



2020

GUIDE

Connecting you to what matters



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

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

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

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

Values:

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

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

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

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

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

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

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





FOREWORD

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

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

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

Thank you.

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



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

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

Addiction (Alcohol, Gambling, Other Substance)

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

Adoption

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

After School Care (see "Care")

Alcoholism (See "Abuse")

Alzheimer's

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

Animals (Pets & Wildlife)

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

Anorexia Nervosa

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

Arthritis

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

Asthma & Allergies

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

Autism

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

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

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

Hampton Roads Community Health Center

Portsmouth

757-393-6363

664 Lincoln St

hrhc.org

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

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

Portsmouth (local dept)

Main 757-541-8361

Online

infantva.org

General concerns 800-234-1448

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

Oasis Social Ministry

Portsmouth

757-397-6060

800 A Williamsburg Ave

oasissocialministry.org

Provides assistance by referral. May provide diapers.

Portsmouth Department of Social Services

757-405-1800

1701 High Street, Suite 101

portsmouthva.gov/384/socialservices

Provides diapers (see intake worker).

Sentara Healthcare

Various Locations

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

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

UP Center, The

Norfolk

757-662-7017

222 W. 19th St.

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

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

Portsmouth

757-397-2121

1805 Airline Blvd.

Suffolk

757-965-8622

109.5 Clay St.

Bereavement

Organization	Telephone	Location	Website	Services
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Bon Secours Bereavement Services

Newport News

757-947-3420

716 Denbigh Blvd., Suite B3

bonsecours.com/hampton-roads/our-services/bereavement-center

Provides support groups for perinatal loss, bereavement and other grief. Support for CHILDREN: bshr.com/our-services-hospice-kidz-n-grief.html

Daily Strength

Online

dailystrength.org/categories/death_dying

Online support group. Provides resources and blogs for those who need support.

Edmarc Hospice for Children

Portsmouth

757-967-9251

516 London Street

edmarc.org

Offers home health care, hospice care, patient & family support, bereavement services, and counseling.

Healing the Spirit

Various Locations

lifenthehealth.org/healingthespirit/virginia-bereavement-support-groups

Offers many support group options in Hampton Roads. Go to website for extensive list of groups near you.

Jewish Family Service of Tidewater

Virginia Beach

Counseling

757-459-4640

Hospice & Palliative Care

757-321-2222

5000 Corporate Woods Dr., Suite 400

jfishamptonroads.org

Offers hospice with a goal of comforting; provides counseling to loved ones of deceased.

Birth Certificates

Organization	Telephone	Location	Website	Services
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Virginia Department of Health

Richmond

804-662-6200

www.vdh.virginia.gov/vital_Records/

Birth certificates for those born in VA are only available through VDH.

Blindness (see "vision")

Brain Injury

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

Breast Feeding

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

Bon Secours Hampton Roads

		Various Locations	mybonsecoursbaby.com	Provides education classes for new or soon-to-be parents. Visit website for locations.
Chesapeake Regional Medical Center: Sudden Infant Death Syndrome Support				
	757-312-6158	736 Battlefield Blvd	chesapeake regional.com/programs-services/birthplace	Offer Parenting classes, childbirth prep classes, cpr classes, breastfeeding classes, and more.
La Leche League of Tidewater				
Norfolk	757-961-8951	Various Locations	lllvawv.org	Provides education, information, support, and encouragement to women about breastfeeding. Visit website or call for group meeting times and locations.
Portsmouth	757-828-6555			
Virginia Beach	757-204-5557			

Cancer

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

Sentara

Hampton Roads	888-220-2214	Various Locations	sentara.com/ hampton-roads- virginia/medical services/services/ cancer.aspx	Provides comprehensive cancer care and addresses any cancer-related questions. (specialization in: breast, colorectal, head & neck, lung, & prostate)
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13thirty Cancer Connect

585-563-6221	Online	13thirty.org	Provides information, personal stories, and ways for teens and young adults to connect with one another.
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Care (Child Care & Senior Citizen Care)

Organization	Telephone	Location	Website	Services
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*Child Care (also see "Head Start")***6 to Six**

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

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

Child and Adult Care Food Program (CACFP)

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

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

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

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

866-543-7852			Provides assistance with finding child care.
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*Senior Citizen Care***Commonwealth Senior Living @ Churchland House**

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

Organization	Telephone	Location	Website	Services
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My Child

800-692-4453	Online	cerebralpalsy.org	Provides resources, help, and answers.
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Ability Center of Virginia (formerly Cerebral Palsy of Virginia)

Virginia Beach	757- 497-7474	5825 Arrowhead Dr., Suite 201	cerebralpalsyof virginia.org	Offers recreational programs, arts & crafts, weekend activities, and camps.
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Children's Hospital of the King's Daughters

Norfolk-CHKD	757-668-7473	601 Children's Lane	chkd.org	Offers patient care, education, and research through it's comprehensive clinic and laboratory.
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United Cerebral Palsy: Easter Seals Disability Services

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

Children's Health Screening/Prevention Services

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

Citizenship

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

Clothing

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

STOP Organization

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

Washington, DC	202-293-0351	1023 15th St NW Suite 601	suitedforchange.org	Provides women professional clothing through the help of clothing donations.
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Counseling (Credit/Financial & Youth/Family)

Organization	Telephone	Location	Website	Services
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*Credit/ Financial Counseling***Catholic Charities of Eastern Virginia, Inc.**

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

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

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

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

Mental Health Counseling				
Southside	757-467-7707			
Penninsula	757-875-0060			
Health & Community Services		Various Locations	cceva.org	Offers mental health (grief & loss, marriage, family, body image, etc.), and health and community (living with chronic conditions & guardianship) counseling.
Life Coach	757-875-0060 Ext. 1033			
Guardianship/Conservatorship	757-467-7707			

Portsmouth Department of Behavioral Health Services

Office	757-393-8618		portsmouthva.gov/149/Behavioral-Healthcare	Offers outpatient counseling, home-based services, emergency services, and more.
Central Intake	757-393-5357	1811 King St.		
Emergency Services	757-393-8990			

UP Center, The

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

Court Services

Organization	Telephone	Location	Website	Services
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Circuit Court

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

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

Portsmouth (local dept.)				
Criminal	757-393-8681	1345 Court St., Suite 104	courts.state.va.us/courts/gd/portsmouth/home.html	Provides services and resources according to VA's judicial system.
Traffic	757-393-8506			
Civil	757-393-8624			

Juvenile & Domestic Relations Court

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

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

Senior Law Center

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

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

Deaf, Hard of Hearing

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

Death (also see "funeral services")

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

Death Certificates

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

Dental Care

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

Developmentally Disabled

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

Hampton Mental Health Associates

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

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

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

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

EQUI-KIDS Therapeutic Riding Program

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

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

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

	804-353-5008	Online	nationalmssociety.org	Provides resources and strives to find a cure.
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Online Colleges, Scholarships, and Degree Programs

		Online	college-scholarships.com	Provides resources for finding scholarships to the colleges with programs for students with learning disabilities.
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Portsmouth Department of Parks and Recreation

	757-393-8481	801 Crawford St.	portsmouthparks.com/	Strives to empower those with disabilities to become independent, responsible, and productive.
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Virginia Board for People with Disabilities

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

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

Portsmouth	757-822-2640	120 Campus Drive	tcc.edu/service-support/students-disabilities-accommodation/	Offers services for those with disabilities including: placement testing accommodations, assistance with campus mobility, accessible parking, interpreter services, assistive technology, and more.
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Domestic Violence (see "Abuse")**Down Syndrome**

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

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

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

Virginia Beach Branch of the International Dyslexia Association

Richmond	866-893-0583	3126 West Cary Street #102	va.dyslexiaida.org	Dedicated to educating families on dyslexia and the services available to them.
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Education (also see "School Resources" & "GED Preparation")

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

Elder Abuse (see "Abuse")**Electricity Shut Off** (see "Utility Assistance")**Emergency Care**

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

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

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

Employment/Training

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

Urban League of Hampton Roads, Inc.

Norfolk	757-627-0864	121 College Place Suite 105		
Norfolk	757-226-7589	830 Goff Street	ulhr.org	Provides services and programs in education, employment, health, and housing.
Hampton	757-224-8134	1300 Thomas St. Suite E		

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

800-872-5327	ed.gov/	Provides counseling and information on different opportunities for furthering education including academic advice, workshops, tutoring, mentoring, and more.
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U.S. Department of Veterans Affairs

Online	va.gov	Provides resources for veteran employment opportunities.
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Virginia Career Works

Portsmouth	757-558-4462	4824 George Washington Hwy	vcwhamptonroads.org/virginia-career-works-hampton-roads-2/	Offers basic training career services to everyone; offers enhanced career services and training to those eligible with funding limitations.
Norfolk	757-461-7537	861 Glenrock Rd. Suite 100		
Suffolk	757-514-7737	157 North Main St.		

Virginia Employment Commission

Hampton	757-865-5800	600 Butler Farm Rd., Ste B	www.vec.virginia.gov/find-a-job	Helps individual register as a job seeker, or file an unemployment claim online.
Portsmouth	757-558-4455	4824 George Washington Hwy		

Virginia Tidewater Consortium for Higher Education

Norfolk	757-683-2312	861 Glenrock Rd. Suite 135	vtc.odu.edu	Provides career planning and offers an outreach program for youth 16-24 years of age for employment preparation and education.
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English as a Second Language

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

Epilepsy

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

Ex-Offenders

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

Eye Care

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

Financial Management (see "Counseling")

Food Assistance

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

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

Foot Care

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

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

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

Foster Care

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

Free Meal Locations (see "Food Assistance")

Furniture

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

Gambling (see "Addiction")

Gas Shut Off (see "Utility Assistance")

Gay/Bi/Transgender

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

GED Prep

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

Hampton City Schools Adult ED

GED Classes 757-727-1328

GED Test 757-727-1327

hampton.k12.va.us/departments/adulted/adulted.html

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

Job Corps

800-733-5627

Various Locations

jobcorps.gov

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

Glasses (also see "Vision")

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

Grandparents Fostering/Raising Grandchildren

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

Grief (see "Bereavement")**Guardianship/Conservatorship**

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

VA Legal Aid

Online

valegalaid.org/

Resource for information on laws of guardianship or conservatorship.

Head Start

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

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

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

Hearing (see "Deaf/Hard of Hearing")**HIV/AIDS Services**

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

Eastern Virginia Medical Center: HIV/AIDS Resource Center

Norfolk	757-446-6170	358 Mowbray Arch Suite 106	evms.edu/ community/ community_training /hiv_aids_resource_ center	Provides resources and consultations on prevention and education.
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Hampton Roads Community Health Center

Portsmouth	757-393-6363	664 Lincoln St	hrhc.org	Provides primary medical care; offers free transportation to appointments on Lincoln St.
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Opportunity House/Shelter Plus Care

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

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

Urban League of Hampton Roads

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

Homeless (see "Housing")

Home Ownership Assistance & Education

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

Hospice

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

Hospital Care

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

Portsmouth Community Health Center

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

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

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

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

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

Organization	Telephone	Location	Website	Services
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*Disabled Housing***Community Alternatives**

757-468-7000	Various Locations	comalt.org	Provides resources for residential services or in-home services and more. Call for vacancies.
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Developmental Services Supportive Living Program

Virginia Beach	757-385-0600		vbgov.com/ government/ departments/human- services	Provides services and information about supportive living. To make a referral: 757-385-0600
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Effingham Plaza

Portsmouth	757-393-4757	715 Madison St.		Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Must have SS card, written proof of income, and current bank statement at time of application.
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Endependence Center, Inc

Norfolk				
Voice Phone	757-461-8007			
Text Phone	757-461-7527	6300 East VB Blvd	endependence.org	Offers many services including referrals, counseling, advocacy, housing & employment assistance, education, transportation, and home modifications for accessible entrances and bathrooms.

Hope House

Norfolk	757-625-6161	801 Boush Street, Suite 302	hope-house.org	Non-profit organization provides community based residential services.
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Housing Development Corporation of Hampton Roads

Newport News	757-873-2111	2 Bernardine Dr.	hdcofhr.org	Helps those who are previously incarcerated, veterans, who have physical disabilities, who are living with HIV/AIDS, and people who have low income find homes.
Malvern Hill				
Portsmouth	757-393-0905	426 King St.		Subsidized housing exclusively for the Senior Citizens and persons with disabilities.
Mt. Herman Village				
Portsmouth	757-399-4406	2400 Cutherell St.		Subsidized housing exclusively for Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.
STOP Organization of Hampton Roads				
	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more.

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

Virginia Beach	757-491-2846	1053 VB Blvd	jcoc.org	Provides many services for those in need of a home including: dining hall, food assistance, emergency housing, low cost housing, and more.
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Oasis Social Ministry

Portsmouth	757-397-6060	800 A Williamsburg Ave	oasissocialministry.org	Provides food assistance, household items, holiday baskets, and more to the homeless. Must have a case manager.
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Portsmouth Area Resources Coalition

	757-966-2107		portsmouthva.gov/502/homelessness	Provides short term bed facility for families in crisis, supportive family living, a 12 month rental assistance program for homeless families & individuals, and 24 month support program for homeless families.
Portsmouth Homeless Hotline	757-966-2107			
Portsmouth Christian Outreach Ministries				
	757-397-4570	910 7th St.		Provides temporary housing and meals for the homeless, as well as helps to guide them to become self-sufficient.

Portsmouth Department of Social Services

	757-405-1800	1701 High Street, Suite 101	portsmouthva.gov/384/social-services	Provides many resources for finding housing.
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Portsmouth Volunteers for the Homeless, Inc.

	757-399-0200	800 Williamsburg Ave. Suite B		Assists the homeless with receiving hygiene services, mentoring, and other ways for promoting a self-sufficient life.
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Salvation Army**Norfolk**

Emergency for single males 757-622-7275

757-449-0032

5525 Raby Rd.

salvationarmy.usa.org

Offers housing, emergency assistance, transitional housing and more.

Hampton

757-838-4875

1033 Big Bethel Rd.

Seton Youth Shelters**Virginia Beach**

Girl's Shelter 757-306-1840

Boy's Shelter 757-498-4673

Crisis Hotline 757-498-4357

setonyouthshelters.org

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

Union Mission Ministries**Norfolk**Men's Shelter 757-627-8686
ext 200Women's Shelter (single) 757-627-8686
ext 354Women's Shelter (with kids) 757-627-8686
ext 351

5100 E. VB Blvd

unionmissionministries.org

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

Chesapeake 757-523-0401

Norfolk 757-623-1111

Portsmouth 757-399-5261

Suffolk 757-539-2100

Virginia Beach 757-385-5750

Various Locations

virginiassupportivehousing.org

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

Volunteers of America Chesapeake - The Lighthouse Center**Virginia Beach**

757-437-4911

825 18th St.

voachesapeake.org/
lighthouse-center

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

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

Office 757-456-2366

Financial Assistance 757-587-4202

Financial Counseling 757-484-0703

cceva.org

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

Department of Housing and Urban Development

202-708-1112

hud.gov

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

Housing Development Corporation of Hampton Roads**Newport News**

757-873-2111

2 Bernardine Dr.

hdcofhr.org

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

Oasis Social Ministry**Portsmouth**

757-397-6060

800 A Williamsburg Ave.

oasisocialministry.org

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

PARC, Inc.**Portsmouth**

757-966-2107

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

Portsmouth Department of Social Services

757-405-1800 1701 High St.

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

Portsmouth Redevelopment and Housing Authority

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

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

Planning Council, The

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

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

Salvation Army

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

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

STOP Organization

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

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

Southside Gardens

Portsmouth 757-399-0271 707 7th St.

Subsidized apartments with 2,3, or 4 bedrooms.

U.S. Department of Veterans Affairs

877-827-1000 va.gov

Provides resources for veterans in need of housing assistance.

Wesley Community Center

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

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

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

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

Provides rental assistance resources and advice.

Portsmouth Redevelopment and Housing Authority

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

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

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

Chesapeake 757-484-8697 3504 Executive Center

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

Effingham Plaza

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

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

Commons at Greenwood

Portsmouth 757-465-9007 205 Bedford Court

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

Low Income Housing

Various Locations lowincomehousing.us/VA.html

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

Norfolk Urban Outreach Ministry

757-461-4213 972 Norfolk Square nuom.org

Helps extremely low income, elderly find housing.

Malvern Hill

Portsmouth	757-393-0348	426 King St.		Affordable housing for Senior Citizens. Must call to schedule an appointment.
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Mt. Hermon Village

Portsmouth	757-399-4406	2400 Cutherell St.		Affordable housing for Senior Citizens. Must call to schedule an appointment.
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STOP Organization of Hampton Roads

	757-858-1360	5700 Thurston Ave., Suite 101	stopinc.org	May be able to provide assistance to elderly/disabled including, repairs, painting, plumbing, roofing, and more.
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Victory Square Senior Apartments

Portsmouth	757-397-9991	900 County St.		Adults 55 years of age and older.
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*Transitional Housing***Barrett Transitional Home**

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

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

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

St. Columba Ecumenical Ministries, Inc.

Norfolk	757-627-6748	2114 Lafayette Blvd	stcolumbaministries.com	Provides a 6 month transitional housing program for single, homeless, adult males and females.
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Virginia Transitional Housing

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

	757-858-1360		stopinc.org	Provides weatherization services to low-income residents in South Hampton Roads.
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Virginia Department of Housing and Community Development

	804-371-7000	Online	dhcd.virginia.gov/wx	Provides many resources on weatherization assistance programs in your area. Go to website to find a local provider.
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Immigration & Naturalization Assistance (see "Citizenship")**Immunizations**

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

Portsmouth Health Department757-393-8585
ext 8519

1701 High Street

vdh.virginia.gov
/portsmouth/

Offers a free walk-in immunization clinic for children in the WIC office, every Wednesday from 1-4pm. Must have immunization record with you. Also offers adult immunizations.

Insurance (also see "Health Insurance")

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

Jail

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

Job Training (see "Employment")**Kidney**

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

Legal (see "Court Services")

Leukemia & Lymphoma

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

Libraries

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

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

Meals (see "Food Assistance")

Mediation Services

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

Medicaid/Medicare Assistance

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

Medicaid Community Based Providers

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

Medical Care (see "Hospital Care")

Medical Equipment

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

Medication Services

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

RxAssist				
		Online	rxassist.org	Assists individuals with using pharmaceutical company programs and others to reduce medical costs.
Virginia AIDS Drug Assistance Program (ADAP)				
	855-362-0658		vdh.virginia.gov/disease-prevention/virginia-aids-drug-assistance-program-adap/	Provides access to life-saving medications for the treatment of HIV and related illnesses for low-income clients.
Virginia Health Care Foundation				
Richmond	804-828-5804	707 E. Main Street, Suite 1350	vhcf.org/for-those-who-help-the-pharmacy-connection	Online software program that helps provide medications to chronically ill or uninsured individuals in VA.

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

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

Mental Health Outpatient Treatment Services/Supported Living Services

Portsmouth				
Crisis Outreach	757-393-8990	1811 King St.		Combines 24 hour response for mental health and substance abuse emergencies with case management services for high risk clients and those returning to the community from state facilities.
Mental Health Outpatient	757-393-8223			Services include mental health outpatient counseling and medication services to individuals, groups, or families.
Intake	757-393-5357			
National Association for the Dually Diagnosed				
	845-331-4336	Online	thenadd.org	Offers many different publications on persons with developmental disabilities and mental health needs.
Opportunity House: Alliance for the Mentally Ill				
Portsmouth	757-393-8926 ext 5733	505 Jamestown Ave.		Support group for the family and friends of the mentally ill. Call for more information.
Portsmouth Department of Behavioral Healthcare Services				
Administration	757-393-8618			
Central Intake	757-393-5357	1811 King St.	www.portsmouthva.gov/149/Behavioral-Healthcare	Provides resources for those with mental disabilities.
Emergency Services	757-393-8990			
Portsmouth Department of Social Services				
	757-405-1800	1701 High Street, Suite 101	portsmouthva.gov/384/social-services	Provides services to ensure the health and welfare of those who need assistance.
Portsmouth Parks & Recreation: Therapeutic Recreation Program				
	757-393-8481	801 Crawford St.	portsvaprls.com/therapeutic-recreation/	Offers an encouraging environment for those with physical, mental, and emotional disabilities to attain their highest level of independent leisure functioning.
U.S. Department of Veterans Affairs				
	800-827-1000		www.mentalhealth.va.gov	Offers many services and programs relating to mental health like substance abuse.
Veterans Crisis Line	800-273-8255			
Virginia Department of Behavioral Health & Developmental Services				
Richmond	804-786-3921	1220 Bank St.	dbhds.virginia.gov	Provides help in finding providers and local service facilities.

Mentoring

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

Military

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

Mortgage Assistance (see "Housing")

Multiple Sclerosis

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

Muscular Dystrophy

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

Nutrition/Health Counseling & Education

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

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

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

Parents Night Out: YMCA

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

Office	757-393-8618		portsmouthva.gov/14	Provides emergency services for individuals with thoughts of harming self or others. Also, for more information on "individuals & families" mental health services go to dbhds.virginia.gov .
Central Intake	757-393-5357	1811 King St.	9/Behavioral-Healthcare	
Emergency Services	757-393-8990			

Portsmouth Department of Social Services: Child Protective Services

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

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

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

Virginia Beach			tpomc.org	Contact by email on website only. Offers women in Tidewater with multiples many resources in the community, different activities and programs, support groups, newsletters and more.
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St. John's Episcopal Church

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

Up Center, The

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

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

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

Organization	Telephone	Location	Website	Services
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Portsmouth Health Department

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

Birthright International

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

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

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

CHIP of Virginia

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

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

La Leche League of Tidewater

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

Loving Steps

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

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

Hampton Roads Community Health Center

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

Naval Services Family Line

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

Sentara Mother/Baby Care Program

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

Preschool (see "School Resources")

Prescription Assistance (see "Medicine Services")

Rape/Sexual Assault (see "Abuse")

Reading (also see "Libraries")

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

Recreation (also see "Parks and Recreation")

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

Rent/Security Deposit Assistance (see "Housing")

Representative Payee

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

Runaway/Disconnected Youth

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

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

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

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

Organization	Telephone	Location	Website	Services
Alzheimer's Association				
Norfolk	757-459-2405	6350 Center Dr. Suite 102	alz.org/seva	Offers support groups, respite care, education groups, telephone helpline, research, and support.
	Helpline 800-272-3900			
American Association of Retired People		Various Locations	local.aarp.org/ portsmouth-va	Provides services to people age 50+. Offers programs including: Safe Driver Training, Taix-Aid, and Health
Catholic Charities of Eastern Virginia				
	Southside 757-456-2366			Offers community assistance and resources for seniors, as well as, guardianship/conservatorship, and in-home respite care.
	Peninsula 757-875-0060		cceva.org	
Citizens' Committee to Protect the Elderly				
Virginia Beach	757-518-8500			An all-volunteer non-profit organization offering assistance programs to the residents of nursing homes and their families throughout Hampton Roads.
JenCare Senior Medical Center	757-393-1136			JenCare Senior Medical Center is a family-owned primary and specialty care practice committed to delivering healthcare to Medicare-eligible seniors.
LogistiCare - Transportation				
	866-246-9979		transportation. dmas.virginia.gov	Provides rides for those with Medicaid. Individuals may be eligible for non-emergency medical transportation. Call for a reservation.
Long-Term Care Ombudsman			theconsumervoice.org/ home	Serves as an advocate for older adults by investigating and helping to resolve issues involving quality of care, quality of life, and residents' rights in Adult Care Facilities, Nursing Facilities, and Home Health Services in LTC settings.
Portsmouth Office of the Commissioner of the Revenue	757- 405-1800	801 Crawford St.	portsmouthva.gov/21 5/tax-relief-program	Provides tax relief for those eligible. Criteria include persons to be permanently and totally disabled or must be 65 years of age, and more.
Portsmouth Senior Care		Various Locations	care.com/senior- care/portsmouth-va	Provides senior caregiver contacts in the area.
Senior Center Adult Day Care Norfolk	757-625-5857	7300 Newport Ave.	primeplus.org	Day care for seniors.
Senior's EyeCare Program	800-222-3937	Various Locations	eyedoctorguide. com/eye_care/ free_senior_eye_ exams.html	Allows for seniors who have not received eyecare in the last 3 years to receive free eye care.
Senior Law Center Norfolk	757- 627-5423	125 St. Paul's Blvd., Suite 400	laseva.org	Federally funded non-profit law office, offering free legal services (except court costs), for individuals age 55+.

Senior Services of Southeastern Virginia

Norfolk	757-461-9481	6350 Center Dr. Suite 101	ssseva.org	Offers a variety of services to persons age 60+ including: employment, transportation, health screening, homemaking, personal care, adult day care, merchant
Senior Station				
Portsmouth	757-391-3241	3500 Clifford St.	portsvaprls.com/senior-programs.	A wide variety of activities and programs for senior adults. Hours of operation are Mon-Fri, 9am-4pm.
Social Security				
			ssa.gov	Provides information on social security whether retired, disabled, or other.

United States Department of Agriculture

	Online	https://www.nal.usda.gov/fnic/older-individuals	Gives seniors many resources for nutrition and health.
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Virginia Insurance Counseling Assistance Program

	804-662-9333			Offers confidential help, advice, and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice, and problems with Medicare, Medicaid, and medical bills.
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Sexual Assault (see "Abuse")**Sexually Transmitted Diseases** (also see "HIV/AIDS Services")

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

Shelter (also see "Housing")

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

PARC Homeless Shelter

Portsmouth	757-966-2107	parcinc.org	Provides assistance to the homeless.
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Portsmouth Volunteers for the Homeless

757-399-0200	800 Williamsburg Ave. Suite B	Provides shelter for the homeless who are 18 years old or older, single men and women.
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Salvation Army Emergency & Transitional Lodging

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

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

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

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

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

YWCA

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

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

Social Security

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

Social Services of Portsmouth

Program	Telephone	Services
<p><i>Portsmouth Social Services is located at: 1701 High Street, Portsmouth, VA 23704 757-405-1800</i></p>		
Adult Services		
Main Office	757-405-1800	<p>The Department for Aging and Rehabilitative Services (DARS) administers the following programs through the Adult Protective Services Division: Adult Services (AS), Adult Protective Services (APS), and Auxiliary Grants (AG) Program. Any person who suspects that an adult or incapacitated individual is at risk of abuse, neglect, or exploitation may report their concerns. Reports may be made Monday through Friday, between 9:00 a.m. and 5 p.m. If calling after hours/holidays, call Virginia State Hotline. Reporter's name will be confidential, unless otherwise ordered by court. *AS include provision of case management, home-based care, transportation, adult day services, nutrition services, placement services, companion services, assisted living facility assessments, and others. *APS consist of the identification, receipt, and investigation of complaints and reports of adult abuse, neglect or exploitation (or the risk thereof). Services may include the provision of home-based care, transportation, adult day services, meal services, legal proceedings, and other activities to protect the adult. Eligibility for APS include: 60+ years of age, or 18+ years of age and incapacitated. *The AG Program is a financial assistance program that provides supplemental income to low income individuals who are aged, blind, or disabled and reside in assisted living facilities (ALF) or adult foster care homes (AFCH).</p>
Virginia State Hotline	888-832-3858	
Benefits Program		
	757-405-1800	<p>The programs provided under the BP are the Auxiliary Grant (AG), Energy Assistance Program (EA), Medical Assistance Programs (MA), Supplemental Nutrition Assistance Program (SNAP), and the Temporary Assistance for Needy Families Program (TANF). An *AG is an income supplement for individuals who receive Supplemental Security Income and certain other aged, blind, or disabled individuals who reside in a licensed assisted living facility or an approved adult foster care home. The *EA consists of three components: Fuel Assistance, which helps eligible households with the costs of heating their homes; Crisis Assistance which helps households in heating emergency situations with primary heat security deposits, utility heating bills, repair/replacement of heating equipment, primary heating fuel, or emergency shelter; Cooling Assistance which helps with cooling equipment repairs or purchases and with payment of the electric bill to operate cooling equipment. Each *MA program covers different groups of people and each program has different eligibility requirements. Age, income, financial resources, and non-financial factors affect which program an individual is eligible for. A goal of *SNAP is to reduce hunger and increase food security. The Program permits low-income households to have a more nutritious diet through normal channels of trade by increasing the food purchasing power for eligible households. The Program also provides food when there is a disaster. The purpose of *TANF is to provide assistance to needy families so that children may be cared for in their own homes or in the homes of relatives; end the dependence of needy parents on government benefits by promoting job preparation, work, and marriage; prevent and reduce the incidence of out-of-wedlock pregnancies; and encourage the formation and maintenance of two-parent families.</p>
	757-405-1800	
Child Protective Services & CPS Ongoing		
Local Hotline	757-405-1800	<p>CPS is a government mandated agency that provides protection for children who are at risk of, or are experiencing physical, sexual, or emotional abuse, or emotional or physical neglect. The focus is on the safety of the child and support for parents to strengthen families and promote safe nurturing homes for children. Services include: screenings, investigations, referrals, out-of-home placement, and more. Be ready with this information: child's name, age, address, name and relationship of person being suspected of abusing, what you have seen or heard regarding the abuse, and voluntarily your name & telephone number. CPS Ongoing aims to empower families to function independent from the social services system. They address individuals and family members by continuing to reassess child safety, risk of maltreatment, and more in order to help families remain together. Services include: emergency needs, shelter, child care, counseling, treatment, furniture, beds, rental payment, transportation, substance abuse programs, and more.</p>
Virginia State Hotline	800-552-7096	

Children's Service Act

757-405-1800

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

Community Agency Resource Enhancement Services

757-405-1800

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

Foster Care & Adoption Programs

One Church, One Child 800-440-5090

AREVA 800-362-3678

757-405-1800

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

Resource Families Program

757-405-1800

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

Services Intake

757-405-1800

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

Tax Relief for the Elderly and Disabled

757-405-1800

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

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

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

Spinal Cord Injury/Spinal Muscular Atrophy

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

Stay at Home Parents

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

Stroke (also see "Emergency Care")

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

Substance Abuse (see "Addiction")

Suicide

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

Support (see "Abuse" & "Counseling")

Taxes

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

Teens

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

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

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

Portsmouth Family Medicine Residency Program

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

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

Tourette's Syndrome

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

Transportation

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

Tuberculosis

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

Utility Assistance (Electricity, Gas, Water)

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

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

Water

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

Vaccinations (see "Immunizations")

Veterans (see "Military Services")

Vision

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

Foundation Fighting Blindness

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

800-221-4792	Online	learningally.org	Offers success stories, support groups, empowerment, audiobooks and more.
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Lens Crafters: One Sight

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

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

Richmond, VA

Voice Phone 804-828-2052

Text Phone 711 (VA Relay)

nationaldb.org	Provides a library of resources as well as connections around the U.S.
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National Federation of the Blind

410-659-9314	Online	nfb.org	Provides resources on living, working, learning, and recreation while being blind.
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Portsmouth Parks & Recreation: Therapeutic Recreation Program

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

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

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

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

Youth Activities

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

Resource Guide Feedback/Contact/Suggestion Form

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

Print Clearly or Type

Agency Name: _____

Address: _____

Phone#(voice,TTY,FAX): _____

E-mail address: _____

Contact person and title: _____

Describe service(s) provided: _____

Please mail, fax, or email this form to:

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

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

portsmouth@vdh.virginia.gov

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

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