamestown Ave. 399-0541

Provides a variety of services to disadvantaged, inner city families. Services include after school and summer enrichment programs, emergency assistance, Meals on Wheels, senior nutrition program, notary services and health screenings.

AIDS/HIV Services

ACCESS 622-2989

Case management and support services including HIV testing services, food pantry and meal delivery services, day care, summer camp, housing and transportation assistance, education and outreach to HIV/AIDS affected persons. Call to qualify.

Eastern Virginia AIDS Resource Center Norfolk 446-6170

A resource library, open to the public for the education of everyone about HIV/AIDS. Can assist individuals with HIV/AIDS in accessing financial assistance for diagnosis and treatment.

Planned Parenthood 624-9224

Clinical services include STD and HIV testing for men and women. Call for fee information.

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

Portsmouth Health Department

393-8585

Hosts Virginia HIV Medication Assistance Program which provides free and confidential HIV/AIDS testing and assistance with medication.

Tidewater AIDS Crisis Taskforce (TACT)

Norfolk

583-1317

Provides case management services for people who can provide written proof of positive HIV test; can also provide assistance with medical and housing problems and emergency food, medical and clothing needs.

Urban League of Hampton Roads

627-0864

Services include housing assistance.

Virginia HIV Medication Assistance Program

393-8585

HIV/AIDS medication assistance.

Alcoholism

Alcoholic Anonymous

Various Sites in Portsmouth

490-3980

A self-help support group dedicated to overcoming the abuse of alcohol. Call for the location of sites in Portsmouth. No cost.

Bon Secours Mary View Behavioral Medicine Services

398-2367

Offers psychiatric care for adults, specialized treatment for alcoholism and drug abuse, and a pain management program. In addition to inpatient treatment, the hospital provides day-hospital programs, outpatient services, information and referral services, as well as a comprehensive speaker's bureau.

Portsmouth Alcohol Safety Action Program (ASAP)

396-6980

Alcohol education program. Often court ordered.

Portsmouth Department of Behavioral Health Care Service

Administration

600 Dinwiddie St.

393-8618

Central Intake

545 High St.

393-5357

Crisis Outreach/Emergency Services

393-8991

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support, and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Turning Points

Maryview Medical Center

398-2367

Program for people with chemical dependency. Covered by most major insurance companies. Ages 18 and older.

Alzheimer's

Alzheimer's Association of Hampton Roads

Norfolk

459-2405

Animals (pets & wildlife)

Animal Assistance League
Chesapeake
548-0045

Meower Power Feral Cat Coalition
399-0001

Norfolk SPCA (provides service to Portsmouth residents)
622-3319

People for the Ethical Treatment of Animals
Norfolk
622-7382

Portsmouth Animal Control
393-8430

Portsmouth Humane Society
397-6004
Spay USA
Phone: 1-800-248-SPAY

Wildlife Response
543-7000
(wildlife only – no pets or domestic animals)

Anorexia Nervosa

Portsmouth Department of Behavioral Health Care Services
Administration **Central Intake** **Crisis Outreach/Emergency Services**
600 Dinwiddie St. **545 High St.** **393-8991**
393-8618 **393-5357**

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Arthritis

Portsmouth Community Health Center
393-6363

Provides primary medical care without regard to patients' ability to pay.

Asthma & Allergies

Allergy & Asthma Network Mothers of Asthmatics (AANMA)
800-878-4403

www.aanma.org

Provides information about asthma and allergy including asthma medications, doctor referrals, and information about support groups.

American Academy of Allergy, Asthma & Immunology
800-822-2762

www.aaaai.org

Provides information for parents and professionals including a referral source for allergists in Virginia.

American Lung Association**Norfolk****855-3059****800-267-1900**www.lungusa.org/virginia

Volunteer health organization for the fight against lung disease. Special interests include asthma, tobacco control, and environmental health. Also provides support group for those who have chronic lung disease and their families.

Asthma and Allergy Foundation of America**800-727-8462**www.aaafa.org

Provides practical information, community-based services, support and referrals through a national network of chapters and educational support groups.

Better Breathers Club**889-4186 – Norfolk****934-8732 – Suffolk**www.lungusa.org/virginia

Provides an opportunity for persons with respiratory difficulty to learn more about lung disease and to share with others who are also coping with breathing problems.

Food Allergy & Anaphylaxis Network**866-929-4040**www.foodallergy.org

Dedicated to increasing public awareness of providing education about, and advancing scientific research on food allergies and anaphylaxis.

Autism

Autism Center Registry of Va**866-628-2268 ext 315**www.vcuhealth.org/vtccc/autism%20registry.html

Support group and registry for affected families to help track the progression, treatment and possible cure.

Autism Keywww.autismkey.com

Website run by parents and for parents of children with autism & autism spectrum disorders, created as a resource tool. Message boards share information about different forms of treatment, physicians, and overall experiences.

Autism Network for Hearing & Visually Impaired Persons**428-9036**www.geocities.com/heartland/ridge/9672/ahi-the-wall.html

Provides a data bank to establish a network for those with autism combined with a hearing or visual disability, and encourage the development of centers to diagnose and evaluate individuals with these disorders

Autism Onlinewww.autismonline.org

Connects the parents of children newly diagnosed with autism and professionals working with these children with critical resource, support, and research information in their own language.

Autism-PPD Resources Networkwww.autism-pdd.net

Support to cope with Autism spectrum disorders.

Autism Society of America**800-3autism****461-4474**www.tidewaerasa.org www.autism-society.org

Promotes lifeline access and opportunities for persons within the autism spectrum and their families to be

fully included, participating members of their communities.

Commonwealth Autism Service
892-6100

www.autismva.org

Provides leadership in the implementation of a statewide system of services to maximize the potential and quality of life for Virginians with autism.

Cure Autism Now (CAN)
888-828-8476

www.cureautismnow.org

Founded by parents of children with autism, CAN is an organization of parents, clinicians, and leading scientists committed to accelerating the pace of biomedical research in autism through raising money for research projects, education and outreach.

Mea'Alofa Autism Support Center
Chesapeake
465-3933

Provides quality and empirically validated services to children with autism spectrum disorders in a clinical setting. Supports families of children with ASD by increasing knowledge of the disorder and its evidence-based treatment. Increases awareness of ASD at the community level, to include medical practitioners, school systems and civic organizations.

National Autism Association
877-622-2884

www.nationalautismassociation.org

Works to educate society that autism is not a lifelong incurable genetic disorder but one that is biomedically definable and treatable. Also educates and empowers families affected by autism and other neurological disorders.

Talk Autism

www.talkautism.org

Online chat room which shares knowledge, information, and assistance plus links to other autism resources.

Virginia Autism Resource Center
877-667-7771

www.varc.org

Provides training, consultation and information to parents and professional working with persons with autism.

Babies

Infant and Toddler Connection
393-8321

www.infantva.org

Connects children and their families to early intervention supports and services.

Oasis Social Ministry
1020 High Street
397-6060

Assistance by referral only, no walk-in accepted. Call first to see if they have diapers.

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Department of Behavioral Health Care Services

Administration

**600 Dinwiddie St.
393-8618**

Central Intake

**545 High St.
393-5357**

Crisis Outreach/Emergency Services

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Portsmouth Health Department

**1701 High Street
393-8585**

Child safety seats (car seats) and installation classes are offered for those who qualify based on income. The Care Connect Program assists the mother-to-be in linking with community resources to obtain prenatal care, WIC, parenting classes, etc.

Portsmouth Social Services

**1701 High Street
405-1800**

Client must see an intake worker for diapers. Diapers are donated and vary in size and amount depending on donation.

Pride in Parenting

The UP Center

1805 Airline Blvd.

www.theupcenter.org

397-2121

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

Sentara Healthcare

Various Locations

www.sentara.com/Sentara/Search/ClassEvent/

800-736-8272

Bereavement

Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.

391-6017

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

Edmarc Hospice for Children

516 London Street

967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

Empty Arms Support Group

Chesapeake

545-2667

A relaxed setting for talking with other persons who have experienced a pregnancy loss or neonatal death for mothers and fathers.

Jewish Family Services

Virginia Beach

459-4640

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

Sudden Infant Death Syndrome Parents Support Group

Virginia Beach

548-7011

Support group for parents who have lost a child to SIDS.

Birth Certificates

Birth certificates for those born in Virginia are available ONLY through the Virginia Department of Health in Richmond. See http://www.vdh.virginia.gov/vital_Records/index.htm or call the general information number (804-662-6200) for details.

Blindness

See "Vision"

Brain Injury

Brain Injury Association of Virginia

493-8000 or 461-8007

www.biav.net

Provides information and support to individuals with brain injuries, family members and professionals.

National Aphasia Association

800-922-4622

www.aphasia.org

Promotes education, research, rehabilitation and support services to assist people with aphasia and their families.

National Resource Center for Traumatic Brain Injury

804-828-9055

www.neuro.pmr.vcu.edu

Provides relevant, practical information for professionals, persons with brain injury, and family members.

Breast Feeding

La Leche League of Tidewater

857-8403

Provides information and support about breastfeeding to mothers. Call for additional information.

Portsmouth Health Department WIC Program

1701 High Street

393-5340

The WIC program offers breastfeeding support groups, lactation education, monthly group baby showers, home & community visits. Open to the public. Call for schedule and locations.

Sentara Baby Care Services

Chesapeake

553-3870

Lactation consultants available. Not all Medicaid HMOs participate in this service.

Breastfeeding supplies/equipment

DePaul Medical Center

Norfolk

889-5300

Maryview Medical Center

3636 High Street

398-4829

Cancer

American Cancer Society

800-ACS-2345

493-7940

www.cancer.org

Nationwide community based health organization dedicated to eliminating cancer through research, education, advocacy, and service.

American Lung Association

Norfolk

855-3059

Programs that emphasize education and prevention. Support groups for victims of lung disease.

Candlelighters Childhood Cancer Foundation

800-366-2223

www.candlelighters.org

A network of parent support groups. Services provided by local groups include meetings, speakers, parent-to-parent visitation, summer camps, transportation, emergency funding, and publications.

I Can Cope/Maryview Medical Center

3636 High Street

398-2452

Multi-session cancer education program for patients and their families. Offered by the American Cancer Society.

Leukemia & Lymphoma Society

800-866-4483

723-2676

www.leukemia-lymphoma.org

Dedicated to curing leukemia, lymphoma, Hodgkin's disease and myeloma, and to improving the quality of life of patients and their families. Services include family and peer support groups.

National Cancer Institute (NCI)

800-4-CANCER

www.cancer.gov

The NCI provides recent scientific information to callers and on the internet in understandable language and shares resources on cancer programs and services in communities across the country.

National Children's Cancer Society

800-5-FAMILY

www.nationalchildrenscancersociety.com

Works to improve the quality of life for children with cancer and to reduce the risk of cancer by promoting children's health through financial and in-kind assistance, advocacy, support services, education and prevention programs.

Ronald McDonald House

www.rmhc.com

627-5386

Offers a home away from home for seriously ill children and their families who live too far away from the hospital to go home each night.

Sentara Online Breast Cancer Support Group

<http://groups.yahoo.com/>

Teens Living with Cancer

www.teenslivingwithcancer.org

A site for teens with cancer. Includes information, personal stories and ways to connect with other kids with cancer.

Career Change

Building Trades Academy Chesapeake 420-2566

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

Educational Opportunity Center Various Locations 683-2312

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

Portsmouth Public Schools Various locations 393-8822

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, and public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

Southeastern Tidewater Opportunity Project "STOP" 314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Suited For Success 353 Mt. Vernon Ave. 484-0829 or 484-2179

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. Referral required.

Urban League of Hampton Roads 3225 High Street 627-0864

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

Cerebral Palsy

4MYCHILD 800-4MYCHILD www.cerebralpalsy.org

Provides a wealth of knowledge to help with the difficulties of caring for children with CP or other special needs.

Cerebral Palsy of Southeastern Virginia, Inc.
497-7474

www.cerebralpalsyofvirginia.org

Serves children and adults with CP and other developmental disabilities such as Down syndrome, autism, muscular dystrophy, mental retardation, learning disabilities, as well as hearing, speech, and visual impairments.

Eastern Virginia Medical School Neuropsychology

Norfolk

446-8400

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

Parents of Children with CP

CPPARENTSVA-subscribe@yahoogroups.com

Parent-to-parent support network. The listserv is open to all residents of Virginia, Maryland, and West Virginia. To join send an email.

Rehabilitation Equipment Exchange Network

www.rehabequipmentexchange.com/index/html

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, ADFL aids, communication devices, assistive technology, & exercise equipment.

United Cerebral Palsy

www.ucp.org

800-USA-5-UCP

Member of national organization which strives to ensure the inclusion of persons with disabilities in every facet of society.

Child Abuse & Neglect

Child Abuse Prevention Services

405-1800

Report suspected child abuse and neglect.

Child Protective Services

393-9500

CHIP of Portsmouth

662 Lincoln Street

www.portshealth.org

391-0606

Provides home visiting services to at risk families.

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Child Care

Department of Social Services

1701 High Street

405-1800

Provides child care assistance to recipients of public assistance who meet specified guidelines.

Child Care Training & Referrals

Pride in Parenting
1805 Airline Blvd.
www.theupcenter.org
397-2121

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

Behavioradvisor.com

Website offers tips on managing behavior and provides step-by-step direction for implementing many standard interventions.

Children's Health Screening/Prevention Services

Ghent Family Medicine
721 Fairfax Ave Norfolk
446-5955

Portsmouth Family Medicine
600 Crawford Street
www.portshealth.org
393-6363

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Health Department
1701 High Street, Suite 102
393-8585

Provides immunizations, child health care, and school physicals.

Citizenship Preparation

Legal Aid Society of Eastern Virginia
Norfolk
627-5423

Clothing

God's Closet
300 Broad Street
397-6314

Neighborhood Parks and Recreation
900 Elm Ave
393-8595

Oasis Social Ministry
1020 High Street
397-6060

Clothes available by referral only.

Salvation Army
393-2519

Emergency shelter, transitional housing, food, clothing, travel aid, job and housing search assistance. For single males, must have picture ID and proof of address.

STOP Organization
2011 Queen Street
314-1527

Clothing is limited (based on incoming donations).

Suited for Success
353 Mt. Vernon Ave.
484-0829

A non-profit organization providing free interview attire for low income men and women transitioning from welfare to work, shelters and other agencies. **Referral required.**

Tidewater AIDS Crisis Taskforce (TACT)
Norfolk
583-1317

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

Counseling

Domestic Violence

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Family/Couples

Catholic Charities of Eastern Virginia, Inc
Various Locations
467-7707

Individual & family counseling for ages 4 and up.

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

SAFE HAVEN Crisis Stabilization Services

393-8152 or 391-3167

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Information, activities and trainings in conflict management mediation, and other life skills that prevent the onset of mental disabilities, substance abuse, HIV/AIDS and other sexually transmitted diseases.

The UP Center
1805 Airline Blvd
www.theupcenter.org
397-2121

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

Teens

Barry Robinson Center, The
Norfolk
www.barryrobinson.org
455-6100

Offers residential and in-home counseling services.

Catholic Charities of Eastern Virginia, Inc
Various Locations
467-7707
Individual & family counseling for ages 4 and up.

The UP Center
1804 Airline Blvd.
www.theupcenter.org
397-2121
Group offered by Child and Family Services for all adolescents, regardless of locality or ability to pay.

Court Services

Child Support Enforcement
877-695-5499

Portsmouth Circuit Court
393-8671

Portsmouth General District Court
393-8681

Portsmouth Juvenile & Domestic Relations District Court
393-8851
Jurisdiction of custody, neglect and criminal acts against children. Criminal matters of one family member against child custody, visitation and support, and spousal abuse matters.

Legal Aid
Legal Aid Society of Eastern Virginia
Norfolk
627-5423

Credit Counseling & Resources

Catholic Charities Credit Counseling Program
484-0703

Contact the office for a confidential counseling appointment. A counselor will analyze your personal financial data and advise on money management methods. If needed, the counselor will develop a debt management plan to enable you to repay creditors. The plan, when followed, will help you track your spending to set aside money for future expenses and emergencies as well as to manage your credit purchases. Program can help to avoid bankruptcy due to temporary job loss, separation, divorce, medical expenses or overspending.

The UP Center
1805 Airline Blvd.
www.theupcenter.org
397-2121

Consumer Credit Counseling Service - a division of Family Services of Tidewater. Offers free budget counseling and debt management. The debt management program enables the over-extended consumer to pay creditors reduced monthly payments while living within a reasonable budget. Assists the consumer in avoiding bankruptcy.

Day care

Adult/Seniors
Churchland House
4916 W Norfolk Rd.
483-1780

**S.H.O.P., The
300 Port Centre Pkwy, Suite 103
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

Children

**Case Management and Outreach Services
391-0606**

Provides care coordination services, provides parenting classes, transportation, referrals, nutrition and safety and other services. Services available to families with children ages 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth. Family must agree to participate in entire CHIP program.

**Children's Harbor
620 London Street
397-2980**

Provides developmental child care serving children between the ages of 2-12, including before and after school program. Program offers a sliding fee scale based on parent income.

**Head Start
405-6250 or 405-3786**

Provides preschool children of income eligible families a program to meet their emotional, social, health, nutritional, and psychological needs. This program runs from September through May and serves children from age 3 to school entry.

**Portsmouth City Public Schools Bright Start
393-5128**

Provides a program for pre-K student who qualify.

**Portsmouth Family Resource Center
398-8655**

Child care subsidies available for income eligible households.

**Southeastern Tidewater Opportunity Project "STOP" Various Locations
314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Deaf, Hard of Hearing

Alexander Graham Bell Association for the Deaf and Hard of Hearing

www.agbell.org

Promotes the use of spoken language and hearing technology through publications, outreach, training, scholarships and financial aid.

American Association of the Deaf-Blind

www.aadb.org

National consumer advocacy organization for people who have a combination of deafness, blindness, partial sight or partial hearing.

American Sign Language Browser

<http://commtechlab.msu.edu/sites/aslweb/index.htm>

Website of Michigan State University video clips for thousands of ASL signs can be viewed.

American Society for Deaf Children**800-942-2732 (parent hotline)**www.deafchildren.org

National organization of families and professionals committed to educating, empowering, and supporting parents and families to create opportunities for their children who are deaf and hard of hearing.

Another Pathwww.deafhomeschool.com

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

Commonwealth Catholic Charities**800-528-1258**www.cccofva.org/service/deaf_hardofhearing/index.html

Offers a variety of human services including information and referral, advocacy, equipment demonstration, public education and facilitation of communication. CCDHH assists with resolution of life issues caused by communication difficulties of deafness or hearing loss.

DB-LINK**800-438-9376**www.dblink.org

A federally funded service whose goal is to help parents, teachers, and others by providing information to foster the skills, strategies and confidence necessary to empower deaf-blind children from birth to 21 years of age.

Deaf and Hard of Hearing Services Center**800-552-7917**www.deafhh.org

Provides outreach services for the Virginia Department for the Deaf and Hard of Hearing.

Deaf Mallwww.deafmall.net

Website links to information about deafness culture, issues, education, reference materials and more.

Described and Captioned Media Program**800-237-6213**www.dcmp.org

Works to provide all persons who are deaf or hard of hearing access to communication and learning through the use of captioned educational media and supportive collateral materials.

Hands & Voiceswww.handsandvoices.org

National parent/professional collaborative group that is unbiased towards communication modes and methods. The diverse membership includes those who are deaf, hard of hearing, and hearing impaired and their families who communicate orally, with signs, cue, and/or combined methods. Mission is to help children reach their highest potential using whatever method works best for the child.

Hearing Loss Association of American**Virginia Beach****460-0074**www.shhh.org

Mission is to open the world of communication for people with hearing loss through information, education, advocacy and support.

National Deaf Education Network and Clearinghouse at Gallaudet University<http://clerccenter.gallaudet.edu/>

Provides information for parents and providers including resource lists, communication, organizations and legal issues.

National Technical Assistance Consortium

www.nationaldlb.org

Provides technical assistance to families and agencies serving children and young adults who are deaf-blind.

Tidewater Association for Hearing Impaired Children, Inc.

481-186

www.tahic.org

Support and information for families with children who have hearing impairments.

TogetherDeaf.com

www.togetherdeaf.com

Website offers news and information relating to Deaf issues, deaf events message board, employment assistance and job opportunities for the Deaf, links to resources for the deaf and hard of hearing, and the Deaf Interests Chat Room.

Virginia Department for the Deaf and Hard of Hearing

800-552-7919

www.vddhh.org

VDDHH offers programs including technology services, community support services, interpreter services, and quality assurance screening. Web site provides listing of sign language classes.

Virginia Early Hearing Detection and Intervention Program

866-493-1090

www.vahealth.org/hearing/providers.asp

Provides information and referral to families regarding newborn hearing screening, follow up testing, and early intervention services. Website has an extensive list of new-born hearing screening providers throughout the state.

Virginia Relay

www.varelay.org

Enables people who are deaf, hard of hearing, deaf/blind, or speech disabled to communicate by TTY or another assistive telephone with anyone who uses a standard phone.

Death

Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.

391-6017

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

Edmarc Hospice for Children

516 London Street

967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

Empty Arms Support Group

Chesapeake

545-2667

A relaxed setting for talking with other persons who have experienced a pregnancy loss or neonatal death for mothers and fathers.

Jewish Family Services

Virginia Beach

459-4640

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

Portsmouth Department of Social Services
398-3600

Provides funds for indigent's burial. A family member or friend can apply for this assistance before the burial. This program is based on income eligibility.

Sentara Baby Care Services
553-3870

Grief counselors available. Not all Medicaid HMOs participate in this service.

Sudden Infant Death Syndrome Parents Support Group
Virginia Beach
548-7011

Support group for parents who have lost a child to SIDS.

Death Certificates

Portsmouth Health Department
1701 High Street
393-8585

Death certificates available for deaths occurring within the City of Portsmouth.

Dental Clinics

Chesapeake Care Free Clinic
Chesapeake
545-5700

Dental services including cleanings, fillings, and extractions for those uninsured at or below 200% of Federal Poverty Guidelines.

Healthy Smiles Dental Center
664 Lincoln Street
399-4588

Clinic provides routine dental care for children & adults. Individuals with no income may request a fee waiver at the Department of Social Services. Others must complete intake at the clinic and fee is based on income.

Kool Smiles
4072 Victory Blvd
465-3834

www.koolsmilespc.com

Dental services for underserved children who have no insurance, are covered by Medicaid, State Children's Health Insurance Programs – Smiles for Children (Virginia) or TRICARE health insurance. Services include preventive care, diagnostic imaging, and a full range of restorative care including endodontics. Also, extensive community outreach through the presentation of oral health education programs, free screenings, and through partnerships with community schools and social service organizations.

Old Dominion University
Norfolk
683-4308

Provides oral cancer screening, dental and periodontal charting, oral prophylaxis. Therapeutic scaling, extrinsic stain removal, soft tissue management, fluoride therapy, dental sealants, prosthetic (denture/partial) cleaning, custom athletic mouth guards, custom fluoride trays, radiographic services (as indicated.) Insurance is not accepted and minimum fees are charged for procedures.

Operation Blessing International
226-2660
www.ob.org

A mobile dental clinic for Hampton Roads uninsured residents and those with household income less than 200% of the federal poverty guidelines, between the ages of 18 and 65 years. Provides preventive and restorative dental care including fillings, extractions, and cleanings.

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Accepts most insurance plans, including Medicaid and Medicaid HMOs, FamIS Smiles for Children, and offers a sliding fee scale. Provides dental exams, cleanings, fillings, extractions, sealants, fluoride treatments.

VCU School of Dentistry
Lyons Building, 520 N 12th Street
Richmond
804-828-9190

www.dentistry.vcu.edu/for_patients/for_patients.html

Dental services provided by the dental students and dental hygiene students under the supervision of dental faculty. Does charge fee for services.

Veterans Affairs Medical Center Dental Clinic
100 Emancipation Drive
Hampton
722-9961 extension 3530

Services limited to veterans with service connected dental conditions or those with 100% service connected ratings. Provides preventive & restorative care and oral surgery.

Developmentally Disabled

The Arc of VA
804-649-8481

www.arcofva.org

Advocates for the human and civil rights of individuals with mental retardation and other developmental disabilities. Advocacy efforts include providing information and education, and increasing public awareness. Parent to Parent group provides telephone matches between parents looking for support and information from trained, veteran parents.

Developmental Delay Resources (DDR)
800-497-0944

www.devdelay.org

Dedicated to meeting the needs of those working with children who have developmental delays in sensory motor; language, social, and emotional areas. DDR publicizes research into determining identifiable factors that would put a child at risk and maintains a registry tracking, possible trends. Provides a network for parents and professionals.

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Virginia Easter Seals

www.va.easterseals.com

Providing services and support and creating solutions that improve the lives of children and adults with disabilities or special needs and their families.

Diabetes

American Diabetes Foundation
800-342-2383

www.diabetes.org

Provides information, advocacy and support for children and parents.

Children with Diabetes

www.childrenwithdiabetes.com

Extensive online community resource for kids, families and adults with diabetes.

Portsmouth Community Health Center

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

Diapers

Oasis Social Ministry

1020 High Street

397-6060

Assistance by referral only, no walk-ins accepted.

Portsmouth Social Services

1701 High Street

405-1800

Have client see Intake Worker for diapers. Diapers are donated and vary in size and amount depending on donation.

Disabilities

Amputee Support Association

Norfolk

587-5674

Support for amputees of any age and their families, social activities and programs. There is no membership fee or charge. Support Group.

Bertha Snyder Children's Camp & Care Fund

852-9797

Assistance is offered on the basis of financial need and scholarships are available for summer camp. Children with special needs are served in specialized camps.

Civitan Acres

Chesapeake

487-6062

Offers a summer day camp and summer residential camp program for handicapped children and adults. Must apply early in the year for the summer program. Transportation available. Sliding scale available.

Community Alternatives, Inc.

Virginia Beach

468-7000

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

Concerned Citizens for Special People (CCSP)

490-0499

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

Department of Blind And Vision Impaired

Norfolk

466-4162

Developmental Program for Infants and Toddlers at the D.A.C. Center

393-8791

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

**Department of Rehabilitative Services
3248 Academy Ave. Suites 22-26
686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Eastern Virginia Medical School Neuropsychology
Norfolk
446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

**ENDependence Center, Inc.
Norfolk
461-8007**

Services include locating accessible housing (subsidized if necessary), advocacy and peer counseling and referrals for respite care programs. Assistance with employment provided for people with disabilities.

**Equi-Kids Therapeutic Riding Program
Virginia Beach
425-8833**

Therapeutic horseback riding program for children and adults with disabilities. Fees vary.

**Hampton Roads Disability Resource Center Inc
Chesapeake
515-7047**

Provides disability claims assistance and other resources for the disabled.

**Hope House Foundation
Norfolk
625-6161**

Supportive living services for people with developmental disabilities in Hampton Roads. Provides community based services and support to people with disabilities.

**Louise Eggleston Center
625-2311 or 858-8011**

Day shelter providing employment and vocational training for persons with disabilities.

**Muscular Dystrophy Association, Inc.
Norfolk
461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

**National Multiple Sclerosis Society
Virginia Beach
490-9627**

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation
801 Crawford Street
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

**Virginia Assistive Technology Service
Old Dominion University
683-3639**

Provides assistance to people with disabilities in locating services and assistive technological devices needed to make activities easier and more accessible.

**Virginia Board for People with Disabilities
800-846-4464
www.vaboard.org**

**Virginia Department of Rehabilitative Services
800-552-5019
www.vadrs.org**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

**United States Social Security
1-800-772-1213**

Domestic Violence, including prevention services

Portsmouth Department of Behavioral Health Care Services
Administration Central Intake Crisis Outreach/Emergency Services
600 Dinwiddie St. 545 High St. 393-8991
393-8618 393-5357

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Samaritan House (SOS)
Virginia Beach
Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

Downs Syndrome

**Bertha Snyder Children's Camp and Care Fund
852-9797**

Assistance is offered on the basis of financial need and scholarships are available to summer camps. Children with special needs are served in specialized camps.

**Down Syndrome Association of Hampton Roads
466-3696**

www.dsahr.org

Serves the needs of individuals with Down Syndrome and their families including Exceptional Family Member Program (EFMP) Support Group for military families with a special needs family member.

**Down Syndrome on the Internet
<http://inforation.downsed.org>**

Offers a range of information resources and online services to the international Down syndrome community.

**Mosaic Down Syndrome on the Web
www.mosaicdownsyndrome.com**

Website designed to disseminate information about Mosaic Down Syndrome.

Drug Abuse

Portsmouth Department of Behavioral Health Care Services

Administration

600 Dinwiddie St.

393-8618

Central Intake

545 High St.

393-5357

Crisis Outreach/Emergency Services

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Dyslexia

International Dyslexia Association

800-ABCD123

www.interdys.org

A scientific and educational organization dedicated to the study and treatment of dyslexia.

Learning Abled Kids

www.learningabledkids.com

A resource and support website with information, curriculum resources and tools to help teach bright children with learning issues including reading disabilities, dyslexia, dyscalculia dysgraphia, central auditory processing disorders, ADD, ADHA, and more.

Recording for the Blind and Dyslexic

866-887-7323

www.rfbd.org

Educational library serving people who cannot effectively read standard print because of visual impairment, learning disability, or other physical disability.

Education

Educational Opportunity Center

683-2312

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

Portsmouth Public Schools

Various Locations

393-8822

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

Southeastern Tidewater Opportunity Project "STOP" Various Locations

314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Tidewater Literacy

700 London Blvd.

393-6459

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

Elder Abuse

Citizens' Committee to Protect the Elderly
518-8500
PO Box 3, Virginia Beach VA 23452

TRIAD
Chesapeake
4401 Albemarle Dr.
382-8824

An organization composed of police, sheriff and A.A.R.P. representatives. Their commitment is to reduce criminal victimization of the elderly and enhance the delivery of law enforcement services to older persons.

Electricity Shut Off

Oasis Social Ministry
1020 High Street
397-6060

A Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

Portsmouth Family Resource Center
Family Resource Center Homeless Prevention Program
660 Lincoln Street
398-8655

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance provided to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources.

Emergency Assistance

Salvation Army
2306 Airline Blvd
393-2519

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

Emergency Food

Oasis Social Ministry
1020 High Street
397-6060

Provides breakfast and lunch throughout the week for homeless and supplies groceries. Must qualify with intake counselor.

Salvation Army
2306 Airline Blvd
393-2519

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

Emergency Shelter

Salvation Army
2306 Airline Blvd
393-2519

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

Employment

American Association of Retired Persons (AARP)

**Norfolk
625-7001**

Senior Community Service Employment Program.

Building Trades Academy

**Chesapeake
420-2566**

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

Community Alternatives, Inc.

**Virginia Beach
468-7000**

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

Department of Rehabilitative Services

**3248 Academy Ave. Suites 22-26
686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

Educational Opportunity Center

**Satellite Location Portsmouth DSS
683-2312**

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

Goodwill Community Employment Center

**313 High Street
499-3824**

<http://www.goodwillhr.org>

Career planning, job search workshops, computer training, office services, and industry-specific job fairs. Most services are free.

Job Corps

1-800-733-5627

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

Louise Eggleston Center

625-2311 or 858-8011

Sheltered employment, vocational training and job placement provided to clients with mental disabilities.

One Stop/Opportunity Inc.

**Norfolk
461-7537**

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

Portsmouth City Employee Hotline**398-0682**

Provides information on job openings for the City of Portsmouth 24 hours a day.

Portsmouth Family Resource Center**660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Portsmouth Public Schools**Various locations****393-8822**

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

Senior Services of Southeastern Virginia (SEVAMP)**Norfolk****461-9481**

Provides employment services for adults age 60 and over.

S.H.O.P, the**300 Port Centre Pkwy. Suite 103****393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

Suited For Success**353 Mt. Vernon Ave.****484-0829**

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. **Referral required.**

Urban League of Hampton Roads**3225 High Street****627-0864**

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral Network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

Virginia Department of Rehabilitative Services**3248 Academy Ave.****686-5004**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

English As A Second Language**Portsmouth Public Schools****2802 Turnpike Rd.****393-8822**

Call for additional information.

Epilepsy

Epilepsy Foundation of Virginia

4338-2398

www.efva.org

Promotes awareness about epilepsy and provides assistance to those with the disorder.

Portsmouth Community Health Center-CMOS

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

Ex-offenders

Portsmouth Department of Behavioral Health Care Services

Administration

600 Dinwiddie St.

393-8618

Central Intake

545 High St.

393-5357

Crisis Outreach/Emergency Services

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Eye Care

Department of Blind and Vision Impaired

Norfolk

858-6724

Eye Care America Seniors Eye Care Program

1-800-222-EYES or 1-800-222-3937

Resource for obtaining eye exams for people with
NO MEDICAL INSURANCE COVERAGE

Family Support

CHIP of Portsmouth

391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

F.O.R. Kids

Norfolk

587-4202

Haven House Emergency Shelter provides up to 4 months of shelter and supportive services for families. No single adults. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach. Provides up to 4 months of shelter and supportive services for families.

Portsmouth Department of Behavioral Health Care Services

Administration

600 Dinwiddie St.

393-8618

Central Intake

545 High St.

393-5357

Crisis Outreach/Emergency Services

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Pride In Parenting**1805 Airline Blvd.****397-2121**

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

SAFE HAVEN Crisis Stabilization Services**393-8152 or 391-3167**

Wide array of services to children and adolescents to include case coordination, home based services, and intervention and diversion programs for court involved and at risk youth. Early intervention services to infants and toddlers who have or are at risk of developmental delays along with supportive services for their families. Information, activities and trainings in conflict management mediation, and other life skills that prevent the onset of mental disabilities, substance abuse, HIV/AIDS and other sexually transmitted diseases.

Supportive Family Living Program**PO Box 1183****393-6448**

Serves the Cities of Portsmouth and Chesapeake (Deep Creek and Western Branch sections) Offers a transitional housing initiative that provides units of affordable housing and self-sufficiency skills training for families.

Financial Management Counseling & Resources

Catholic Charities Credit Counseling Program**484-0703**

Contact the office for a confidential counseling appointment. A counselor will analyze your personal financial data and advise on money management methods. If needed, the counselor will develop a debt management plan to enable you to repay creditors. The plan, when followed, will help you track your spending to set aside money for future expenses and emergencies as well as to manage your credit purchases. Program can help to avoid bankruptcy due to temporary job loss, separation, divorce, medical expenses or overspending.

The UP Center**1805 Airline Blvd.****www.theupcenter.org****397-2121**

Consumer Credit Counseling Service - a division of Family Services of Tidewater. Offers free budget counseling and debt management. The debt management program enables the over-extended consumer to pay creditors reduced monthly payments while living within a reasonable budget. Assists the consumer in avoiding bankruptcy.

Food, Emergency

Food Bank of Southeastern Virginia**627-6599**

The Foodbank is a warehouse or "bank" where recovered and contributed food is collected, sorted and distributed to over 611 agencies including church pantries and area Kids Cafes who then prepare and serve the food to those in need.

Oasis Social Ministry**1020 High Street****397-6060**

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

Portsmouth Family Resource Center**660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Salvation Army Emergency & Transitional Lodging

393-2519

Emergency shelter, transitional housing, food, clothing, travel aid, job and housing search assistance. For single males, must have picture ID and proof of address.

Tidewater AIDS Crisis Taskforce (TACT)

Norfolk

583-1317

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

Food, Pantries

ACCESS

Norfolk

622-2989

Provides case management & support services. Includes HIV testing services, food pantry, meal delivery services, daycare, summer camp, housing & transportation assistance, education & outreach to HIV/AIDS affected people.

Food Bank of Southeastern Virginia

627-6599

The Foodbank is a warehouse or "bank" where recovered and contributed food is collected, sorted and distributed to over 611 agencies including church pantries and area Kids Cafes who then prepare and serve the food to those in need.

Tidewater AIDS Crisis Taskforce (TACT)

Norfolk

583-1317

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

Food Stamps

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Foot Care Clinics

Free Foot Ministry

1400 Rodman Ave.

393-9259

Free foot clinic held on the third Tuesday of the month. Open to those who cannot cut their own toe nails because of disability or age.

Foreclosure Prevention

Federal Housing Administration

1-800-Call-FHA

Foster Care

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

The UP Center
397-2121

www.theupcenter.org

Teen pregnancy prevention, case management, parenting classes, prenatal counseling and home visiting for teen girls and women up to age 24. Foster care services also provided.

Free Meal Locations

Oasis Social Ministry
1020 High Street
397-6060

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

Funeral Expenses

Portsmouth Department of Social Services
1701 High Street
405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Furniture

Salvation Army
2306 Airline Blvd.
393-2519

Offers human resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

Gambling Concerns

Gamblers Anonymous
www.gamblersanonymous.org

Gas Shut Off

Planning Council
622-9268

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

Portsmouth Family Resource Center
660 Lincoln Street
398-8655

Gay/Transgender

ACCESS
640-0929

www.accessaids.org

Offers specialized Trans Care that includes confidential HIV testing and health screenings along with access to hormone therapy.

GED Preparation

One Stop/Opportunity Inc.
Norfolk
461-7537

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

Glasses

Department of Blind and Vision Impaired
Norfolk
858-6724

Eye Care America Seniors Eye Care Program
1-800-222-EYES or 1-800-222-3937

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE

Grandparents, Foster

Portsmouth Department of Social Services
1701 High Street
405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Grandparents, Raising Grandchildren

Portsmouth Department of Social Services
1701 High Street
405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Portsmouth Grandparents as Parents/Brighton Solid Rock
393-0570

Provides support for Portsmouth grandparents and other kinship caregivers rearing a second family. Support groups meet weekly at every Portsmouth public elementary school.

Grief

Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.
391-6017

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

Edmarc Hospice for Children
516 London Street
967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

Jewish Family Services
Virginia Beach
459-4640

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

Sentara Baby Care Services

553-3870

Grief counselors available.

Sudden Infant Death Syndrome Parents Support Group

Virginia Beach

548-7011

Support group for parents who have lost a child to SIDS.

Guardians

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

HIV/AIDS

ACCESS

Norfolk

622-2989

Provides case management & support services. Includes HIV testing services, food pantry, meal delivery services, daycare, summer camp, housing & transportation assistance, education & outreach to HIV/AIDS affected people.

Eastern Virginia AIDS Resource Center

Norfolk

446-6170

A resource library, open to the public for the education of everyone about HIV/AIDS. Can assist individuals with HIV/AIDS in accessing financial assistance for diagnosis and treatment.

Eastern Virginia Medical School

Norfolk

446-8400

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

Opportunity House

393-8928

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

Portsmouth Community Health Center

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Health Department

1701 High Street

393-8585

Clinic offers STD & HIV screening, education, treatment and counseling services. Medication assistance offered through the AIDS drug assistance program.

Tidewater AIDS Crisis Taskforce (TACT)**Norfolk****583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

Urban League**397-1871**

Services include housing assistance.

Virginia HIV Medication Assistance Program**1701 High Street****393-8585**

Provides free and confidential HIV/AIDS testing at the Portsmouth Health Department and assistance with medication

Head Start**STOP Organization****Norfolk****858-1383**

Provides a child development program which will improve the educational, physiological, social and psychological well being of a child and family.

Health Care Acute/Emergency Care**Bon Secours Maryview Medical Center****3636 High Street****398-2200****Health Care****CHIP of Portsmouth****391-0606****www.portshealth.org**

Assistance available that may help decrease barriers to health care for low income children.

Ghent Family Medicine**446-5955****Portsmouth Community Health Center****664 Lincoln Street****<http://www.portshealth.org>****446-5955****Portsmouth Family Medicine****600 Crawford Street****397-6344****Portsmouth Health Department****1701 High Street****393-8585**

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel. Also offers school physicals, sports physicals and Tuberculosis (TB) screening and testing, flu shots, family planning services including annual pap examinations and birth control, and testing and treatment for sexually transmitted diseases (including HIV.)

Health Insurance**Family Access to Medical Insurance Security Plan (FAMIS)****866-873-2647****www.famis.org**

Federal/state program provides low cost health insurance for children in families that earn too much for

Medicaid but don't have private health insurance.

HRSA Federal Health Care Information Center

888-275-4772

www.ask.hrsa.gov

Resources and referrals on health care services for low income, uninsured individuals and those with special health care needs.

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Homeless

Judeo Christian Shelter

Virginia Beach

491-2846

Serves homeless - no geographic limit. Dorm type room for 16 women. Barracks style room for 34 men. They work with Probation and Parole. Rooms for 2 to 3 families. Those receiving services must stay clean, sober and straight.

Oasis Opportunity Center

1420 Chestnut Street

398-1970

An ecumenical multi-service social ministry helping to meet the basic needs of the homeless. Helps individuals improve their lives by providing a range of job-related services that will enable the homeless to move toward independence and self-sufficiency. Applicants must be able to secure a letter of introduction from an employer, social worker, case manager, sponsor, etc.

Planning Council

622-9268

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

PARC Family Shelter

Portsmouth

393-4246

Shelter for homeless families (parents/guardians with children under the age of 18 in their custody). Applications for shelter taken at the PARC Emergency Assistance Office, located at Portsmouth Social Services, Monday through Friday, 9:30 AM to 2:00.

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Portsmouth Christian Outreach Ministries

910 7th Street

397-4570

Outreach program that provides numerous services for the homeless including transitional housing.

Portsmouth Department of Social Services

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Portsmouth Volunteers for the Homeless**1020 High Street****399-0200**

Summer and winter shelter, showers, public washer and dryer and case management services. Coordinates the winter shelter for single adults at various church and synagogue locations in the city. Shelter starts in mid-November and operates through March. PVH representative located at Oasis, 1020 High Street.

Salvation Army**543-8100**

Operates an emergency shelter and a transitional housing program for homeless men and a shelter for women and children. (8/05)

St. Columbia Ecumenical Ministries, Inc.**Norfolk****627-6748**

Provides single homeless adults with showers, bag lunches, clothing, and prescription assistance. Also has a transitional housing program.

Samaritan House (SOS)**Virginia Beach****Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

STOP Organization**2011 Queen Street****314-1527**

This program provides assistance to increase the energy efficiency of houses occupied by low-income people, particularly the elderly, occupants with disabilities, and children. Assistance is available for insulating the attic and sidewalls in addition to air sealing and safe and operable heating.

Union Mission Men's Shelter**Norfolk****627-8686**

Shelter located in downtown Norfolk. Single men can stay up to three nights. Must be 18 years old & have a picture id.

Union Mission Women's Shelter**Norfolk****623-0642**

Shelter located in downtown Norfolk. Family shelter takes in single women and women with children.

Wesley Community Center**442 Jamestown Ave.****399-0541**

Sometimes is able to provide small amount of money toward rent payments and utility bills from January – May.

Home Ownership Assistance & Education**Center for Community Development, Inc.****440 High Street Suite 204****399-0925**

CCDI helps low to moderate income households become first-time homebuyers. Perspective homebuyers must meet specific guidelines to qualify for homeownership, work with CCDI and complete VHDA homeownership classes.

Habitat for Humanity

640-0590

An ecumenical Christian housing ministry that seeks to eliminate poverty housing from the world and to make decent shelter a matter of conscience and action. Financing is through no-interest, 20-year loans, payments are deposited into a revolving fund that supports the construction of more houses.

VHDA

1-888-643-2696

Classes available to assist potential homeowners with the home buying process from start to finish. Class locations, dates and registration information can be obtained by visiting calling the above number.

Hospices

Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.

391-6017

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

Edmarc Hospice for Children

516 London Street

967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

Hospitals

Bon Secours Maryview Medical Center

3636 High Street

398-2200

Eastern Virginia Medical School

Norfolk

446-8400

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

Housing Assistance

Community Alternatives, Inc.

Virginia Beach

468-7000

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

Hope House Foundation

Norfolk

625-6161

Supportive living services for people with developmental disabilities in Hampton Roads. Provides community based services and support to people with disabilities.

Southeastern Tidewater Opportunity Project "STOP"

Various Locations

314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Portsmouth Department of Behavioral Health Care Services

Administration

**600 Dinwiddie St.
393-8618**

Central Intake

**545 High St.
393-5357**

Crisis Outreach/Emergency Services

393-8991

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

Portsmouth Family Resource Center

**660 Lincoln Street
398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Tidewater AIDS Crisis Taskforce (TACT)

**Norfolk
583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

Virginia Housing Development Authority (VHDA)

1-800-637-7738

Provides below market interest rate, thirty-year, first mortgage loans to low and moderate income, first-time home buyers. VHDA establishes income and house price limits for each of its programs.

Housing Domestic Violence - Emergency

Seton Youth Shelters

www.setonyouthshelters.org

Boys 498-4673

Girls 306-1840

Provides a temporary safe haven for youth 12-17.

Housing Authorities

Chesapeake Redevelopment & Housing Authority

523-0401

Assists low-income residents of Chesapeake to obtain decent, safe a, sanitary and affordable housing as renters or homeowners.

Hampton Redevelopment & Housing Authority

727-6337

Newport News Redevelopment & Housing Authority

928-2620

Norfolk Redevelopment & Housing Authority

623-1111

Portsmouth Redevelopment and Housing Authority

399-5261

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter.

Suffolk Redevelopment & Housing Authority

539-2100

Mission is to develop and operate affordable housing that will provide a safe, decent and sanitary home a suitable living environment to low and moderate-income families of the City of Suffolk.

Housing, Disabled

**Accessible Housing Corp. of Hampton Roads
Virginia Beach
481-3358**

Increases accessible housing options for low income, physically disabled persons, including shared supportive services.

**Department of Rehabilitative Services
3248 Academy Ave. Suites 22-26
686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Effingham Plaza
715 Madison Street
393-4757**

Subsidized housing exclusively for the Senior Citizens (age 62) or people on disability. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

**Endeppendence Center, Inc.
Norfolk
461-8007**

Services include locating accessible housing (subsidized if necessary), advocacy and peer counseling and referrals for respite care programs. Assistance with employment provided for people with disabilities.

**Hope House Foundation
Norfolk
625-6161**

Supported living services for people with developmental disabilities (mental retardation) in Hampton Roads. Provides community based services and supports to people with disabilities. Programs include benefit procurement and maintenance, dressing and clothing care, family support, financial support, household maintenance, legal assistance, meal planning and preparation, medical assistance, personal care, social activities, relocation assistance, security and supported living.

**Malvern Hill
421 King Street
393-0905**

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

**Mt. Herman Village
2400 Cutherell Street
399-4462**

Subsidized housing exclusively for the 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.

**Portsmouth Redevelopment and Housing Authority
399-5261**

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter. Section 8 Housing Assistance Payments Program Administered through Portsmouth Redevelopment and Housing Authority.

**Supported Living Services
505 Washington Street, Suite 501
393-8929**

Teaches and reinforces daily living skills for the mentally ill, assisting them in independent living. Provides a transitional apartment and supported living subsidies for the mentally ill homeless.

Housing Emergency

Seton Youth Shelters

www.setonyouthshelters.org

Boys 498-4673

Girls 306-1840

Provides a temporary safe haven for youth 12-17.

Housing Financial Assistance

Planning Council

622-9268

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Those assisted must be low-income, a Portsmouth resident, behind in their rent or mortgage, not have received assistance in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program.)

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Oasis Social Ministry

1020 High Street

397-6060

A Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

Housing Section 8

Portsmouth Redevelopment and Housing Authority

399-5261

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter. Section 8 Housing Assistance Payments Program administered through Portsmouth Redevelopment and Housing Authority.

Housing Seniors

Commons at Churchland

3505 Executive Center

484-8697

Two bedroom apartment, for age 55 and older. Rent includes utilities \$568.00 (May 99). Near border of Portsmouth and Chesapeake in Churchland. Includes washer and dryer in apartment, dishwasher, garbage disposal, stove and refrigerator.

Effingham Plaza

715 Madison Street

393-4757

Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

Friends of the Elderly (FOTE) - Project 2000

Norfolk

362-2302

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

Greenwood Apartments
Airline Blvd. & Greenwood Dr.
465-9007

Non-Subsidized housing exclusively for the Senior Citizens, age 62 and older. Income restricted May apply before age 62 and placed on the waiting list.

Malvern Hill
421 King Street
393-0905

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

Mt. Herman Village
2400 Cutherell Street
399-4462

Subsidized housing exclusively for the 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.

Norfolk Urban Outreach Ministry, Inc.
Norfolk
461-4213

A non-profit organization that provides housing to the elderly.

Portsmouth Redevelopment & Housing Authority
399-5261

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

Housing Transitional

Barrett Transitional Housing
Norfolk
624-6990

“Serving single Women In Need” will take pregnant women and single women with no dependents. Transitional housing, not emergency shelter. Must pass drug screen.

Barry Robinson Center for Independent Living
Norfolk
455-6555

www.barryrobinson.org

A residential facility for women and their babies. Must be at least 16. Clients do not have to be mentally challenged, but do need a referral from a social services agency. The program offers several apartments for women, parenting skills, health education, and other case management services.

Friends of the Elderly (FOTE) - Project 2000

Norfolk
362-2302

Provides transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

New Beginnings Development Services
1523 DesMoines Ave.
967-8371

Transitional Home for pregnant girls ages 13-18, possibly 21. Call for eligibility. Case management, crisis intervention, parenting and self sufficiency classes, self-esteem, and budgeting, education and employment counseling are just some of the services.

Portsmouth Department of Behavioral Health Care Services

Administration

**600 Dinwiddie St.
393-8618**

Central Intake

**545 High St.
393-5357**

Crisis Outreach/Emergency Services

393-8991

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

St. Columbia Ecumenical Ministries, Inc.

Norfolk

627-6748

Provides transitional housing program for single homeless adults. Must be referred from shelter or other or other organization.

Supportive Family Living Program

PO Box 1183

393-6448

Offers a transitional housing initiative that provides units of affordable housing and self-sufficiency skills training for families.

Housing Weatherization

STOP Organization

Norfolk

858-1397

This program provides assistance to increase the energy efficiency of houses occupied by low-income people, particularly the elderly, occupants with disabilities, and children. Assistance is available for insulating the attic and sidewalls in addition to air sealing and safe and operable heating.

Immigration & Naturalization Assistance

Parimal J Soni, MD

3235 Academy Ave.

483-3560

Provides physicals required for citizenship.

Immunizations

Ghent Family Medicine

446-5955

Portsmouth Family Medicine

600 Crawford Street

397-6344

Portsmouth Community Health Center

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Health Department

1701 High Street

393-8585

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel.

Information & Referral

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Provides information and resources needed for self-sufficiency to area residents.

Salvation Army
393-2519

Offers human resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance emergency assistance, and special holiday assistance.

Insurance

Senior Services of Southeastern Virginia
222-4512

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. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

Jobs/Job Training

American Association of Retired Persons (AARP)
Norfolk
625-7001

Senior Community Service Employment Program.

Community Alternatives, Inc.
Virginia Beach
468-7000

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

Department of Rehabilitative Services
3248 Academy Ave. Suites 22-26
686-5004

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

Educational Opportunity Center
Satellite Location Portsmouth DSS
683-2312

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

Goodwill Industries
Norfolk
424-1515

Training programs provided for persons with physical, mental or social disabilities.

Louise Eggleston Center
625-2311 or 858-8011

Sheltered employment, vocational training and job placement provided to clients with mental disabilities.

One Stop/Opportunity Inc.
Norfolk
461-7537

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

Portsmouth Family Resource Center
660 Lincoln Street
398-8655

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Portsmouth Public Schools
Various locations
393-8822

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

Senior Services of Southeastern Virginia (SEVAMP)
Norfolk
461-9481

Provides employment services for adults age 60 and over.

S.H.O.P, the
300 Port Centre Pkwy. Suite 103
393-8321

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

Southeastern Tidewater Opportunity Project (STOP)
Norfolk
314-1527

Agency provides job finding, pre-job counseling, job training, job placement and referral, to the socially/economically disadvantaged.

Suited For Success
353 Mt. Vernon Ave.
484-0829

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. **Referral required.**

Tidewater Builders Association Building Trades Academy
Chesapeake
420-2566

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

TogetherDeaf.com
www.togetherdeaf.com

Website offers news and information relating to Deaf issues, deaf events message board, employment assistance and job opportunities for the Deaf, links to resources for the deaf and hard of hearing, and the Deaf Interests Chat Room.

Urban League of Hampton Roads
3225 High Street
627-0864

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral Network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

Virginia Department of Rehabilitative Services
3248 Academy Ave.
686-5004

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

Virginia Employment Commission
2011 Queen Street
314-1526

Provides employment and training assistance as well as access to thousands of job listings and resources. The VEC administers a variety of programs that may provide temporary income for workers who have become unemployed.

Juvenile Diabetes

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Kidney

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Legal

Atlantic DNA Paternity Testing
1-800-633-9715

Child Support Enforcement
396-6448

Community Mediation Center
Norfolk
480-2777

Referral is needed to this center which provides free or low cost mediation services to resolve family, business, and neighborhood issues. Free consultations to see if your situation is right for mediations. Education and training in mediation and problem solving skills is provided for adults and youth at various parks and recreation centers.

DNA Diagnostic Center
1-800-362-2368

Legal Aid Society of Eastern Virginia
Norfolk
627-5423

Senior Law Center
125 St. Paul's Blvd., Norfolk
627-3232

Federally funded, non-profit law office offering free legal services (except for court costs), for individuals age 55 and older.

Leukemia & Lymphoma

The Leukemia & Lymphoma Society
27 W. Queens Way, Hampton
723-2676

Libraries

Main Library
601 Court Street
393-8501

Churchland
3215 Academy Ave
686-2538

Craddock
28 Prospect Pky.
393-8759

Manor
1401 Elmhurst Lane
465-2916

Maternity Services

CHIP of Portsmouth
662 Lincoln Street
391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

Ghent Family Medicine
446-5955

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Family Medicine
600 Crawford St
397-6344

Portsmouth Health Department
1701 High Street
393-8585

Provides outpatient clinics for family planning, also offers prenatal classes, baby care classes, and hosts WIC.

Meals

Meals on Wheels
Various locations
673-5025

Delivers hot meals to homebound people who are unable to get their own food and cook it. Those who are able pay \$5.20 per day or \$26 for Monday through Friday delivery of a hot meal for lunch, included is a bag meal for supper.

Oasis Social Ministry
1020 High Street
397-6060

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

Mediation Services

Community Mediation Center
Norfolk
480-2777

Referral is needed to this center which provides free or low cost mediation services to resolve family, business, and neighborhood issues. Free consultations to see if your situation is right for mediations. Education and training in mediation and problem solving skills is provided for adults and youth at various parks and rec centers.

Medicaid/Medical Assistance

Portsmouth Department of Social Services
1701 High Street
405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

Senior Services of Southeastern Virginia
222-4512

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. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

Medical Care/Services

Care Free Clinic
Chesapeake
545-5700

Provides medical care (including pediatrics) to uninsured Chesapeake families based on income.

Eastern Virginia Medical School
Norfolk
446-8400

Has a comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees based on income.

Edmarc Hospice for Children
516 London Street
967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

Every Women's Life
446-8445

Mammograms and pap tests for women without health insurance, there are age and income guidelines. Fees based on income.

Ghent Family Medicine
446-5955

Maryview Foundation Healthcare Center
3600 High Street
215-3100

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

Planned Parenthood
950 W. 21st Street, Norfolk
624-9224

Clinical services include OB/GYN, access to birth control, pap smears, breast exams, pregnancy testing, vasectomies, and STD/ HIV testing for men and women. Call for fee information.

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Family Medicine
600 Crawford St
397-6344

Portsmouth Health Dept.
1701 High Street
393-8585

Provides a variety of services including child health, pediatric clinic, baby care, pap smears, lead testing and follow-up, and nutrition counseling. Provides testing, treatment and investigation of TB, hepatitis and other communicable diseases. Holds a sexually transmitted disease clinic which provides for confidential testing, counseling, education and treatment. Provides health education, immunizations (vaccinations for overseas travel and shots for children and adults as required for school entrance, etc).

Medical Equipment

LMS Medical Supplies
3238 Academy Ave.
484-9448

Free home delivery. Rentals available. Most insurances accepted.

Medical Equipment Distributors
Hampton Roads
498-8225

Most insurance accepted.

Muscular Dystrophy Association, Inc.
461-0177

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

National Multiple Sclerosis Society
Virginia Beach
490-9627

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

Olde Towne Drug Center Pharmacy
600 High Street
393-4039

Special provider designated by the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

Senior Wheels Program of Greater Virginia
Richmond
(800) 246-6010

Provides electric wheelchairs, manual wheelchairs and scooters to seniors and the permanently disabled. Must have Medicare. Helps to coordinate insurance forms to get wheelchairs and walking aids. Aims to help people avoid rejections by Medicare and to get the cost of their equipment covered by insurance.

Medication Services

Behavioral Health Care Services
505 Washington Street, Suite 200
393-8233

Treatment and medication for the mentally ill.

**Care Free Clinic
Chesapeake
545-5700**

Provides some medication and pharmacy services to uninsured Chesapeake families based on income.

**MAPP/Medication Access Program for Portsmouth
1701 High Street
405-1800**

Provides generic medications for people without insurance who fall within financial guidelines. This is emergency assistance, not on going. Referral is offered to the Patient Assistance Program of various drug companies.

**Maryview Foundation Healthcare Center
3600 High Street
215-3100**

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

**Olde Towne Drug Center Pharmacy
600 High Street
393-4039**

Special provider designated by the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

**Pharmacy Connection
1701 High Street
405-1800**

Certain medications are available to those without medication coverage. This is program is based on income. Portsmouth Social Services determines eligibility based on income. Bring proof of income & current prescription or non-expired bottle of medicine to Social Services.

**Portsmouth Community Health Center
644 Lincoln Street
393-6363**

Care by appointment only. Prescription refills are done on Monday, Wednesday and Friday. Call for additional information. There may be a fee for medication/prescription services.

**Portsmouth Health Dept.
1701 High Street
393-8585**

Provides various programs with medication assistance. Call for additional information.

**Tidewater AIDS Crisis Taskforce (TACT)
Norfolk
583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

**Virginia HIV Medication Assistance Program
1701 High Street
393-8585**

HIV/AIDS medication assistance.

Mental Health & Mental Disability Services

**Barry Robinson Center, The
Norfolk
455-6555**

www.barryrobinson.org

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

**Behavioral Health Care
300 Porte Centre Pkwy. Suite 103
393-8321**

Case management services are available for people with mental retardation and include linking, monitoring, assessment, and liaison with community resources. Sliding scale income based fees.

Child and Adolescent Bipolar Foundation (CABF)

www.bpkids.org

A parent led web based membership organization of families raising children diagnosed with, or at risk for, early-onset bipolar disorder.

**Child and Family Services, Portsmouth DSS
1701 High Street
405-1800**

Provides counseling (for individuals, couples and families) addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse and the perpetrators. Offer groups on anger control, men who batter, battered women, teen parenting and other issues. Most services are provided on a sliding scale.

**Concerned Citizens for Special People (CCSP)
490-0499**

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

ConductDisorders.com

Online information and support groups for families with children who have conduct disorders such as Oppositional Defiance disorder (ODD), Obsessive-Compulsive Disorder (OCD), or other diagnoses, but all of whom are oppositional and resistant to parenting.

**Crisis Intervention/ Emergency Services
505 Washington Street Suite 506
393-8990**

**Crisis and Outreach Services
505 Washington Street, Suite 507
393-8223**

This program 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.

**Depression and Bipolar Support Alliance
800-826-3632
485-3520 or 754-4688**

www.dbsalliance.org

Provides up to date, scientifically based tools and information written in language the general public can understand to help manage these conditions.

**Depressedteens.com
www.depressedteens.com/mh.html**

Website established to provide valuable information and educational resources that will help teenagers and their parents and educators understand the signs and symptoms of teenage depression and where to get help when needed.

Eggleston Services**Norfolk****858-8011**

Mission is to create education, training and employment opportunities for individuals with disabilities. Service categories include child, youth and adults with disabilities. Programs include day rehabilitation, physical and social enrichment services, and resort for the disabled, a horticultural program, and employment services.

Got anxiety.orgwww.gotanxiety.org

Provides information about anxiety disorders for high school and college students, how to deal with stress, best ways to study, guidelines to healthy eating and more.

Mental Health American**800-969-6642**www.mhav.org

The country's oldest and largest non-profit organization addressing all aspects of mental health and mental illness.

National Association for the Dually Diagnosed**800-331-5362**www.thenadd.org

Association established for professionals, care providers of individuals who have developmental disabilities and mental health needs.

Obsessive-Compulsive Foundation**434-6475 or 872-9819**www.ocfoundation.org

Educates the public and professional communities about OCD and related disorders; provides assistance to affected individuals, their families and friends; and supports research to identify causes and treatment of OCD and related disorders.

Opportunity House**Behavioral Health Services****393-5404 or 393-8927**

A day support program that provides pre-vocational, educational, socialization and daily living skills assistance to mentally ill adults. Support group for the family and friends of the mentally ill. Fees based on income based sliding scale.

Portsmouth Department of Behavioral Health Care Services**Administration****600 Dinwiddie St.****393-8618****Central Intake****545 High St.****393-5357****Crisis Outreach/Emergency Services****393-8991****SAFE HAVEN Crisis Stabilization Services****393-8152 or 391-3167**

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Portsmouth Family Resource Center**660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**S.H.O.P., The
300 Port Centre Pkwy. Suite 103
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

**Substance Abuse and Mental Health Services Administration's National Mental Health Information Center (SAMHSA)
800-789-2647**

www.mentalhealth.samhsa.gov

Staff members are skilled at listening and responding to questions from the public and professionals. The staff quickly directs callers to federal, state and local organizations dedicated to treating and preventing mental illness.

**Supported Living Services
505 Washington Street, Suite 501
393-8929**

Teaches and reinforces daily living skills for the mentally ill, assisting them in independent living. Provides a transitional apartment and supported living subsidies for the mentally ill homeless.

**Treatment Services
505 Washington Street, Suite 200
393-8223**

Services include mental health outpatient counseling and medication services. Program offers individual, group and family therapy to adults and children.

**Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS)
800-451-5544**

www.dmhmrsas.virginia.gov

State program offering services to residents. Operates health facilities that provide a range of psychiatric psychological, nursing, support and ancillary services.

Mentoring

**Barry Robinson Center, The
Norfolk
455-6555**

www.barryrobinson.org

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

**The UP Center
1805 Airline Blvd
397-2121**

www.theupcenter.org

The Up Center's Team Up Mentoring Center started in January, 2008 and matches children in the South Hampton Roads area with caring adult role models.

MILITARY FAMILY SUPPORT INFORMATION

ARMY

**Army Community Service
Ft. Eustis/Ft. Story
878-3638
Soldier and Family Support Center
788-3878**

AIR FORCE

**Airman and Family Support Center
Langley
764-3990**

COAST GUARD
Work Life Programs
Hampton Roads Region
686-4033

NAVY
FFSC Norfolk
444-2102
FFSC Yorktown
887-4606

FFSC Little Creek
462-7563

FFSC Northwest
421-8770 FFSC Oceana
433-2912

Navy 24 hour information and referral line
444-NAVY or 1-800- FSC-LIN

OTHER AGENCIES
American Red Cross
Southeastern Virginia
440-1111

American Red Cross
Suffolk
539-6645

Armed Services YMCA
363-1884

Catholic Charities
Hampton Roads
467-7707

The UP Center
Portsmouth
www.theupcenter.org
397-2121

Food bank of Southeastern Virginia
627-6599

Navy – Marine Corps Relief Society
Norfolk
423-8830

Planning Council Crisis Line
622-1126

PARC Portsmouth Area Resources Coalition, Inc.
397-5208
Samaritan House
430-2120
Seton Youth Shelters

Boys 498-4673 Provides a temporary safe haven for youth 12-17.
Girls 306-1840

www.setonyouthshelters.org

**USO of Hampton Roads
788-4984**

Mortgage Assistance

**Catholic Charities
484-0703**

**Home Works of Virginia
422-9664**

**Planning Council
622-9268**

**Virginia Housing Development Authority (VHDA)
1-800-637-7738**

Provides below market interest rate, thirty-year, first mortgage loans to low and moderate income, first-time home buyers. VHDA establishes income and house price limits for each of its programs.

Multiple Sclerosis

**National Multiple Sclerosis Society
Virginia Beach
490-9627**

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation
801 Crawford Street
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Muscular Dystrophy

**Muscular Dystrophy Association, Inc.
Norfolk
461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

Nutrition Counseling & Education

**CHIP of Portsmouth
662 Lincoln Street
391-0606**

CHIP provides nutrition classes to families with children age 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth Family must agree to participate in CHIP Program which includes parenting classes, nutrition, safety and other classes.

**Family Nutrition Program
105 Utah Street
393-8839**

dheggen@vt.edu

Focuses on limited resource families.

Parent Support/Parenting

Big Brothers Big Sisters
Virginia Beach
549-7437

www.bbbsofshr.org

The Big Brothers Big Sisters Mission is to help children reach their potential through professionally supported, one-to-one relationships with mentors that have a measurable impact on youth.

CHIP of Portsmouth
662 Lincoln Street
391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

Child Abuse Prevention Services
405-1800
393-9500

Report suspected child abuse and neglect.

Childbirth & Parenting Classes
Maryview Medical Center
889-2273

www.bschr.com

Classes are held every other month starting in January. Classes include expectant parent's classes, sibling classes, baby care classes and breast-feeding classes.

Child Protective Services
393-9500

Developmental Program for Infants and Toddlers at the D.A.C. Center
393-8791

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

Parent Connection
962-2112

Provides a free, confidential service for parents who want to improve their relationship with their children and find more effective ways of coping with the pressures of everyday life. Groups meet once a week for two hours. Children under twelve can participate in activities while their parents are meeting.

Portsmouth Dept. of Behavioral Healthcare Services
500 Crawford Street
393-5357

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Portsmouth Health Department
1701 High Street
393-8585

Services include fees for services usually based on income.

Portsmouth Mothers of Multiples
Maryview Medical Center
889-2273

Meets the fourth Thursday of the month at 7:30 PM.

The UP Center
397-2121

www.theupcenter.org

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

Parks

Portsmouth Parks and Recreation Department
393-8481

Pregnancy/Prenatal Services

Barry Robinson Center for Independent Living
Norfolk
455-6555

www.barryrobinson.org

A residential facility for women and their babies. Must be at least 16. Clients do not have to be mentally challenged, but do need a referral from a social services agency. The program offers several apartments for women and one for men, parenting skills, health education, and other case management services.

Better Beginnings Coalition
664 Lincoln Street
397-4818

Group addresses the issues of teen pregnancy, prevention and parenthood. A coalition of teens, parents, community/civic leaders and professionals united to address the issues associated with teen pregnancy in Portsmouth.

Birthright
Norfolk
489-0222

Offers alternatives to abortion. Provides assistance to women who need help to carry their babies to term.

Care Connect
1701 High Street
393-8585

Catholic Charities
Chesapeake
484-0703

"Questions to ask yourself, if you are pregnant...and people you can turn to for help." All consultations are private, confidential, and free of charge. A licensed Child-Placing Agency.

Childbirth & Parenting Classes
Maryview Medical Center
889-2273

Classes are held every other month starting in January. Classes include expectant parent's class, sibling classes, baby care classes and breast-feeding classes. (08/07)

Case Management and Outreach Services
662 Lincoln Street
391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

Healthy Heartbeats
Serving Hampton Roads, VA
461-0064

A case management program offered through VA Premier Health Insurance, where moms can learn about healthy pregnancies, earn incentives for program participation, and enroll in home visiting services. Outreach workers are available to help schedule doctor's appointments, arrange transportation, schedule parenting and other support classes, and WIC sign up. Case management can continue up until age two.

The Keim Centers
Hampton Roads
499-4444

All services are free and confidential. Services include pregnancy testing (results during visit), counseling, education, help with post abortion trauma, friendship & advocacy, adoption referrals and maternity/infant clothing and equipment. Also offers free, limited ultrasound services. Various locations.

La Leche League of Tidewater
857-8403

Provides information and support about breastfeeding to mothers. Meetings also held in Portsmouth. Call for additional information.

Loving Steps
Norfolk, VA
446-6107

A case management program providing home visiting, transportation, pregnancy education, breastfeeding and other support services for women living in Norfolk up to age 44. Clients can remain in the program until their babies are two years of age. Those who have had previous infant deaths, substance abuse, or living with a chronic medical condition such as diabetes are encouraged to apply. One can self refer or get a referral from health care provider.

Planned Parenthood
Norfolk
624-9224

Clinical services include OB/GYN, access to birth control, pap smears, breast exams, pregnancy testing, STD/HIV testing for men and women, vasectomies, and educational services. Income based fees.

Portsmouth Community Health Center
664 Lincoln Street
393-6363

Provides primary medical care, including prenatal care, without regard to patients' ability to pay.

Portsmouth Health Dept.
1701 High Street
393-8585

Services include pregnancy testing, family planning, folic acid distribution, and pre-natal care through EVMS's Centering Pregnancy Program.

Sentara Babycare Services
553-3870

Case management services for high risk mothers and their babies. Provides in-home nurses, nutritionist, and other health care services, monitors the mom and fetus for pregnancy-induced hypertension, diabetes, preterm labor, and other gestational stressors. Assists the pregnant woman in obtaining a physician, applying for Medicaid, maintaining appointments, obtaining WIC, taking classes, etc. Also provides postpartum care including incision care. IV antibiotic therapy and infant child care to include: neonatal assessments, breathing monitoring, speech therapy, and other services. The program offers services for pregnant Medicaid clients up to 60 days after delivery and infants covered by Medicaid infants up to age 2. Not all Medicaid HMOs participate in the program. Certified lactation consultant, grief counselors, and bilingual medical social workers available.

**Teen Pregnancy Prevention Program
662 Lincoln Street
391-0606**

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations

**The UP Center
397-2121**

www.theupcenter.org

Teen pregnancy prevention, case management, parenting classes, prenatal counseling and home visiting for teen girls and women up to age 24. Foster care services also provided.

**WIC – Portsmouth Health Department
1701 High Street
393-8585**

A federally funded, income based, special supplemental food program for pregnant women, women up to six months after the end of pregnancy or as long as they are breastfeeding. Services for infants and children up to age 5. IF ANYONE IN THE HOUSEHOLD IS ON A FREE OR REDUCED LUNCH PROGRAM THE HOUSEHOLD IS ELIGIBLE TO RECEIVE WIC. The goal of WIC is to help improve the outcome of pregnancy, food habits and the health of women, infants and children. WIC does this by providing nutrition and health education, health services and specially selected foods.

Preschools

**Portsmouth City Public Schools Bright Start
393-5128**

Provides a program for pre-K student who qualify.

Prescription/Medicine Assistance

**Behavioral Health Care Services
505 Washington Street, Suite 200
393-8233**

Treatment and medication for the mentally ill.

**Care Free Clinic
Chesapeake
545-5700**

Provides some pharmacy services to uninsured families based on income.

**MAPP/Medication Access Program for Portsmouth
1701 High Street
405-1800**

Provides generic medications for people without insurance who fall within financial guidelines. This is emergency assistance, not on going. Referral is offered to the Patient Assistance Program of various drug companies.

**Maryview Foundation Healthcare Center
3600 High Street
215-3100**

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

Olde Towne Drug Center Pharmacy
600 High Street
393-4039

Special provider designated the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

Pharmacy Connection
1701 High Street
405-1800

Certain medications are available to those without medication coverage. This is program is based on income. Portsmouth Social Services determines eligibility based on income. Bring proof of income & current prescription or non-expired bottle of medicine to Social Services.

Portsmouth Community Health Center
644 Lincoln Street
393-6363

Care by appointment only. Prescription refills are done on Monday, Wednesday and Friday. Call for additional information.

Portsmouth Health Dept.
1701 High Street
393-8585

Provides various programs with medication assistance. Call for additional information.

Virginia HIV Medication Assistance Program
1701 High Street
393-8585

HIV/AIDS medication assistance.

Tidewater AIDS Crisis Taskforce (TACT)
Norfolk
583-1317

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

Rape/Sexual Assault

Response Sexual Assault Support Services of the YWCA
622-4300

Reading

Portsmouth Public Schools
Various locations
393-8822

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

Southeastern Tidewater Opportunity Project "STOP"

Various Locations

314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Tidewater Literacy

700 London Blvd.

393-6459

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

Recreation

American Lung Association

Norfolk

855-3059

Programs that emphasize education and prevention. Summer camp for children with asthma. Support groups for victims of lung disease.

Bertha Snyder Children's Camp and Care Fund

852-9797

Assistance is offered on the basis of financial need and scholarships are available to summer camps. Children with special needs are served in specialized camps.

Cerebral Palsy of Southeastern Virginia, Inc.

Virginia Beach

497-7474

Services to individuals and families. Also offers a Computer Summer Day Camp.

Civitan Acres

Chesapeake

487-6062

Summer day camp and residential camping program for the handicapped adults and children.

Equi-Kids Therapeutic Riding Program

Virginia Beach

425-8833

Therapeutic horseback riding program for children and adults with disabilities. Fees vary.

Portsmouth Dept. of Parks & Recreation Therapeutic Recreation

801 Crawford Street

393-8481

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Therapeutic Bowling

Chesapeake

393-8481

Bowling for children with disabilities call for details including times/fees.

Rent/Security Deposit Assistance

Oasis Social Ministry

1020 High Street

397-6060

A Catholic Ministry that provides many services to the needy. The Ministry can assist, at times, with a portion of the rental payment.

PARC Inc
Emergency Assistance Office
1701 High Street
397-5208

When funds are available, the Resource Coalition can assist with security deposits, and funding to avoid cut-offs and evictions. If funds are available the program provides assistance with up to one month's rent provided there has been no other emergency assistance for rent or utilities in the prior 12 months, that the recipient have an adequate source of income to allow the family to remain in the home, lease must be in applicant's name and rent must be past due. Call for eligibility screening. No walk-ins will be accepted.

Planning Council Homeless Prevention Program
398-8655

Program is an effort to keep people from becoming homeless - emphasis is on prevention, sometimes has funds to assist with security deposits and rent payments.

Salvation Army
2306 Airline Blvd.
393-2519

When available, uses federal funds to assistance with up to one month's rent.

Social Services
1701 High Street
405-1800

May have funding available for rent assistance.

STOP Organization
2011 Queen Street
314-1527

Uses a variety of funding sources, when available, to pay for up to one month of rent assistance.

Runaway Youth

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St.	545 High St.	393-8991
393-8618	393-5357	

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

School Resources

Another Path
www.deafhomeschool.com

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

Children's Place at Lake Taylor
461-5001
www.laketaylor.com/services/pediatrics/html

Provides services for children requiring longer-term hospitalization for illnesses or disabilities. Programs include rehabilitation therapies, pulmonary/ventilator care, full rehabilitation therapies, classroom programs for various levels of intellectual function and after school/weekend activities.

Educational Opportunity Center
Satellite Location Portsmouth DSS
683-2312

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

Portsmouth Public Schools**Various locations****393-8822**

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

Southeastern Tidewater Opportunity Project "STOP" Various Locations**314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

Tidewater Literacy**700 London Blvd.****393-6459**

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

Tidewater Scholarship's ACCESS Program**Norfolk****628-3942**

<http://www.enotes.com/scholarships-loans/tidewater-scholarship-foundation>

Section 8 Housing

Portsmouth Redevelopment & Housing Authority**399-5261**

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

Senior Citizen Housing

Commons at Churchland**3505 Executive Center****484-8697**

Two bedroom apartment, for age 55 and older. Rent includes utilities \$568.00 (May 99). Near border of Portsmouth and Chesapeake in Churchland. Includes washer and dryer in apartment, dishwasher, garbage disposal, stove and refrigerator.

Effingham Plaza**715 Madison Street****393-4757**

Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

Friends of the Elderly (FOTE) - Project 2000**Norfolk****362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

Greenwood Apartments
Airline Blvd. & Greenwood Dr.
465-9007

Non-Subsidized housing exclusively for the Senior Citizens, age 62 and older. Income restricted May apply before age 62 and placed on the waiting list.

Malvern Hill
421 King Street
393-0905

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

Mt. Herman Village
2400 Cutherell Street
399-4462

Subsidized housing exclusively for the 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.

Norfolk Urban Outreach Ministry, Inc.
Norfolk
461-4213

A non-profit organization that provides housing to the elderly.

Portsmouth Redevelopment & Housing Authority
399-5261

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

Senior Citizen Services

Crisis Line
622-1126

This agency has a telephone safety check service for the elderly or disabled living alone.

Eye Care America Seniors Eye Care Program
1-800-222-EYES or 1-800-222-3937

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE.

Free Foot Ministry
1400 Rodman Ave.
393-9259

Free foot clinic held on the third Tuesday of the month. Open to those who cannot cut their own toe nails because of disability or age.

Friends of the Elderly (FOTE) - Project 2000
Norfolk
362-2302

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list

Office of the Commissioner of Revenue
393-8771

Real Estate tax relief for Senior Citizens and persons with disabilities. Must be at least 65 years old or totally and permanently disabled, have resided in the city at least the last two years, & live in the property to be exempted. Call for details about qualifying income and assets.

Portsmouth Family Resource Center
660 Lincoln Street
398-8655

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Rehabilitation Equipment Exchange Network

www.rehabequipmentexchange.com/index/html

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, AD/FL aids, communication devices, assistive technology, and exercise equipment.

Senior Law Center

Norfolk

627-3232

Federally funded, non-profit law office offering free legal services (except for court costs), for individuals age 55 and older.

Senior Watch

River Shoppes, West Norfolk Road

686-2565

Registered seniors get a phone call every morning. If no one answers, a deputy goes to the house and checks on them. The office also provides rides to the doctor, if needed. The program accepts referrals from civic leagues and churches and is open to all Portsmouth residents.

United States Social Security

1-800-772-1213

Senior Services of Southeastern Virginia

222-4512

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. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

Sexual Assault/Abuse including prevention services

Response Sexual Assault Support Services of the YWCA

622-4300

Sexually Transmitted Diseases (STD/HIV)

Portsmouth Health Department

1701 High Street

393-8585

Shelters

Barrett Haven

Norfolk

624-6990

"Serving single Women In Need", will take pregnant women and single women with no dependents. Transitional housing, not emergency shelter. Must pass drug screen. (10/06)

Dwelling Place

P.O. Box 6194

Norfolk

624-9879

Provides emergency shelter for homeless families for a maximum stay of 45 days. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach.

Genieve Shelter, The

Suffolk

925-4365

Services include a 24-hour crisis hotline; individual and group counseling; court accompaniment; emergency shelter, food and clothing; emergency transportation; a children's program that offers after school tutoring; a weekly children's support group; and children's recreational activities for residents.

F.O.R. Kids**Norfolk****587-4202**

Haven House Emergency Shelter provides up to 4 months of shelter and supportive services for families. No single adults. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach. Provides up to 4 months of shelter and supportive services for families.

HER Shelter**Portsmouth****485-3384**

Help & Emergency Response Shelter for victims of domestic violence and their children. No boys over age 12. Contact directly for shelter and other services that are available including support groups.

Judeo Christian Shelter**Virginia Beach****491-2846**

Serves homeless - no geographic limit. Dorm type room for 16 women. Barracks style room for 34 men. They work with Probation and Parole. Rooms for 2 to 3 families. Those receiving services must stay clean, sober and straight.

Love and Caring For the Homeless**Virginia Beach****430-4101**

A non-profit Christian Discipleship Ministry designed to assist motivated single mothers with children and single women in need of emergency housing, because of homelessness.

PARC Family Shelter**Portsmouth****393-4246**

Shelter for homeless families (parents/guardians with children under the age of 18 in their custody). Applications for shelter taken at the PARC Emergency Assistance Office, located at Portsmouth Social Services, Monday through Friday, 9:30 AM to 2:00.

Portsmouth Volunteers for the Homeless**1020 High Street****399-0200**

Coordinates the winter shelter for single adults at various church and synagogue locations in the City. Shelter starts in mid November and operates through mid March. PVH representative located at Oasis, 1020 High Street.

Samaritan House (SOS)**Virginia Beach****430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program. Admin. 631-0710.

Seton Youth Shelters**Girls 306-1840****Boys 498-4673****www.setonyouthshelters.org**

Provides a temporary safe haven for youth 12-17.

Union Mission Men's Shelter**Norfolk****130 Brooke Ave.****627-8686**

Single men can stay up to three nights, must be 18 years old. Must have picture ID card. Located in downtown Norfolk. Shelter opens at 4:30.

Union Mission Family Shelter
Norfolk
120 Brooke, Ave.
623-0642

Family shelter takes single women and women with children. Located in downtown Norfolk. Not open until 4 PM, check-in until 5 PM.

Women in Crisis Battered Women's Shelter
Norfolk
625-5570

YWCA Shelter for Battered Women and children. Limit on age of boys that can be admitted. Hotline open 24 hours a day. Additional services available.

Social Security

United States Social Security
800-772-1213

Social Security Claims Assistance

Social Security Rights Center
1100 Laskin Road
Virginia Beach
437-7756

Provides legal representation/advocacy for claimants for Social Security/SSI

Special Needs Services

800-4MYCHILD

www.cerebralpalsy.org

Provides a wealth of knowledge to help with the difficulties of caring for children with CP or other special needs.

Another Path

www.deafhomeschool.com

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

Barry Robinson Center, The
Norfolk
455-6555

www.barryrobinson.org

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

Bertha Snyder Children's Camp & Care Fund
852-9797

Assistance is offered on the basis of financial need and scholarships are available for summer camp. Children with special needs are served in specialized camps.

Civitan Acres
Chesapeake
487-6062

Summer day camp and residential camping program for the handicapped adults and children.

Concerned Citizens for Special People (CCSP)
490-0499

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

Developmental Program for Infants and Toddlers at the D.A.C. Center
393-8791

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

Early Intervention
3501 Columbia Street
393-8925

Provides home and center-based infant early intervention, case management, parent support and therapeutic services to mentally handicapped, physically handicapped, or developmentally delayed infants, toddlers and their families.

Eggleston Services
Norfolk
858-8011

Mission is to create education, training and employment opportunities for individuals with disabilities. Service categories include child, youth and adults with disabilities. Programs include day rehabilitation, physical and social enrichment services, and resort for the disabled, a horticultural program, and employment services.

Emergency Preparedness for Children with Special Health Care Needs, American Academy of Pediatrics
www.aap.org/advocacy/emergprep.htm

Just-Us-Kidz, Inc Parent Resource Center
898-7070

<http://justuskidz.org>

Provides training and information to parents of infants, toddlers, children and youth with disabilities and to professionals who work with children. Helps parents to participate more effectively with professionals in meeting the educational needs of children and youth with disabilities.

Learning Abled Kids
www.learningabledkids.com

A resource and support website with information, curriculum resources and tools to help teach bright children with learning issues including reading disabilities, dyslexia, dyscalculia dysgraphia, central auditory processing disorders, ADD, ADHA, and more.

Learning Disabilities Council
www.ldcouncil.org

Provides information, support, and referral for individuals with LD, their families, and others.

LDOnline
www.ldonline.org

An internet resource for families dealing with learning disabilities(LD), including gifted learners with LD.

Muscular Dystrophy Association, Inc.
Norfolk
461-0177

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

Opportunity House
Behavioral Health Services
393-5404

A day support program that provides pre-vocational, educational, socialization and daily living skills assistance to mentally ill adults. Fees based on income based sliding scale.

**Portsmouth City Public Schools Child Find/Parent Resource Center The DAC Center
393-8791**

Provides resources & information for parents of children with disabilities in the city of Portsmouth.

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Portsmouth Family Oriented Community Youth Service (FOCYS)

405-1800

Provides a combination of intensive in-home services, support & parent training to seriously emotionally disturbed youth families and their families.

SAFE HAVEN Crisis Stabilization Services

393-8152 or 391-3167

Early intervention services to infants and toddlers who have or are at risk of developmental delays along with supportive services for their families.

S.H.O.P., The

**300 Port Centre Pkwy. Suite 103
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

Spinal Cord Injury

Portsmouth Dept. of Parks & Recreation Therapeutic Recreation

**801 Crawford Street
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Rehabilitation Equipment Exchange Network

www.rehabequipmentexchange.com/index/html

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, ADFL aids, communication devices, assistive technology, and exercise equipment.

Spinal Muscular Atrophy

Portsmouth Dept. of Parks & Recreation Therapeutic Recreation

**801 Crawford Street
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Stay at Home Parents

**Mom Support Group
Suffolk
255-4168**

A support group for women dealing with the transition from paid employment to at-home motherhood. Meets the first and third Thursdays of each month at 7 PM.

Stroke

**Eastern Virginia Medical School
Norfolk
446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

National Aphasia Association

800-922-4622

www.aphasia.org

Promotes education, research, rehabilitation and support services to assist people with aphasia and their families.

Substance Abuse, include prevention services

Alcoholic Anonymous

Various Sites in Portsmouth

490-3980

A self-help support group dedicated to overcoming the abuse of alcohol. Call for the location of sites in Portsmouth. No cost.

Portsmouth Department of Behavioral Health Care Services

Administration

600 Dinwiddie St.

393-8618

Central Intake

545 High St.

393-5357

Crisis Outreach/Emergency Services

393-8991

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support, and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Portsmouth Alcohol Safety Action Program (ASAP)

500 Washington Street

396-6980

Alcohol education program. Often court ordered.

Portsmouth Community Services Board

505 Washington St. Suite 500

393-8223

Provides mental health, mental retardation and substance abuse services to residents if local.

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Prevention Services

600 Dinwiddie St., Suite 200

393-8618

Provides early intervention services.

Turning Points

Maryview Medical Center

398-2367

Program for people with chemical dependency. Covered by most major insurance companies. Ages 18 and older.

The Up Center
1805 Airline Blvd.
397-2121

www.theupcenter.org

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

Suicide

Crisis Line
622-1126

Provides 24 hour telephone crisis intervention and suicide prevention services. Community suicide prevention and crisis intervention education and training are also offered. This agency also has a telephone safety check service for the elderly or disabled living alone.

Portsmouth Department of Behavioral Health Care Services

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St.	545 High St.	393-8991
393-8618	393-5357	

Immediate response 24 hours a day, 7 days a week for individuals experiencing significant crisis due to acute due to acute mental disabilities or substance abuse disorders. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

Taxes

Office of the Commissioner of Revenue
393-8771

Real Estate tax relief for Senior Citizens and persons with disabilities. Must be at least 65 years old or totally and permanently disabled, have resided in the city at least the last two years, & live in the property to be exempted. Call for details about qualifying income and assets.

Portsmouth Department of Social Services
405-1800

Wesley Community Service Center
442 Jamestown Ave.
399-0541

Assists with tax preparation when counselors are available.

Teens

Colleges with Programs for Learning Disabled Students

www.college-scholarships.com/learning_disabilities.htm

Website with a listing of US colleges and universities that offer programs designed to support students with learning disabilities.

The UP Center
www.theupcenter.org
397-2121

Individualized service to help youth & families. Offers Anger Management for Teens. Targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services. Group offered for all adolescents, regardless of locality or ability to pay.

Job Corps
1-800-733-5627

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

National Runaway Hotline
1-800-786-2929

24 hour confidential counseling hotline. Greyhound tickets available to those who qualify.

Planned Parenthood
Norfolk
624-9224

Portsmouth Family Oriented Community Youth Service (FOCYS)
405-1800

Provides a combination of intensive in-home services, support & parent training to seriously emotionally disturbed youth families and their families.

Portsmouth Health Department Teen Family Planning Clinic
1701 High Street
393-8585

Seton Youth Shelters
www.setonyouthshelters.org

Girls 306-1840

Boys 498-4673

Provides a temporary safe haven for youth 12-17.

Teen Dating Violence Project / The HERR Shelter
485-1445

Program for teens ages 12-18 to address the healthy dating relationship versus relationships controlled by abuse and violence.

Teen Pregnancy Prevention Program
662 Lincoln Street
391-0606

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations

Teen Mothers

Ghent Family Medicine
Norfolk
446-5955

New Beginnings Development Services
1523 DesMoines Ave.
967-8371

Transitional Home for pregnant girls ages 13-18, possibly 21. Call for eligibility. Case management, crisis intervention, parenting and self sufficiency classes, self-esteem, and budgeting, education and employment counseling are just some of the services.

Portsmouth Family Medicine
600 Crawford St
397-6344

Portsmouth Health Department
1701 High Street
393-8585

Offers family planning services and health education (including professional speakers.)

Pride In Parenting
The UP Center
1805 Airline Blvd
www.theupcenter.org
397-2121

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

Teen Outreach Program
662 Lincoln Street
391-0606

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations.

Tourette syndrome

Portsmouth Department of Behavioral Health Care Services

Administration
600 Dinwiddie St.
393-8618

Central Intake
545 High St.
393-5357

Crisis Outreach/Emergency Services
393-8991

Transportation

CHIP of Portsmouth
662 Lincoln Street
391-0606

CHIP provides limited transportation to families with children age 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth Family must agree to participate in CHIP Program which includes parenting classes, nutrition, safety and other classes.

Department of Rehabilitative Services
3248 Academy Ave. Suites 22-26
686-5004

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

Hampton Roads Transit
222-6100
Public bus transportation.

Handi-Ride
222-6005
Curb side service for persons with disabilities.

Medicaid Cab / Logisticare
866-386-8331

Free transportation to and from medical appointments. Taxi must be reserved at least one week in advance.

Portsmouth Family Resource Center
660 Lincoln Street
398-8655

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

Portsmouth Health Department
1701 High St
393-8585

Provides classes and car seat distribution for Medicaid and WIC clients and other low income families.

Senior Watch
River Shoppes, West Norfolk Road
686-2565

Registered seniors get a phone call every morning. If no one answers, a deputy goes to the house and checks on them. The office also provides rides to the doctor, if needed. The program accepts referrals from civic leagues and churches and is open to all Portsmouth residents.

Stephenson Transportation
465-7040

Weekly, biweekly or monthly transportation service provided on a contractual basis. Does not accept Medicaid

Tidewater Transportation Ministries
469-1628

Free transportation service to the sea fare customers using the marine terminal. Also makes available cell phone and internet services at the Portsmouth Marine Terminal and the Seaman's Center.

Virginia Department of Rehabilitative Services
858-6750

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

The UP Center
1805 Airline Blvd
www.theupcenter.org
622-7017

Tuberculosis

Portsmouth Health Department
1701 High Street
Email: Phd-info@vdh.virginia.gov
393-8585

Provides screening, testing, treatment & education.

Utilities

Planning Council
622-9268

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance provided to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

Oasis Social Ministry

1020 High Street

397-6060

Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

PARC Inc.

1701 High Street

397-5208

Can assist with a utility bill, for one month, up to \$150. Eligibility requirements include that they have not received any other emergency financial assistance for rent or utilities in the past 12 months, that there be a source of income adequate to allow the family to remain in the home and keep the utilities on, and that utility bill must be in applicant's name and must be past due with a turn off notice.

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Portsmouth Department of Social Services

1701 High Street

405-1800

Some utility assistance is available to persons meeting eligibility requirements. May be able to refer to other funding sources.

Salvation Army

2306 Airline Blvd.

393-2519

Sometimes has resources available to assist with utility bills from January through May.

Southeastern Tidewater Opportunity Project "STOP"

Various Locations

314-1527

Assists with utilities for up to one month.

Wesley Community Center

442 Jamestown Ave.

399-0541

Sometimes is able to provide small amount of money toward rent & utility payments.

Vaccinations

Ghent Family Medicine

446-5955

Portsmouth Family Medicine

600 Crawford St.

397-6344

Portsmouth Community Health Center

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

Portsmouth Health Department

1701 High Street

393-8585

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel and seasonal flu shots.

Veteran's Services

Friends of the Elderly (FOTE) - Project 2000

**Norfolk
362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have a referral and there is a waiting list.

Vision

American Association of the Deaf-Blind

www.aadb.org

National consumer advocacy organization for people who have a combination of deafness, blindness, partial sight or partial hearing.

American Council of the Blind

800-424-8666

www.acb.org

Provides information and referrals, including legal rights for blind and visually impaired persons. Literature includes the "Braille Forum," topical brochures in large print and catalogs of useful products.

American Foundation for the Blind

800-232-5463

www.afb.org

Promotes wide-ranging, systemic change by addressing the most critical issues facing the growing blind and visually impaired population – employment, independent living, literacy, and technology.

Another Path

www.deafhomeschool.com

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

DB-LINK

800-438-9376

www.dblink.org

A federally funded service whose goal is to help parents, teachers, and others by providing information to foster the skills, strategies and confidence necessary to empower deaf-blind children from birth to 21 years of age.

Department of Blind And Vision Impaired

**Norfolk
466-4162**

Eye Care America Seniors Eye Care Program

1-800-222-EYES or 1-800-222-3937

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE,

Foundation Fighting Blindness

888-934-3937

www.blindness.org

Provides information and referral services for affected individuals, families and eye care professionals.

Gift of Sight Program / Lens Crafters

Chesapeake Square Mall

465-8787

Lenscrafters' program providing free glasses and eye exams by referral for those who cannot afford them and who are without health insurance. Must have a written referral from appropriate referring agency.

Lion's Club

488-1055

An income based program providing assistance in obtaining eyeglasses.

National Association for Parents of Children with Visual Impairments (NAPVI)

800-562-8965

www.nbp.org

Organization of – and for – parents committed to providing support and information to the parents of children who have visual impairments.

National Braille Press

888-965-8965

www.nbp.org

Nonprofit Braille printer and publisher offering Braille books, magazines, textbooks, tests, and customized embossing services.

National Federation of the Blind, Virginia

397-8070

www.nfbv.org

Provides advocacy, community education and awareness, and mutual support for the blind.

National Technical Assistance Consortium

www.nationaldlb.org

Provides technical assistance to families and agencies serving children and young adults who are deaf-blind.

Portsmouth Dept. of Parks & Recreation Therapeutic Recreation

801 Crawford Street

393-8481

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Prevent Blindness Virginia

888-790-2020

www.pbv.org

Health organization solely dedicated to the detection and prevention of early-stage vision problems.

Recording for the Blind and Dyslexic

866-887-7323

www.rfbd.org

Educational library serving people who cannot effectively read standard print because of visual impairment, learning disability, or other physical disability.

Virginia Association of the Blind, Inc.

727-1900 or 465-7230

Hometown.aol.com/vablind

Locates, informs and assists persons with visual impairment. Also collects assistive devices, computers, software, hardware, etc which are passed on to blind/visually impaired persons at no charge; also assists in training to use the equipment/device.

Virginia Department for the Blind and Vision Impaired

800-622-2155

858-6724

www.vdbvi.org

Dedicated to enabling people who are blind or have low vision to achieve their maximum level of employment, education, and personal independence. The department provides an array of specialized services to blind Virginians of all ages.

Volunteer Services

211 Virginia

Resource referral line for volunteer services throughout Hampton Roads. Dial 211.

Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.

3636 High Street

391-6017

Trains volunteers to assist terminally ill patients and their families to maintain the best quality of life during illness and after death. Meets national hospice accreditation standards for Medicare and Medicaid guidelines.

Portsmouth Family Resource Center

660 Lincoln Street

398-8655

Free community referrals for area services.

United Way Help Line

Norfolk, VA

625-4543

Free and confidential referral service to the general public and service providers.

Volunteer Hampton Roads

400 W. Olney Road Suite B Norfolk

624-2400

Resource referral line for volunteer services throughout Hampton Roads.

WIC

Portsmouth Health Department

1701 High Street

393-5340

Nutrition services for eligible women who are pregnant or breastfeeding and children from birth to age five. If the family qualifies for the free lunch program in school they are eligible for WIC benefits.

Youth Activities

4-H Youth Development

105 Utah Street

393-8109

rjlawson@vt.edu

Portsmouth Dept. of Parks & Recreation Therapeutic Recreation

801 Crawford Street

393-8481

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

Teen Outreach Program

662 Lincoln Street

391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

Youth Support

Southeastern Tidewater Opportunity Project "STOP"

Various Locations

314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

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 extension 8582

757-393-5423 (fax)

phd.info@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 (800)552-7096
www.dss.virginia.gov/familyservices/cps

Disaster Victims (fires, flood, tornadoes, etc)

Red Cross (757)446-7700
Salvation Army (757)393-2519

Domestic Violence

Help & Emergency Response, Inc. (H.E.R.) (757)485-3384
The UP Center (757)397-2121
Virginia Domestic Violence Hotline (800)838-8238
www.vsdsalliance.org
YWCA Women in Crisis Program (757)625-5570

Elder Abuse

Adult Protective Services (888)832-3858

Emergencies, Depression, Addictions & Mental Illness

Portsmouth Department of Behavioral Healthcare Services (757)393-8990
Depression Hotline (800)273-8255
Tidewater Crisis Center 211
www.211virginia.org

Poison Control

Virginia Poison Control (800)222-1222
www.vapoison.org

Rape/Sexual Assault

Response Sexual Assault Support Services of the YWCA (757)622-4300
Virginia Family Violence/Sexual Assault (800)838-8238
www.vsdsalliance.org

Runaway Youth

National Runaway Switchboard
(800)RUNAWAY
www.1800runaway.org (800)786-2929

Suicide

Crisis Line (757)622-1126
National Suicide Prevention Lifeline (800)273-8255