

HELP

is just a phone call away...



United Way of the Virginia Peninsula

First Call
information & referral
594-4636



A free service of United Way providing information and referral to hundreds of community programs and services, 24 hours – 7 days a week.

See our First Call searchable database of services online at

www.uwvp.org

IMPORTANT NOTE

UNITED WAY OF THE VIRGINIA PENINSULA no longer publishes the First Call Information and Referral Directory. This print version was last updated in early 2005. The most current First Call information can be found on our searchable online database and can be downloaded in whole or in part at www.uwvp.org. The online directory will be updated on a regular basis. For listing additions, deletions, corrections or other changes, please send complete information, including a contact name and phone number to:
Via E-mail: info@uwvp.org • Via Fax: 757-873-9329, Attention: First Call Update

Inclusion in the directory does not imply endorsement by United Way
or attest to the quality of services provided by those listed.

HOSPITALS

Eastern State Hospital
253-5161
www.esh.state.va.us
4601 Ironbound Road
Mail: P.O. Box 8791
Williamsburg, VA 23187-8791

Mary Immaculate Hospital
886-6000
www.bonsecourshamptonroads.com
2 Bernardine Drive
Newport News, VA 23602

Riverside Regional Medical Center
594-2000
www.riverside-online.com
500 J. Clyde Morris Blvd.
Newport News, VA 23602

Riverside Walter Reed Hospital
804-693-8810
www.riverside-online.com
P.O. Box 1130
Gloucester, VA 23061
Sentara Careplex Hospital
736-1000
www.sentara.com
3000 Coliseum Drive
Hampton, VA 23666

Sentara Williamsburg Community Hospital
259-6000
www.sentara.com
301 Monticello Avenue
Williamsburg, VA 23185

Veterans Affairs Medical Center
722-9961
www1.va.gov/midatlantic/facilities/hampton.htm
100 Emancipation Drive
Hampton, VA 23667

HOTLINES

Transitions - Family and Domestic Violence
723-7774

CDC STD/AIDS Hotline
1-800-278-9222
Español 1-800-344-7432

Center for Sexual Assault Survivors
825-2591

COPE
1-800-542-2673

First Call Information & Referral Hotline
594-4636

Poison Control Center
1-800-222-1222

Riverside Ask-A-Nurse
595-6363

VA Child Abuse Hotline
1-800-552-7096

MUNICIPALITIES

Gloucester County
804-693-4042
www.gloucesterva.info
67 Main Street
P.O. Box 329
Gloucester, VA 23061

City of Hampton
City Manager's Office
727-6392
311 - Information
www.hampton.va.us
22 Lincoln Street
City Hall
Hampton, VA 23669

James City County
253-6600
www.james-city.va.us
23185 Mounts Bay Rd.
P.O. Box 8784
Williamsburg, VA 23187

Mathews County
804-725-7172
www.co.mathews.va.us
P.O. Box 839
Mathews, VA 23109

Newport News
City Hall
926-8698
www.nngov.com
2400 Washington Ave.
Newport News, VA 23607

Poquoson
868-3000
www.ci.poquoson.va.us
500 City Hall Ave.
Poquoson, VA 23662

Williamsburg
220-6100
www.ci.williamsburg.va.us
401 Lafayette St.
Williamsburg, VA 23185

York County
890-3300
www.yorkcounty.gov
224 Ballard St.

Yorktown, VA 23690

DISASTER SERVICES

American Red Cross
Hampton Roads Chapter
838-7320
www.hrredcross.org

American Red Cross
York/Poquoson Chapter
898-3090
<http://chapters.redcross.org/va/york-poq>

DUCO
Denbigh United Christian Out-
reach 887-9079

www.duco1973.org

Hampton Social Services
727-1800
www.dss.state.va.us

James City Co. Social Services
259-3100
www.dss.state.va.us

Newport News Social Services
926-6300
www.dss.state.va.us

Salvation Army Peninsula
838-4875
www.salvationarmysouth.org/VA.htm

York/Poquoson Social Services
890-3787
www.dss.state.va.us

Williamsburg Social Services
220-6161
www.dss.state.va.us

EMERGENCY MGT. OFFICES

Hampton Emergency Management
Office/Police Planning
727-6414

www.hampton.va.us/eoc/
Public Safety Building
40 Lincoln Street
Hampton, VA 23669
Monday-Friday, 8am-4pm
Dial 911 Holidays and Weekends

James City County Civil Defense
(Emergency Service)
566-4315
www.james-city.va.us
3127 Forge Road
Toano, VA 23168
Monday-Friday 8am-5pm
After hours, Weekends, and
Holidays Call 566-4310

Newport News Emergency Mgt.
269-2900
[www.newport-news.va.us/eoc/
index.htm](http://www.newport-news.va.us/eoc/index.htm)
513 Oyster Point
Newport News, VA 23602

Williamsburg Emergency Mgt.
220-6221
www.ci-williamsburg.va.us
412 N. Boundary Street
Williamsburg, VA 23185
Monday-Friday 8am-4:30pm
911 Weekends & Holidays

York County Department of
Fire & Life Safety
890-3600
[www.yorkcounty.gov/fls/em/
index.htm](http://www.yorkcounty.gov/fls/em/index.htm)
301 Goodwin Neck Rd.
P.O. Box 532
Yorktown, VA 23692

AGENCIES AND SERVICES

AARP's Senior Employment Service Program

625-7001

201 Granby Street, Suite 424

Norfolk, VA 23510

Offers: Part-time employment for persons 55 or older who meet our economic guidelines. Clerical, custodial, housekeeping and teaching-aide positions are just some of the openings. Positions are available in all Hampton Roads cities. Fees: None

ADULT CARE FACILITIES

Nursing Homes/Long-Term Care

Bayside of Poquoson Convalescent Center

868-9960

1 Vantage Drive

Poquoson, VA 23605

Eden Pines

826-5415

1034 Topping Lane

Hampton, VA 23666

Because We Care

591-0002

9712 Jefferson Avenue

Newport News, VA 23605

Governor's Inn Retirement Residence

873-1701

741 Thimble Shoals Boulevard

Newport News, VA 23606

Caring & Sharing Home for Adults

245-0902

6008 Jefferson Ave

Newport News, VA 23605

Heart & Soul Assisted Living I

245-0011

1147 27th Street

Newport News, VA 23607

The Chesapeake

599-6623

<http://vbh.org/thechesapeake/>

955 Harpersville Road

Newport News, VA 23601

Heart & Soul Assisted Living II

245-0104

1021 24th Street

Newport News, VA 23607

Cote de Niede

877-6406

13635 Warwick Boulevard

Newport News, VA 23602

The Hidenwood Retirement Community

930-1075

www.rui.net/hidenwood/index.asp

50 Wellesley Drive

Newport News, VA 23606

The Devonshire

827-7100

2220 Executive Drive

Hampton, VA 23666

Hilton Plaza, Inc

596-6010

311 Main St.

Newport News, VA 23601

Dominion Village at Poquoson

868-0335

531 Wythe Creek Road

Poquoson, VA 23662

Lakeside Resthaven Home

890-2853

701 Lakeside Drive

Grafton, VA 23692

Mayfair House Hampton
826-3728
www.mayfairedengroup.com/mayfairhouse/
1030 Topping Lane
Hampton, VA 23666

Mennowood Retirement Community
249-0355
13030 Warwick Blvd.
Newport News, VA 23602

Morningside at Newport News
890-0905
655 Denbigh Blvd.
Newport News, VA 23608

Northampton Convalescent Center
826-4922
1028 Topping Lane
Hampton, VA 23666

Rest Haven Manor
827-0000
40 Hunt Club Blvd.
Hampton, VA 23666

Saint Francis Nursing Center
886-6501
4 Ridgewood Parkway
Newport News, VA 23602

Shelton on the Bay
723-6669
1300 N. Mallory Street
Hampton, VA 23663

Warwick Forest Assisted Living
866-2000
850 Denbigh Boulevard
Newport News, VA 23608

Williamsburg Landing
253-0303
5700 Williamsburg Landing Drive
Williamsburg, VA 23185

Zion Baptist Home for Adults
244-7171
611 19th Street
Newport News, VA 23607

Long-term Care Facilities
Bayside of Poquoson Convalescent Center
868-9960
1 Vantage Drive
Poquoson, VA 23662

Coliseum Park Nursing Home
827-8953
305 Marcella Road
Hampton, VA 23666
Colonial Services Board

Hilton Plaza, Inc
596-6010
311 Main Street
Newport News, VA 23601

James River Convalescent Center
595-2273
www.VAHS.com
540 Aberthaw Avenue
Newport News, VA 23601

Micand Retirement Center
220-4014
251 Patriot Lane
Williamsburg, VA 23185

Morningside Assisted Living
221-0018
440 McLaws Circle
Williamsburg, VA 23185

The Newport
595-3733
www.VAHS.com
11141 Warwick Boulevard
Newport News, VA 23601

Newport News Nursing and Rehabilitation
249-8880
12997 Nettles Drive
Newport News, VA 23602

Northampton Convalescent Center
826-4922
www.VAHS.com
1028 Topping Lane
Hampton, VA 23666

Patriot's Colony
220-9000 or 1-800-716-9000
www.patriotscolony.com
6000 Patriot's Colony Drive
Williamsburg, VA 23188

Regency Healthcare Center
890-0675
www.msa.net
112 North Constitution Drive
Yorktown, VA 23692

Rest Haven Manor
827-0000
40 Hunt Club Blvd
Hampton, VA 23666

Riverside Adult Daycare Center
875-2033 or 875-2032
www.riversideonline.com
1010 Old Denbigh Boulevard
Newport News, VA 23602

Riverside Adult Daycare Center - Williamsburg
565-5305
www.riversideonline.com
3435 John Tyler Highway
Williamsburg, VA 23185

Riverside Convalescent Center
722-9881
www.riversideonline.com
414 Algonquin Road
Hampton, VA 23661

Riverside Regional Convalescent Center
875-2000
www.riversideonline.com
1000 Old Denbigh Boulevard
Newport News, VA 23602

Ruxton Health of Williamsburg
229-4121
www.ruxtonhealthcare.com
1235 S. Mt. Vernon Avenue
Williamsburg, VA 23185

St. Francis Nursing Center
886-6500
4 Ridgewood Parkway
Newport News, VA 23602

Sentara Nursing Center
224-2230
2230 Executive Drive
Hampton, VA 23666

Shelton on the Bay
723-6669
www.sheltononthebay.com
1300 N. Mallory Street
Hampton, VA 23663

Tandem Health Care at Williamsburg
229-9991
1811 Jamestown Road
Williamsburg, VA 23185

York Convalescent Center
898-1491
www.VAHS.com
113 Battle Road
Yorktown, VA 23692

Al-Anon (Includes Alateen)
875-9429 (24-hour hotline)
www.al-anon.alateen.org

Al-Anon provides encouragement and mutual support for relatives and friends of alcoholics who have been affected by the problems of Alcoholism within their families. Alateen is a program for teenagers (under 20) who have parents or other family members who are alcoholics. Fees: None.

Alcoholics Anonymous- AA
595-1212

A self-help organization whose members share a common problem and help themselves and others recover from alcoholism. Participants must have a desire to stop drinking. The person desiring help must call to obtain a referral to a local group. Fees: None.

Alliance for the Mentally III
424-0856

Virginia Beach, VA

Volunteers provide support and general guidance to persons with mental illness and their families through weekly support groups, newsletters, public education, anti-stigma efforts, and research funding.

ALS Association
(866) 348-3257

www.ALSinfo.org

Washington DC, Maryland, and Virginia area

Our mission is to find a cure for and improve living with ALS (Lou Gehrig's Disease) through research, education, and support services for ALS patients and families.

Alternatives, Inc
838-2330

www.altinc.org

2021B Cunningham Dr., Suite 5

Hampton, VA 23666

Alternatives has served Virginia Peninsula children and youth for more than 30 years and is nationally recognized. Alternatives works primarily in Hampton and Newport News to develop the creative, interpersonal and leadership potential of young people by engaging them in their schools, neighborhoods, and city government to plan and implement service projects, advise policymakers, identify and distribute resources, and to serve as peer educators. Alternatives also provides training for adults in the principles and practices of youth development. Hours are 8am-6pm, Monday through Friday. Service hours are based on project/customer needs and occur throughout the week, in the evening, and on weekends.

Alzheimer's Association
Southeast Virginia Chapter
459-2405

www.alzseva.org

Dedicated to providing support groups, educational programs, telephone HELPLINE, Safe Return Program, respite care, subsidy assistance, research, and support services to Alzheimer's (or related disorders) individuals and their families.

American Cancer Society, Inc.
Peninsula Unit
591-8330
24-hour Helpline, 1-888-227-6333
591-8328

www.cancer.org
895 Middleground Blvd., Suite 154
Newport News, VA 23606

The American Cancer Society provides a program of research, education, and service to the community regarding cancer. Program includes: Information and Counseling Services, Loan and Gift Services, Transportation Service, Rehabilitation, Reach to Recovery, Ostomy Patient Rehabilitation, Wig fitting, and Prosthesis fitting. Any question about treatments and support groups for patients and their families.

American Diabetes Association
424-6662
www.diabetes.org
870 Greenbrier Circle, Suite 404
Chesapeake, VA 23320

Our mission is to cure and prevent diabetes and to improve the lives of those affected by diabetes by supporting research and providing diabetes education. Supports research through fundraising events. ADA provides educational opportunities through fairs and seminars. Visit our website for coming up events.

American Heart Association
Hampton Roads Virginia
623-2075 or 623-2453
www.americanheart.org
500 Plume St. E., Suite 110
Norfolk, VA 23510

The AHA is the world's largest non-governmental supporter of cardiovascular research. AHA provides educational services and programs pertaining to diseases of the Heart and Circulatory System. Programs include Speakers Bureau and Training aids (film and literature) available to hospitals, physicians, schools, rescue squads, clubs, and organizations, disease prevention and health awareness programs and education. Call for fees.

American Red Cross

Provides assistance to disaster victims; services to military families and disabled veterans. Collects and distributes blood and blood products to hospitals. Provides community educational programs in health, first aid, water safety and CPR. Red Cross maintains 24-hour emergency service for military emergency service for military emergencies and disasters. Also maintains a list of interpreters in foreign languages. This is a local unit of the American National Red Cross. Some fees are charged for instructional courses. No fees for disaster or service to military families.

Hampton Roads Chapter
838-7320 or 838-7091
www.hrredcross.org
4915 West Mercury Boulevard
Newport News, VA 23605

Colonial Virginia Chapter
253-0228 or 253-2396
www.hrredcross.org
1317 Jamestown Rd., Suite 105
Williamsburg, VA 23185

York/Poquoson/Mathews County Chapter
898-3090 or 898-3886
<http://chapter.redcross.org/va/york-poq/>
6912 George Washington Memorial Highway
Yorktown, VA 23692

ARC of Greater Williamsburg, The
229-3535
www.widomaker.com/~thearcgw/
202-D Packets Court
Williamsburg, VA 23185

ARC promotes increased self-sufficiency and independence of persons with mental retardation while maximizing opportunities for achievement of their full human potentials through recreation and education programs.

ARC of the Virginia Peninsula, The
896-6461 or 896-8470
www.arcvap.org/
2520 58th Street
Hampton, VA 23661

Rehabilitation and training of the mental retardation and other disabilities, early prevention and intervention for children, vocational training and sheltered workshop, residential services, recreation and social activities through parents auxiliary, parent counseling/advocacy. Helps provide employment of the disabled through government contracts. Fees: Sliding fee scale.

Arthritis Foundation
Richmond 1-800-456-4687
National Number 1-800-283-7800
www.arthritis.org

Programs and services provided for arthritis patients, their families and interested parties to include information and referral; patient and public education through Speakers Bureau, literature, films, and newsletters; Arthritis Self-Help Course, Arthritis Aquatics Program. Fees: Some fees for instructional courses, call for current fees.

Hampton Roads Branch
456-1119
www.arthritis.org
281 Independence Boulevard
Virginia Beach, VA 23462

The Arthritis Foundation helps people take greater control of their arthritis by leading efforts to prevent, control and cure the national's leading cause of disability.

Ask-A-Nurse
Riverside Regional Medical Center
595-6363
500 J. Clyde Morris Blvd.
Newport News, VA 23601

Ask-A-Nurse is a free service of Riverside Health System providing physician referrals, hospital and community services referrals and confidential health care information. Staffed by specially-trained nurses, it operates 24 hours a day, 365 days a year.

Attention Deficit Hyperactivity Disorder Clinic
825-5300
2013 Cunningham Drive, Suite 319
Hampton, VA 23666

Provides EEG biofeedback to those with ADD/ADHD symptoms, which is effective in 70-90% of people. Call for information on behavior management training, support groups and diet information for people with diagnosed ADD. Fees vary.

Avalon Center for Women and Children
258-5051
www.avaloncenter.org
P.O. Box 1079
Williamsburg VA 23187

24-hour women's HELPLINE for crisis intervention, information and referrals; shelter for battered women and their children; assistance to victims of sexual assault; support group for women; education programs for the community; child sexual abuse prevention programs and legal information and referral. Fees: None

Bacon Street
253-0111 or 253-2884
247 McLaws Circle, Ste. 100
P.O. Box 279, Williamsburg, VA 23187
Williamsburg, VA 23185

Provides outpatient substance abuse treatment and prevention, school and community based early intervention, consultation, training, and education. Serves Poquoson, York County, James City County, and Williamsburg. Fees: Sliding scale for treatment services only. Other services provided at no charge.

Big Brothers/Big Sisters of Greater Williamsburg
253-0676
www.bbbsa.org
312 Waller Mill Road, Suite 200
Williamsburg, VA 23185

Adult guidance, friendship, socialization and recreation on a one-to-one basis for children from single-parent homes, social work service provided from intake of children, screening of volunteers, matching adult and child and social work follow-up of matches and counseling, and family educational classes. Ages: 6-12. Monday-Friday 9am-4pm

Big Brothers/Big Sisters of the Peninsula

827-0110 or 827-4095

www.bbbsa.org

2700 Build America Drive

Hampton, VA 23666

Adult guidance, friendship, socialization and recreation on a one-to-one basis for children from single-parent homes, social work service provided from intake of children, screening of volunteers, matching adult and child and social work follow-up of matches and counseling, family orientation.

Ages: 6-12. Fees: None

Boys and Girls Clubs of the Virginia Peninsula

Administrative Office 223-7204 or 223-7206

http://sites.communitylink.org/pen_bg_club/

11825 Rock Landing Drive, Chesapeake Building, Suite B

Newport News, VA 23606

The Boys & Girls clubs of the Virginia Peninsula allows boys and girls from ages 6 to 18 the opportunity to have a safe place to go and grow. Programs promote values, strong character, positive choices, and leadership.

Aqueduct

872-7810

Gym 833-7116

13244 Aqueduct Drive

Newport News, VA 23602

Autumn Lakes

872-8115

362 DeLaura Drive

Newport News, VA 23608

Brighton

591-2210

810 Brighton Lane

Newport News, VA 23602

Citizens

244-6610

1815 Shell Road

Hampton, VA 23661

Gloucester

804-684-9028

7066 Hayes Shopping Center

Hayes, VA 23072

Lassiter Courts

245-8533

811 Taylor Avenue

Newport News, VA 23607

Mathews

804-725-4388

Route 611, P.O. Box 521

Mathews, VA 23109

Oyster Point

249-7786

550 Blue Point Terrace

Newport News, VA 23602

Pinedale

595-3754

705 Adams Drive

Newport News, VA 23601

Thornclyff

872-4786 or 833-5381

429 Thornclyff Drive

Newport News, VA 23608

Greater Hampton Roads

247-1364

629 Hampton Avenue

Newport News, VA 23607

Boy Scouts of America, Colonial Virginia Council

595-3356 or 877-8611

www.cvcboyscouts.org

11721 Jefferson Avenue

Newport News, VA 23606

Boy Scouts provides national programs of cub scouting, scouting and exploring, including units for mentally retarded and physically handicapped. Fees: Call for registration fee.

Brain Injury Association of Virginia

(804) 355-5748 or 1-800-334-8443

(804) 355-6381

www.biav.net

3212 Cutshaw Avenue, Suite 315

Richmond, VA 23230

Provides information about brain injuries and makes referrals to community resources. Call for support groups in your area. Fee: None.

Brain Injury Support Group

928-8327 or 928-8440

The group meets at Riverside Rehab Institute each Wednesday at 3:30pm. Call for information.

Bridges - Family Oriented Group Home

564-2484 or 564-2488

4093 Ironbound Road, Suite C

Williamsburg, VA 23188

Bridges provides the opportunity for families to provide specialized foster care in a nurturing, structured and supportive living environment to troubled youth ages 10-17. Families are screened and receive 24-hour support and ongoing training. Also provides reimbursement for monthly expenses and monthly stipend for services.

CANDII, Inc. (Children's Aids Network Designed for Interfaith Involvement)

722-5511 or 640-0929 or 622-8932

www.candii.com

218 S. Armistead Avenue

Hampton, VA 23669

CANDII provides services to individuals and their families living with HIV/AIDS. Services include childcare, counseling, housing support, buddies, service coordination, information and referrals.

Fees: None.

Catholic Charities of Hampton Roads

Main Office

467-7707 or 795-3206

www.cc-hr.org

4855 Princess Anne Road

Virginia Beach, VA 23462

Catholic Charities provides professional counseling for family, marital, children's issues, and older adult services. Also offers comprehensive pregnancy counseling services free of charge. Infant foster care and adoption placements are available to parents considering an adoptive plan. Educational programs are available on request. Services are available regardless of race, creed, or national origin. Fees: Most insurance accepted or individual arrangements made according to needs.

District Office - Peninsula
875-0060 or 877-7883 www.cc-hr.org
12829 Jefferson Avenue, Suite 101, Newport News, VA 23608

Chesapeake
484-0703 or 484-1096 www.cc-hr.org
3804 Poplar Hill Road, Suite A, Chesapeake, VA 23321

Norfolk
625-2568 or 625-5684 www.cc-hr.org
1301 Colonial Avenue, Norfolk, VA 23517

Tidewater
533-5217 or 533-9562 www.cc-hr.org
1802 Ashland Avenue, Norfolk, VA 23509

Williamsburg
253-2847 or 1-800-848-5683 or 253-1296 www.cc-hr.org
1315 Jamestown Road, Suite 202, Williamsburg, VA 23185

Center for Child & Family Services, Inc.
838-1960 or 838-3280
www.kidsandfamilies.com
2021 Cunningham Drive, Suite 400
Hampton, VA 23666
Diagnostic and counseling services for individuals, couples, and family problems, domestic violence program, community education, consumer credit counseling. Safe Harbor Program for supervised visitation, Anger Management Program for Youths, Youth Violence Program, Vision Point Program, and At-Risk-Teen employment placement. Fees: Sliding fee scale. Credit counseling is free.

Center for Sexual Assault Survivors
838-1829 or 825-2591
24-hour Hotline
www.logickal.net/thecenter
1017 Todds Lane
Hampton, VA 23666
The Center provides individual and group counseling for victims of sexual abuse (incest, molestation, etc.) and sexual assault (sexual harassment, dating violence, rape, etc.) and their loved ones. The Center also offers community education on sexual assault and its prevention and professional training for state, city, county and private agency employees. Twenty-four-hour hotline and 24-hour companion service to hospitals, police departments and courts. Fees: None

Cerebral Palsy of Virginia
497-7474
www.cerebralpalsyofvirginia.org
Cerebral Palsy of Virginia provides Computer Camp, respite weekends and entertainment for families, social programs, Kids on the Block, assistive technology, information and referral. The organization serves children and adults with CP and other developmental disabilities.

Child Care Licensing

Peninsula Licensing Office

594-7594

729 Thimble Shoals Blvd., Suite 6B, Newport News, VA 23606-4272

The office offers current information on all childcare facilities in the Peninsula, Middle Peninsula, Isle of Wight, and Williamsburg areas. Provides information on status and type of license; compliance problems, complaints, etc. The office will provide copies of current listing upon request. This office is part of the Department of Social Services and is in charge of issuing all facility licenses. Fees: None

Child & Family Connection

229-7940

312 Waller Mill Road, Williamsburg, VA 23185

Child & Family Connection provides childcare resource and referrals to parents with young children. The organization also maintains computerized directory of childcare referrals. Additionally, provides initial and ongoing training, support, and technical assistance for family day care providers. Multi-media resource library and newsletter are available to members. Fees: Free information.

Child Find

727-2411

www.sbo.hampton.k12.va.us

Hampton City Schools, Special Education Dept., Hampton, VA

Vision, speech, hearing coordination and general development screenings for children, ages 2-5 years old. Referrals made as needed. The goal is to identify children with disabilities that may be in need of special services. Services are available to Hampton residents only. Fees: None.

Child Development Resources

First Steps Child Care and Development Center

220-1168 or 220-1779

1490 Government Road, Williamsburg, VA 23185

Provides a caring, supportive environment in which young children can grow and learn. The program encourages children to explore, to be curious, to be creative, and to feel successful in learning about the world around them. First Steps is for children ages six weeks to 3 years old who live in York County, and whose parents or guardians are either working or in school. The center welcomes children with disabilities who meet other eligibility requirements. The center encourages cultural, ethnic, and socio-economic differences in enrollment. Nutritious meals, including breakfast, hot lunch, and snacks, are served. Transportation can be provided if needed. Fees: An adjustable fee scale is based on ability to pay.

Main Office

566-3300 or 566-8977

150 Point O' Woods Road, P.O. Box 280, Norge, VA 23127-0282

CDR Early Learning Lab

564-0410 or 564-0413

4460 Long Hill Road, Williamsburg, VA 23188

Children's Clothes Closet

244-6121

2708 Chestnut Avenue, Newport News, VA 23607

The Children's Clothes Closet provides clothing, primarily to school age children, for families in need. No fee.

Community Action Agency, Williamsburg-James City County
229-9332

312 Waller Mill Road, Suite 405, Williamsburg, VA 23185

The Agency provides assistance to low-income individuals to improve their economic and overall situation. Programs include Adult GED preparation, English as a second language, tutoring for children on Saturdays, Project Discovery for middle & high school students, Head Start, nutrition, and youth programs like NBL Basketball League (James City County residence required for participation in the basketball program).

Community Services Boards

Colonial Mental Health and Mental Retardation Services

220-3200

1657 Merrimac Trail, Williamsburg, VA 23185

Grafton Office

898-7926 www.colonialcsb.org

3804 George Washington Memorial Highway, Yorktown, VA 23692

Hampton-Newport News Community Services Board

www.hnncsb.org

2501 Washington Avenue, Newport News, VA 23607

(757) 245-0217 (757) 380-9172 - Information & Referral

CSB provides planning, administration and development for comprehensive mental health, mental retardation, and substance abuse services at the local level. Provides case management and information and referral service. Technical assistance is available in grant development and program implementation. Fees: Based on a sliding scale.

Northern Neck Counseling Center

804-693-5057

Ark, VA

Provides substance abuse treatment, anger management, parenting classes, general mental health counseling, family counseling; child psychiatrist available two days a month and limited evening counseling. Call for more information. For after-hours emergencies, call COPE (listed below). Therapists and psychiatrists have fees that can be paid by insurance. Uninsured patients pay on a sliding fee scale. Mon - Fri, 9am - 5pm.

COPE

1-800-542-2673 or 804-693-2673

Provides crisis assistance and referral for emergencies, 24-hours a day.

Warsaw Counseling Center

804-333-3671 or 804-333-657

General Counseling Center, Limited evening counseling, call for more information. For after-hours emergencies, call COPE 804-693-2673. Mon - Fri 9am - 5pm.

Comprehensive Outpatient Services (COS)

595-6341

11832 Canon Blvd., Suite A, Newport News, VA 23606

Hampton Roads Clinic

827-8430

2236 Todds Lane, Hampton, VA 23666

Consumer Credit Counseling
Center for Child & Family Services
2021 Cunningham Drive, Suite 400, Hampton, VA 23666
838-3497
800-311-2927 - Williamsburg

Offers budget counseling for families or individuals having financial problems. Debt management program may be able to establish repayment plans with creditors. Overspenders Anonymous is also available. Speakers are available for educational presentations. No fee.

Cornerstone Assembly of God
41 Tide Mill Lane, Hampton, VA 23666
Administration: (757) 826-4322
Food Pantry/Clothing Closet/Employment Services
(757) 826-3127

Cornerstone's Net Ministry provides a Food Pantry open to the public every Tuesday between 11 am and 1 pm. For emergency food needs please call the above numbers. Clothing needs fulfilled by appointment only. Cornerstone Project NOW provides employment services Monday-Friday from 8 am until 4 pm.

Court Services Units

Court Services investigates matters relating to juveniles and adults prior to or subsequent to consideration by the Juvenile and Domestic Relations District Court. Also provides Intake, Probation, Aftercare, and Family/Marriage Counseling Services. Fees: Varies.

Hampton
727-6184
35 Wine Street, Hampton, VA23669

Newport News, Denbigh
369-3140
368 DeShazor Drive, Newport News, VA 23608

Newport News, Downtown
926-8781
2600 Washington Ave., Newport News, VA 23607

York County/Poquoson
890-3480
P.O. Box 21, Yorktown, VA 23690
9th District Court System

Williamsburg
564-2460
4093 Ironbound Rd., Williamsburg, VA 23188

Crohn's and Colitis Foundation
1-800-932-2423 or 1-800-343-3637 information line
www.ccfa.org

The Foundation devotes contributions to scientific research, support services, and education to benefit the thousands of Virginia residents who suffer from Crohn's disease or ulcerative colitis.

Crossroads Community Youth Home

258-5106

4881 Longhill Road, Williamsburg, VA 23188

Community-based correctional facility designed to return adjudicated adolescents to their homes in the community served. Counseling provided to offenders and their parents. No charge to residents of York County, Mathews, James City County, Williamsburg, and Gloucester; fixed fees for other jurisdictions.

Cystic Fibrosis Foundation

804-527-1500

www.cff.org

Supports innovative research to control and cure cystic fibrosis. Also provides specialized medical care through a nationwide network of care centers; offers pharmacy and other patient services.

Denbigh United Christian Outreach, Inc. (DUCO)

13813-E Warwick Boulevard, Newport News, VA 23602

(757) 877-9079 * (757) 874-4197 FAX

www.duco1973.org

Through DUCO's Seeding New Attitudes & Planning for Self-sufficiency (SNAPS) program, this collaboration of Christ-centered churches offers comprehensive budget assessment/mentorship, employment/resource referrals, and emotional and spiritual nurturing to help alleviate a current crisis, seed new attitudes, and support transition to self-sufficiency. Applicants engaged in the budgeting services may apply for emergency financial assistance (i.e., aid with delinquent rents, utility turn-offs, food & other essential needs). Scope of ministry has been expanded to include all Newport News and York Country zip codes. Fees: None

Department of Rehabilitative Services

865-4863

www.vadrs.org

303 Butler Farm Road, Ste. 105, Hampton North Office Park Two, Hampton, VA 23666

Provides services to help individuals become employable. Call for current fees.

Department of Rehabilitation Services (DRS)

253-4817

www.vadrs.org

2225 South Henry Street, Suite U2, Williamsburg, VA 23185

DRS offers assistance to people with disabilities, so they may become self supporting and independent. Vocational Rehabilitation is a state/federal government program assisting people with disabilities so they may retain gainful employment.

Diabetes Institutes Foundation

446-8420

www.dif.org

Funding supports diabetes research, patient care, and education programs at the Strelitz Diabetes Institutes of Eastern Virginia Medical School.

Division of Child Support Enforcement

1-800-462-8386

www.dss.state.va.us

11751 Rock Landing Rd., Newport News, VA 23606

Dominion Pediatric Therapies & Associates

873-2932

www.dominionphysicaltherapy.com

729 Thimble Shoals Blvd., Suite 4C, Newport News, VA 23608

Dominion's Development Program serves at-risk infants from birth to 2 years who are developmentally delayed or diagnosed handicapped. Provides interdisciplinary assessment of children; therapy as needed, and parent group sessions are available. Fees are charged for services rendered. Third party payer and Medicaid approved.

Downtown Hampton Child Development Center

825-6200

60 Battle Road, Hampton, VA 23666

Provides nationally accredited day care for children, 6 weeks old - 5 years old, for those families where the usual cost of day care is too high for the parent to work or pursue training outside the home. Hot meals and snacks are provided. Tuition for children ages 3 - 5 is based on a sliding scale and determined by the parent's income and the number of children in the family. Tuition for children 6 weeks old - 2 is a fixed cost. Call for more information.

Easter Seals Virginia

866-874-4153

804-287-1007

www.easterseals.com

8003 Franklin Farms Dr., Suite 100, Richmond, VA 23229

Easter Seals Virginia is the leader in creating solutions that positively impact the lives of people with disabilities. We served children and adults from throughout the Peninsula community, offering speech/language therapy and evaluations and equipment loans. Fees are on a sliding scale.

EDMARC Hospice for Children

967-9251 or 967-9124

www.edmarc.org

516 London Street, Portsmouth, VA 23704

EDMARC's mission is to ease the trauma of a child's illness or death and to reduce the disabling effects of pediatric illness, loss and bereavement of families. EDMARC provides skilled nursing services to the patient; medical social work services to the patient, sibling(s) and parents; bereavement services to the survivors of a child's death; and family-oriented special events designed to enhance family cohesiveness. EDMARC's nursing and social work services are available 24-hours/day, 7 days/week to families. Vehicle donations are accepted. Services are rendered regardless of ability to pay.

Epilepsy Foundation of Virginia

757-438-2398 - Local office

301-459-3700 or 1-800-332-1000

www.epilepsyfoundation.org

4351 Garden City Drive, Landover, MD 20785

The Foundation provides information and referral services, lay counseling and support for families with members who have epilepsy and to those who have contact with the individual; health education to individuals and the community; resource educational materials for loan, advocacy, etc. Fees: None.

Family Focus - Grafton

898-2945

118 Old York Hampton Highway, Yorktown, VA 23692

Provides playgroups, Parent Classes, Infant Massage Classes, and Resource Center. Open to the public. Call for more information. Some classes are free, other fees vary.

First Call Information and Referral

594-INFO or 594-4636

First Call is a free 24-hour service sponsored by United Way of the Virginia Peninsula in cooperation with Riverside Health System, that serves as a link between local people in need and available community services. Also serves as the area's referral service for homeless shelters and services for the homeless. Fees: None.

Foodbank of the VA Peninsula

596-7188 or 595-2507

9912 Hosier Street, Newport News, VA 23601

The Foodbank provides bulk foods to qualified, non-profit organizations, which in turn provide meals and emergency food directly to those who need it. Virginia's Table - Peninsula distributes prepared and perishable food donated by local food establishments to on-site feeding agencies of the Foodbank. Member agencies are charged a shared maintenance fee.

Food Stamps (application)

Gloucester Social Services

804-693-2671

www.gloucesterva.info/ss/homepage

P.O. Box 1390, 6641 Short Lane, Gloucester, VA 23061

Hampton Social Services

727-1800

www.hampton.va.us/social_services

P.O. Box 9347, 1320 LaSalle Avenue, Hampton, VA 23669

James City County

259-3100

www.james-city.va.us/resources/communityserv/ss/div_cs_socservs

5249 Olde Towne Road, Williamsburg, VA 23188

Newport News Social Services

926-6300

www.newport-news.va.us/nndss/dsshome

Rouse Tower, 6060 Jefferson Avenue, Newport News, VA 23605

Newport News, Denbigh

369-3160

www.newport-news.va.us/nndss/dsshome

Municipal Annex, 368 DeShazor Drive, Newport News, VA 23602

Williamsburg Social Services

220-6161

www.ci.williamsburg.va.us/dept/wdss/index

401 Lafayette Street, Williamsburg, VA 23185

York-Poquoson Social Services
890-3787
www.yorkcounty.gov/socialsrvs
301 Goodwin Neck Road, Yorktown, VA 23692

Foster Grandparent Program
727-1858
1320 LaSalle Avenue, Hampton, VA 23669
Provides opportunities for adults 60 years of age and older (within the income guidelines established by The Corporation for National Service) to serve their communities through one-to-one substitute parenting and working with children with special needs. Fees: No fee. Participants receive an hourly stipend.

Friends of the Homeless, Inc.
928-0555 / HIP 928-0012
1600 - 25th Street, Newport News, VA 23607
Provides 30-45 days of food and shelter for families and single women. No facilities for single men. Agency referral is needed. Fees: None.

Gathering of Men, The
599-4008
653 Harpersville Road, Newport News, VA 23601
Offers: Counseling Services; High Adventure Trips; Men's Ministry; Small groups; Marriage Counseling; Seminars; Speaking at Retreats, Churches, Civic Clubs, etc. Fees: None.

Girl Scout Council - Colonial Coast
Corporate Office
547-4405 or 547-1872
www.gscoc.org
912 Cedar Road, Chesapeake, VA 23322
Helps girls ages 5 to 17 develop personal responsibility, values, and self-respect through programs such as substance abuse prevention education, teenage pregnancy and suicide prevention, environmental awareness, and community service. Fees: \$10 annual registration fee.

Peninsula Service Center
595-9802 or 595-7217
www.gscoc.org
813 Forrest Drive, Suite B, Newport News, VA 23601

Girls' Incorporated of the Greater Peninsula
722-6248
jjacksondir@edifax.com
1300 Thomas Street, Suite C, P.O. Box 9113, Hampton, VA 23670
The purpose of Girls' Inc. is to create responsible and confident adults, promote economic independence, success in an inequitable world, and personal fulfillment. Fees: Vary.

Gloucester Housing Partnership
804-693-2252
P.O. Box 772, Gloucester, VA 23072
Gloucester Housing Partnership recruits volunteers, materials and donations to repair low income, owner-occupied homes for families and individuals living in Gloucester County.

Goodwill Industries of Hampton Roads, Inc.
627-7733 or 625-5770
900 Tidewater Drive, Norfolk, VA 23504

Peninsula Division
380-8504 or 380-8512
120 Newmarket Drive, Hampton, VA 23605
A non-profit, human service organization dedicated to providing job training and employment services to people who are disabled or disadvantaged.

Habitat for Humanity
596-5553
www.helphabitatforhumanity.org
809 Main Street
Mailing: P.O. Box 1443, Newport News, VA 23601, Newport News, VA 23605
Sells houses to those who qualify. Applications are available twice a year. Call for more information.

Hampton Roads Clinic
827-8430
2236 Todds Lane, Ste. A, B, C, Hampton, VA 23666
Hampton Roads Clinic is a private non-profit agency that provides drug screening (urinalysis) methadone maintenance, drug-free residential treatment and counseling. Sliding fee scale.

Hampton Roads Transit (HRT)
Schedule information - 222-6100
Administration - 222-6000
www.hrtransit.org
3400 Victoria Boulevard, Hampton, VA 23666
HRT provides public transportation services within Newport News and Hampton.
Handi-Ride Information - 222-6087
Schedule-a-Ride - 455-8010
TRAFFIX provides computer matching for carpool and vanpool for employees at major work sites.
Call 1-800-700-RIDE.

Head Start Programs
www.acf.hhs.gov/programs/hsb/

Health Care for the Homeless
591-0839
12284 Warwick Blvd., Suite 2D, Newport News, VA 23606
Health Care for the Homeless was established by the Peninsula Institute for Community Health (PICH) to work with homeless individuals in Hampton and Newport News. Eligibility: Living in a shelter; living in a temporary housing arrangement; living with friends or relatives. Services include physicals; prescriptions filled; pregnancy tests; assistance with applications for food stamps, GR, SSI, etc; referrals to other agencies for food, clothing, housing, money, substance abuse, and psychiatric treatment. Medical services are provided by the Hampton University Nursing Center's mobile unit. Fees: None, except some medication fees may apply. Monday-Friday 8am-5pm

Health Departments

Newport News - East End Health Facility Branch

247-2184

1033 - 28th Street, Newport News, VA 23607

WIC only

Hampton Health Department

727-1172

3130 Victoria Boulevard, Hampton, VA 23661

Williamsburg-James City County Health Department

1126 Professional Dr., Williamsburg, VA 23185

For matters of Environmental Health, WIC, and Vital Records only.

Peninsula Health Department

594-7300

Environmental Health: 594-7340 or 594-7341

416 J. Clyde Morris Blvd., Newport News, VA 23601

Acute adult care; dental care; environmental protection and sanitary inspections, issuance of Food Handler's Cards; family planning; health clinics; immunizations for childhood diseases and overseas travel; public health nurse (only in clinics), testing and counseling for pregnancy, tuberculosis and sickle cell anemia; and vital statistics information; child development evaluations; venereal disease treatment and follow-up; WIC vouchers and nutrition counseling. Fees vary according to family income and number of dependents and are based on statewide sliding fee scale.

Healthy Families Partnership/Healthy Start

727-1882 or 727-1300

100 Old Hampton Lane, Hampton, VA 23669

Offers individualized, comprehensive home-based services for pregnant women and their families through the child's fifth year. It is designed to strengthen families and promote the optimum development of children so they reach school healthy and ready to learn. Applicants must be Hampton residents and enrolled pre-natally. Fees: None

Healthy Families Initiative (Newport News)

926-6009

6060 Jefferson Ave., Newport News, VA 23605

Newport News Healthy Families Initiative is an individualized, home-based service for first time pregnant mothers and their families that carries through the baby's fifth birthday. Applicants must be first time mothers and reside in Newport News. Applicants are encouraged to enroll pre-natally, but are eligible for enrollment up to two weeks after the baby is born. Fees: None.

Home Delivered Meals Programs

Peninsula Agency on Aging

873-0541

739 Thimble Shoals Boulevard, Suite 1006, Building 1000, Newport News, VA 23606

Home Health Care Programs
Concordia Private Care
873-1966 or 873-1648
729 Thimble Shoals Blvd.,
Suite 2-C, Newport News, VA 23606

Family Centered Resources
596-3941 or 596-5051
Pilgrim Landing Executive Center
11847 Canon Blvd., Suite 12
Newport News, VA 23606

Gentiva Health Services
499-2303 or 499-5973
230 Clearfield Ave., Suite 106
Virginia Beach, VA 23462

Hand 'N Heart, LLC
565-0216 or 565-1760
461 McLaws Circle, Ste. 3
Williamsburg, VA 23185

Home Health Care Programs
873-3315 or 873-8343
600 Thimble Shoals Blvd., Suite 350
Newport News, VA 23606

Hope Community Church
595-8490
28 Harpersville Road
Newport News, VA 23601
Immediate Care
838-0900 or 838-9740
2019 Cunningham Drive, Suite 312
Hampton, VA 23666

Interim Health Care
873-3313 or 873-4598
610 Thimble Shoals Blvd., Suite 312
Newport News, VA 23606

NCARE
896-2863 or 898-0778
804 Omni Blvd., Suite 102
Newport News, VA 23606

Personal Touch Home Aides
873-7386 or 873-8343
732 Thimble Shoals Blvd., Suite 302
Newport News, VA 23606

Sentara Home Health Service
259-6251
1100 Professional Drive
Williamsburg, VA 23185-3330

Hope Community Church
826A J. Clyde Morris Boulevard, Newport News, VA 23601
595-8490

We offer short-term food assistance for individuals and families in need. No fee.

Hospice Support Care
253-1220
4445 Powhatan Parkway, Williamsburg, VA 23188

An in-home program of holistic care and support for the terminally ill and their families provided by a specially-trained inter-disciplinary team of professionals and volunteers who work with the patient's physician and in cooperation with Sentara Williamsburg Community Hospital and Riverside Regional Medical Center. Fees: None.

Huntington's Disease Society of America, Tidewater Chapter
703-204-4634

We help people in the Tidewater and Peninsula area affected by HD, support research on HD, and educate health professionals and the general public about HD.

Infant-Parent Education Program/Children's Services

896-8464 or 896-8443

2520 58th Street, Hampton, VA 23661

This program provides a program to minimize infant developmental disability or developmental delay through systematic intervention. We accept infants from birth until age two who reside in Hampton or Newport News. Infant and parent training has two components: (1) center-based physical and speech therapy, infant development sessions, and family support groups, and (2) home-based services providing family training for home infant program implementation. Fees are on a sliding fee and third-party billing is available for allowable coverage.

Information and Referral Services

United Way's First Call

594-INFO or 594-4636

739 Thimble Shoals Blvd., Suite 400, Newport News, VA 23606

First Call is a free 24-hour service sponsored by United Way of the Virginia Peninsula in cooperation with Riverside Health System, that serves as a link between local people in need and available community services. Also serves as the area's referral service for homeless shelters and services for the homeless. Fees: None.

United Way of Greater Williamsburg

229-2222

312 Waller Mill Road, Suite 100, Williamsburg, VA 23185

A service of the United Way of Greater Williamsburg. Provides information about human services in the Greater Williamsburg community. Fees: None.

Information Services Division

625-4543 or 1-800-230-6977

130 Plume Street, Norfolk, VA 23510

Provides community resource data for human services located in South Hampton Roads. Fees: None

Insight Enterprises, Inc.

Peninsula Center for Independent Living

827-0275 or 827-0655

2021-A Cunningham Drive, Suite 2, Hampton, VA 23666

A private, non-profit agency designated by the State of Virginia to provide services to people with disabilities and to assist the general community in becoming more accessible to people with disabilities. The center provides services to Hampton, Newport News, Poquoson, Williamsburg and the counties of Accomack, James City, Northampton and York. Some other services include housing, advocacy with housing, education, employment and community programs, independent living counseling, independent skills training and information and referral. Fees: None.

Jewish Family Service of Tidewater

489-3111

Home Health fax: 451-1796

Administration fax: 489-1958

260 Grayson Road, Virginia Beach, VA 23462

Jewish Family Service of Tidewater-Peninsula

930-1422 or 930-3762

2700 Spring Road, Newport News, VA 23606

Jewish Family Service provides psychotherapy to all people of all ages. Provides resources for the elderly, care planning, and assists the client in remaining independent. Also provides budget counseling and home care with certified nurses. Fees are on a sliding scale.

Juvenile Domestic Relations District Courts

This court is responsible for all cases involving children under the age of 18 and for all domestic relations cases including child neglect, child abuse, contributing to the delinquency of a child, custody and non-support issues. Call for fees.

Hampton - Eighth Judicial District

727-6147

220 N. King St., Hampton, VA 23669

Newport News - Seventh Judicial District

926-3603

2501 Huntington Ave., Newport News, VA 23607

Williamsburg-James City County

564-2200 or 564-2343

5201 Monticello Ave., Suite 3, Williamsburg, VA 23188

York County - Poquoson

890-3470

300 Ballard St., P.O. Box 357, Yorktown, VA 23690

Juvenile Diabetes Research Foundation

455-6676

www.jdrfcure.org

420 N. Central Dr., Suite 232, Norfolk, VA 23502

Help us find a cure for diabetes. Through research, we can save lives of children and adults who suffer from diabetes and its devastating complications.

Juvenile Services

James City, Gloucester, Poquoson, Williamsburg, and York County

890-3490

300 Ballard St., Yorktown, VA 23690

Programs designed for the Ninth District Juvenile and Domestic Relations Court and Court Service Unit. Programs include: PROJECT INSIGHT- community service work program for youth who have committed delinquent acts. INDEPENDENT LIVING SKILL - living skills program for teens. Call if your organization needs volunteers. Fees vary.

Kluge Children's Rehabilitation Center

University of Virginia Children's Hospital

(434) 924-5161

Switchboard: 434-924-5272

Case Management: 434-924-0310

Outpatient Desk

2270 Ivy Road, Charlottesville, VA 22903

The Kluge Center provides inpatient and outpatient evaluation, treatment, and rehabilitation for disabled children and adolescents from birth to 21 years. Services include physical therapy, occupational therapy, recreational therapy, education, speech/language pathology, audiology, psychology, dentistry, social work and nutrition. Fixed fees. Methods of payment: private insurance, Medicaid, Medicare, Champus, Blue Cross/Blue Shield, and others.

La Leche League

723-4110

Provides information and support on good mothering through breast-feeding. Free lending library. Monthly meetings are available. Call for information.

Legal Aid Society of Eastern Virginia, Inc.

627-5473

125 St. Paul's Boulevard, Suite 400, Norfolk, VA 23510

Legal Aid offers legal services in civil matters to low-income individuals. Client may have to pay court costs, if any.

Less Secure Detention Home

723-8248

4315 Kecoughtan Road, Hampton, VA 23669

Short-term residential care for delinquents and children in need of services admitted via local court service units on court petition or voluntary placement agreement. Additional programs include group and individual counseling, academic instruction, and recreation. Fees vary.

Leukemia & Lymphoma Society

838-9351

www.leukemia-lymphoma.org

2101 Executive Drive, Box 21, Hampton, VA 23666

The Society provides leukemia research; public and professional education and information, customized materials; financial assistance to leukemia patients; support groups; and a pediatric school re-entry program. Fees: None.

LINK of Hampton Roads

595-1953 or 595-3428

10413 Warwick Blvd., Newport News, VA 23601

LINK is an interfaith coalition of Newport News congregations providing a network of services to residents of Newport News, Grafton, Yorktown, and Denbigh. Services provided include food, information, referrals, education, and transportation assistance. A case management approach is used in order to alleviate current problems and prevent recurrences. No fees.

Lions Club - Conservation of Hearing and Sight

594-0082

13629 Warwick Boulevard, Newport News, VA 23602

This program provides eyeglasses, hearing aids, medical and surgical care, and other specific medical services dealing with sight and hearing for eligible individuals. Fees: None

The Lupus Foundation of America, Eastern Virginia Chapter

490-2793

www.lupus.org

The Lupus Foundation is a voluntary health organization helping people with Lupus and their families by providing information, referrals, education, crisis intervention and support for research.

Lutheran Family Services of Virginia
722-4707

1 South Mallory Street, P.O. Box 3232, Hampton, VA 23663

Lutheran Family Services provides specialized therapeutic foster care for children who are ages 1-21 at the time of admission and are abused, neglected or without appropriate home settings. We serve children with low self-esteem, poor relationships with peers and/or adults, inadequate problem-solving skills, and poor responses to limits. We are unable to accept children with major physical disabilities, extreme emotional problems, suicidal behavior, criminal conduct, serious drug problems or mental retardation. Referrals from Social Services, Juvenile Courts, or mental health facilities accepted. Reality Therapy Model used. Transition homes, Boys Group Home and home-based services offered. Fees are dependent on the age of the child. We are approved for payment by Title XX, D.Y.S. special placement and insurance providers.

March of Dimes, Greater Hampton Roads Division
Walk America Office 361-0000 or 1-800-732-7097

860 Greenbrier Circle, Suite 502, Chesapeake, VA 23320

The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality through programs of research, community services, education and advocacy. Provides grants to teaching institutions designed to prevent low birth weight, lessen teenage pregnancy rates and help parent support groups. Fees: None.

Menchville House Ministries, Inc.

874-3850 or 890-2700

www.menchvillehouse.org

13658 Warwick Blvd., Newport News, VA 23602

Mental Health Services

Colonial Mental Health and Mental Retardation Services

220-3200

www.colonialcsb.org

1657 Merrimac Trail, Williamsburg, VA 23185

Provides a comprehensive array of outpatient health services including child and adolescent services, adult counseling services, geriatric services, 24-hour emergency services, consultation and education services, and an employee assistance program; as well as a full complement of extended care services for individuals with long-term emotional problems, including case management services, residential services, medication clinics, pre-admissions screening, client advocacy, and social and recreational programs. Fees: Based on ability to pay.

Colonial Mental Health and Mental Retardation Services

Grafton office - 898-7926

www.colonialcsb.org

3804 George Washington Highway, Yorktown, VA 23692

Mission Daystar

Liberty Baptist Church

826-2110

Accepts donations of furniture and gives it to those in need in our community.

Muscular Dystrophy Association - Tidewater/Peninsula Chapter
461-0177

www.mdausa.org

6325 N. Center Drive, Suite 110, Norfolk, VA 23502

MDA provides comprehensive health programs for people with any one of more than 40 neuromuscular diseases. Assistance includes orthopedic supplies, therapeutic care and diagnostic help, public health education and research. No fees.

Myasthenia Gravis Foundation

1-800-728-4405

www.myasthenia-va.org

The MG Foundation is a patient-oriented organization helping people with this autoimmune neuromuscular disease through support groups, patient and family education, literature, newsletters, membership meetings and limited financial aid.

Narcotics Anonymous (NA)

459-8467

A self-help organization whose members share a common problem and help themselves and others recover from addiction. Participants must have a desire to stop using drugs. The person desiring help must call the Helpline to obtain information on local groups. Fees: None.

National Association for the Advancement of Colored People (NAACP)

Provides information on the protection of rights of minorities against injustices, monitors employment practices and laws; amelioration of complaints; litigation if necessary; input on public education issues; lobbying for legislation, referring minorities to political positions; input into local government decisions: Fees: Membership dues.

Hampton

827-1768

P.O. Box 9273, Hampton, VA 23670-0273

Newport News

833-6032

P.O. Box 785, Newport News, VA 23607

York/James City/Williamsburg

229-3113

479 McLaws Circle, Ste. 3, Williamsburg, VA 23185

National Hemophilia Foundation

1-800-266-8438

www.vahemophilia.org

Provides various educational and support services through printed materials, seminars, clinic support lunches, scholarships, camper-ships, newsletters and annual meetings presenting current hemophilia information.

National Kidney Foundation of the Virginias
523-2056

Vehicle Donation: 766-1750

www.kidneyva.org

6477 College Park Square, Suite 100, Virginia Beach, VA 23464

Supports research and helps meet the needs of those suffering from kidney diseases. Public and professional educational programs, educational material to the public, sponsors Organ Donor Program in Virginia and makes organ donor cards and information available to public. Kidney Early Evaluation Program (KEEP) serves as a community health-screening program. Fees: None.

National Multiple Sclerosis Society, Hampton Roads Chapter

490-9627

www.fightms.com

405 S. Parliament Drive, Suite 105, Virginia Beach, VA 23462

Offers support groups for MS clients and their families; aquatics therapy, public education about multiple sclerosis for clients, family, friends, and the general and professional community, equipment loan, telephone reassurance, monthly newsletters and quarterly magazines, short-term counseling, lending library, help with transportation, teleconferences, and professional referrals. Fees: None.

Newport News Department of Juvenile Detention

926-8717

228 - 25th Street, Newport News, VA 23607

Secure and Less Secure Residential Facilities for boys and girls, under the age of 18 years, who are awaiting disposition before the Juvenile and Domestic Relations Courts. Voluntary crisis placement through the Juvenile Probation Departments of Hampton and Newport News, and emergency foster placements through Newport News and Hampton Departments of Social Services. Services include education, recreation, counseling (crisis) and medical care (limited). Outreach detention services for children providing intensive supervision, crisis counseling and referral to appropriate community services. YOGI Program offers Family Therapy for young juvenile offenders and their families; HYPE Program (Helping Young People Excel) offers a mentoring program for at-risk youth and Drug Court offers assistance for qualifying youth with substance abuse issues. Post Disposition Detention Program allows participating Juvenile Courts to sentence children amenable to community treatment to detention to reside for as long as six months. Children are temporarily released for purposes of community treatment and then returned to the facility. Fees: None. All placements are made through the Juvenile and Domestic Relations Courts and the Departments of Social Services.

Newport News Healthy Families (see Healthy Families Initiative)

Newport News Victim Witness Assistance Program

926-7443

2501 Washington Ave., Sixth Floor, Newport News, VA 23607

Assists crime victims in prosecution of case to include courtroom accompaniment; advanced notification of court dates; filing for compensation if the person is eligible; maintain confidential information on victim; notify employers to enable victims to come to court without being penalized; explain, monitor and assist in matters concerning restitution and provide courtroom tours. The main purpose is to ensure that crime victims are treated with dignity and respect, to ensure that they are aware of their rights as crime victims, and to try to alleviate any fear or stress they have as a result of being victims of crime. We do not provide direct monetary assistance to crime victims. Service oriented program only. Fees: None.

Newport News Office on Youth Development

597-2801

12284 Warwick Blvd., Suite 2A, Newport News, VA 23606

Services include planning and development for coordinated services to youth. Also provides community education in the areas of youth services, technical assistance for grant and program development, information referral about existing problems for youth, and development of services for youth.

Mayor's Youth Commission

N.N. Office on Youth Development

597-2801

12284 Warwick Blvd., Suite 2A, Newport News, VA 23606

The Mayor's Youth Commission acts as a liaison between the Mayor and the youth of Newport News and provides an opportunity for young people to engage in the planning process of the City of Newport News.

Next Step/CSB

827-8430

2236 Todds Lane, Ste. B, Hampton, VA 23666

Next Step is an ongoing substance abuse program for those who have completed detox. Fees: Sliding scale.

Office of Human Affairs

Administration: 245-3271

2410 Wickham Avenue, Newport News, VA 23607

Operation Breaking Through

245-7376

www.operationbreakingthrough.org

9296 Warwick Blvd., Newport News, VA 23607

An evangelical partnership of local ministries and community agencies providing medical, dental, family education, youth athletics, family mentoring, emergency relief, and spiritual services to over 46 disadvantaged communities throughout Hampton Roads affecting over 20,000 people annually. Mon - Fri, 10am - 4pm.

Peninsula Agency on Aging, Inc. (P.A.A.)

873-0541

739 Thimble Shoals Blvd., Suite 1006, Newport News, VA 23606

PAA provides social work and community services for older Americans (60 and over) and their caregivers. Services include Meals on Wheels, congregate meals, transportation, care coordination, in-home care, adult day care and respite, emergency assistance, information and referral, disease prevention and health promotion, and volunteer opportunities. Fees: None for nutrition programs and transportation (contributions accepted). Some fees charged based on sliding fee scale.

Peninsula Association for Sickle Cell Anemia, Inc.

838-4721 or 838-0836

pasca@erols.com

2021 Cunningham Drive, Suite 102, Hampton, VA 23666

Provides community education, testing, comprehensive counseling, referral and support services, support groups. Fees: None.

Peninsula Child Development Clinic

594-7319

416 J. Clyde Morris Blvd., Newport News, VA 23601

Provides psychological, medical, educational, and sociological studies for children suspected of having developmental disorders, including learning problems and mental retardation. Treatment planning also provided. Fees: Sliding fee scale.

Peninsula Care and Pregnancy Center

827-0303 or 826-1022

2019 Cunningham Drive, Suite 402, Hampton, VA 23666

Peninsula Cares and Pregnancy Center provides free pregnancy testing, information and counseling regarding all pregnancy options including abortion, single parenting, adoption and foster care; information on prenatal development; referrals for medical and social services; support services for clients needing maternity clothes and/or baby items; post-abortion counseling. Fees: None.

Peninsula Institute for Community Health, Inc. (PICH)

380-8709

4714 Marshall Avenue, Newport News, VA 23607

PICH provides family practice, pediatrics and OB/GYN health care services; as well as Laboratory, nutritional and family planning counseling. Fees: Medicare, Medicaid, sliding fee (based on ability to pay). Other insurance accepted.

Stoneybrook

874-8400

15425 Warwick Blvd., Suite H, Newport News, VA 23608

Peninsula Licensing Board

594-7594

729 Thimble Shoals Blvd., Suite 6B, Newport News, VA 23606-4272

The Bureau provides current information on adult care residences, family day homes, and child day centers in the Peninsula, Middle Peninsula, Isle of Wight, and Williamsburg areas. Also provides information on status & type of license, compliance problems, complaints, etc. We will provide copies of current listings upon request. This office is part of the Department of Social Services and is in charge of issuing all facility licenses. No fee.

Peninsula Marine Institute

245-3556

5501 Huntington Avenue, Newport News, VA 23607

Alternative education center that provides rehabilitative services to youth, ages 14-18 years. Focus is on academics, motivation, and developing employment skills. PMI provides GED prep test and job placement assistance. The 8 to 10-month program accepts referrals from Juvenile Court Services and school districts only. No fee.

Peninsula Medical Center for Women

599-6389

10758A Jefferson Avenue, Newport News, VA 23601

Provides pregnancy testing and counseling, family planning and birth control education, abortion counseling services and first trimester pregnancy terminations, well women's gynecological clinic, ultrasound pregnancy dating, counseling and referral for 2nd trimester abortion. Fees: Fixed fees. Counseling services and educational material offered free of charge.

Peninsula Pastoral Counseling Center, Inc.

873-2273

707 Gum Rock Court, Newport News, VA 23606

In partnership with over forty churches in our community, Peninsula Pastoral Counseling Center provides "Professional Counseling in a Faith Context" for individuals, couples, families, and children. We also provide premarital preparation using Prepare/Enrich inventories. Our staff consists of trained counselors from a variety of Christian traditions, who respect the religious diversity of our clientele. In addition to counseling, we offer educational events (one day workshops, short courses, consultation) for congregations and clergy. We offer Healthy Congregations training for church leaders and congregations, consultations for congregations in times of transition or tension, "executive coaching" for religious leaders, and customized consultations. In addition, we offer family/divorce mediation. Most staff licensed as marriage and family therapists and/or as professional counselors. Many insurance plans cover services here, and assistance with the fee is available for many clients unable to pay our full fee. Fees for services are arranged on the basis of family size and income.

Peninsula READS

283-5776

393 Denbigh Blvd., Newport News, VA 23608

Recruitment, training and assignment of volunteers to teach reading and writing to non-reading American-born adults; teach conversational English, reading, writing, and preparation for citizenship examinations for foreign-born people; provide training for volunteer reading tutors for children. Fees: No charge for tutoring. Minimal charge for books used except when individuals cannot afford to pay. Workshops cost \$25.

Peninsula Rescue Mission, Inc

380-6909 or 380-6910

3700 Huntington Avenue, P.O. Box 377, Newport News, VA 23607

We provide Transit Shelter for homeless men. Counseling, religious services, limited emergency services in food and furniture. Thanksgiving and Christmas Dinners provided for transients and homeless, Summer Camp program for children 8 to 15, and a thrift store. Charity Golf Tournament for those who are interested. Fees: None

People with Attention and Developmental Disabilities Association (PADDA)

591-9119

Mailing Address: 813 Forrest Dr., Suite 3, Newport News, VA 23606

Planned Parenthood of Southeastern Virginia, Inc.

826-2079 or 825-9165

910 West Mercury Blvd., Hampton, VA 23666

Provides pregnancy testing and counseling, educational programs and materials with speakers available in the area of family planning, population, human sexuality, venereal diseases and AIDS, evening family planning clinics, pap testing, VD testing, birth control counseling, gynecology and family services, abortion. Fees: Educational and counseling services presented free of charge. Fees are on a sliding scale for the family planning clinic. Pregnancy testing performed for a minimal charge.

Potters House Maternity Home

838-7994

Pregnancy Solutions
Our Lady of Mount Carmel
870-3131

100 Harpersville Road , Newport News, VA 23601

Pregnancy Solutions provides free urine screening, information on pregnancy, referral, professional counseling, maternity clothes, baby items, information on community resources, emotional support, Alternative to Abortion. All information is confidential. Fees: None.

Prevent Blindness Virginia
804-423-2020, 804-723-5409

1-888-790-2020 or

11618 Busy St. , Richmond, VA 23236

Prevent Blindness provides Peninsula families with direct vision screenings, aging eye health programs, eye safety programs, education and research. "Saving sight one family at a time."

RAP (formerly Virginia Cares)

928-3204

2708 Chestnut Avenue, P.O. Box 37, Newport News, VA 23607

Managed by the Office of Human Affairs, offers programs for individuals recently released from prison.

Recreation and Parks

Hampton Recreation Department

727-6348 or 727-8313

www.hampton.va.us/parks

22 Lincoln Street, 5th Floor, City Hall, Hampton, VA 23669

Newport News Department of Recreation and Parks

926-1400

www.nnparks.com

700 Town Center Drive, Suite 320, Newport News, VA 23606

Poquoson Department of Recreation and Parks

868-3580 or 868-3585

www.ci.poquoson.va.us/park

830 Poquoson Avenue, Poquoson, VA 23662

Williamsburg Department of Recreation and Parks

259-3760

www.ci.williamsburg.va.us

202 Quarter Path Road, Williamsburg, VA 23185

York County Department of Leisure Services

890-3500 or 890-3509

www.yorkcounty.gov/parksandrec

100 County Drive, Yorktown, VA 23690

Redevelopment & Housing Authorities
Public Housing and Assisted Housing (Section 8); Community Development.

Hampton Redevelopment & Housing Authority
727-6337
www.HRHA.org
22 Lincoln Street, P.O. Box 280, Hampton, VA 23669

Newport News Redevelopment & Housing Authority
928-6060
www.nnrha.com
227- 27th Street, P.O. Box 797, Newport News, VA 23607

Refugee Resettlement and Immigration Services, Inc.
247-3600

1615 Kecoughtan Road, Hampton, VA 23661

Provides orientation, survival English, interpreter services, and crisis intervention and employment services to new arrivals. These services are available to all refugees regardless of their status. Also provides assistance in filling out INS paperwork and intervenes with the INS in deportation cases.

Fees: Vary

Riverside Behavioral Health Center

827-1001 or 1-800-759-1001

2244 Executive Drive, Hampton, VA 23666

Riverside Behavioral Health Center offers outpatient psychiatry, medication evaluations and management, intake assessments, Intensive Outpatient Programming (IOP) and Intermediate Level of Care Program (ILC) for substance abuse treatment. We also offer therapy to include individual and group, relapse prevention groups, aftercare groups, and VASAP. Call for more information.

Retired and Senior Volunteer Program (RSVP)

595-9037 or 595-9047

www.rsvpvapeninsula.org

12388 Warwick Blvd., Suite 201, Newport News, VA 23606

RSVP provides a variety of opportunities for retired persons aged 55 or over to participate more fully in the life of their community through significant volunteer service. The RSVP recruits volunteers to serve in public/private non-profit agencies and promotes the use of older persons as community resources in planning for community improvement and in delivery of volunteer services. Staff provides education/training and technical assistance in volunteer management and leadership development. Service area includes Hampton, Newport News, Poquoson, James City County, Williamsburg, and York County.

Riverside Home Health Agency

594-2656

856 J. Clyde Morris Blvd., Newport News, VA 23601

Riverside Home Health Agency is a full-service home health care agency that provides 24-hour skilled nursing services and home health aides. Physical therapy, occupational therapy, and speech therapy are also available. In addition, the agency also offers home IV therapy and apnea monitor programs.

Fees: Based on services provided.

Riverside Rehabilitation Institute

928-8000

245 Chesapeake Avenue, Newport News, VA 23607

Riverside Rehab provides comprehensive physical rehabilitation services to individuals who have had a stroke, head injury, spinal cord injury, amputation, neuromuscular disease and other debilitating illnesses or injuries. Fees: Fees are charged for services rendered. Most hospital fees are covered by Medicare, Blue Cross/Blue Shield, CHAMPUS and other commercial insurance carriers.

SAFEHAVEN

930-9409 (24 hours)

P.O. Box 12914, Newport News, VA 23612-2914

Offers shelter for abused and neglected children, ages 4-17 years old. Call for fees.

St. Jude Children's Research Hospital

671-7790

www.stjude.org

5700 Cleveland Street, Suite 325, Virginia Beach, VA 23462

ALSAC raises funds for St. Jude Children's Research Hospital. This institution was established for the sole purpose of conducting research into catastrophic childhood diseases, allowing patient care for children everywhere without regard for ability to pay. Call for fundraising opportunities.

The Salvation Army

Recreational programs and worship services. Emergency assistance on the Peninsula with food, emergency lodging, rent, clothing, furniture, fuel, utilities, prescription medicine, special holiday assistance, disaster relief, dietary food, counseling, correctional service, elderly visitation.

Peninsula Command

Family Service Center

838-4875 or 827-8467

www.salvationarmysouth.org/VA.htm

1033 Big Bethel Road, P.O. Box 7529, Hampton, VA 23666

Mobile Street Feeding Program

838-4875 or 827-8467

www.salvationarmysouth.org/VA.htm

Corner of 29th Street and Jefferson Avenue, 5 days weekly, Monday - Friday 6:30 - 7:30 pm.

Williamsburg

229-6651

www.salvationarmysouth.org/VA.htm

151 Kristiansand Dr., Suite 109, Williamsburg, VA 23188

Middle Peninsula

804-642-3960 804-642-4643

www.salvationarmysouth.org/VA.htm

2380 George Washington Memorial Highway

P.O. Box 267, Hayes, VA 23072

The Samaritan Group/Gloucester Housing Partnership

804-693-2252

6494 Main Street, Gloucester, VA 23061/P.O. Box 784, White Marsh, VA 23183

The Partnership recruits volunteers, materials and donations to repair low income, owner occupied homes for families and individuals living in Gloucester County. Call for fees.

Senior Citizens Centers

Offers yearly and seasonal recreational and leisure activities for senior citizens age 55 or older, educational and cultural enrichment; referrals to other agencies. Fees vary with activity.

Denbigh Center
886-7907
15460 Warwick Boulevard
Newport News, VA 23608

North Newport News Center
591-4850
605 South Avenue
Newport News, VA 23601

Hampton Senior Center
727-1601
3501 Kecoughtan Road
Hampton, VA 23661

North Phoebus Community Center
727-1160
249 W. Chamberlain Avenue
Hampton, VA 23663

Hilton Senior Center
247-2453
605 Hilton Boulevard
Newport News, VA 23605

Poquoson Senior Center
868-3580
830 Poquoson Ave.
Poquoson, VA 23662

Historic Triangle Senior Center
259-4181
5301 Longhill Road
Williamsburg, VA 23188

Washington Center
247-2451
5012 Huntington Ave.
Newport News, VA 23607

Marshall Senior Center
245-7730
3301 Marshall Avenue
Newport News, VA 23607

Senior Center of York
898-3807
5314 George Washington Hwy.
Yorktown, VA 23692

Serenity House Substance Abuse Recovery Program

898-9542 or 988-1972

161 Richneck Road, Mailing: 15203 A Warwick Blvd., Newport News, VA 23608

Serenity House offers a residential treatment facility for male and female substance abusers who are beginning to reinstate themselves into community life. Also provides outpatient services that include abuse treatment, orientation and education. Counseling for family and others affected is also available. Call for fees.

SHARE

886-6700

2 Bernardine Dr., Newport News, VA 23601

Support meetings and information to parents and family members who have lost a child due to miscarriage, neonatal death or Sudden Infant Death Syndrome. SHARE meets the third Thursday of each month at 7:00 p.m. at MIH Health Resource Center. We also offer group sessions for teens the second Thursday of each month at MIH Health Resource Center. No fees.

S.H.A.R.E.

596-7188

9912 Hosier St., Newport News, VA 23601

S.H.A.R.E. is a network of churches and community agencies that serve as a food distribution site. Participants contribute \$17 in cash, by check or EBT card, donate two hours of volunteer time, and receive a food package worth at least \$40 from the site.

Sick Loan Shelf of National Council of Jewish Women

Newport News Health Department 594-7419

416 J. Clyde Morris Blvd., Newport News, VA 23601

The Sick Loan Shelf provides equipment loans for emergency aid in the home for a 6-month period. Equipment offered includes hospital beds, crutches, wheel chairs, and canes. There is no fee for this service however; a note from the physician certifying need is required. Limit of six months can be renewed for three months.

Social Action Center, Inc.

380-1574

St. Vincent De Paul Church

230 - 33rd Street, Newport News, VA 23607

The Center provides information and referral and emergency food and clothing. Eligibility determined case-by-case. No fee.

Social Security Administration

Accepts and processes applications for the following: Social Security number, Social Security cash payments based on retirement, disability, or death of an insured wage earner, Supplementary Security benefits (based on financial need) to the aged, blind, or disabled; and Medicare Health insurance at age 65 or over. Fees: None.

District Office - Hampton, Poquoson, York County, Newport News

873-3914 or 1-800-772-1213

www.ssa.gov/

11706 Jefferson Avenue, Newport News, VA 23606

Branch Office

728-0221 or 1-800-772-1213

www.ssa.gov/

1026 E. Settlers Landing Road, Hampton, VA 23669

Social Services Departments

Financial Assistance programs: food stamp program, Medicaid, foster care services to children; adoption, information and referral; protective services to children and adults; employment services; family planning; services for aged and disabled; counseling; day care services; ADC; food pantry and clothing shop. Fees: None.

Gloucester Department of Social Services

804-693-2671

www.dss.state.va.us

6641 Short Lane, P.O. Box 1390, Gloucester, VA 23061

Hampton Social Services

727-1800

www.dss.state.va.us

1320 LaSalle Avenue, P.O. Box 9346, Hampton, VA 23670

James City County Department of Social Services

259-3100

www.dss.state.va.us

5249 Old Towne Road, Williamsburg, VA 23188

Newport News Department of Social Services

926-6300

www.dss.state.va.us

6060 Jefferson Avenue, Newport News, VA 23605

Newport News Department of Social Services, Denbigh

369-3160

www.dss.state.va.us

Municipal Annex

68 DeShazor Drive, Newport News, VA 23602

Williamsburg Social Services

220-6161

www.dss.state.va.us

401 Lafayette Street, Williamsburg, VA 23185

York-Poquoson Social Services

890-3787

www.dss.state.va.us

301 Goodwin Neck Road, P.O. Drawer 917, Yorktown, VA 23692-0917

Special Olympics

1-800-932-4653

3212 Skipwith Road, Suite 100, Richmond, VA 23294

Speech Pathology Department/Rehab Services
Riverside Regional Medical Center
594-2094

500 J. Clyde Morris Blvd., Newport News, VA 23601

Our services include complete hearing tests, infants through adults, ENG. Diagnostic evaluation and therapy for speech, language, voice for infants through adults. Fees: Fees vary with the services provided and are not on a sliding scale.

Stroke Support Group
928-8327 or 928-8440

Stroke Support Group is held on the first Wednesday of the Month at 10:00am. Call for more information.

Tourette Syndrome Association of Greater Washington
877-295-2148

www.tsagw.org

TSAGW serves and supports those whose lives are affected by Tourette Syndrome through information, education and group support and fosters public understanding of Tourette Syndrome.

Transitions Family Violence Services

722-2261 or HOTLINE: 723-7774 or 723-2717

P.O. Box 561, Hampton, VA 23669

Provides comprehensive services to family violence victims and builds safe and healthy families on the Peninsula. Transitions offers a 24-hour hotline, shelter, crisis intervention, support and advocacy for battered women and their children. Also: support groups, community education, consultation, children services, volunteer programs consultations and outreach services. No fees.

Tuberous Sclerosis Alliance

1-800-225-6872

801 Roeder Road, Ste. 750, Silver Spring, MD 20910

The Tuberous Sclerosis Alliance (TS Alliance) is the only national voluntary health organization in the USA dedicated to finding a cure for tuberous sclerosis complex (TSC) while improving the lives of those affected through research, support and information. Offers: Publishes quarterly newsletter, illustrated Brochure for physicians, Parent Booklet, and fact sheets. Slide presentation available for loan; attends major medical meetings; currently sponsoring gene linkage research; communications between families through group meetings and telephone referral possible; also develops State offices. Fees: \$25.

Unemployment Claims Office for Newport News

247-2080

6012 Jefferson Avenue, P.O. Drawer P, Newport News, VA 23605

This office handles processing of unemployment insurance claims, job search assistance, labor market information, and resource facilities with PC. No fees.

United Cerebral Palsy of Southeastern Virginia, Inc

497-7474

5825 Arrowhead Dr., Suite 201, Virginia Beach, VA 23462

UCP serves as a resource center for cerebral palsy clients, families and general public. Provides community based programs such as sports, support groups, information and referral, Kid's Club, library, advocacy and newsletter. No fee for programs.

United Jewish Community of the Virginia Peninsula, Inc.
930-1422

2700 Spring Road, Newport News, VA 23606

Professional group work services including a variety of clubs and activities, cultural program of lectures, concerts, films, summer day camp, pre-school and senior citizen activities, Family Counseling available. Special service: Jewish Family Service of Tidewater. Fees are on a sliding scale basis.

United Methodist Family Services

596-0710

815 Baker Road, Suite 201, Virginia Beach, VA 23462

Family Services offers training and certification of foster parents, adoptive placement of infants and older, special needs children. Information and screening for residential program for adolescents and specialized foster care program based in Richmond, Virginia. Fees based on a sliding scale.

United Way of the Virginia Peninsula

873-9328

First Call Information and Referral Service - 594-4636

www.uwvp.org

739 Thimble Shoals Blvd., Suite 400, Newport News, VA 23606

United Way of the Virginia Peninsula is a local, volunteer-driven non-profit organization that improves lives and our community by bringing people and resources together to create lasting, positive change. United Way builds partnerships; develops and invests resources; identifies and tackles our most pressing health and human service issues; and gets measurable results.

Upward Bound

727-5307 or 637-2110

Academy Building, 2nd Floor

P.O. Box 6167, Hampton University, Hampton, VA 23668

Urban League of Hampton Roads

627-0864

3225 High Street, Portsmouth, VA 23707

Virginia Beach Psychiatric Center

627-5433 or 1-800-327-5778

1100 First Colonial Road, Virginia Beach, VA 23454

Virginia Beach and Norfolk psychiatric hospital that provides crisis stabilization, adult inpatient and dual diagnosis, adult detoxification and rehabilitation, adult partial hospitalization, psychiatric and chemical dependency, child and adolescent psychiatric inpatient and adolescent psychiatric residential (ages 12-17).

Virginia Department for the Visually Handicapped

Norfolk Regional Office

858-6724

5505 Robin Hood Rd., Suite F, Norfolk, VA 23510

Offers vocational rehabilitation (counseling, evaluation, physical restoration, training and job placement), educational services (Braille, communication skills, orientation, and mobility, child development and low vision), rehabilitation teaching (personal adjustment, daily living skills, communication skills and recreation), social services; low vision examinations and aids; and intake services. Also provides workshops for the blind and volunteer services. Services are available to all ages with no fee. Certain services such as physical restoration and the low vision clinic require financial eligibility.

Virginia Employment Commission

VEC provides employment assistance; referral of job applicants to employers; referral to Federal employment and training programs; Labor market information, proficiency testing of applicants; employment counseling. Fees: None.

Job Service Offices

865-5828 or 865-5800

www.vec.virginia.gov/vecportal/

600 Butler Farm Road, Suite B, Hampton, VA 23666

Newport News

247-2080

www.vec.virginia.gov/vecportal/

6012 Jefferson Avenue, Newport News, VA 23605

Williamsburg

253-4738

www.vec.virginia.gov/vecportal/

5235 John Tyler Highway, Williamsburg, VA 23185-2553

Virginia Institute of Pastoral Care

Counseling to individuals, couples, families, and groups. Fees: Based on ability to pay.

Williamsburg Office

220-2299

P.O. Box BP, Williamsburg, VA 23187

Main Office

804-282-8332

2000 Bremono Road, Suite 105, Richmond, VA 23226

Virginia School for the Deaf, Blind, and Multi-disabled at Hampton

247-2050 - Information or TTD

www.vsdbmh.virginia.gov

700 Shell Road, Hampton, VA 23661

Offers residential and/or day educational and training programs that service blind or deaf children (2-21 years old), and deaf or blind multi-disabled (includes deaf-blind) youngsters statewide. Children must reside in Virginia. No fee.

Virginia SIDS Alliance

222-7997 or 1-800-849-7437

www.vasids.org

P.O. Box 572, Mechanicsville, VA 23111

Provide emotional support and information to SIDS families throughout Tidewater; provide educational seminars and material to the public; support medical research to find the cause of SIDS.

Virginia State Probation & Parole Office - District Nineteen

247-8000

247 - 28th Street, Newport News, VA 23607

Provides rehabilitation of adult offenders released by the Virginia penal system; aids the Court of Record in disposition of cases, supervises those placed on probation or parole; protects society. No fee.

Visually Impaired Assistive Technology Outreach Program (VIATOP)

247-2283

700 Shell Road, Hampton, VA 23661

Loans assistive technology, information resources and equipment to blind and visually impaired students in Region II and Region III school districts. We assist parents as well as teachers. Free.

The Volunteer Center of the Virginia Peninsula

262-0190 or 262-0725

2210B Executive Drive, Hampton, VA 23666

The Volunteer Center offers central volunteer coordinating services linking volunteers with community organizations. Offers volunteer recruitment, interviewing, placement, recognition, education/training and technical assistance in volunteer program management and leadership development to individuals and organizations. The Center encourages citizen participation. Fees: None except for registration fees for specific seminars, workshops or conferences.

Y.M.C.A., Peninsula Metropolitan

223-7925

Corporate Office

101 Long Green Boulevard, Yorktown, VA 23693

For 108 years, the Peninsula YMCA has provided community-based programs, which are tools for building the values of caring, honesty, respect and responsibility. The Y is for people of all faiths, races, abilities, ages and incomes. No one is turned away for inability to pay. The YMCA offers hundreds of programs in response to community needs, including swimming, fitness, childcare, teen clubs, youth sports, family nights, mentoring, job training, international exchange, and much more.

Branches

Hampton Family YMCA

1322 LaSalle Avenue, Hampton, VA 23669

757-722-9044

Luter Family YMCA

259 James Street, Smithfield, VA 23430

757-365-4060

Mathews Family YMCA

Rt. 198, Box 1536, Mathews, VA 23109

804-725-1488

Middlesex County YMCA

11487 General Puller Highway, Hartfield, VA 23071

804-776-8846

Newport News Family YMCA

7827 Warwick Boulevard, Newport News, VA 23607

757-245-0047

Northern Neck Family YMCA

1036 Harris Drive, Kilmarnock, VA 22482

804-435-0223

Northumberland Family YMCA
P.O. Box 146, Heathsville, VA 22473
804-580-8901

Richmond County Family YMCA
754 Main Street, Warsaw, VA 22572
804-333-4117

Victory Family YMCA
101 Long Green Boulevard, Yorktown, VA 23693
757-867-3300

Williamsburg Family YMCA
117 Information Center Drive, Williamsburg, VA 23185
757-220-7045

York County Church Women United Emergency Food Closet
898-9057
300 Ella Taylor Road, Yorktown, VA 23692
Provides food, where needed, on an emergency basis to York County and Poquoson residents. No fees.
Mon., Wed., Fri. 12:30-3:00pm.

York County Aging Health & Disabilities Service
890-3883
224 Ballard Street, P.O. Box 532, Yorktown, VA 23690
Coordinates programs and acts as a resource for information and referral regarding concerns and interests related to aging, health and disabilities. No fee.

York County Volunteer Association & Thrift Store
898-8688
22 Dare Road, Grafton, VA 23692
Emergency food, fuel, clothing, shelter and other items are available to York County residents that qualify. All donations are redistributed back into York County. Thrift Shop offers items for sale.

Youth Challenge Hope Center
244-1234 or 244-5844
332 - 34th Street, P.O. Box 543, Newport News, VA 23607
Provides Christian residential and outpatient counseling, induction, detoxification placement for rehabilitation and re-entry for individuals 18 years and older with drug and alcohol problems. Separate facilities for men and women. Induction fee only.

YWCA
245-6026
247-6485 - Fax
2702 Orcutt Avenue, Newport News, VA 23607
Provides a citizenship program for young girls that promotes personal growth, social and leadership development through information, education and training. Membership fees, fees for some classes

EDUCATIONAL SERVICES

Educational Talent Search

727-5607

Academy Bldg., Second Floor, P.O. Box 6183, Hampton, VA 23668

Talent Search offers a financial aid workshop, study skills seminars, tutoring, Career Day programs, and tours of post-secondary institutions and local businesses. Applicants must have a financial need and be a potential first-generation college student who resides in the target area or attends a target area school. This area includes Hampton, Newport News, Isle of Wight County, York County, and Williamsburg/James City County. No fee.

Hampton City Schools Advanced Education

727-1327

1300 Thomas Street, Hampton, VA 23669

Monday and Thursday, 8am-4pm, Wednesday, 8am-8pm, Friday 8am-3pm.

Hampton University Business Assistance Center

727-5570 or 727-5571

P.O. Box 6194, Hampton University, Hampton, VA 23668

The Center provides management assistance and counseling to small and minority businesses. No fee.

Newport News Public Schools - Continuing and Adult Education Dept.

51 Copeland Lane, Rm. 108, Newport News, VA 23601

The Continuing and Adult Education Department provides a full and comprehensive range of educational services for continuing and adult education. GED test and GED retest offered monthly. Fees: Free public education, except adult education. All persons 60 years or over will receive a 20% discount for most continuing education in Newport News. Registration & book fees may apply. Please call the Adult Education Department for more information. Proof of age is required.

Star Achievers Academy

757-826-6018

P.O. Box 7593, Hampton, VA 23666

Virginia Cooperative Extension

Provides educational programs and information on the following subjects: consumer education; nutrition and meal planning; food preservation; horticulture (landscaping and gardening); lawn establishment and maintenance; family financial management and budgeting; parenting and child development; energy conservation and management; water quality; programs for 4-H youth ages 5-19 and other agriculture and home economic subjects. Fees: Minimal. Mon. - Fri. 8:15am - 5pm

Hampton Unit 727-1401

www.ext.vt.edu

101 N. Armistead Avenue, Suite 200, Hampton, VA 23669

Mon. - Fri., 8am - 4:30pm

James City County Unit

564-2170

www.ext.vt.edu

P.O. Box 69, 3127 Forge Road, Toano, VA 23168

Mon. - Fri., 8am - 5pm

Newport News Unit
591-4838
www.ext.vt.edu
739 Thimble Shoals Blvd., Ste 1009, Newport News, VA 23606
Mon. - Fri., 8am - 5pm

York Unit
890-4940
www.ext.vt.edu
P.O. Box 532, 100 County Drive, Yorktown, VA 23690

MILITARY-SPECIFIC SERVICES

Army Community Service
Fort Eustis
878-3638
Building 601, Room 142, Fort Eustis, VA 23604
ACS offers programs to assist active duty, retired and reserve soldiers and their families. Programs include Family Advocacy (domestic violence, child abuse and neglect), financial planning and emergency financial assistance. Member Employment (FAME) services, child development services, exceptional family member services and information and referral services. Fees: None. Mon. - Fri., 7:30am - 4:30pm

Army Emergency Relief
Fort Eustis
878-3638
Building 601, Room 142, Fort Eustis, VA 23604
Provides emergency financial assistance to active and retired military personnel and their dependents, emergency relief to widows and orphans of deceased service members. Also offers loans and scholarships to dependents of active duty, retired and deceased service members. No fees.

Army Emergency Relief
Fort Monroe
788-3878 or 788-4132
Building 206, 98 Stilwell Drive, Fort Monroe, VA 23651
Offers emergency financial assistance to active and retired military personnel and their dependents, emergency relief to widows and orphans of deceased service members. Also offers loans and scholarships to dependents of active duty, retired and deceased service members. No fees. Mon - Fri 8:00a - 4:30pm

Army Substance Abuse Program (ASAP)
878-2924 or 878-4985
Building 2754, Fort Eustis, VA 23604
Offers prevention and education, short-term counseling for civilians, retirees, and family members. Substance abuse, anger management, stress management, workplace violence. No fees.

Fleet and Family Support Center

Navy Family Services Centers assist single military personnel, couples and families - active duty and retired, NFSC meets the needs of the naval community by providing information, programs, supports, and counseling and by accessing available military and civilian resources. No fees.

Norfolk

1-800-372-5463

7928 14th Street, Suite 209, Norfolk, VA 23505

Naval Weapons Station (Code 14)

887-4606

P.O. Box Drawer 160, Yorktown, VA 23691-0160

Langley Family Support Center

764-3990

1 MSS/DPFA

45 Nealy Ave., Suite 100, Langley Air Force Base, VA 23665-1898

The Family Support Center enhances the quality of life for all military members and their families, single Airmen, reservists, retirees, and DOD civilian personnel. Services are available for financial counseling, employment/transition assistance, relocation/family life education, deployment and family readiness. No fees. Some services (sponsored by Air Force Aid Society) reserved for Air Force members and their families only, i.e. Car Care, Because We Care, Bundles for Babies, Give Parents a Break.

Military Equal Opportunity Office

764-5877 (duty hours)

1 FW/ME, Langley Air Force Base, VA 23665

To provide assistances to military personnel, dependents and retirees in the areas of unlawful discrimination, sexual harassments, equal opportunity and treatment and human relations education. No fees.

Military Youth Activities Program

Offers a wide variety of recreational activities for military dependents of active duty, retired, and DOD civilians. Fees vary with activity.

Fort Eustis

878-4448 or 878-1149 or 878-3989

Building 1102 Pershing Avenue, Fort Eustis, VA 23604

Langley, Shellbank Youth Center

764-2682 or 764-2300 or 764-3330

Building 254, 68 Walnut Avenue, Langley Air Force Base, VA 23665

Naval Weapons Youth Activities

887-4310

Building #1987, P.O. Box 32, Lackey, VA 23694-0032

Personal Financial Management Program

764-3990

1 MSS/DPF

45 Nealy Avenue, Suite 100, Wing B, Langley Air Force Base, VA 23665-1898

Budget and financial planning for active duty and retired personnel and their spouses assigned to LAFB. No fees.

USO of Hampton Roads

788-4984

Emergency Services - 289-5917

www.usohr.com

P.O. Box 7250, Hampton, VA 23666

The USO provides services and programs to support the religious, spiritual, educational, social, welfare, recreational and entertainment needs of members of the Armed Forces of the United States and their families, through an easily accessed USO Center and a Mobile Community Outreach Program. Information and referral services provided. Also oversees USO Centers throughout Hampton Roads area. No fees.

USO - Norfolk

440-0939

The USO offers services and programs to support the religious, spiritual, educational, social, welfare, recreational and entertainment needs of members of the Armed Forces of the United States and their families, through an easily accessed USO Center and a Mobile Community Outreach Program. No fees.

Virginia Department of Veterans Services

825-7893

2019 Cunningham Drive, Suite 406, Hampton, VA 23666

Assistance to veterans of the Armed Forces of the United States, their widows, orphans and dependents to help them obtain their rights and privileges under various Federal, State or local laws, to include preparation, presentation, and prosecution of lawful claims to help obtain rehabilitation services or any benefits they might be entitled to. Fees: None.

YMCA - Armed Services

363-1884 or 363-1953

1465 Lakeside Road, Virginia Beach, VA 23455

The Armed Services YMCA gives primacy to the military and their dependents, but has an open policy to the non-military community. Fees: Annual dues, fees for some classes.