

# COMMUNITY RESOURCE GUIDE

HELPING SENIORS, THE DIFFERENTLY-ABLED,  
AND FAMILIES IN NORFOLK



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## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Animal Welfare	Animal Resources of Tidewater	Adoptions; spaying; community medical assistance; legislative policy; pitbull awareness	757-456-1354	<a href="mailto:info@ARTanimals.org">info@ARTanimals.org</a>	<a href="http://Artanimals.org">Artanimals.org</a>
	Norfolk Animal Care Center	Adoptions; spaying	757-441-5505	<a href="mailto:nacc@norfolk.gov">nacc@norfolk.gov</a>	<a href="http://www.norfolk.gov/nacc">www.norfolk.gov/nacc</a>
	Norfolk SPCA	Providing affordable and charitable vet services, educational programs, and counseling to keep pets with their families	757-622-3319	<a href="mailto:clientservices@norfolkspca.org">clientservices@norfolkspca.org</a>	<a href="https://norfolkspca.com/helpful-resources/">https://norfolkspca.com/helpful-resources/</a>
Child and Family Services	Child Protective Services	Services for at-risk youth and their families	757-664-6022	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Child Support (DCSE)	Locate non-custodial parent; support collections; establish paternity	800-468-8894	<a href="mailto:citizen.services@dss.virginia.gov">citizen.services@dss.virginia.gov</a>	<a href="http://www.dss.virginia.gov/family/dcse/">www.dss.virginia.gov/family/dcse/</a>
	CHKD Sibshops	Provide peer support, education, and a good time for siblings ages 6-14 years old in a lively, recreational setting that emphasizes a kid's eye view		<a href="mailto:info@siblingsupport.org">info@siblingsupport.org</a>	<a href="http://www.siblingsupport.org/sibshops/chkd-sibshops">http://www.siblingsupport.org/sibshops/chkd-sibshops</a>
	Early Prevention Unit	Voluntary services offered to strengthen families and improve child well-being to maximize the abilities of families to protect and care for their children, prevent abuse and neglect and the need for out of home placements	757-664-7790	Email address on website	<a href="http://www.norfolk.gov/index.aspx?nid=1939">www.norfolk.gov/index.aspx?nid=1939</a>
	Family Services	Supportive, protective and preventive services including adoption and foster care; child protective services; prevention services; and the Homeless Action & Response Team	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Fatherhood Development Group	Meets weekly to support fathers caring for and supporting their children	757-664-6143	Email address on website	<a href="http://www.norfolk.gov/index.aspx?nid=1939">www.norfolk.gov/index.aspx?nid=1939</a>
	For Kids, Inc.	Emergency sheltering; supportive housing; support services for veteran families; tutoring and educational services; case management; mental health; job coaching	757-622-6400 ext. 5	<a href="mailto:info@forkids.org">info@forkids.org</a>	<a href="http://www.forkidsva.org">www.forkidsva.org</a>
	Juvenile Services	Programs and services are available to meet the needs of youth in the juvenile justice system	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Kids Priority One	Connecting children and families with resources	757-244-5373	<a href="mailto:info@kidspriorityone.org">info@kidspriorityone.org</a>	<a href="http://www.kidspriorityone.org">www.kidspriorityone.org</a>
	Kin and Kids Consulting	Provides education, training, and supportive services for Kinship Families (grandparents raising grandchildren and relative caregivers) and family caregivers	757-434-5162	<a href="mailto:kinandkidsconsulting@cox.net">kinandkidsconsulting@cox.net</a>	<a href="http://www.kinandkidsconsulting.com">www.kinandkidsconsulting.com</a>

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Child and Family Services	Pathways to Life	Pregnancy and parenting; abuse; ADHD; anger; anxiety; Bi-Polar Disorder; decision-making skills; depression; differently-abled; poor school/work performance; physical/verbal aggression towards others; PTSD; stress; substance abuse; teen pregnancy	757-395-4122	<a href="mailto:pwsnorfolk@pwstolife.com">pwsnorfolk@pwstolife.com</a>	<a href="http://www.pwstolife.com/">http://www.pwstolife.com/</a>
	Ready by 5	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	The UP Center	Foster care and adoption; mentoring; youth counseling; parenting support; family and child counseling; mediation and visitation	757-965-8683	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="http://www.theupcenter.org">www.theupcenter.org</a>
Child Care	Children's Harbor	Provides programs and comprehensive services for children	757-622-0900	<a href="mailto:info@childrensharbor.cc">info@childrensharbor.cc</a>	<a href="http://www.childrensharbor.cc">www.childrensharbor.cc</a>
	CommonHelp Virginia	Assistance is provided to eligible families to help with the cost of childcare so they can work or attend education programs		Email address on website	<a href="http://commonhelp.virginia.gov/access/">commonhelp.virginia.gov/access/</a>
	Ready By 5	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	YMCA	Childcare, before and after school care	757-962-5555	Email address on website	<a href="http://www.ymcashr.org/blocker-norfolk/pages/child-care">www.ymcashr.org/blocker-norfolk/pages/child-care</a>
	YWCA	TCC Child Development Center	757-822-1536	<a href="mailto:info@ywca-shr.org">info@ywca-shr.org</a>	<a href="https://www.ywca-shr.org/">https://www.ywca-shr.org/</a>
Clothes Closets	Advent Episcopal Church	Serving zip codes 23503, 23505, and 23518. Open Mondays and Thursdays from 10:00AM - 12:00PM and Thursdays 6:00-7:00PM. Photo ID and a utility bill with your address required	757-587-0125	<a href="mailto:churchoffice@adventepiscopalchurch.org">churchoffice@adventepiscopalchurch.org</a>	<a href="http://www.adventepiscopalchurch.org">www.adventepiscopalchurch.org</a>
	Benevolent Family Services	Call for hours	757-227-4644	<a href="mailto:info@benevolentfs.com">info@benevolentfs.com</a>	<a href="http://www.benevolentfs.com">www.benevolentfs.com</a>
	Calvary Revival Church	Open 9:30AM - 12:30PM Fridays	757-321-9700	Email address on website	<a href="http://www.crcglobal.org/">www.crcglobal.org/</a>
	Ghent Area Ministries	Open Monday, Tuesday, Thursday and Friday from 10:00AM - 3:00PM, Wednesday from 11:30AM - 4:00PM	757-622-0438	<a href="mailto:bbrown@gamnorfolk.org">bbrown@gamnorfolk.org</a>	<a href="http://www.gamnorfolk.org">www.gamnorfolk.org</a>
	Mount Gilead Missionary Baptist Church	Open 2nd and 4th Friday of the month from 12:00-2:00 PM	757-853-3721	<a href="mailto:Churchsecretary@mount-gilead.com">Churchsecretary@mount-gilead.com</a>	<a href="http://www.mount-gilead.com">www.mount-gilead.com</a>
	St. Columba	Open Mondays at 9:00AM; call for additional information	757-627-6748	Email address on website	<a href="http://www.stcolumbaministries.com">www.stcolumbaministries.com</a>
	Wesley Grace United Methodist Church	Open 1st and 3rd Saturday of each month, 11 a.m. - 1 p.m.	757-587-2996	<a href="mailto:church@norwmumc.org">church@norwmumc.org</a>	<a href="http://www.wmumcnor.org/Missions%20and%20Outreach.htm">www.wmumcnor.org/Missions%20and%20Outreach.htm</a>
	Temple Baptist Church	Family Clothing and food every other Wednesday 9 a.m. - 12 p.m.	757-622-2876	Email address on website	<a href="http://www.talbotparkbaptistchurch.org/">www.talbotparkbaptistchurch.org/</a>
	Communications	Safelink Wireless	Service provides free wireless and phones to individuals who meet eligibility requirements	800-723-3546	Email address on website

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Courts	Circuit Court	Divorce; death and probate; civil and marriage license; restricted license; and concealed weapon information; land and deed recording; pay fines; drug, mental health, and veterans court; appeals; passports; notary; jury duty; Freedom of Information Act inquiries	757-389-8942	Live chat available	<a href="http://www.norfolkcircuitcourt.us">www.norfolkcircuitcourt.us</a>	
	Community Corrections	Pre- and post-trial community supervision	757-441-1413	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=587">www.norfolk.gov/index.aspx?NID=587</a>	
	Eastern District of Virginia U.S. Bankruptcy Court	Filing for bankruptcy		Email address on website	<a href="http://www.vaeb.uscourts.gov/wordpress/">www.vaeb.uscourts.gov/wordpress/</a>	
	General District	Civil cases; small claims; first appearance criminal cases; alcoholic and beverage control cases; revocation hearings; animal control/fishing violations; environmental cases; health, housing and zoning violations; traffic cases	757-664-4910	Email address on website	<a href="http://www.courts.state.va.us/courts/gd/norfolk/home.html">http://www.courts.state.va.us/courts/gd/norfolk/home.html</a>	
	Juvenile and Domestic Relations Court	Custody/visitation; adult criminal; delinquency; DCSE/support; domestic violence matters; foster care; contested cases; driver's license presentations	757-664-7340	Email address on website	<a href="http://www.courts.state.va.us/courts/jdr/home.html">http://www.courts.state.va.us/courts/jdr/home.html</a>	
	Juvenile Services	Programs and services are available to meet the needs of youth in the juvenile justice system	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>	
	Probation & Parole, District	Probation and parole services	804-674-3243	<a href="https://vadoc.virginia.gov/documents/local-resource-directories/resource-directory-district-2.pdf">https://vadoc.virginia.gov/documents/local-resource-directories/resource-directory-district-2.pdf</a>	<a href="https://vadoc.virginia.gov/documents/local-resource-directories/resource-directory-district-2.pdf">https://vadoc.virginia.gov/documents/local-resource-directories/resource-directory-district-2.pdf</a>	
	Victim Services	Advocacy on behalf of victims; notification of changes in inmate transfers, ongoing support, crisis intervention, Must register with Victim Services Unit for notification	800-560-4292	Email address on website	<a href="http://vadoc.virginia.gov/victim/">vadoc.virginia.gov/victim/</a>	
	Differently Abled	Ability Center of Virginia (formerly Cerebral Palsy of Virginia)	Adult day social and recreation program; artworks; social and recreational weekend activities; respite weekends for parents; summer camp	757-497-7474	Email address on website	<a href="http://www.abilitycenterva.org">www.abilitycenterva.org</a>
		Access Virginia	Provides open captioning for deaf/hard of hearing arts patrons and audio descriptions for blind/visually impaired attendees; special behind-the-scenes program for students with visual impairments to touch the costumes, feel the sets, and talk to the actors prior to the performance			<a href="https://www.accessvirginia.info/">https://www.accessvirginia.info/</a>
ARC of Virginia		Promotes and protects the human rights of people with intellectual and developmental disabilities	804-649-8481	<a href="mailto:info@thearcofva.org">info@thearcofva.org</a>	<a href="http://thearcofva.org">thearcofva.org</a>	

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Differently Abled	Catholic Charities	Life coach services for adults with chronic disease; guardianship/conservatorship caregiving for individuals deemed incapacitated by the courts with no family to take care of them; representative payee program for individuals at risk of being financially exploited and/or unable to handle their own financial affairs	Life Coach 757-875-0060 ext. 1033; Guardianship/ Conservatorship 757-467-7707; Representative Payee 757-456-2366	Email address on website	<a href="http://www.cceva.org/need-help/health-community-services">www.cceva.org/need-help/health-community-services</a>
	Center for Special Education Advocacy	Maintains a list of advocates and attorneys across Virginia	540-364-0051	Email address on website	<a href="http://www.advocacyinstitute.org/">www.advocacyinstitute.org/</a>
	CHKD Care Connection	Provides case management and care coordination services	757-668-7132	Email address on website	<a href="http://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/">www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/</a>
	Community Services Board	Mental health, intellectual disability, and substance abuse treatment	757-823-1600	Email address on website	<a href="http://www.norfolk.gov/NCSB/">www.norfolk.gov/NCSB/</a>
	Department for Aging and Rehabilitative Services	Resources and services to help with employment, quality of life, security, and independence of seniors, individuals with disabilities, and their families. Includes Adult Protective Services Division, Community Based Services Division, Disability Determination Services, Division for Rehabilitative Services, Division for the Aging, Wilson Workforce and Rehabilitation Center, Office of Community Integration, and Office of the State Long-Term Care Ombudsman	800-552-5019	<a href="mailto:dars@dars.virginia.gov">dars@dars.virginia.gov</a>	<a href="http://www.vadars.org">www.vadars.org</a>
	DisABILITY Law Center of Virginia	Protection and advocacy for Virginians with disabilities	800-552-3962	Email address on website	<a href="https://www.dlcv.org/">https://www.dlcv.org/</a>
	Easter Seals (serving DC, MD & VA)	Serves children, adults, seniors, military, and veterans	800-886-3771	Email address on website	<a href="https://www.easterseals.com/DCMDVA/">https://www.easterseals.com/DCMDVA/</a>
	Easter Seals UCP of NC & VA (United Cerebral Palsy)	Provides mental health, respite, foster care, and therapy	800-662-7119	Email address on website	<a href="https://www.easterseals.com/NCVA/our-programs/">https://www.easterseals.com/NCVA/our-programs/</a>
	Eggleston Services	Employment programs; day support and life enhancement; residential services; community employment placements; leisure programs	757-858-8011	Email address on website	<a href="http://www.egglestonservices.org/">www.egglestonservices.org/</a>
	Endependence Center, Inc	Information and referral; advocacy; peer mentoring; independent living skills training; housing services; education; transportation; hearing outreach; Social Security Work Incentives Planning and Assistance (WIPA); employment services; deinstitutionalization	757-461-8007	Email address on website	<a href="http://endependence.org/">http://endependence.org/</a>
	Faith Inclusion Network	Special needs resources	757-768-2071	Email address on website	<a href="http://www.faithinclusionnetwork.org/">www.faithinclusionnetwork.org/</a>

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Differently Abled	Foundation for Rehabilitation Equipment and Endowment (FREE)	Collects, sanitizes, repairs and gifts donated mobility equipment to uninsured and underinsured adults in Virginia	757-771-6183	Email address on website	<a href="http://www.free-foundation.org/">www.free-foundation.org/</a>
	Hope House Foundation	Provides services to adults with intellectual and developmental disabilities in their own homes or apartments	757-625-6161	Email address on website	<a href="http://www.hope-house.org/">www.hope-house.org/</a>
	Infant/Toddler Connection	Service coordination; physical, occupational, and speech-language therapies; developmental services; assistive technology	757-441-1186	<a href="mailto:CSBITC@norfolk.gov">CSBITC@norfolk.gov</a>	<a href="http://www.norfolk.gov/infants">www.norfolk.gov/infants</a>
	Learning Disabilities Association of Virginia	Enhancing educational and vocational services for individuals with learning disabilities	412-341-1515	<a href="mailto:info@ldavirginia.org">info@ldavirginia.org</a>	<a href="https://ldaamerica.org/lda-chapters/virginia/">https://ldaamerica.org/lda-chapters/virginia/</a>
	Parent Educational Advocacy Training Center	Provides assistance with the educational and service system maze; developing self-advocacy skills; organizational skills; emotional self-regulation; effective communication skills	800-869-6782	Email address on website	<a href="http://www.peatc.org/">www.peatc.org/</a>
	Project Lifesaver	Provides radio transmitter bracelets to individuals with cognitive issues at risk for wandering away	757-328-2485	<a href="mailto:info@norfolk-sheriff.com">info@norfolk-sheriff.com</a>	<a href="https://norfolk-sheriff.com/community/project-lifesaver">https://norfolk-sheriff.com/community/project-lifesaver</a>
	Social Security	Retirement, SSI, Medicare, and disability benefits	800-772-1213	Email address on website	<a href="http://www.ssoffice.com/norfolk-social-security-office-so1431">www.ssoffice.com/norfolk-social-security-office-so1431</a>
	Special Education Advocacy Law PELE Clinic	Assist special-needs children and their families with eligibility or Individualized Education Program meetings, discipline matters, mediation, and administrative hearings	757-221-5735	<a href="mailto:pele@wm.edu">pele@wm.edu</a>	<a href="https://law.wm.edu/academics/programs/id/electives/clinics/clinics_list/spacialed/contact/index.php">https://law.wm.edu/academics/programs/id/electives/clinics/clinics_list/spacialed/contact/index.php</a>
	The UP Center	Provides summer camp and recreation; sponsored family homes; financial management	757-354-3819	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="https://www.theupcenter.org/">https://www.theupcenter.org/</a>
	Therapeutic Recreation Center	Programs utilize recreation to help individuals with temporary impairments, other health conditions, and disabilities to increase independence, strengthen leisure skills, and enhance personal well being physically, cognitively, emotionally, and socially	757-441-1764	Email address on website	<a href="http://www.norfolk.gov/Facilities/Facility/Details/87">www.norfolk.gov/Facilities/Facility/Details/87</a>
	Todd Rosenlieb Dance	Classes for people with Down Syndrome, adaptive classes for students on the autism spectrum	757-626-3262	<a href="mailto:frontdesk@trdance.org">frontdesk@trdance.org</a>	<a href="http://www.trdance.org">www.trdance.org</a>

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<b>Differently Abled</b>	Virginia Department for Aging and Rehabilitative Services	Disability Determination Services, the Division for Rehabilitative Services, the Division for the Aging, Wilson Workforce and Rehabilitation Center, the Office of Community Integration and the Office of the State Long-Term Care Ombudsman	757-466-4300	Email address on website	<a href="https://www.vadars.org/default.htm">https://www.vadars.org/default.htm</a>
	WHRO Voice	Provides free Voice Radios to the legally blind and individuals with reading or physical disabilities	757-889-9379	Email address on website	<a href="mediaplayer.whro.org/station/voice">mediaplayer.whro.org/station/voice</a>
<b>Domestic Assistance</b>	Cleaning for a Reason	Provides free housecleaning services to women undergoing cancer treatment	877-337-3348	Email address on website	<a href="https://cleaningforareason.org/">https://cleaningforareason.org/</a>
	Habitat for Humanity ReStore	Home improvement stores that sell new and gently used furniture, appliances, building materials, housewares to the general public	757-640-0590	<a href="mailto:info@shrhabitat.org">info@shrhabitat.org</a>	<a href="http://shrhabitat.org/our-mission/">http://shrhabitat.org/our-mission/</a>
	Build-Improve Norfolk	Offers information and some assistance homeowners with interior and exterior residential rehab and repair	757-823-4361	Email address on website	<a href="https://www.norfolk.gov/878/Build-Improve">https://www.norfolk.gov/878/Build-Improve</a>
<b>Education/Schools/ Preschool Programs</b>	Before / After School Program	For youth ages 5-12 during the NPS school year at participating recreation centers		Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=1382">www.norfolk.gov/index.aspx?NID=1382</a>
	Early Childhood Special Education	Services for qualifying children from birth to Kindergarten	800-292-3820	Email address on website	<a href="http://www.doe.virginia.gov/early-childhood/disabilities/ecse.shtml">http://www.doe.virginia.gov/early-childhood/disabilities/ecse.shtml</a>
	Headstart	National child development program for children from birth to age 5 to promote academic, social and emotional development for income-eligible families	757-246-9170	Email address on website	<a href="https://www.headstartva.org/">https://www.headstartva.org/</a>
	Interagency Collaboration / Wrap Around	Comprehensive wraparound supports focus upon addressing academic and non-academic barriers that impede students' academic progress	757-628-3930	<a href="mailto:TellUs@npsk12.com">TellUs@npsk12.com</a>	<a href="http://www.npsk12.com/icws">www.npsk12.com/icws</a>
	Norfolk Career Online High School	An online high school diploma (not GED) for Norfolk residents 20 years old and older who have successfully completed 8th grade		Email address on website	<a href="https://www.norfolkpubliclibrary.org/learning-research/career-online-high-school">https://www.norfolkpubliclibrary.org/learning-research/career-online-high-school</a>
	Norfolk Public Library	Babygarten classes; Toddler Time; 1-2-3 Play With Me; Storytimes; KinderRead / KinderMath; Tales to Tails; Homework Help	757-664-7328 ext. 349	Email address on website	<a href="http://www.norfolkpubliclibrary.org/about-npl/kids/programs">http://www.norfolkpubliclibrary.org/about-npl/kids/programs</a>
	Norfolk Public Schools Adult Education	Adult evening education programs and apprenticeships	757-892-3300	Email address on website	<a href="http://www.npsk12.com/Page/10295">www.npsk12.com/Page/10295</a>
	Norfolk Public Schools Pre-K	Free, full-day Pre-K program; enrollment deadline is the end of October	757-628-3944	Email address on website	<a href="https://hamptonroads.myactivechild.com/blog/norfolk-public-schools-free-pre-k-program/">https://hamptonroads.myactivechild.com/blog/norfolk-public-schools-free-pre-k-program/</a>
<b>Education/Schools/ Preschool Programs</b>	Norfolk Public Schools Adult Education	GED preparation and testing center		Email address on website	<a href="https://www.norfolk.gov/355/Education-Workforce">https://www.norfolk.gov/355/Education-Workforce</a>

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	Human Services	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	<a href="https://www.norfolk.gov/3188/Ready-By-5">https://www.norfolk.gov/3188/Ready-By-5</a>
<b>Emergency Services / Personal Crisis Hotlines</b>	American Red Cross	Recovery assistance after home fire or disaster; emergency communications services for armed forces and their families	757-446-7700	Email address on website	<a href="http://www.redcross.org/local/virginia">www.redcross.org/local/virginia</a>
	Child Protective Services	Reporting abuse and neglect of children under the age of 18, free and confidential	757-664-6022 or 800-552-7096	Email address on website	<a href="http://www.norfolk.gov/index.aspx?nid=350">www.norfolk.gov/index.aspx?nid=350</a>
	ChildHelp National Child Abuse Hotline	24-hour hotline offers free and confidential crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential	800-422-4453	Email address on website	<a href="http://www.childhelp.org/hotline/">www.childhelp.org/hotline/</a>
	LGBTQ+ Partner Abuse and Sexual Assault Hotline	24-hour free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking	866-356-6998	Text 804-793-9999	<a href="http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile">www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile</a>
	National Domestic Abuse Hotline	24/7 free and confidential, one-on-one support offering crisis intervention, options for next steps, and direct connection to sources for immediate safety; online chat available 7:00AM-2:00PM CST	800-799-7233	Email address on website	<a href="http://www.thehotline.org/">www.thehotline.org/</a>
	Poison Control Center	Poison information specialists will assess the situation then provide first-aid actions; in severe cases, they will refer to the most appropriate health care facility	800-222-1222	<a href="mailto:poisoncenter@vcuhealth.org">poisoncenter@vcuhealth.org</a>	<a href="https://poison.vcu.edu/">https://poison.vcu.edu/</a>
	Police/Fire/Rescue	To report life-threatening emergencies, public safety, and crime	911	Email address on website	<a href="https://www.norfolk.gov/631/Division-of-Emergency-Communications-911">https://www.norfolk.gov/631/Division-of-Emergency-Communications-911</a>
	Suicide Prevention Lifeline	National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7	800-273-8255	Email address on website	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
	Virginia Family Violence/Sexual Assault Hotline	24-hour free and confidential service for victims, survivors, family, and friends	800-838-8238	Text 804-793-9999; Chat also available	<a href="http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile">www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile</a>
	YWCA Women's Crisis Hotline	24-Hour crisis counseling available to anyone affected by sexual assault, domestic violence, stalking, and human trafficking. Trained crisis counselors provide emotional support and assist callers with coping skills, safety planning, and appropriate information and referrals to community resources	757-251-0144	Email address on website	<a href="https://www.ywca-shr.org/what-we-do/crisis-services/">https://www.ywca-shr.org/what-we-do/crisis-services/</a>
<b>Employment Training &amp; Assistance</b>	Eggleston Services	Job education, training, and employment for individuals with disabilities	757-858-8011	<a href="mailto:info@egglestonservices.org">info@egglestonservices.org</a>	<a href="http://www.egglestonservices.org/">www.egglestonservices.org/</a>
<b>Employment Training &amp; Assistance</b>	Endependence Center	Training and assistance for individuals with disabilities and independent living	757-461-8007; TTY (757) 461-7527	<a href="mailto:ecinorf@endependence.org">ecinorf@endependence.org</a>	<a href="http://endependence.org/">http://endependence.org/</a>



## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
	Goodwill Industries	Provides job seeker services and job skills training programs for individuals with challenges	757-951-4200	Email address on website	<a href="https://goodwillvirginia.org/">https://goodwillvirginia.org/</a>
	Norfolk Workforce Development Center	Job readiness, search, and development/placement services. The Supplemental Nutrition Assistance Program Employment and Training Program (SNAPET) provides training, education, job search assistance, and work experience opportunities for SNAP recipients	757-664-6000	Email address on website	<a href="https://www.norfolk.gov/355/Education-Workforce">https://www.norfolk.gov/355/Education-Workforce</a>
	Hampton Roads Workforce Council	Providing basic and enhanced career services and training services		Email address on website	<a href="https://www.vcwhamptonroads.org/">https://www.vcwhamptonroads.org/</a>
	Second Chances	Works with persons previously incarcerated on an individual and voluntary basis	757-664-7799	Email address on website	<a href="http://www.norfolk.gov/reentry">www.norfolk.gov/reentry</a>
	Step Up	Training and assistance for re-entry	757-588-3151	<a href="mailto:info@stepupincorporated.org">info@stepupincorporated.org</a>	<a href="http://stepupincorporated.org/">http://stepupincorporated.org/</a>
	The UP Center	Job training	757-965-8683	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="http://www.theupcenter.org">www.theupcenter.org</a>
	The Urban League	Assists Hampton Roads residents in securing economic self-sufficiency through the acquisition of living wage jobs; services for low and moderate-income residents and small and minority owned businesses	757-627-0864	Email address on website	<a href="http://www.ulhr.org/programs">www.ulhr.org/programs</a>
	Tidewater Builders Association	Job training and placement for facility maintenance	757-420-2566	Email address on website	<a href="http://www.tbaonline.org/">http://www.tbaonline.org/</a>
	Virginia Employment Commission	Online source to connect with potential employers, search for jobs, find training opportunities, and research wage data along with industry and occupational trends. Call for office hours at day centers	757-455-3960	Email address on website	<a href="http://www.vec.virginia.gov/norfolk">www.vec.virginia.gov/norfolk</a>
Financial Assistance	Bank On Norfolk	A partnership of participating banks, credit unions, and community organizations across Hampton Roads designed to help you take control of your finances	757-664-4761 Mr. Beaver	Email address on website	<a href="http://www.norfolk.gov/bankon">www.norfolk.gov/bankon</a>
	Catholic Charities	Budget counseling; debt management program; financial education classes	757-484-0703	Email address on website	<a href="http://www.cceva.org/need-help/financial-housing-counseling/">www.cceva.org/need-help/financial-housing-counseling/</a>
	Church of the Good Shepard	Rent, utilities. ID and proof of bill required. <i>Service depends on availability of program funding</i>	757-423-3230	<a href="mailto:office@goodshepherdnorfolk.org">office@goodshepherdnorfolk.org</a>	<a href="http://www.goodshepherdnorfolk.org/">www.goodshepherdnorfolk.org/</a>

## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Financial Assistance	CommonHelp Virginia	Provides energy assistance; SNAP; healthcare coverage for children and pregnant women; TANF benefits; and provides financial assistance to eligible individuals with Supplemental Security Income (SSI) and other low-income aged, blind, and disabled individuals interested in residing in a Department of Social Services licensed Assisted Living Facility or a local department of social services approved Adult Foster Care Home	757-664-6000	Email address on website	<a href="http://commonhelp.virginia.gov/access/">http://commonhelp.virginia.gov/access/</a>
	Consumer Financial Protection Bureau	U.S. government agency that makes sure banks, lenders, and other financial companies treat you fairly; offers financial coaching	855-411-2372	Email address on website	<a href="https://www.consumerfinance.gov/">https://www.consumerfinance.gov/</a>
	EnergyShare	Dominion Energy's energy assistance program of last resort for anyone who faces financial hardships from unemployment or family crisis	Call 2-1-1 for a referral to EnergyShare agency	Email address on website	<a href="http://www.dominionenergy.com/community/energy-assistance/energyshare">www.dominionenergy.com/community/energy-assistance/energyshare</a>
	Garden of Hope	Financial Education Empowerment Training (FEET)	757-622-0772	Email address on website	<a href="https://gardenofhopecdc.org/">https://gardenofhopecdc.org/</a>
	Ghent Area Ministries	Utility assistance	757-622-0438	Email address on website	<a href="https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki">https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki</a>
	Joshua Ministry at Gethsemane Community Fellowship	Health care and prescriptions; rent and utilities. Ask for confidential line		<a href="mailto:office@gcfbaptistchurch.org">office@gcfbaptistchurch.org</a>	<a href="http://www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/">www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/</a>
	Mount Gilead Baptist Church	Rent and utility assistance; ID and proof of bill required	757-853-3721	Email address on website	<a href="http://www.mount-gilead.com/">www.mount-gilead.com/</a>
	Norfolk Department of Human Services	Public assistance and utility assistance (water). Must meet requirements. Call for details; other benefits available	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Salvation Army	Rent/mortgage, utilities	757-965-9012; Ext. 1 heating/ cooling; Ext. 3 water; Ext. 4 rent/ mortgage	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/programs/">http://virginiasalvationarmy.org/hrva/programs/</a>
	St. Columba Ecumenical Ministries	Rent, utilities	757-627-6748	Email address on website	<a href="http://www.stcolumbaministries.com/">www.stcolumbaministries.com/</a>
	St. Mary's Catholic Church	Financial assistance for residents of 23504, 23510	757-622-4487	Email address on website	<a href="http://www.basilicaofsaintmary.org/">www.basilicaofsaintmary.org/</a>
	The UP Center	Financial counseling; housing counseling	757-965-8683	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="http://www.theupcenter.org">www.theupcenter.org</a>
	VDOT Toll Relief	Portsmouth and Norfolk residents who use the Downtown or Midtown tunnels and make \$30,000 or less per year are eligible for toll relief	1-800-367-7623 711 for Hearing Impaired	Email address on website	<a href="http://www.vdottollrelief.com/am-i-eligible/default.asp">www.vdottollrelief.com/am-i-eligible/default.asp</a>

## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Food Pantries/Nutrition Services	Advent Episcopal Church	Serving zip codes 23503, 23505, and 23518. Open Mondays & Thursdays from 10:00AM - 12:00PM and Thursdays 6:00-7:00PM. Bring a photo ID and a utility bill with your address	757-587-0125	<a href="mailto:churchoffice@adventepiscopalchurch.org">churchoffice@adventepiscopalchurch.org</a>	<a href="http://adventepiscopalchurch.org/">http://adventepiscopalchurch.org/</a>
	Annunciation Greek Orthodox Cathedral	Community dinner 6:00-7:00 PM Thursdays (excludes some holidays)	757-440-0500	Email address on website	<a href="http://www.annunciation.va.goarch.org/">www.annunciation.va.goarch.org/</a>
	Bethlehem Missionary Baptist Church	12:00 - 1:00 PM second Tuesday of the month	757-623-1575	Email address on website	<a href="http://www.bbcnorfolk.org/">www.bbcnorfolk.org/</a>
	Calvary Revival Church	Open 9:30AM - 12:30PM Fridays	757-321-9700	Email address on website	<a href="http://www.crcglobal.org/">www.crcglobal.org/</a>
	Central Baptist Church in Ghent	9:30-11:30 AM Mondays	757-627-4571	Email address on website	<a href="http://www.cbcnorfolk.org/about-us/our-mission">www.cbcnorfolk.org/about-us/our-mission</a>
	Christ and St. Luke's Church	11:00 AM -12:30 PM Thursdays during summer; 11:30 September - May	757-627-5665	<a href="mailto:office@christandstlukes.org">office@christandstlukes.org</a>	<a href="http://www.christandstlukes.org">www.christandstlukes.org</a>
	Church After God's Own Heart	Wednesday 6:00 -7:00 PM	757-627-6599	<a href="mailto:info@mikebickle.org">info@mikebickle.org</a>	<a href="http://foodbankonline.org/directory/listing/church-after-gods-own-heart">http://foodbankonline.org/directory/listing/church-after-gods-own-heart</a>
	Covenant Presbyterian Church	12:00-2:00 PM 3rd Wednesday of month; will accommodate other times if needed but must call church to arrange a time	757-623-1875	<a href="mailto:secretary@cpcnorfolk.org">secretary@cpcnorfolk.org</a>	
	Episcopal Church of the Ascension	Tuesdays & Thursday 9:30 - 11:00 AM. Must be a Norfolk resident and only one visit	757-423-6715	Email address on website	<a href="https://ascension-norfolk.org/">https://ascension-norfolk.org/</a>
	Family Nutrition Program - Virginia Cooperative Extension	Teach limited-resource families and youth how to make healthier food choices and become better managers of available food resources for optimal health and growth, focusing on basic nutrition, physical activity, safe food handling, and thrifty food shopping	757-683-2853	Email address on website	<a href="http://ext.vt.edu/food-health/family-nutrition-program.html">http://ext.vt.edu/food-health/family-nutrition-program.html</a>
	First Lutheran Church	Community lunch 12:00-1:00 PM Wednesdays	757-625-1953	<a href="mailto:office@flcnorfolk.com">office@flcnorfolk.com</a>	<a href="http://www.flcnorfolk.org/">www.flcnorfolk.org/</a>
	First Presbyterian Church	Soup kitchen 12:00-1:00 PM Saturdays	757-625-1697	Email address on website	<a href="http://www.fpcnorfolk.org/">www.fpcnorfolk.org/</a>
	Food Bank of Southeast Virginia	Food distribution Fridays from 9:00-11:00 AM; No eligibility requirements	757-627-6599	Email address on website	<a href="http://foodbankonline.org/">http://foodbankonline.org/</a>
	Food Stamps - SNAP (Supplemental Nutrition Assistance Program), Norfolk Social Services	Eligible households receive a plastic Electronic Benefit Transfer (EBT) card to access SNAP benefits for purchasing food products	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/index.aspx?nid=376">www.norfolk.gov/index.aspx?nid=376</a>
Free Lunch and Breakfast Programs for Children (Summertime), Food Bank of SEVA	Various locations and times June - August, call for more information.	757-627-6599	Email address on website	<a href="http://foodbankonline.org/summerfoodservice/">http://foodbankonline.org/summerfoodservice/</a>	



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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Food Pantries/Nutrition Services	Summer Meal Site Finder for Children	Breakfast, lunch, and snacks are provided from mid-June through late August at several locations throughout Norfolk, please text "Food" and your zip code to 877-877 or call 211.	Text: "FOOD" and your zip code to 877-877 or Dial "211"	Email address on website	<a href="http://foodbankonline.org/summerfoodservice/">http://foodbankonline.org/summerfoodservice/</a>
	Temple Ohef Sholom	Soup kitchen 11:30AM - 1:00PM last Monday of the month	757-625-4295	<a href="mailto:information@ohesholom.org">information@ohesholom.org</a>	<a href="http://www.ohesholom.org/">www.ohesholom.org/</a>
	Union Mission	12:00-1:00 PM Monday-Friday; Dinner every day at 5:00 PM	757-627-8686	Email address on website	<a href="http://www.unionmissionministries.org">www.unionmissionministries.org</a>
	Wesley Grace United Methodist Church	Kids summer lunch program, ages 3-18	757-587-2996	<a href="mailto:church@norwmumc.org">church@norwmumc.org</a>	<a href="http://www.wmumcnor.org/Missions%20and%20Outreach.htm">www.wmumcnor.org/Missions%20and%20Outreach.htm</a>
Gender/Sexuality Support	LGBTQ+ Partner Abuse and Sexual Assault Hotline	24-hour free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking	866-356-6998 or 757-640-0929	Text 804-793-9999; Chat also available	<a href="http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile">http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile</a>
	The LGBT Center of Hampton Roads	Provides community meeting space; individual and family counseling; resource center; adult and youth services; social and educational events; and free HIV testing	757-640-0929	<a href="mailto:info@accessaids.org">info@accessaids.org</a>	<a href="http://accessaids.org/">http://accessaids.org/</a>
Government/School Resources	City Council Members	A list of all current city council members. Click on their names for personal/professional background and contact information	757-664-4253	<a href="mailto:ccouncil@norfolk.gov">ccouncil@norfolk.gov</a>	<a href="http://www.norfolk.gov/Index.aspx?NID=533">www.norfolk.gov/Index.aspx?NID=533</a>
	Norfolk Cares Center	Request city services info about Norfolk	757-664-6510	<a href="mailto:healthyneighborhoods@norfolk.gov">healthyneighborhoods@norfolk.gov</a>	<a href="http://www.norfolk.gov/departments">www.norfolk.gov/departments</a>
	Norfolk Public Schools	Information about the school district	757-628-3830	<a href="mailto:tellus@npsk12.com">tellus@npsk12.com</a>	<a href="http://www.npsk12.com">www.npsk12.com</a>
	Norfolk Police Department	WE are ONE, NPD and YOU is a unique broadcast partnership with the Willis Broadcasting Group. Every 1st and 3rd Thursday officers take live phone calls from listeners on WGPL-1350 AM	757-664-7000	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=3095">www.norfolk.gov/index.aspx?NID=3095</a>
	Norfolk Gang Activity Tip Form	Graffiti abatement and gang awareness	757-664-6500	Email address on website	<a href="https://www.norfolk.gov/formcenter/police-6/norfolk-gang-activity-tip-form-350">https://www.norfolk.gov/formcenter/police-6/norfolk-gang-activity-tip-form-350</a>
	Norfolk Public School Board	Information about the school board regulations, meetings, and members	757-670-3945	<a href="mailto:tellus@npsk12.com">tellus@npsk12.com</a>	<a href="http://www.npsk12.com/schoolboard">www.npsk12.com/schoolboard</a>
ID Services	Virginia Department of Health Division of Vital Records	Birth and death certificates; paternity; foreign adoption; stillbirth	804-662-6200	Email address on website	<a href="http://www.vdh.virginia.gov/vital-records/">www.vdh.virginia.gov/vital-records/</a>
	Ghent Area Ministry	ID services	757-622-0438	Email address on website	<a href="https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki">https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki</a>
	HART Team - Norfolk Human Services	ID services	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=2697">www.norfolk.gov/index.aspx?NID=2697</a>

## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
ID Services	Salvation Army	ID services	757-622-3471 757-965-9012	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/">http://virginiasalvationarmy.org/hrva/</a>
	Union Mission	ID services	757-627-8686	Email address on website	<a href="http://www.unionmissionministries.org">www.unionmissionministries.org</a>
Immigration	Commonwealth Catholic Charities	Legal, health, mental health, and language resources and advocacy	757-247-3600	Email address on website	<a href="http://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393393-CommonwealthCatholicCharitiesHamptonRoadsOffice">www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393393-CommonwealthCatholicCharitiesHamptonRoadsOffice</a>
	Virginia Organizing	Immigration resources	434-984-4655	<a href="mailto:info@virginia-organizing.org">info@virginia-organizing.org</a>	<a href="http://www.virginia-organizing.org/immigration-resources/">www.virginia-organizing.org/immigration-resources/</a>
Incarceration / Re- entry	Gethsemane Community Fellowship Joshua Ministry for re-entry	Food pantry; please call for days/times		<a href="mailto:office@gcfbaptistchurch.org">office@gcfbaptistchurch.org</a>	<a href="http://www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/">www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/</a>
	New Calvary Baptist Church	Prison ministry & employment services; 7 PM Tuesdays	757-627-1269	<a href="mailto:info@newcalvarynorfolk.org">info@newcalvarynorfolk.org</a>	<a href="https://twitter.com/ncbcnorfolk?lang=en">https://twitter.com/ncbcnorfolk?lang=en</a>
	Norfolk Department of Human Services Re-entry T.E.A.M.	Counseling, mentoring, and support groups; job training and assistance	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Onesimus	Re-entry services	757-421-2553	<a href="mailto:wbtwine@onesimus-ministries.org">wbtwine@onesimus-ministries.org</a>	<a href="http://onesimus-ministries.org/">http://onesimus-ministries.org/</a>
	Second Chances	Mentoring and support groups; job training and assistance; transitional housing for re-entry	757-664-7799	Email address on website	<a href="http://www.norfolk.gov/reentry">www.norfolk.gov/reentry</a>
	Step Up	Pre/post release services include employment; anger management and conflict resolution; and parenting and communication skills	757-588-3151	<a href="mailto:Info@stepupincorporated.org">Info@stepupincorporated.org</a>	<a href="http://stepupincorporated.org/services.html">http://stepupincorporated.org/services.html</a>
Information and Referral	211 Virginia	24-hour free service to help find local resources	211 (from mobile phone only)	Email address on website	<a href="https://211virginia.org/consite/index.php">https://211virginia.org/consite/index.php</a>
	Kids Priority One	Connecting children and families with resources	757-244-5373	<a href="mailto:info@kidspriorityone.org">info@kidspriorityone.org</a>	<a href="http://www.kidspriorityone.org/">www.kidspriorityone.org/</a>
	Adoption, Foster and Kinship Association through NewFound	Provide educational, advocacy, and support services to families caring for children unable to live with their birth parents	1-888-2FOSTER	<a href="mailto:info@newfoundva.org">info@newfoundva.org</a>	<a href="http://newfoundva.org/">http://newfoundva.org/</a>
	National Human Trafficking Resource Center	24-hour service provides human trafficking victims and survivors with access to critical support and services to get help and stay safe, and to equip the anti-trafficking community with the tools to effectively combat all forms of human trafficking	888-373-7888	Email address on website	<a href="http://humantraffickinghotline.org/">http://humantraffickinghotline.org/</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
<b>Information and Referral</b>	Norfolk CARES Assistance Center	A single point of contact for visitors, residents and businesses to request a city service, report a concern, seek information about Norfolk, or follow-up on a previous request. Available Monday-Friday from 7:00AM-6:00PM	757-664-6510	<a href="mailto:healthyneighborhoods@norfolk.gov">healthyneighborhoods@norfolk.gov</a>	<a href="http://www.norfolk.gov/askaquestion">www.norfolk.gov/askaquestion</a>
<b>Legal Resources</b>	Children's Hospital of the King's Daughters (CHKD)	Assistance with issues affecting children's health and wellbeing, including living conditions, benefits, and family issues	757-668-7000	Email address on website	<a href="http://www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/Legal-Aid/">www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/Legal-Aid/</a>
	Consumer Financial Protection Bureau	Financial coaching to submit complaints regarding consumer financial products or services	855-411-2372	Email address on website	<a href="http://www.consumerfinance.gov/about-us/contact-us/">www.consumerfinance.gov/about-us/contact-us/</a>
	Legal Aid Society of Eastern Virginia	Provides representation in civil matters to the low-income residents of Hampton Roads	757-627-5423	Email address on website	<a href="http://www.laseva.org/">www.laseva.org/</a>
	Patient Advocate Foundation	Provides patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness	800-532-5274	Email address on website	<a href="http://www.patientadvocate.org/">www.patientadvocate.org/</a>
<b>Medical/Dental</b>	American Cancer Society Hampton Roads Office	Learn about treatment options; get advice on coping with side effects or dealing with health insurance; free ride to treatment; free place to stay when treatment is far from home	800-227-2345	Email address on website	<a href="http://www.cancer.org">www.cancer.org</a>
	American Diabetes Association	Advocacy for the prevention and cure for diabetes	757-424-6662	<a href="mailto:ADAVA_WV_NC@diabetes.org">ADAVA_WV_NC@diabetes.org</a>	<a href="https://www.diabetes.org/community/local-offices/virginia">https://www.diabetes.org/community/local-offices/virginia</a>
	Bon Secours Care-A-Van	Health care; call for information & schedule of locations	757-889-2273	Email address on website	<a href="https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van">https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van</a>
	Cover Virginia - Famis	FAMIS is Virginia's health insurance program for children	833-5CALLVA TDD: 888-221-1590	Email address on website	<a href="https://www.coverva.org/famis/">https://www.coverva.org/famis/</a>
	EVMS HOPES Free Clinic	Serves uninsured with long term and specialty care on Thursdays, 6:00-9:00 PM; appointment only	757-446-0366 Para Español 757-403-2474	Email address on website	<a href="https://www.evms.edu/education/resources/community-engaged_learning/hopes/">https://www.evms.edu/education/resources/community-engaged_learning/hopes/</a>
	Ghent Area Ministry	Health care, prescriptions, dental & vision	757-622-0438	Email address on website	<a href="https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki">https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki</a>
	Hampton Roads Community Health Center (HRCHC)	Behavioral health; family practice; gynecology; internal medicine; medication assistance; pediatrics; dental; sliding scale fees	757-393-6363	<a href="mailto:info@hrchc.org">info@hrchc.org</a>	<a href="http://hrchc.org/">http://hrchc.org/</a>

## Community Resource Guide

Helping Seniors, the Differently-Abled, and Families in Norfolk

Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Medical/Dental	Healthy Norfolk	Promotes safe, healthy, and active living for all city residents	757-823-4291	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=1149">www.norfolk.gov/index.aspx?NID=1149</a>
	Hampton Roads Community Health Center (HRCHC)	Dental services	757-399-4588	<a href="mailto:info@hrchc.org">info@hrchc.org</a>	<a href="http://hrchc.org/">http://hrchc.org/</a>
	Hampton Roads Community Health Center (HRCHC) Mobile Van	Call for locations and times	757-399-4588	<a href="mailto:info@hrchc.org">info@hrchc.org</a>	<a href="https://www.hrchc.org/">https://www.hrchc.org/</a>
	Lion's Club of District 24-D	Medical, eye care, hearing aid, cataract, and prosthetic eye assistance	757-229-0991	<a href="mailto:admin@lcfsv24i.org">admin@lcfsv24i.org</a>	<a href="https://lcfsv24i.org/">https://lcfsv24i.org/</a>
	New Eyes for the Needy	New prescription eyeglasses for residents in financial need	973-376-4903	<a href="mailto:info@new-eyes.org">info@new-eyes.org</a>	<a href="http://www.new-eyes.org">www.new-eyes.org</a>
	Norfolk Department of Public Health	Services include chronic disease education and screening; the infant and toddler car safety seat program; family planning; well-child clinic; TB clinic; refugee/newcomer clinic; sexually transmitted disease screening and treatment; PrEP (pre-exposure prophylaxis to prevent HIV); immunizations; the Women Infant and Children (WIC) nutrition program; mosquito monitoring and prevention; commercial food and health inspections; food handling/food manager certification courses	757-683-2800	<a href="mailto:ndph-info@vdh.virginia.gov">ndph-info@vdh.virginia.gov</a>	<a href="https://www.norfolk.gov/pub_health/">https://www.norfolk.gov/pub_health/</a>
	Old Dominion University School of Dental Hygiene	Oral screenings; dental sealants; fluoride treatments; oral radiographs; patient education	757-683-4308	Email address on website	<a href="http://www.odu.edu/dental">www.odu.edu/dental</a>
	Park Place Dental Clinic	Extractions, fillings and cleanings to the homeless, low-income and uninsured adult residents of Norfolk based on eligibility	757-683-2692	Email address on website	<a href="http://www.parkplaceclinic.org/">www.parkplaceclinic.org/</a>
	Partnership for Prescription Assistance	Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free	571-350-8643	Email address on website	<a href="https://medicineassistancetool.org/">https://medicineassistancetool.org/</a>
	Planned Parenthood/Virginia Beach Health Center	Abortion; birth control; general healthcare; HIV testing; LGBTQ+ services; men's healthcare; morning-after pill (emergency contraception); pregnancy testing and services; STD testing, treatment and vaccines; women's healthcare	757-499-7526	Email address on website	<a href="http://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750">www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750</a>
Quit Now Virginia, Virginia Department of Health	Provides free information and coaching by telephone or online to residents who want to quit smoking or using tobacco	800-784-8669	Email address on website	<a href="http://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/">www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/</a>	



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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Medical/Dental	St. Columba	Referral from Case Manager required: Grants for shelter housing program; medication program is specifically for homeless individuals in Norfolk in need of assistance with prescription medications; vision and dental program is specifically for homeless individuals in Norfolk in need of emergency dental work	757-627-6748	Email address on website	<a href="http://www.stcolumbaministries.com/">www.stcolumbaministries.com/</a>
	The Urban League	Supports fitness, good nutrition and medical care. Education, outreach and case management services are provided. Primary focus of the health program is to assist individuals that are HIV/AIDS positive; outreach and education activities are provided in order to combat the spread of the disease	757-627-0864	Email address on website	<a href="http://www.ulhr.org/programs">www.ulhr.org/programs</a>
Mental Health/Support/Substance Abuse	Alcoholics Anonymous	Support group for alcoholism	757-490-3980	<a href="mailto:pubinfo@aa virginia.org">pubinfo@aa virginia.org</a>	<a href="http://www.tidewaterintergroup.org/">www.tidewaterintergroup.org/</a>
	Alzheimer's Association, Southeast Virginia Chapter	Educational classes; monthly orientations; support groups	800-272-3900	Email address on website	<a href="http://www.alz.org/seva/">www.alz.org/seva/</a>
	Cancer Care Foundation of Tidewater	Supporting the emotional, practical and non-medical needs of cancer patients and their caregivers	757-461-8488	Email address on website	<a href="http://www.ccfot.org/">www.ccfot.org/</a>
	Community Services Board (CSB)	Mental health, intellectual disability, and substance abuse treatment and rehabilitation	757-823-1600	Email address on website	<a href="http://www.norfolk.gov/NCSB/">www.norfolk.gov/NCSB/</a>
	Compass	Intensive in-home services; mental health skill-building; autism support; outpatient services for youth and family	757-644-6391	<a href="mailto:david@compassyouthandfamily.com">david@compassyouthandfamily.com</a>	<a href="http://www.compassyouthservices.com">www.compassyouthservices.com</a>
	Divorce Care	A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. <a href="http://www.griefShare.org">www.griefShare.org</a> , Single and Parenting, Divorce Care4kids are other program under this organization.	800-489-7778; 800-395-5755	<a href="mailto:info@divorcecare.org">info@divorcecare.org</a>	<a href="http://www.divorcecare.org/">www.divorcecare.org/</a>
	First Baptist Church Berkley	Recovery counseling	757-543-4296	<a href="mailto:firstbaptistberkley@gmail.com">firstbaptistberkley@gmail.com</a>	<a href="http://www.fcbberkley.org/home">www.fcbberkley.org/home</a>
	Garden of Hope	Family Health Project; I Am My Sister's Keeper HIV support and advocacy program	757-390-4328	Email address on website	<a href="http://gardenofhopecdc.org/our-projects-programs/">http://gardenofhopecdc.org/our-projects-programs/</a>
	New Calvary Baptist Church	Alcoholics Anonymous/Narcotics Anonymous support groups, 7 PM Tuesdays; HIV/AIDS Ministry, dates and times vary	757-627-1269	<a href="mailto:churchoffice@newcalvarynorfolk.org">churchoffice@newcalvarynorfolk.org</a>	<a href="http://www.newcalvarynorfolk.org/">www.newcalvarynorfolk.org/</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Mental Health/ Support/Substance Abuse	Norfolk Human Services	Counseling, information, and referral	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=1937">www.norfolk.gov/index.aspx?NID=1937</a>
	Norfolk Prevention Coalition	Seeks to engage all community sectors to work together to reduce use of drugs, alcohol, and tobacco	(757)756-5667	Email address on website	<a href="http://www.norfolk.gov/NPC">www.norfolk.gov/NPC</a>
	Oxford House Recovery & Relapse Prevention Transitional Housing	Self-run, self-supported recovery house for recovering alcoholics and drug addicts	757-351-0165	Email address on website	<a href="http://www.oxfordhouse.org/userfiles/file/">www.oxfordhouse.org/userfiles/file/</a>
	PATH Homeless Outreach Program	Outreach for persons with severe mental health disorders, with or without co-occurring substance abuse disorders	757-823-1600	Email address on website	<a href="http://www.norfolk.gov/index.aspx?nid=1810">www.norfolk.gov/index.aspx?nid=1810</a>
	Pathways to Life	ADHD; anger; anxiety; Bi-Polar Disorder; depression; developmental delays, physical/verbal aggression towards others; PTSD; stress; substance abuse	757-395-4122	<a href="mailto:pwsnorfolk@pwstolife.com">pwsnorfolk@pwstolife.com</a>	<a href="http://www.pwstolife.com/">http://www.pwstolife.com/</a>
	Salvation Army Adult Rehabilitation Center	Men's program addressing issues related to addiction, including job training skills, individual and group counseling, and other tools for rebuilding positive lifestyles	757-499-0032	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/programs/">http://virginiasalvationarmy.org/hrva/programs/</a>
	The Up Center	Mental health skill-building; youth counseling; family and child counseling	757-354-3819	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="http://theupcenter.org/">http://theupcenter.org/</a>
	Tidewater Area Help Line	Narcotics Anonymous support group	866-972-5055	Email address on website	<a href="http://www.tidewaterareana.org/index.html">www.tidewaterareana.org/index.html</a>
	Wesley Memorial United Methodist Church	Alanon support group meets Tuesdays at 11:00 AM		<a href="mailto:church@norwmumc.org">church@norwmumc.org</a>	<a href="http://www.wmumcnor.org/Missions%20and%20Outreach.htm">www.wmumcnor.org/Missions%20and%20Outreach.htm</a>
	Youth Challenge - Faith Recovery	Substance abuse	757-244-1234	<a href="mailto:info@youthchallengehope.org">info@youthchallengehope.org</a>	<a href="http://www.youthchallengehope.org/">www.youthchallengehope.org/</a>
YWCA	Counseling and group therapy		<a href="mailto:info@ywca-shr.org">info@ywca-shr.org</a>	<a href="https://www.ywca-shr.org/">https://www.ywca-shr.org/</a>	
Military/Veterans	American Red Cross	Emergency communications services for armed forces and their families; assistance in preparing, developing, and obtaining sufficient evidence to support claims for VA benefits	877-272-7337	Email address on website	<a href="https://www.redcross.org/get-help/military-families/emergency-communication.html">https://www.redcross.org/get-help/military-families/emergency-communication.html</a>
	DAV Chapter #4	Support for veterans and their families	757-857-5056	<a href="mailto:davchapter4@gmail.com">davchapter4@gmail.com</a>	<a href="https://www.manta.com/c/mm7zf65/disabled-american-veterans-chapter-4-norfolk">https://www.manta.com/c/mm7zf65/disabled-american-veterans-chapter-4-norfolk</a>
	Easter Seals Disability Services	Serves military and veterans	800-886-3771	Email address on website	<a href="http://www.easterseals.com/DCMDVA/ourprograms/">www.easterseals.com/DCMDVA/ourprograms/</a>
	Family Advocacy	Housing relocation	757-444-2230	Email address on website	<a href="https://www.norfolknavalhousing.com/base-directory/family-advocacy-program">https://www.norfolknavalhousing.com/base-directory/family-advocacy-program</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Military/Veterans	Fleet and Family Services	Free parenting and life skill programs; financial programs; deployment support; transition and employment assistance; relocation assistance; counseling and victim assistance; exceptional family member support; information and referral	800-372-5463; 757-462-7563 Little Creek; 757-444-2102 Norfolk; 757-433-2912 Oceana	Email address on website	<a href="http://www.navy.mwrnavalstationnorfolk.com/programs/c2c28f41-3526-4d40-babd-bd8f894b7781">www.navy.mwrnavalstationnorfolk.com/programs/c2c28f41-3526-4d40-babd-bd8f894b7781</a>
	Help Lines - Virginia Department of Veterans Services	Vets4Warriors peer support line; national call center for homeless veterans; national help line; USMC 24-hour call center; crisis link; caregiver support line; vet centers; VA home loan foreclosure prevention and assistance	1-800-273-8255 (press 1) All numbers listed on website	Email address on website	<a href="http://www.dvs.virginia.gov/virginia-veteran-and-family-support/help-lines/">www.dvs.virginia.gov/virginia-veteran-and-family-support/help-lines/</a>
	Legal Services Office	Assistance with personal civil legal matters; notary services; educate eligible persons and command representatives regarding personal legal rights and responsibilities excluding military justice or actions against the U.S. government	800-342-9647 Norfolk, Little Creek/ Ft. Story; 757-341-4489 Oceana	Email address on website	<a href="https://installations.militaryonesource.mil/">https://installations.militaryonesource.mil/</a>
	Navy Family Services	Links to housing and temporary lodging; phone directories and guides; relocation; schools and child care; medical; societies and clubs; ship links; naval bases; general Navy and military family support links	757-433-2912 Oceana; 757-462-7563 Little Creek; 757-422-7311 Fort Story	Email address on website	<a href="http://www.norfolknavyhomes.com/">www.norfolknavyhomes.com/</a>
	ODU Veterans Business Outreach Center	Provides entrepreneurial development services to eligible veterans who own or are considering starting a new business.	757-683-5505	<a href="mailto:VBOC@odu.edu">VBOC@odu.edu</a>	<a href="http://www.odu.edu/cei/programs/vboc">www.odu.edu/cei/programs/vboc</a>
	Operation Homefront	Financial assistance; food assistance; repairs; help for families of service members and wounded warriors	210-659-7756	Email address on website	<a href="http://www.operationhomefront.org/">www.operationhomefront.org/</a>
	Hampton Roads Workforce Council	Support in reaching career goals and connections to other veteran programs and services	757-461-7537	Email address on website	<a href="https://www.vcwhamptonroads.org/">https://www.vcwhamptonroads.org/</a>
	STOP, Inc.	Supportive assistance including rental assistance; utility-fee payment; security or utility deposit; moving costs; general housing stability; child care financial assistance; transportation; emergency housing	757-858-1360	<a href="mailto:info@stopinc.org">info@stopinc.org</a>	<a href="http://www.stopinc.org">www.stopinc.org</a>
	TCC Center for Military and Veterans Education	Assistance with military education benefits and applying for courses	757-822-7645	<a href="mailto:askvetaffairs@tcc.edu">askvetaffairs@tcc.edu</a>	<a href="http://www.tcc.edu/military">www.tcc.edu/military</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website	
Military/Veterans	TriCare Medical Appointment Center	Locating TriCare services; making appointment; claims	See numbers listed on website	Email address on website	<a href="http://www.tricare.mil/contactus/">www.tricare.mil/contactus/</a>	
	<a href="http://www.tutor.com">Tutor.com</a>	Free, personalized tutoring help for military families available online 24/7	800-411-1970 (Option 1, then Option 1)	Email address on website	<a href="http://www.tutor.com/military">www.tutor.com/military</a>	
	VA Medical Center, Hampton	Medical services for veterans	757-722-9961	Email address on website	<a href="http://www.hampton.va.gov">www.hampton.va.gov</a>	
	VA Outreach Team	Programs for at-risk veterans and their families	757-722-9961 ext.3817; 1-800-273-8255 (Press 1) Homeless Crisis Hotline	Email address on website	<a href="http://www.hampton.va.gov/services/homeless/">www.hampton.va.gov/services/homeless/</a>	
	Veteran Center	Readjustment counseling	757-623-7584; 877-927-8387	Email address on website	<a href="http://www.hampton.va.gov/locations/norfolk.asp">www.hampton.va.gov/locations/norfolk.asp</a>	
	Veterans Affairs Homeless Crisis Hotline	Provides assistance to homeless Veterans and their families	877-424-3838	Text 838255	<a href="http://www.hampton.va.gov/locations/norfolk.asp">www.hampton.va.gov/locations/norfolk.asp</a>	
	Virginia Employment Commission	Veterans from all periods of military service are eligible for job referral, job training and job placement assistance; also work with active duty currently transitioning out of the military	804-221-5054	Email address on website	<a href="http://www.vec.virginia.gov/veterans">www.vec.virginia.gov/veterans</a>	
	Virginia Veteran & Family Support Services Region V	Behavioral health; rehabilitative; and support services	877-285-1299; 757-224-5208 Ext 2207	Email address on website	<a href="https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2/find-support/region-2-east">https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2/find-support/region-2-east</a>	
	Pregnancy & Parenting Resources	Hampton Roads Haven Transitional Home	For homeless single women and single pregnant women designed to help break the cycle of homelessness	(757) 690-0586	<a href="mailto:info@hamptonroadshaven.org">info@hamptonroadshaven.org</a>	<a href="http://www.hamptonroadshaven.org/">http://www.hamptonroadshaven.org/</a>
		Birthright	Support for unplanned pregnancies	757-489-0222	<a href="mailto:info@birthright.org">info@birthright.org</a>	<a href="https://birthright.org/norfolkva">https://birthright.org/norfolkva</a>
Bon Secours Family Focus		Parenting education and resources	757-886-6511	Email address on website	<a href="https://www.bonsecours.com/about-us/community-commitment/community-programs/hampton-roads">https://www.bonsecours.com/about-us/community-commitment/community-programs/hampton-roads</a>	
Catholic Charities		Pregnancy & parent support; diapers & baby supplies; education classes; adoption	757-274-4952 Adoption Counseling; 757-456-2366 Adoption Support	Email address on website	<a href="http://www.cceva.org/need-help/youth-family-services/">www.cceva.org/need-help/youth-family-services/</a>	
ChildCare Aware of Virginia		Childcare licensing, resources, and inspections	800-424-2246	Email address on website	<a href="http://childcareaware.org/state/virginia/">childcareaware.org/state/virginia/</a>	

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Pregnancy & Parenting Resources	Children's Health Investment Program	Home visitation and case management; parenting education and support; children's health assessments and health education; screening and assessment; Hispanic outreach program; prenatal support; safe sleeping education	757-543-9100	<a href="mailto:info@chipshr.org">info@chipshr.org</a>	<a href="https://www.chipshr.org/">https://www.chipshr.org/</a>
	Children's Hospital of the King's Daughters (CHKD)	Parenting classes and resources offered on multiple dates, times, and topics; injury prevention information	757-668-9304	<a href="mailto:healthinfo@chkd.org">healthinfo@chkd.org</a>	<a href="http://www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/">http://www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/</a>
	CommonHelp Virginia	Healthcare coverage for children and pregnant women; TANF benefits	855-635-4370	Email address on website	<a href="http://commonhelp.virginia.gov/access/">commonhelp.virginia.gov/access/</a>
	Crisis Pregnancy Center of Tidewater Keim Center	A Christian organization with a calling to reach out to women and families involved in crisis-related pregnancies by offering real help for the present, hope for the future, and healing from the past <a href="http://www.keimctrs.com">www.keimctrs.com</a>	757-499-4444; 757-410-9703	<a href="mailto:info@cpcot.org">info@cpcot.org</a>	<a href="http://www.cpcot.org/">www.cpcot.org/</a>
	EVMS Healthy Start Loving Steps	Counseling, mentoring & support groups for pregnant African American mothers and infants; breastfeeding classes	757-314-3138	Email address on website	<a href="https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/">https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/</a>
	Faith Inclusion Network	Special needs resources	757-768-2071	Email address on website	<a href="http://www.faithinclusionnetwork.org/">www.faithinclusionnetwork.org/</a>
	Family Nutrition Program, Virginia Cooperative Extension	Provides nutrition education to families	888-814-7627	Email address on website	<a href="https://ext.vt.edu/food-health/family-nutrition-program.html">https://ext.vt.edu/food-health/family-nutrition-program.html</a>
	Garden of Hope	Parenting workshops	757-390-4328	Email address on website	<a href="https://gardenofhopecdc.org/">https://gardenofhopecdc.org/</a>
	Greater Hampton Roads Diaper Bank	Diapers for needy families	843-991-7731	<a href="mailto:GHRDiaperBank@gmail.com">GHRDiaperBank@gmail.com</a>	<a href="http://www.ghrdiaperbank.org/">www.ghrdiaperbank.org/</a>
	Kids Priority One	Parenting resources	757-244-5373	<a href="mailto:info@kidspriorityone.org">info@kidspriorityone.org</a>	<a href="http://www.kidspriorityone.org/">www.kidspriorityone.org/</a>
	Kin and Kids Consulting	Provides education, training, and supportive services for Kinship Families (grandparents raising grandchildren and relative caregivers, and family caregivers)	757-434-5162	<a href="mailto:kinandkidsconsulting@cox.net">kinandkidsconsulting@cox.net</a>	<a href="http://www.kinandkidsconsulting.com/">www.kinandkidsconsulting.com/</a>
	Loving Steps Program (Eastern Virginia Medical School)	Intensive case management services and care coordination to eliminate significant disparities in perinatal health experienced by African American women and their families in order to prevent infant mortality and low-weight birth	757-407-0481; or 757-314-3138	Email address on website	<a href="https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/">https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Pregnancy & Parenting Resources	National Parent Help Line	Parenting support	855-427-2736	<a href="mailto:info@nationalparenthelpline.org">info@nationalparenthelpline.org</a>	<a href="http://www.nationalparenthelpline.org/">www.nationalparenthelpline.org/</a>
	Newborns in Need/Tidewater Chapter	Provides basic care items to newborns and preemies who are in need of help due to financial or physical hardship	757-348-1127 or 757-287-5101	<a href="mailto:tidewater@newbornsinneed.org">tidewater@newbornsinneed.org</a>	<a href="http://www.newbornsinneed.org">www.newbornsinneed.org</a>
	Norfolk Department of Health	Baby Care parent education & support; car safety seat program	757-355-5641	Email address on website	<a href="https://www.norfolk.gov/179/Community-Outreach-Programs">https://www.norfolk.gov/179/Community-Outreach-Programs</a>
	Norfolk Department of Human Services	Parent education & support, early prevention unit; fatherhood development & support group; adoption and foster care; child protective services; public assistance; homelessness; Children's Services Act; other resources available through referrals; Kindergarten readiness	757-664-6000	Email address on website	<a href="http://www.norfolk.gov/HumanServices/">www.norfolk.gov/HumanServices/</a>
	Parent to Parent of Virginia	Parenting support and coping skills		<a href="mailto:PTPofVA@aol.com">PTPofVA@aol.com</a>	<a href="https://ptpofva.wordpress.com/">https://ptpofva.wordpress.com/</a>
	Parents in Need	Resources for newborns through age 6		<a href="mailto:ParentsInNeedHR@gmail.com">ParentsInNeedHR@gmail.com</a>	<a href="https://www.parentsinneedhr.org/">https://www.parentsinneedhr.org/</a>
	Pathways to Life	Pregnancy and parenting; abuse; ADHD; anger; anxiety; Bipolar Disorder; decision-making skills; depression; intellectual disabilities; poor school/work performance; physical/verbal aggression towards others; PTSD; stress; substance abuse; teen pregnancy	757-395-4122	<a href="mailto:pwsnorfolk@pwstolife.com">pwsnorfolk@pwstolife.com</a>	<a href="http://www.pwstolife.com/">http://www.pwstolife.com/</a>
	Postpartum Support International	Postpartum information; online and telephone support services	800-944-4773; Text "Help" to 800-944-4773 (EN) Text en Español: 971-203-7773	<a href="mailto:support@postpartum.net">support@postpartum.net</a>	<a href="http://www.postpartum.net/">www.postpartum.net/</a>
	The Keim Center	Counseling & support for pregnancy/crisis; pregnancy testing; abortion information	757-499-4444	Email address on website	<a href="https://keimcenters.com/">https://keimcenters.com/</a>
	The Planning Council	Maternal, infant, and early childhood home visiting and screening; postpartum support	757-622-9268	<a href="mailto:info@theplanningcouncil.org">info@theplanningcouncil.org</a>	<a href="http://www.theplanningcouncil.org/community-engagement/home-visiting-central-intake/">www.theplanningcouncil.org/community-engagement/home-visiting-central-intake/</a>
The UP Center	Foster care and adoption; mentoring; youth counseling; parenting support; family and child counseling; mediation and visitation	757-354-3819	<a href="mailto:info@theupcenter.org">info@theupcenter.org</a>	<a href="https://www.theupcenter.org/how-we-help/">https://www.theupcenter.org/how-we-help/</a>	

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Recreation	KROC Center	A 92,000 square-foot facility featuring an indoor aquatics center, fitness center, gymnasium, theater and more	757-622-KROC (757-622-5762)	Email address on website	<a href="https://krochamptonroads.org/">https://krochamptonroads.org/</a>
	Norfolk Fitness & Wellness Center	Sports leagues; fitness orientations; personal fitness assessments; personal training; YouthFit program; swimming pool	757-823-4301	Email address on website	<a href="http://www.norfolk.gov/Facilities/Facility/Details/146">www.norfolk.gov/Facilities/Facility/Details/146</a>
	Norfolk Nighthawks	Sports, music, games, career skills for adults 18 years and older	757-823-4291	Email address on website	<a href="https://www.norfolk.gov/4122/Norfolk-Nighthawks">https://www.norfolk.gov/4122/Norfolk-Nighthawks</a>
	Norfolk Recreation Centers	Cultural enrichment; health and physical activities; outdoor and environmental education; personal development and life skills; social enhancement	757-823-4291	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=854">www.norfolk.gov/index.aspx?NID=854</a>
	Therapeutic Recreation	Recreation to help individuals with temporary impairments, other health conditions, and disabilities to increase independence, strengthen leisure skills, and enhance personal well-being – physically, cognitively, emotionally, and socially in a rehabilitative environment.	757-441-1764	Email address on website	<a href="http://www.norfolk.gov/Facilities/Facility/Details/87">www.norfolk.gov/Facilities/Facility/Details/87</a>
Senior Services	Caring.com	Caring.com is a leading online destination for caregivers seeking information and support as they care for aging parents, spouses, and other loved ones; offers thousands of original articles, helpful tools and advice experts, a community of caregivers, and a comprehensive directory of caregiving services	(800) 973-1540	Email address on website	<a href="http://caring.com">http://caring.com</a>
	Catholic Charities	Life coach services for adults with chronic disease; guardianship/conservatorship caregiving for individuals deemed incapacitated by the courts with no family to take care of them; representative payee program for individuals at risk of being financially exploited and/or unable to handle their own financial affairs	Guardianship/ Conservatorship 757-467-7707; Representative Payee 757-456-2366	Email address on website	<a href="http://www.cceva.org/need-help/health-community-services/">www.cceva.org/need-help/health-community-services/</a>
	Catholic Charities	In-home respite care; community assistance and resources for seniors	757-456-2366	Email address on website	<a href="https://www.cceva.org/need-help/adult-senior-care/">https://www.cceva.org/need-help/adult-senior-care/</a>

## Community Resource Guide

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Senior Services	Department for Aging and Rehabilitative Services	Provides and advocates for resources and services to improve the employment, quality of life, security, and independence of seniors, individuals with disabilities, and their families. Includes the Adult Protective Services Division, Community Based Services Division, Disability Determination Services, Division for Rehabilitative Services, Division for the Aging, Wilson Workforce and Rehabilitation Center, Office of Community Integration, and Office of the State Long-Term Care Ombudsman	800-552-5019	<a href="mailto:dars@dars.virginia.gov">dars@dars.virginia.gov</a>	<a href="http://www.vadars.org">www.vadars.org</a>
	Norfolk Department of Human Service/Seniors	Senior resources	757-664-6000	Email address on website	<a href="https://www.norfolk.gov/858/Seniors">https://www.norfolk.gov/858/Seniors</a>
	PrimePlus Senior Centers	Provides services to enhance the quality of life for adults aged 50+, including more than 50 different physical fitness and wellness courses five days a week	757-625-5857	Email address on website	<a href="https://primeplus.org/">https://primeplus.org/</a>
	Senior Services of Southeastern Virginia	Provides services in advocacy, education, information, and other comprehensive services	757-461-9481	Email address on website	<a href="https://hamptonroadscares.org/show/senior-services-of-southeastern-virginia">https://hamptonroadscares.org/show/senior-services-of-southeastern-virginia</a>
Shelters/Day Services/Housing Services	Barrett Haven Transitional Home	For homeless single women and single pregnant women, designed to help break the cycle of homelessness	757-690-0586	Email address on website	<a href="http://www.vcpea.org/program/61773/transitional-home-single-women">http://www.vcpea.org/program/61773/transitional-home-single-women</a>
	Catholic Charities	Financial assistance; counseling on reverse mortgages; homebuyer counseling; mortgage default counseling	757-533-9569 Financial assistance 757-484-0703 all other financial housing services	Email address on website	<a href="http://www.cceva.org/need-help/financial-housing-counseling/">www.cceva.org/need-help/financial-housing-counseling/</a>
	ForKids	Emergency shelter and rapid re-housing services for families	757-622-6400	<a href="mailto:info@forkidsva.org">info@forkidsva.org</a>	<a href="https://www.forkids.org/">https://www.forkids.org/</a>
	Habitat for Humanity of South Hampton Roads	Builds and renovates homes through an application process	757-640-0590	<a href="mailto:info@shrhabitat.org">info@shrhabitat.org</a>	<a href="http://shrhabitat.org/homeownership/">http://shrhabitat.org/homeownership/</a>
	Housing Crisis Hotline - The Planning Council	A starting point for anyone who is experiencing a housing crisis and in need of shelter, case management, and related services	757-587-4202; 866-750-4431	Email address on website	<a href="http://www.theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/">www.theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/</a>
	Norfolk Department of Human Services Homeless Action Response Team (HART)	Single point of contact for homeless families and individuals seeing time-limited services including shelter placement, applications for eviction prevention, assessment for service needs, and connection to service providers	757-587-4202	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=2697">www.norfolk.gov/index.aspx?NID=2697</a>



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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
	Norfolk Emergency Shelter Team (NEST) Program Coalition of Churches	Shelter for single adults during winter months. Call first for information on locations and operations. Pick up at 741 Monticello Ave. at 7:00 PM	757-823-1622	Email address on website	<a href="http://www.norfolk.gov/index.aspx?NID=1228">www.norfolk.gov/index.aspx?NID=1228</a>
	Norfolk Redevelopment & Housing Authority	Home Investment Partnership Program, assisted-rental housing, housing choice vouchers	757-623-1111	Email address on website	<a href="http://www.nrha.us/">http://www.nrha.us/</a>
	Oxford House Recovery & Relapse Prevention Transitional Housing	Self-run, self-supported recovery house for recovering alcoholics and drug addicts	757-351-0165	Email address on website	<a href="http://www.oxfordhouse.org/userfiles/file/">www.oxfordhouse.org/userfiles/file/</a>
	Rent Ready Norfolk	Connects landlords of rental properties with renters		Email address on website	<a href="https://www.norfolk.gov/4735/Rent-Ready-Norfolk">https://www.norfolk.gov/4735/Rent-Ready-Norfolk</a>
	Salvation Army	Day services; 9:00AM-2:00PM Monday-Friday	757-622-3471	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/2012/07/03/the-salvation-army-mens-hope-center-expands-services/">virginiasalvationarmy.org/hrva/2012/07/03/the-salvation-army-mens-hope-center-expands-services/</a>
	Salvation Army Emergency Shelter for Single Men	Arrive 6:00-7:00 PM. Call for shelter availability	757-622-3471	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/programs/">virginiasalvationarmy.org/hrva/programs/</a>
	Salvation Army H.O.P.E. Village Transitional Housing (women and women with children)	Residential housing for single men, women and women with children	757-543-8100	Email address on website	<a href="http://virginiasalvationarmy.org/hrva/programs/">virginiasalvationarmy.org/hrva/programs/</a>
	Seton Youth Shelter	Sheltering children ages 9-18	757-498-4357; 866-751-7640	Email address on website	<a href="http://setonyouthshelters.org/">http://setonyouthshelters.org/</a>
	St. Columba Day Center	Open Monday - Thursday from 9:00AM - 1:30PM; showers, sandwiches, coffee, and other snacks. Limited number of guests can have laundry done when staffing permits. Guests can use phones and mailing address for seeking employment and establishing services with other agencies. Our Homeless Advocate helps connect with resources, such as bus passes to get to work and appointments, guidance obtaining ID cards and birth certificates, work boots, and food	757-627-6748	Email address on website	<a href="http://www.stcolumbaministries.com/programs.html">www.stcolumbaministries.com/programs.html</a>
	YMCA Homeless Youth Education	Find information and resources if you or your family is currently homeless or is in danger of being homeless	202-462-4822	<a href="mailto:info@nationalhomeless.org">info@nationalhomeless.org</a>	<a href="https://nationalhomeless.org/">https://nationalhomeless.org/</a>
Shelters/Day Services/Housing Services	The Samaritan House	Emergency housing, transitional housing, and community outreach to victims of domestic violence and homeless families	757-430-2120; 757-587-4202	Email address on website	<a href="https://samaritanhouseva.org/">https://samaritanhouseva.org/</a>
	The Urban League	Provides services to low and moderate wage earners to prepare and educate participants on the home buying process	757-627-0864	Email address on website	<a href="http://www.ulhr.org/programs">www.ulhr.org/programs</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
	Union Mission Ministries	Shelter for men, women & children. Arrive between 5:00-5:15 PM recommended for men's shelter; Women call for shelter availability. Day services available 9:30AM- 3:00PM Monday-Friday	757-627-8686; ext. 200 Men, ext. 331 Women, ext. 335 Women with Children	Email address on website	<a href="http://www.unionmissionministries.org/get-involved/events/">www.unionmissionministries.org/get-involved/events/</a>
	Vetshouse Incorporated	A 12-month program providing contemporary living quarters in a group environment, assistance in job hunting, transportation, personal skills, and development guidance	757-306-1000	<a href="mailto:vetshouseinc@aol.com">vetshouseinc@aol.com</a>	<a href="http://www.vetshouseinc.org/">http://www.vetshouseinc.org/</a>
	YWCA	Domestic violence shelter for women and children	757-251-0144	<a href="mailto:info@ywca-shr.org">info@ywca-shr.org</a>	<a href="https://www.ywca-shr.org/what-we-do/crisis-services/">https://www.ywca-shr.org/what-we-do/crisis-services/</a>
Transportation	Hampton Roads Transit (HRT)	Providing public transit service to Chesapeake, Hampton, Newport News, Norfolk, Portsmouth and Virginia Beach via bus, light rail, ferry, paratransit, and carpool options (not all options provided in all cities)	757-222-6000; Espanol 757-222-6087 Paratransit		<a href="https://gohrt.com/">https://gohrt.com/</a>
	McKinney-Vento Transportation	Transporting homeless children to school	(757) 628-3944	<a href="mailto:TellUs@npsk12.com">TellUs@npsk12.com</a>	<a href="https://www.npsk12.com/homeless">https://www.npsk12.com/homeless</a>
Youth Resources	4H Youth Development	4H is the youth development education program of Virginia Cooperative Extension providing rich learning experiences where young people partner with caring adults and volunteers in a fellowship. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development	757-683-2816	<a href="mailto:VCENorfolk@vt.edu">VCENorfolk@vt.edu</a>	<a href="https://norfolk.ext.vt.edu/">https://norfolk.ext.vt.edu/</a>
	Access College Program	Helps local students and parents navigate the college application and financial aid process	757-962-6113	<a href="mailto:info@accesscollege.org">info@accesscollege.org</a>	<a href="https://www.accesscollege.org/">https://www.accesscollege.org/</a>
	Boys & Girls Club of Southeast Virginia	To enable all young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens	757-853-5632	<a href="mailto:info@bgcseva.org">info@bgcseva.org</a>	<a href="https://www.bgcseva.org/">https://www.bgcseva.org/</a>
	Boy Scouts of America	Scouting offers boys the opportunity to see and learn fun, new things that can't be found anywhere else	757-497-2688	<a href="mailto:joinTidewater@scouting.org">joinTidewater@scouting.org</a>	<a href="https://tidewaterbsa.com/">https://tidewaterbsa.com/</a>
Youth Resources	Commonwealth Challenge (Virginia National Guard)	The Mission of the Virginia National Guard Commonwealth Challenge Youth Academy is to intervene in the lives of 16--18 year-old teenagers by providing the values, skills, education, and self-discipline needed to produce responsible, productive citizens in a highly structured learning environment	757-491-5932	<a href="mailto:admissions@vachallenge.org">admissions@vachallenge.org</a>	<a href="http://www.vachallenge.org/">http://www.vachallenge.org/</a>
	Department of Human Services	Ready By Five Kindergarten readiness & pre-school children's program	757-664-6000		<a href="http://www.norfolk.gov/HumanServices/">http://www.norfolk.gov/HumanServices/</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
	Divorce Care for Kids	A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences	800-489-7778	<a href="mailto:info@divorcecare.org">info@divorcecare.org</a>	<a href="https://www.divorcecare.org/">https://www.divorcecare.org/</a>
	Garden of Hope	Youth leadership camp and mentoring program	757-390-4328		<a href="https://gardenofhopecdc.org/family-youth-services/">https://gardenofhopecdc.org/family-youth-services/</a>
	Girl Scouts	Girl Scouting builds girls of courage, confidence, and character, who make the world a better place	757-410-1463	<a href="mailto:customercare@gsccc.org">customercare@gsccc.org</a>	<a href="https://www.gsccc.org/">https://www.gsccc.org/</a>
	Job Corps	Job Corps is the nation's largest career technical training and education program for young people from 16 through 24 years of age that qualify as low income. A voluntary program administered by the U.S. Department of Labor, Job Corps provides eligible young men and women with an opportunity to gain the experience they need to begin a career or advance to higher education. Job Corps is free to its students or their families	757-466-3202		<a href="https://www.vec.virginia.gov/find-a-job/job-corps">https://www.vec.virginia.gov/find-a-job/job-corps</a>
	LGBT Center	The LGBT (Lesbian, Gay, Bisexual, Transgender) Center is Hampton Roads' only LGBTQ+ community center. The LGBT Center is a program of ACCESS AIDS Care and utilizes a community of volunteers and professionals to achieve its goals of promoting LGBTQ+ health and human rights, while providing a SAFE space for the LGBTQ+ community	757-640-0929	<a href="mailto:info@lgbtlifecenter.org">info@lgbtlifecenter.org</a>	<a href="https://www.lgbtcenters.org/LGBTCenters/Center/6815/LGBT-Life-Center">https://www.lgbtcenters.org/LGBTCenters/Center/6815/LGBT-Life-Center</a>
	Next Gen Pathways	The Hampton Roads Workforce Council is committed to helping to prepare the emerging workforce. Through participation in NextGen Pathways, as well as in-school and out-of-school year-round programs designed for youth ages 14-24, participants learn workplace readiness and academic skills essential for reaching their career goals.	757-314-2370	<a href="mailto:nextgen@vcwhamptonroads.org">nextgen@vcwhamptonroads.org</a>	<a href="http://www.vcwhamptonroads.org/nextgen-services/">http://www.vcwhamptonroads.org/nextgen-services/</a>
	Norfolk Recreation, Parks and Open Spaces	Featuring recreation centers, sports leagues, beaches, pools, senior & youth activities, and more	757-823-4291		<a href="http://www.norfolk.gov/index.aspx?NID=3443">www.norfolk.gov/index.aspx?NID=3443</a>
Youth Resources	Park Place Child Life Center	Visual and performing arts classes after school for children in Park Place; also provides dinner and homework support	757-627-7252; or 757-348-3240	<a href="mailto:edppclc@gmail.com">edppclc@gmail.com</a>	<a href="http://ppclc.org/">http://ppclc.org/</a>

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
	Seton Youth Shelters	Seton Youth Shelters provides 24-hour emergency shelter for youth ages 9-17 years old and in special cases for 18 year olds. This program serves runaway and homeless youth and youth in crisis within their family, school and/or community. Seton Youth Shelters operates two gender-specific shelters in Virginia Beach, one for boys and girls. Shelter residents are provided youth advocacy and individual/family crisis counseling	757-498-4357	Email address on website	<a href="http://setonyouthshelters.org/">http://setonyouthshelters.org/</a>
	Summer Splash	A swimming and water safety program for Norfolk youth ages 5-18 to provide opportunities to learn water safety and basic swimming skills. Runs seasonally June - August. Free with a Norfolk Athletic ID card	757-441-1605		<a href="https://www.norfolk.gov/807/Pool-Splash-Pads">https://www.norfolk.gov/807/Pool-Splash-Pads</a>
	Teens With a Purpose	Teens With a Purpose (TWP) is a peer-led organization tackling issues teens face in today's world such as prevention and education of HIV/STDs; distracted teen driving; dating abuse and violence; and many other challenges	757-747-2679	<a href="mailto:info@twpthemovement.org">info@twpthemovement.org</a>	<a href="http://www.twpthemovement.org/">http://www.twpthemovement.org/</a>
	The Urban League	Works to lessen the achievement gap between African Americans and other minorities to the larger community	757-627-0864		<a href="http://www.ulhr.org/programs">www.ulhr.org/programs</a>
	Tidewater Boat Building	Tidewater Wooden Boat Workshop uses wooden boatbuilding and other nautical-related activities to help at-risk youth develop the life skills that lead to a successful future. Now offering a paid apprentice program for youths aged 17-24, including job placement assistance	757-353-9418	<a href="mailto:contact@twbw.org">contact@twbw.org</a>	<a href="http://www.twbw.org">www.twbw.org</a>
	Wesley Memorial United Methodist Church	Tutoring available every school day from 3- 6 PM. Military Youth Cadet Corps paramilitary program teaches character and leadership skills	757-587-2996	<a href="mailto:church@norwmumc.org">church@norwmumc.org</a>	<a href="http://www.wmumcnor.org/Missions%20and%20Outreach.htm">www.wmumcnor.org/Missions%20and%20Outreach.htm</a>
	Youth Career Center of SHR	Provides career exploration, job preparation, and financial literacy education to youth ages 14-24 through onsite group tours, scheduled workshops or programs, and to individuals on a walk-in basis. Additionally, the YCCHR hosts recruitment events on behalf of local employers		<a href="mailto:youthcareercenter@oihr.org">youthcareercenter@oihr.org</a>	<a href="https://www.linkedin.com/company/youth-career-center-of-hampton-roads/about/">https://www.linkedin.com/company/youth-career-center-of-hampton-roads/about/</a>