

CONNECTIONS

START

HERE



Connecting Our Community to Help and Hope



**United We CAN**  
Community Assistance Network

**One Phone Number**  
to **Connect to**  
**150+ organizations**  
*working together to keep  
our neighbors, housed,  
healthy, and thriving.*



**NEED HELP?**  
**CALL (757) 229-2222**  
*Talk to an Advocate today and  
receive Resource Navigation  
and Referral Services.*

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TRANSPORTATION  
TO WORK



TRANSPORTATION  
TO WORK



CHILDCARE



CHILDCARE

BASIC  
NEEDS



BASIC  
NEEDS



CERTIFICATION  
&  
TRAINING



CERTIFICATION  
&  
TRAINING



RENT & UTILITY  
ASSISTANCE



RENT & UTILITY  
ASSISTANCE