

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	info@ARTanimals.org	Artanimals.org
	Norfolk Animal Care Center	Adoptions; spaying	757-441-5505	nacc@norfolk.gov	www.norfolk.gov/nacc
	Norfolk SPCA	Providing affordable and charitable vet services, educational programs, and counseling to keep pets with their families	757-622-3319	clientservices@norfolkspca.org	https://norfolkspca.com/helpful-resources/
Child and Family Services	Child Protective Services	Services for at-risk youth and their families	757-664-6022	Email address on website	www.norfolk.gov/HumanServices/
	Child Support (DCSE)	Locate non-custodial parent; support collections; establish paternity	800-468-8894	citizen.services@dss.virginia.gov	www.dss.virginia.gov/family/dcse/
	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		Email address on website	http://www.siblingsupport.org/sibshops/chkd-sibshops
	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	www.norfolk.gov/index.aspx?nid=1939
	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	www.norfolk.gov/HumanServices/
	Fatherhood Development Group	Meets weekly to support fathers caring for and supporting their children	757-664-6143	Email address on website	www.norfolk.gov/index.aspx?nid=1939
	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	info@forkids.org	www.forkidsva.org
	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	www.norfolk.gov/HumanServices/
	Kids Priority One	Connecting children and families with resources	757-244-5373	info@kidspriorityone.org	www.kidspriorityone.org
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	kinandkidsconsulting@cox.net	www.kinandkidsconsulting.com	

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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	pwsnorfolk@pwstolife.com	http://www.pwstolife.com/
	Ready by 5	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	www.norfolk.gov/HumanServices/
	The UP Center	Foster care and adoption; mentoring; youth counseling; parenting support; family and child counseling; mediation and visitation	757-354-3819	info@theupcenter.org	www.theupcenter.org
Child Care	Children's Harbor	Provides programs and comprehensive services for children	757-622-0900	info@childrensharbor.cc	www.childrensharbor.cc
	CommonHelp Virginia	Assistance is provided to eligible families to help with the cost of childcare so they can work or attend education programs	855-635-4370	Email address on website	commonhelp.virginia.gov/access/
	Ready By 5	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	www.norfolk.gov/HumanServices/
	YMCA	Childcare, before and after school care	757-491-3990	Email address on website	www.ymcashr.org/blocker-norfolk/pages/child-care
	YWCA	TCC Child Development Center	757-822-1562	info@ywca-shr.org	https://www.ywca-shr.org/
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	churchoffice@adventepiscopalchurch.org	www.adventepiscopalchurch.org
	Benevolent Family Services	Call for hours	757-227-4644	info@benevolentfs.com	www.benevolentfs.com
	Calvary Revival Church	Open 9:30AM - 12:30PM Fridays	757-321-9700	Email address on website	www.crcglobal.org/
	Ghent Area Ministries	Open Monday, Tuesday, Thursday and Friday from 10:00AM - 3:00PM, Wednesday from 11:30AM - 4:00PM	757-622-0438	bbrown@gamnorfok.org	www.gamnorfok.org
	Mount Gilead Missionary Baptist Church	Open 2nd and 4th Friday of the month from 12:00-2:00 PM	757-853-3721	Churchsecretary@mount-gilead.com	www.mount-gilead.com
	St. Columba	Open Mondays at 9:00AM; call for additional information	757-627-6748	Email address on website	www.stcolumbaministries.com
	Wesley Memorial United Methodist Church Working	Open 3rd & 4th Saturday of each month, call for times	757-587-2996	church@norwmumc.org	www.wmumcnor.org/Missions%20and%20Outreach.htm
	Women's Wardrobe at Talbot Park Baptist Church	Professional attire to help women get into the workforce	757-423-8677	Email address on website	www.talbotparkbaptistchurch.org/
	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	757-769-8539	Live chat available	www.norfolkcircuitcourt.us	
	Community Corrections	Pre- and post-trial community supervision	757-441-1413	Email address on website	www.norfolk.gov/index.aspx?NID=587	
	Eastern District of Virginia U.S. Bankruptcy Court	Filing for bankruptcy		Email address on website	www.vaeb.uscourts.gov/wordpress/	
	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	http://www.courts.state.va.us/courts/gd/norfolk/home.html	
	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	http://www.courts.state.va.us/courts/jdr/home.html	
	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	www.norfolk.gov/HumanServices/	
	Probation & Parole, District	Probation and parole services	757-683-8417	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	
	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	vadoc.virginia.gov/victim/	
	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	www.abilitycentervirginia.org
		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			https://www.accessvirginia.info/
ARC of Virginia		Promotes and protects the human rights of people with intellectual and developmental disabilities	804-649-8481	info@thearcofva.org	thearcofva.org	

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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	www.cceva.org/need-help/health-community-services
	Center for Special Education Advocacy	Maintains a list of advocates and attorneys across Virginia	540-364-0051	Email address on website	www.advocacyinstitute.org/
	CHKD Care Connection	Provides case management and care coordination services	757-668-7132	Email address on website	www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/
	Community Services Board	Mental health, intellectual disability, and substance abuse treatment	757-823-1600	Email address on website	www.norfolk.gov/NCSB/
	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	dars@dars.virginia.gov	www.vadars.org
	DisABILITY Law Center of Virginia	Protection and advocacy for Virginians with disabilities	800-552-3962	Email address on website	https://www.dlcv.org/
	Easter Seals (serving DC, MD & VA)	Serves children, adults, seniors, military, and veterans	800-886-3771	Email address on website	https://www.easterseals.com/DCMDVA/
	Easter Seals UCP of NC & VA (United Cerebral Palsy)	Provides mental health, respite, foster care, and therapy	800-662-7119	Email address on website	https://www.easterseals.com/NCVA/our-programs/
	Eggleston Services	Employment programs; day support and life enhancement; residential services; community employment placements; leisure programs	757-858-8011	Email address on website	www.egglestonservices.org/
	Endeppence 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	http://endeppence.org/
	Faith Inclusion Network	Special needs resources	757-282-8000	Email address on website	www.faithinclusionnetwork.org/

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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	www.free-foundation.org/
	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	www.hope-house.org/
	Infant/Toddler Connection	Service coordination; physical, occupational, and speech-language therapies; developmental services; assistive technology	757-441-1186	CSBITC@norfolk.gov	https://nfkresilientcity.org/
	Learning Disabilities Association of Virginia	Enhancing educational and vocational services for individuals with learning disabilities	412-341-1515	info@ldavirginia.org	https://ldaamerica.org/lda-chapters/virginia/
	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	www.peatc.org/
	Project Lifesaver	Provides radio transmitter bracelets to individuals with cognitive issues at risk for wandering away	757-328-2485	info@norfolk-sheriff.com	https://norfolk-sheriff.com/index.php/divisions/project-lifesaver
	Social Security	Retirement, SSI, Medicare, and disability benefits	800-772-1213	Email address on website	www.ssoffice.com/norfolk-social-security-office-so1431
	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	pele@wm.edu	https://law.wm.edu/academics/programs/id/electives/clinics/specialed/index.php
	The UP Center	Provides summer camp and recreation; sponsored family homes; financial management	757-354-3819	info@theupcenter.org	www.theupcenter.org/about-us/ourprograms/
	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	www.norfolk.gov/Facilities/Facility/Details/87
	Todd Rosenlieb Dance	Classes for people with Down Syndrome, adaptive classes for students on the autism spectrum	757-626-3262	frontdesk@trdance.org	www.trdance.org

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Differently Abled	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	https://www.vadars.org/default.htm
	WHRO Voice	Provides free Voice Radios to the legally blind and individuals with reading or physical disabilities	757-889-9379	Email address on website	mediaplayer.whro.org/station/voice
Domestic Assistance	Cleaning for a Reason	Provides free housecleaning services to women undergoing cancer treatment	877-337-3348	Email address on website	https://cleaningforareason.org/
	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	info@shrhabitat.org	http://shrhabitat.org/our-mission/
	Renovate Norfolk	Assists income-eligible homeowners with interior and exterior residential rehab and repair	757-823-4361	Email address on website	
Education/Schools/ Preschool Programs	Before / After School Program	For youth ages 5-12 during the NPS school year at participating recreation centers		Email address on website	www.norfolk.gov/index.aspx?NID=1382
	Early Childhood Special Education	Services for qualifying children from birth to Kindergarten	800-292-3820	Email address on website	http://www.doe.virginia.gov/early-childhood/disabilities/ecse.shtml
	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	https://www.headstartva.org/
	Interagency Collaboration / Wrap Around	Comprehensive wraparound supports focus upon addressing academic and non-academic barriers that impede students' academic progress	757-628-3930	TellUs@npsk12.com	www.npsk12.com/icws
	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	https://www.norfolkpubliclibrary.org/learning-research/career-online-high-school
	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. 347	Email address on website	http://www.norfolkpubliclibrary.org/about-npl/kids/programs
	Norfolk Public Schools Adult Education	Adult evening education programs and apprenticeships	757-892-3300	Email address on website	www.npsk12.com/Page/10295
	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	hamptonroads.myactivechild.com/blog/norfolk-public-schools-free-pre-k-program/
	Norfolk Workforce Development Center	GED preparation and testing center	757-892-3300 ext. 3210	Email address on website	https://www.norfolk.gov/facilities/facility/details/ncbservicecenter-workforcedevelopment-104

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Education/Schools/ Preschool Programs	Ready by 5	Kindergarten readiness and pre-school children's program	757-664-6000	Email address on website	www.norfolk.gov/HumanServices/
Emergency Services / Personal Crisis Hotlines	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	www.redcross.org/local/virginia
	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	www.norfolk.gov/index.aspx?nid=350
	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	www.childhelp.org/hotline/
	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	www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile
	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	www.thehotline.org/
	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	poisoncenter@vcuhealth.org	https://poison.vcu.edu/
	Police/Fire/Rescue	To report life-threatening emergencies, public safety, and crime	911	Email address on website	www.norfolk.gov/index.aspx?NID=6
	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	757-622-1126; 800-273-8255	Email address on website	https://suicidepreventionlifeline.org/
	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	www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile
	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	https://www.ywca-shr.org/what-we-do/crisis-services/
Employment Training & Assistance	Eggleston Services	Job education, training, and employment for individuals with disabilities	757-499-1093	info@egglestonservices.org	www.egglestonservices.org/
	Endeppence Center	Training and assistance for individuals with disabilities and independent living	757-461-8007; TTY (757) 461-7527	ecinorf@endeppence.org	http://endeppence.org/

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Employment Training & Assistance	Goodwill Industries	Provides job seeker services and job skills training programs for individuals with challenges	757-951-4200	Email address on website	https://goodwillvirginia.org/
	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	norfolk.gov/index.aspx?NID=355
	Hampton Roads Workforce Council	Providing basic and enhanced career services and training services	757-461-7537	Email address on website	https://www.vcwhamptonroads.org/
	Second Chances	Works with persons previously incarcerated on an individual and voluntary basis	757-664-7799	Email address on website	www.norfolk.gov/reentry
	Step Up	Training and assistance for re-entry	757-588-3151	info@stepupincorporated.org	http://stepupincorporated.org/
	The UP Center	Job training	757-354-3819	info@theupcenter.org	www.theupcenter.org
	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	757-226-7589	Email address on website	www.ulhr.org/programs
	Tidewater Builders Association	Job training and placement for facility maintenance	757-420-2566	Email address on website	http://www.tbaonline.org/
	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	www.vec.virginia.gov/norfolk
	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	Email address on website
Catholic Charities		Budget counseling; debt management program; financial education classes	757-484-0703	Email address on website	www.cceva.org/need-help/financial-housing-counseling/
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	office@goodshepherdnorfolk.org	www.goodshepherdnorfolk.org/

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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	855-635-4370	Email address on website	http://commonhelp.virginia.gov/access/
	Consumer Financial Protection Bureau	U.S. government agency that makes sure banks, lenders, and other financial companies treat you fairly; offers financial coaching	757-663-8048	Email address on website	https://www.consumerfinance.gov/
	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	www.dominionenergy.com/community/energy-assistance/energyshare
	Garden of Hope	Financial Education Empowerment Training (FEET)	757-390-4328	Email address on website	http://gardenofhopecdc.org/our-projects-programs/
	Ghent Area Ministries	Utility assistance	757-622-0438	Email address on website	https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki
	Joshua Ministry at Gethsemane Community Fellowship	Health care and prescriptions; rent and utilities. Ask for confidential line	757-622-0760	office@gcfbaptistchurch.org	www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/
	Mount Gilead Baptist Church	Rent and utility assistance; ID and proof of bill required	757-853-3721	Email address on website	www.mount-gilead.com/
	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	www.norfolk.gov/HumanServices/
	Salvation Army	Rent/mortgage, utilities	757-965-9012; Ext. 1 heating/ cooling; Ext. 3 water; Ext. 4 rent/ mortgage	Email address on website	http://virginiasalvationarmy.org/hrva/programs/
	St. Columba Ecumenical Ministries	Rent, utilities	757-627-6748	Email address on website	www.stcolumbaministries.com/
	St. Mary's Catholic Church	Financial assistance for residents of 23504, 23510	757-622-4487	Email address on website	www.basilicaofsaintmary.org/
	The UP Center	Financial counseling; housing counseling	757-354-3819	info@theupcenter.org	www.theupcenter.org
	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	855-530-5506	Email address on website	www.vdottollrelief.com/am-i-eligible/default.asp

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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	churchoffice@adventepiscopalchurch.org	http://adventepiscopalchurch.org/
	Annunciation Greek Orthodox Cathedral	Community dinner 6:00-7:00 PM Thursdays (excludes some holidays)	757-440-0500	Email address on website	www.annunciation.va.goarch.org/
	Bethlehem Missionary Baptist Church	12:00 - 1:00 PM second Tuesday of the month	757-623-1575	Email address on website	www.bbcnorfolk.org/
	Calvary Revival Church	Open 9:30AM - 12:30PM Fridays	757-321-9700	Email address on website	www.crcglobal.org/
	Central Baptist Church in Ghent	9:30-11:30 AM Mondays	757-627-4751	Email address on website	www.cbcnorfolk.org/about-us/our-mission
	Christ and St. Luke's Church	11:00 AM -12:30 PM Thursdays during summer; 11:30 September - May	757-627-5665	office@christandstlukes.org	www.christandstlukes.org
	Church After God's Own Heart	Wednesday 6:00 -7:00 PM	757-627-6599	Email address on website	http://foodbankonline.org/directory/listing/church-after-gods-own-heart
	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	secretary@cpcnorfolk.org	www.cpcnorfolk.org/
	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	http://ascension-norfolk.org/ascension-food-pantry/
	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	757-683-2816	Email address on website	http://ext.vt.edu/food-health/family-nutrition-program.html
	First Lutheran Church	Community lunch 12:00-1:00 PM Wednesdays	757-625-1953	office@flcnorfolk.com	www.flcnorfolk.org/
	First Presbyterian Church	Soup kitchen 12:00-1:00 PM Saturdays	757-625-1697	Email address on website	www.fpcnorfolk.org/
	Food Bank of Southeast Virginia	Food distribution Fridays from 9:00-11:00 AM; No eligibility requirements	757-627-6599	Email address on website	http://foodbankonline.org/
	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	www.norfolk.gov/index.aspx?nid=376
	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	http://foodbankonline.org/summerfoodservice/

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Food Pantries/Nutrition Services	Freemason St. Baptist Church	Community breakfast 8:30-9:30 AM Fridays	757-625-7579	office@freemasonstreet.org	www.freemasonstreet.org/
	Ghent Area Ministries	Open Monday, Tuesday, Thursday & Friday from 10:00AM - 3:00PM, Wednesday from 11:30AM - 4:00PM	757-622-0438	bbrown@gamnorfolk.org	https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki
	Grace and Hope Mission Church	Call for appointment	757-855-7175	Email address on website	https://foodbankonline.org/directory/listing/grace-and-hope-mission-inc
	Holy Trinity Catholic Church	Monday - Thursday 1:00-3:00 PM; Ocean View residents only	757-480-3433	frdanbeeman@gmail.com	www.trinitynorfolk.org/
	Mount Gilead Missionary Baptist Church	Open Fridays at 11:00 AM	757-853-3721	Churchsecretary@mount-gilead.com	www.mount-gilead.com/
	New Hope COGIC	9:00-11:00 AM Wednesdays and Saturdays	757-857-5315 ext. 10		www.newhopecogic.org/
	Salvation Army	8:00-8:30 AM Monday-Friday; 9:00-9:30 AM Sunday; 4:45-5:15 PM Monday-Saturday	757-965-9012 ext. 2		http://virginiasalvationarmy.org/hrva/programs/
	SHARE program	Nutritious food packages at discount prices, including meat, fruits, and vegetables. Requires two hours of volunteer service to purchase a package; there are no eligibility requirements	757-596-7188 ext. 104	info@HRFoodbank.org	http://hrfoodbank.org/share/
	New Calvary Baptist Church	1:30-2:30 PM Fridays; 12:30-3:00 PM Saturdays	757-627-1269	info@newcalvarynorfolk.org	https://twitter.com/ncbcnorfolk?lang=en
	St. Columba	Food pantry provides people with enough food for three days; diet restrictions, health conditions, access to cooking facilities and special foods for children taken into consideration. All clients receiving food must have a written referral from an approved agency and proof of address	757-627-6748	Email address on website	www.stcolumbaministries.com/
	St. Columba Day Center	Open Monday - Thursday from 9:00AM - 1:30PM; guests can get showers, sandwiches, coffee, and other snacks	757-627-6748	Email address on website	www.stcolumbaministries.com/programs.html
	St. Mary's Catholic Church	Food pantry Monday, Wednesday, and Thursday 9:30-11:30 AM; soup kitchen 12-1:15 PM Monday, Wednesday, Thursday, Friday	757-622-4487	Email address on website	www.basilicaofsaintmary.org/
	St. Timothy Lutheran Church	11:00AM-2:00PM 1st, 2nd, 3rd & 4th Thursday and 11:00AM-1:00PM 3rd Tuesday each month	757-459-2500	Email address on website	http://sttimothelca.com/site/ministries/social-outreach/

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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	Email address on website	http://foodbankonline.org/summerfoodservice/
	Temple Ohef Sholom	Soup kitchen 11:30AM - 1:00PM last Monday of the month	757-625-4295	information@ohesholom.org	www.ohesholom.org/
	Union Mission	12:00-1:00 PM Monday-Friday; Dinner every day at 5:00 PM	757-627-8686	Email address on website	www.unionmissionministries.org
Gender/Sexuality Support	Wesley Memorial United Methodist Church	Kids summer lunch program, ages 3-18	757-587-2996	church@norwmumc.org	www.wmumcnor.org/Missions%20and%20Outreach.htm
	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; Chat also available	http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile
Government/School Resources	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	757-200-9198	info@accessaids.org	http://accessaids.org/
	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	ccouncil@norfolk.gov	www.norfolk.gov/Index.aspx?NID=533
	City Departments	A list of all current city departments. Click on the department for service and contact information	757-664-6510	healthyneighborhoods@norfolk.gov	www.norfolk.gov/departments
	Norfolk Fire-Rescue	Free smoke alarms, call to schedule installation	757-664-6510	Email address on website	www.norfolk.gov/index.aspx?NID=2333
	Norfolk Public Schools	Information about the school district	757-670-3945	tellus@npsk12.com	www.npsk12.com
	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		Email address on website	www.norfolk.gov/index.aspx?NID=3095
	Norfolk Gang Activity Tip Form	Graffiti abatement and gang awareness	757-664-6500	Email address on website	https://www.norfolk.gov/formcenter/police-6/norfolk-gang-activity-tip-form-350
	Norfolk Public School Board	Information about the school board regulations, meetings, and members	757-670-3945	tellus@npsk12.com	www.npsk12.com/schoolboard
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	www.vdh.virginia.gov/vital-records/
	Ghent Area Ministry	ID services	757-622-0438	Email address on website	https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki
	HART Team - Norfolk Human Services	ID services	757-664-6000	Email address on website	www.norfolk.gov/index.aspx?NID=2697

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ID Services	Salvation Army	ID services	757-622-3471	Email address on website	http://virginiasalvationarmy.org/hrva/
	Union Mission	ID services	757-627-8686	Email address on website	www.unionmissionministries.org
Immigration	Commonwealth Catholic Charities	Legal, health, mental health, and language resources and advocacy	757-247-3600 ext. 306	Email address on website	www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393393-CommonwealthCatholicCharitiesHamptonRoadsOffice
	Virginia Organizing	Immigration resources	434-984-4655	info@virginia-organizing.org	www.virginia-organizing.org/immigration-resources/
Incarceration / Re- entry	Gethsemane Community Fellowship Joshua Ministry for re-entry	Food pantry; please call for days/times	757-622-0760	office@gcfbaptistchurch.org	www.gcfbaptistchurch.org/ministries-2/evangelism-ministries/
	New Calvary Baptist Church	Prison ministry & employment services; 7 PM Tuesdays	757-627-1269	info@newcalvarynorfolk.org	https://twitter.com/ncbcnorfolk?lang=en
	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	www.norfolk.gov/HumanServices/
	Onesimus	Re-entry services	757-421-2553	wbtwine@onesimus-ministries.org	http://onesimus-ministries.org/
	Second Chances	Mentoring and support groups; job training and assistance; transitional housing for re-entry	757-664-7799	Email address on website	www.norfolk.gov/reentry
	Step Up	Pre/post release services include employment; anger management and conflict resolution; and parenting and communication skills	757-588-3151	Info@stepupincorporated.org	http://stepupincorporated.org/services.html
Information and Referral	211 Virginia	24-hour free service to help find local resources	211	Email address on website	www.211virginia.org/consumer/index.php
	Kids Priority One	Connecting children and families with resources	757-244-5373	info@kidspriorityone.org	www.kidspriorityone.org/
	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	877-823-2237	info@newfoundva.org	http://newfoundva.org/
	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	http://humantraffickinghotline.org/

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Information and Referral	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	healthyneighborhoods@norfolk.gov	www.norfolk.gov/askaquestion
Legal Resources	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	www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/Legal-Aid/
	Consumer Financial Protection Bureau	Financial coaching to submit complaints regarding consumer financial products or services	855-411-2372	Email address on website	www.consumerfinance.gov/about-us/contact-us/
	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	www.laseva.org/
	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	www.patientadvocate.org/
Medical/Dental	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	www.cancer.org
	American Diabetes Association	Advocacy for the prevention and cure for diabetes	757-424-6662	Email address on website	https://www.diabetes.org/community/local-offices/virginia
	Bon Secours Care-A-Van	Health care; call for information & schedule of locations	757-889-2273	Email address on website	http://bonsecours.com/hampton-roads/our-services/care-a-van
	Cover Virginia - Famis	FAMIS is Virginia's health insurance program for children	855-242-8282	Email address on website	https://www.coverva.org/famis/
	EVMS HOPES Free Clinic	Serves uninsured with long term and specialty care on Thursdays, 6:00-9:00 PM; appointment only	757-446-0366	Email address on website	https://www.evms.edu/education/resources/community-engaged_learning/hopes/
	Ghent Area Ministry	Health care, prescriptions, dental & vision	757-622-0438	Email address on website	https://hamptonroadscares.org/show/ghent-area-ministry-norfolk-va/wiki
	Hampton Roads Community Health Center (HRCHC)	Behavioral health; family practice; gynecology; internal medicine; medication assistance; pediatrics; dental; sliding scale fees	757-393-6363	info@hrchc.org	http://hrchc.org/

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Medical/Dental	Healthy Norfolk	Promotes safe, healthy, and active living for all city residents	757-823-4291	Email address on website	www.norfolk.gov/index.aspx?NID=1149
	Healthy Smiles Dental Center	Dental services	757-399-4588	info@hrchc.org	http://hrchc.org/
	Healthy Smiles Dental Mobile Van	Call for locations and times	757-399-4588	info@hrchc.org	https://www.hrchc.org/
	Lion's Club of District 24-D	Medical, eye care, hearing aid, cataract, and prosthetic eye assistance	Links to request forms on website	Email address on website	https://lcfsv24i.org/
	New Eyes for the Needy	New prescription eyeglasses for residents in financial need	973-376-4903	info@new-eyes.org	www.new-eyes.org
	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	757-683-2754	ndph-info@vdh.virginia.gov	https://www.norfolk.gov/pub_health/
	Old Dominion University School of Dental Hygiene	Oral screenings; dental sealants; fluoride treatments; oral radiographs; patient education	757-683-4308	Email address on website	www.odu.edu/dental
	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	www.parkplaceclinic.org/
	Partnership for Prescription Assistance	Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free	888-477-2669	Email address on website	https://medicineassistancetool.org/
	Planned Parenthood/Virginia Beach Health Center	Abortion; birth control; general healthcare; HIV testing; LGBT 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	www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750
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	www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/	

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Medical/Dental	St. Columba	The prescription 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 (fillings and extractions) and eye exams to get glasses	757-627-6748	Email address on website	www.stcolumbaministries.com/
	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	757-226-7589	Email address on website	www.ulhr.org/programs
Mental Health/ Support/Substance Abuse	Alcoholics Anonymous	Support group for alcoholism	757-490-3980	pubinfo@aavirginia.org	www.tidewaterintergroup.org/
	Alzheimer's Association, Southeast Virginia Chapter	Educational classes; monthly orientations; support groups	800-272-3900	Email address on website	www.alz.org/seva/
	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	www.ccfot.org/
	Community Services Board (CSB)	Mental health, intellectual disability, and substance abuse treatment and rehabilitation	757-823-1600	Email address on website	www.norfolk.gov/NCSB/
	Compass	Intensive in-home services; mental health skill-building; autism support; outpatient services for youth and family	757-644-6391	david@compassyouthandfamily.com	www.compassyouthservices.com
	Divorce Care	A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences	800-489-7778	Email address on website	www.divorcecare.org/
	First Baptist Church Berkley	Recovery counseling	757-543-4296	kbrown@fbcberkley.org	www.fbcberkley.org/home
	Garden of Hope	Family Health Project; I Am My Sister's Keeper HIV support and advocacy program	757-390-4328	Email address on website	http://gardenofhopecdc.org/our-projects-programs/
	Grief Share	A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences	800-395-5755	Email address on website	www.griefshare.org
	New Calvary Baptist Church	Alcoholics Anonymous/Narcotics Anonymous support groups, 7 PM Tuesdays; HIV/AIDS Ministry, dates and times vary	757-627-1269	info@newcalvarynorfolk.org	www.newcalvarynorfolk.org/

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Mental Health/ Support/Substance Abuse	Norfolk Human Services	Counseling, information, and referral	757-664-6000	Email address on website	www.norfolk.gov/index.aspx?NID=1937
	Norfolk Prevention Coalition	Seeks to engage all community sectors to work together to reduce use of drugs, alcohol, and tobacco		Email address on website	www.norfolk.gov/NPC
	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	www.oxfordhouse.org/userfiles/file/
	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	www.norfolk.gov/index.aspx?nid=1810
	Pathways to Life	ADHD; anger; anxiety; Bi-Polar Disorder; depression; developmental delays, physical/verbal aggression towards others; PTSD; stress; substance abuse	757-395-4122	pwsnorfolk@pwstolife.com	http://www.pwstolife.com/
	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	http://virginiasalvationarmy.org/hrva/programs/
	The Up Center	Mental health skill-building; youth counseling; family and child counseling	757-354-3819	info@theupcenter.org	http://theupcenter.org/
	Tidewater Area Help Line	Narcotics Anonymous support group	866-972-5055	Email address on website	www.tidewaterareana.org/index.html
	Wesley Memorial United Methodist Church	Alanon support group meets Tuesdays at 11:00 AM	757-663-7632	church@norwmumc.org	www.wmumcnor.org/Missions%20and%20Outreach.htm
	Youth Challenge	Substance abuse	757-244-1234	info@youthchallengehope.org	www.youthchallengehope.org/
YWCA	Counseling and group therapy	757-822-1562	info@ywca-shr.org	https://www.ywca-shr.org/	
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	757-446-7762	Email address on website	www.redcross.org/local/virginia
	DAV Chapter #4	Support for veterans and their families	757-857-5056	davchapter4@gmail.com	https://www.manta.com/c/mm7zf65/disabled-american-veterans-chapter-4-norfolk
	Easter Seals Disability Services	Serves military and veterans	800-886-3771	Email address on website	www.easterseals.com/DCMDVA/ourprograms/
	Family Advocacy	Housing relocation	757-444-2230	Email address on website	www.dodhousingnetwork.com/navy/ns-norfolk/base-directory/family-advocacy-program

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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	www.navywmrnavalstationnorfolk.com/programs/c2c28f41-3526-4d40-babd-bd8f894b7781
	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	All numbers listed on website	Email address on website	www.dvs.virginia.gov/virginia-veteran-and-family-support/help-lines/
	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	757-433-2230 Norfolk, Little Creek/ Ft. Story; 757-341-4491 Oceana	Email address on website	https://installations.militaryonesource.mil/
	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	757-492-7150 Dam Neck; 757-433-2912 Oceana; 757-462-7563 Little Creek; 757-422-7311 Fort Story	Email address on website	www.norfolknavyhomes.com/
	ODU Veterans Business Outreach Center	Provides entrepreneurial development services to eligible veterans who own or are considering starting a new business.		VBOC@odu.edu	www.odu.edu/cei/programs/vboc
	Operation Homefront	Financial assistance; food assistance; repairs; help for families of service members and wounded warriors	210-659-7756	Email address on website	www.operationhomefront.org/
	Hampton Roads Workforce Council	Support in reaching career goals and connections to other veteran programs and services	757-461-7537 ext. 365 757-461-7537 ext. 367	Email address on website	https://www.vcwhamptonroads.org/
	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	Email address on website	www.stopinc.org
	TCC Center for Military and Veterans Education	Assistance with military education benefits and applying for courses	757-822-7645	Email address on website	www.tcc.edu/military

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Military/Veterans	TriCare Medical Appointment Center	Locating TriCare services; making appointment; claims	See numbers listed on website	Email address on website	www.tricare.mil/contactus/	
	Tutor.com	Free, personalized tutoring help for military families available online 24/7		Email address on website	www.tutor.com/military	
	VA Medical Center, Hampton	Medical services for veterans	757-722-9961	Email address on website	www.hampton.va.gov	
	VA Outreach Team	Programs for at-risk veterans and their families	757-722-9961 ext.3817; 877-424-3838 Homeless Crisis Hotline	Email address on website	www.hampton.va.gov/services/homeless/	
	Veteran Center	Readjustment counseling	757-623-7584; 877-927-8387	Email address on website	www.hampton.va.gov/locations/norfolk.asp	
	Veterans Affairs Homeless Crisis Hotline	Provides assistance to homeless Veterans and their families	877-424-3838	Text 838255	www.hampton.va.gov/locations/norfolk.asp	
	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	www.vec.virginia.gov/veterans	
	Virginia Veteran & Family Support Services Region V	Behavioral health; rehabilitative; and support services	877-285-1299 ext.5	Email address on website	https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2/find-support/region-2-east	
	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	Email address on website	http://www.hamptonroadshaven.org/
		Birthright	Support for unplanned pregnancies	757-489-0222	info@birthright.org	https://birthright.org/norfolkva
Bon Secours Family Focus		Parenting education and resources	757-886-6511	Email address on website	https://bonsecours.com/hampton-roads/about-us/mission-and-outreach/family-focus	
Catholic Charities		Pregnancy & parent support; diapers & baby supplies; education classes; adoption	757-274-4952 Counseling; 757-456-2366 Support	Email address on website	www.cceva.org/need-help/youth-family-services/	
ChildCare Aware of Virginia		Childcare licensing, resources, and inspections	800-424-2246	Email address on website	childcareaware.org/state/virginia/	

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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	Email address on website	https://www.chipshr.org/
	Children's Hospital of the King's Daughters (CHKD)	Parenting classes and resources offered on multiple dates, times, and topics; injury prevention information	757-668-7000	Email address on website	http://www.chkd.org/Patients-and-Families/Parenting-Classes-and-Resources/
	CommonHelp Virginia	Healthcare coverage for children and pregnant women; TANF benefits	855-635-4370	Email address on website	commonhelp.virginia.gov/access/
	Crisis Pregnancy Center of Tidewater	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	757-499-4444	info@cpcot.org	www.cpcot.org/
	EVMS Healthy Start Loving Steps	Counseling, mentoring & support groups for pregnant African American mothers and infants; breastfeeding classes	757-985-3138	Email address on website	https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/
	Faith Inclusion Network	Special needs resources	757-282-8000	Email address on website	www.faithinclusionnetwork.org/
	Family Nutrition Program, Virginia Cooperative Extension	Provides nutrition education to families	757-683-2300	Email address on website	https://ext.vt.edu/food-health/family-nutrition-program.html
	Garden of Hope	Parenting workshops	757-390-4328	Email address on website	https://gardenofhopecdc.org/
	Greater Hampton Roads Diaper Bank	Diapers for needy families	757-472-8934	Email address on website	www.ghrdiaperbank.org/
	Families Forward	Parenting helpline to prevent child abuse	800-244-5373	Email address on website	https://www.familiesforwardva.org/
	Kids Priority One	Parenting resources	757-244-5373	Email address on website	www.kidspriorityone.org/
	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	Email address on website	www.kinandkidsconsulting.com/
	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	Email address on website	https://www.evms.edu/community/community_health_initiatives/virginia_healthy_start_initiative_loving_steps/

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Pregnancy & Parenting Resources	National Parent Help Line	Parenting support	855-427-2736	Email address on website	www.nationalparenthelpline.org/
	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	757-477-7395	tidewater@newbornsinneed.org	https://thecrochetcrowd.com/placemarks/newborns-need-tidewater-va-chapter/
	Norfolk Department of Health	Baby Care parent education & support; car safety seat program	757-355-5641	Email address on website	https://www.norfolk.gov/179/Community-Outreach-Programs
	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	757-664-7790 parent education; 757-664-6143 Fatherhood; 757-664-6000 all other services	Email address on website	www.norfolk.gov/HumanServices/
	Parent to Parent of Virginia	Parenting support and coping skills	804-795-1481	PTPofVA@aol.com	https://ptpofva.wordpress.com/
	Parents in Need	Resources for newborns through age 6		ParentsinNeedHR@gmail.com	https://www.parentsinneedhr.org/
	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	pwsnorfolk@pwstolife.com	http://www.pwstolife.com/
	Postpartum Support International	Postpartum information; online and telephone support services	800-944-4773	support@postpartum.net	www.postpartum.net/
	Ready by 5	Kindergarten readiness & pre-school children's program	757-664-6000	Email address on website	www.norfolk.gov/HumanServices/
	The Focus Center	Educational support and parenting resources	(757) 431-7258	Email address on website	
	The Keim Center	Counseling & support for pregnancy/crisis; pregnancy testing; abortion information	757-499-4444	Email address on website	https://keimcenters.com/
	The Planning Council	Maternal, infant, and early childhood home visiting and screening; postpartum support	757-622-9268	info@theplanningcouncil.org	www.theplanningcouncil.org/community-engagement/home-visiting-central-intake/
	The UP Center	Foster care and adoption; mentoring; youth counseling; parenting support; family and child counseling; mediation and visitation	757-354-3819	info@theupcenter.org	https://www.theupcenter.org/how-we-help/

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Recreation	KROC Center	A 92,000 square-foot facility featuring an indoor aquatics center, fitness center, gymnasium, theater and more	757-622-KROC (757-622-5162)	Email address on website	https://krochamptonroads.org/
	Norfolk Fitness & Wellness Center	Sports leagues; fitness orientations; personal fitness assessments; personal training; YouthFit program; swimming pool	757-823-4301	Email address on website	www.norfolk.gov/Facilities/Facility/Details/146
	Norfolk Nighthawks	Sports, music, games, career skills for adults 18 years and older	757-823-4291	Email address on website	https://www.norfolk.gov/4122/Norfolk-Nighthawks
	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	www.norfolk.gov/index.aspx?NID=854
	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	www.norfolk.gov/Facilities/Facility/Details/87
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	http://caring.com
	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	www.cceva.org/need-help/health-community-services/
	Catholic Charities	In-home respite care; community assistance and resources for seniors	757-456-2366	Email address on website	https://www.cceva.org/need-help/adult-senior-care/

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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	dars@dars.virginia.gov	www.vadars.org
	Norfolk Department of Human Service/Seniors	Senior resources	757-664-6000	Email address on website	https://www.norfolk.gov/858/Seniors
	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	https://primeplus.org/
	Senior Services of Southeast Virginia	Provides services in advocacy, education, information, and other comprehensive services	757-461-9481	Email address on website	https://www.sseva.org/
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	757-624-6990	Email address on website	http://www.vcpea.org/program/61773/transitional-home-single-women
	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	www.cceva.org/need-help/financial-housing-counseling/
	ForKids	Emergency shelter and rapid re-housing services for families	757-622-6400	info@forkidsva.org	https://www.forkids.org/
	Habitat for Humanity of South Hampton Roads	Builds and renovates homes through an application process	757-640-0590	info@shrhabitat.org	http://shrhabitat.org/homeownership/
	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	www.theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/
	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	www.norfolk.gov/index.aspx?NID=2697

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Shelters/Day Services/Housing Services	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	www.norfolk.gov/index.aspx?NID=1228
	Norfolk Redevelopment & Housing Authority	Home Investment Partnership Program, assisted-rental housing, housing choice vouchers	757-623-1111	Email address on website	http://www.nrha.us/
	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	www.oxfordhouse.org/userfiles/file/
	Rent Ready Norfolk	Connects landlords of rental properties with renters		Email address on website	https://www.rentreadynorfolk.com/home
	Salvation Army	Day services; 9:00AM-2:00PM Monday-Friday		Email address on website	virginiasalvationarmy.org/hrva/2012/07/03/the-salvation-army-mens-hope-center-expands-services/
	Salvation Army Emergency Shelter for Single Men	Arrive 6:00-7:00 PM. Call for shelter availability	757-622-3471	Email address on website	virginiasalvationarmy.org/hrva/programs/
	Salvation Army H.O.P.E. Village Transitional Housing (women and women with children)	Residential housing for single men and women with children	757-543-8100	Email address on website	virginiasalvationarmy.org/hrva/programs/
	Seton Youth Shelter	Sheltering children ages 9-18	757-498-4357; 866-751-7640	Email address on website	http://setonyouthshelters.org/
	St. Columba Day Center	Open Monday - Thursday from 9:00AM - 1:30PM; guests can get showers, sandwiches, coffee, and other snacks. A limited number of guests can have their laundry done when staffing permits. We allow guests to use our phones and mailing address for the purpose of seeking employment and establishing services with other agencies. Our Homeless Advocate works with guests to help them 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	www.stcolumbaministries.com/programs.html
	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	info@nationalhomeless.org	https://nationalhomeless.org/references/directory/organization/YMCA+Homeless+Youth+Education/
	The Samaritan House	Emergency housing, transitional housing, and community outreach to victims of domestic violence and homeless families	757-251-0144	Email address on website	https://samaritanhouseva.org/

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Shelters/Day Services/Housing Services	The Urban League	Provides services to low and moderate wage earners to prepare and educate participants on the home buying process	757-226-7589	Email address on website	www.ulhr.org/programs
	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	www.unionmissionministries.org/get-involved/events/
	Vetshouse Incorporated	A 12-month program providing contemporary living quarters in a group environment, assistance in job hunting, transportation, personal skills, and development guidance	757-724-8614	vetshouseinc@aol.com	http://www.vetshouseinc.org/
	YWCA	Domestic violence shelter for women and children	757-822-1562	info@ywca-shr.org	https://www.ywca-shr.org/what-we-do/crisis-services/
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		https://gohrt.com/
	McKinney-Vento Transportation	Transporting homeless children to school	757-892-3320		www.npsk12.com/Page/10178
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		ext.vt.edu/4h-youth.html
	Access College Program	Helps local students and parents navigate the college application and financial aid process	757-962-6113		https://www.accesscollege.org/
	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	757-545-3289		https://www.bgcseva.org/
	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	joinTidewater@scouting.org	https://tidewaterbsa.com/

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
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	admissions@vachallenge.org	http://www.vachallenge.org/
	Department of Human Services	Ready By Five Kindergarten readiness & pre-school children's program	757-664-6000		http://www.norfolk.gov/HumanServices/
	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		https://www.divorcecare.org/
	Garden of Hope	Youth leadership camp and mentoring program	757-390-4328		gardenofhopecdc.org/our-projects-programs/
	Girl Scouts	Girl Scouting builds girls of courage, confidence, and character, who make the world a better place	757-410-1463	customercare@gscnc.org	https://www.gscnc.org/
	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		www.vec.virginia.gov/node/2138
	LGBT Center	The LGBT (Lesbian, Gay, Bisexual, Transgender) Center is Hampton Roads' only LGBT 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 LGBT health and human rights, while providing a SAFE space for the LGBT community	757-200-9198	lgbtcenter@accessaids.org	www.lgbtcenters.org/Centers/Virginia/1266/The-LGBT-Center-of-Hampton-Roads.aspx
	Norfolk Recreation, Parks and Open Spaces	Featuring recreation centers, sports leagues, beaches, pools, senior & youth activities, and more	757-823-4291		www.norfolk.gov/index.aspx?NID=3443
	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	parkplaceclc@gmail.com	http://ppclc.org/

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Category	Organization Name	Services Provided	Contact Number	Contact Email	Website
Youth Resources	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		http://setonyouthshelters.org/
	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	757-823-4291; 757-869-1303		https://www.norfolk.gov/807/Pool-Splash-Pads
	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	info@twpthemovement.org	http://www.twpthemovement.org/
	The Urban League	Works to lessen the achievement gap between African Americans and other minorities to the larger community	757-226-7589		www.ulhr.org/programs
	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	757-353-9418	contact@twbw.org	www.twbw.org
	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		church@norwmumc.org	www.wmumcnor.org/Missions%20and%20Outreach.htm
	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	757-233-8686	youthcareercenter@oihr.org	http://myyouthcareercenter.org/