

McKinney-Vento Resource Guide

Addiction: Gambling or Other

- A) Broad Highway Recovery: Nationwide addiction intervention services, an intensive recovery center, and transitional living for men and women in Richmond, VA. Our commitment is to the individual struggling with substance abuse and their family. Our mission is to guide families through the entire recovery process.
Website:
<http://www.broadhighwayrecovery.com>
Phone: 877-487-1599
- B) Williamsville Wellness: A client-centered program based on respect and compassion for each individual. With the integration of mental health therapies, physical therapies, and other holistic interventions, we believe that an individual can gain freedom from alcoholism, recover from specific impulse control disorders, and have positive regard for life. Website:
<https://williamsvillewellness.com/>
Phone: 804-559-9959
- C) Gamblers Anonymous: Is an international fellowship of people who have a compulsive gambling problem. Website:
<https://www.gamblersanonymous.org/ga/>
Phone: (855) 222-5542
- D) Summit Hill Wellness: Offers both online and in-person addiction treatment programs for substance abuse, alcoholism, gambling addiction, and other behavioral health disorders.
Website: <https://summithillwellness.com/>
Phone: 804-525-9292
- E) National Council on Problem Gambling: (800) 522-4700 or www.ncpgambling.org

Adult Services/ Help

- A) Greater Unity Adult Services: We believe we can provide a truly unique experience among organizations who provide day support, residential services, and supported employment services.
Website:<http://greaterunityadultservices.com/>
Phone: 804-622-6213
- B) Blessings For You Adult Care: Is committed to enriching the lives of our aging adults and persons with disabilities through programs that reduce isolation and promote independence. Website:
<http://www.blessingsforyouadultcare.com/>
Phone: 804-612-0794
- C) She Cares: A residential group home for adults with disabilities. Founded in Richmond, VA. She Cares is home to those who place a high value on their independence, friendships, healthy lifestyle, and medical care.
Website: <https://www.shecaresadult.com/>
Phone: 804-737-0529
- D) Family Life Services: Is a group home agency that provides residential and therapeutic day-support services for individuals with disabilities.
Website:
<https://www.familylifeservicesllc.com/>
Phone: 804-266-66625
- E) Circle Center Adult Day Services: Our multi-disciplinary team provides an affordable community-based long-term care option, helping folks live at home longer, preventing social isolation and inactivity, helping manage health and disability needs, and providing respite and support to families and care partners. Website:

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- <https://circlecenterva.org/> Phone: 804-355-5717
- F) Richmond Peace Education Center: The Peace Center is dedicated to creating and protecting affirming spaces that embrace cultural humility and create ties of respect and appreciation across generations, cultures, race, class, region, religion and gender, and sexual identity to build an inclusive community. Website: <https://www.rpec.org/new-folder> Phone: (804) 232-1002
- G) Full Circle Grief Center: Richmond's Comprehensive Grief Resource Center responds to the growing needs in our community through Individual Counseling services. Website: <https://fullcirclegc.org/>
- H) Good Neighbor Mental Health and Developmental Disability Services: A fun and caring place for adults with intellectual and developmental disabilities. Website: <https://www.goodneighbor.care/>
- I) Adult Day Care: Hanover Adult Center has been providing services to meet a wide variety of needs for differently-abled individuals and their care partners in the Greater Richmond Metro area, for over 43 years. Website: <https://www.hanoveradultcenter.com/#> \ Phone: 804-746-0743
- J) Behavioral Health Services of Virginia: A leading provider of mental health services for at-risk youth and persons with mental health disabilities in the State of Virginia. Website: www.bhsva.net Phone: (804) 510-6505
- K) Mothers Against Drunk Driving (MADD) (877) 623-3435/(800) 533-6233 MADD provides support to drunk driving crash victims and support to bereaved families in Richmond and statewide. Website: <https://www.madd.org/>
- L) Chesterfield County Dept Mental Health Support Services: (MHSS) provides mental health, developmental disabilities, and substance use disorder services for children and adults in Chesterfield County. Website: <https://www.chesterfield.gov/878/Mental-Health-Support-Services> Phone: (804) 748-6356/748-1227
- M) Courtney's House: (Human Trafficking) Any youth involved in the commercial sex industry boys and girls ages 11yrs - 21yrs. Website: www.courtneyhouse.org Phone: (888) 261-3665
- N) Goochland-Powhatan Community Service Branch:Goochland.....(804) 556-3716 Powhatan.....(804) 598-2697
- O) Intensive Community Outreach Services: Is a behavioral health organization dedicated to assisting adults with mental illness work (ICOS). Phone:(804) 521-4330 501 E Franklin St, Richmond
- P) VA Criminal Injuries Compensation Fund: (VVF) Is a state program created to help victims of violent crime with out-of-pocket expenses. Website: www.cicf.state.va.us Phone: (800) 552-4007
- Q) Henrico County Prevention Services: Prevention services aim to promote strengths, reduce the influence of risk factors, and support an individual's sense of competency. Website:

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<https://henrico.us/mhds/prevention/>
Phone: 804-222-2607

Phone: 1-800-838-8238

Adult Sexual and Domestic Violence Aid

A) WomenConqueringLife: We were birthed out of a need for Domestic Violence Shelters. It's hard for women to get out of their situations due to lack of support and housing. We provide everything from housing to counseling to schooling to getting help with kids.
Website:
<https://www.womenconqueringlife.org/>
Phone: 804-998-8831 or (302) 508-9990

B) EmpowerNet: A domestic/sexual violence shelter: Website:
<https://empowernetva.org/> Phone:
804-612-6126

C) Southside Center for Violence Prevention: We are a small nonprofit which serves those affected by sexual and domestic violence in Southside, Virginia. Website:
<https://www.scvpcares.org/> Phone:
434-394-3505 or hotline (24 hours)
888-819-2926

D) Quin Rivers, Inc: Our customers may need financial counseling to help them budget and plan, information on how to prevent a foreclosure, a safe environment away from a violent situation, skills to help them become a better parent, or assistance to pursue their education.
Website: <https://thriveva.org/>
Phone: 877-966-4357 Does Shelter referrals

E) VA Sexual & Domestic Violence Action Alliance: Diverse group of individuals and organizations, believes that ALL people have the right to a life free of sexual and domestic violence.
Website: <https://vsdvalliance.org/>

F) Safe Harbor: We support those experiencing or have experienced domestic violence, sexual violence, or human trafficking.
Website: <https://safeharborshelter.com/>
Phone: 804-249-9470 For 24 hour emergency line call 804-612-6126

G) National Organization for Victim Assistance: (NOVA) Advocates for victims by connecting them with services and resources.
Website:
<https://www.trynova.org/who-we-are/>
Phone: 703-535-5500

H) National Human Trafficking Resource Center: – 330 C St, S.W, Washington DC Advocates assist victims in crisis through safety planning, emotional support, and/or immediate connections to emergency services through a network of trained service provider and law enforcement partners. Phone: (888) 373-7888

I) National Domestic Violence Hotline: When you're ready, we're here to listen with confidential support 24/7/365. Website: www.thehotline.org. Phone: (800) 799-7233

J) Darkness to Light National Hotline: (866) 367-5444 Darkness to Light provides a toll-free number for individuals living in the United States who need local information and resources about sexual abuse.

Afterschool Programs

A) CIS: Is integrated student support. That means that each of our participating schools has a trained professional on-site, acting as a link to school-wide services, targeted programs and individual support based on

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each student's needs. This model means that students and teachers both get the help they need to be successful.

Website: <https://cisofva.org/>

Phone: 804-237-8909

- B) Extended day program: Serves students in kindergarten through fifth grade who attend Glen Lea Elementary.
Website:
<https://henricogives.org/community-learning-center/glen-lea-elementary/>
- C) PALS: Provides youth in K-8th grade with a high-quality and holistic after-school experience, based on a schedule of different activities and academics including STEAM and literacy learning.
Website:
<https://www.palnyc.org/afterschool-program>
- D) YMCA:
<https://www.ymcarichmond.org/programs/child-care/and-after-school-care>

accessible. Our goal is to help equip you with the tools needed to obtain the outcome that brought you to treatment.

Website:

<https://replaycounselingcenter.com/our-services>

- D) Miracles in Motion: Providing quality dance instruction to people with special needs while Promoting Awareness in the community through the Joy of Dancing!
Website:
<https://www.miraclesinmotionva.org/>
- E) SPARC: Provide transformative performing arts education to over 3,000 students each year. SPARC's highly skilled teaching artists intentionally integrate the arts with youth development principles through Creative Youth Development initiatives. Students discover their creativity and build critical learning and life skills into adulthood.
Website:
<https://www.sparconline.org/liveart/>

Art & Music

- A) Da Capo Virginia: Offers inclusionary musical excellence for all local students in a 501c3 nonprofit music school.
Website: <https://www.dacapova.org/>
- B) McGrath Art Therapy: Inclusive, accountable, goal-oriented, collaborative, educational, and family-focused; Art Therapy in the home setting allows the child to be in an environment where he is most likely to display true feelings and behaviors, showing the path to encourage positive change.
Website:
<http://www.mcgratharttherapy.com/>
- C) Family and Child Expressive Therapy Service (F.A.C.E.T.S): Counseling is not

Baby Help

- A) Infant Toddler Family Day Care: Is a network of professional child care educators with a commitment to the principle that learning begins at birth. We support the emotional, social and intellectual development of infants, toddlers, preschoolers and school-age children in safe, nurturing high-quality child care environments.
Website:
<https://www.infanttoddler.com/>
- B) Families ForwardVA: How-to manuals, supporting parents as they establish nurturing parent-child relationships, develop positive parenting skills, provide safe homes, and learn to support healthy child development.

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Website:

<https://www.familiesforwardva.org/healthy-families-virginia>
Phone: 804-359-6166

- C) Infant & Toddler Connections of Virginia: Early social/emotional development and physical health provide the foundation for developing cognitive and language skills. High-quality early intervention services can change a child's developmental trajectory and improve outcomes for children, families, and communities. Website: <https://www.itcva.online/>
- D) Virginia Healthy Start Initiative: Help reduce infant mortality. Website: <https://www.vdh.virginia.gov/local-health-districts>
- E) Early Intervention: Help infants and toddlers who have developmental delays or disabilities and their families. Website: www.infantva.org

Child Care assistance

- A) Friends Association for Children: Currently, FRIENDS serves children, ages six weeks to 12 years of age, with a broad array of services. Children gain critical literacy and developmental skills needed to succeed in school and life through these services. Additionally, children achieve a greater understanding and appreciation of their community and the world around them. Website: <https://friendsrva.org/>
- B) Choosing Quality Child Care: Your child can take time and effort on your part, but it is one of the most important tasks you will ever undertake. Begin your search for child care as early as possible. Use the following links to locate providers in your area: Website:

<https://www.loudoun.gov/1012/Choosing-Quality-Child-Care>

- C) Peter Paul Development Center: Designed to support and build confidence, competence, and connection with outcome goals that fulfill our purpose to Educate the Child, Engage the Family, and Empower the Community. Website: <https://peterpaulrva.org/>
- D) Weinstein Jewish Community Center: Provide the highest quality educational, physical, and spiritual wellness programs and experiences for all ages and abilities, guided by Jewish values and culture. Website: <https://weinsteinjcc.org/> Phone: 804-285-6500
- E) YMCA Phone: 804-737-9622 (804) 729-4825 based on income

Child Health

- A) H.Y.P.E Youth Services: LLC was established in 2007 to bridge the gap between our youth and their needs by providing intensive supportive services. Website: <https://hypecounselingservices.org/> Phone: 804-213-2059
- B) W.H.O.A: Is to promote the empowerment and positive behavior through compassion, caring, and recognition. We are aware of the many obstacles that people of all ages face and through positive reinforcement and specialized activities, we strive to create long term success for each individual. Website: <https://whoarva.com/> Phone: 804-282-1863
- C) T.A.G: Time-limited training and support to assist individuals with achieving and maintaining stability through teaching

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- and reinforcement of independent living skills, identifying and using other resources in the community, assistance with medication management, budgeting skills, and monitoring of physical health and nutrition.
Website: <https://tagincva.com/> Phone: 804-303-3309
- D) M.I.N.K.S Youth Services: Is to provide quality and supportive services that embrace the whole family.
Website: <http://www.minskyfs.com/>
Phone: 804-261-7888
- E) The National Child Traumatic Stress Network (NCTSN): To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. Website: <https://www.nctsn.org/>
- F) Juvenile Diabetes Research Foundation of Central Virginia: We're leading the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world impacted by T1D. Website: <https://www.jdrf.org/>
- G) Speech Connections (Speech Therapy): Our certified and licensed speech-language pathologists take great care to help your child with communication difficulties develop effective speech and communication skills. Website: <https://www.myspeechconnections.com/>
- H) Kids Health: #1 most-trusted source for physician-reviewed information and advice on children's health and parenting issues.
Website: <https://www.kidshealth.org/>
- I) Kid Power: (Occupational therapy) We specialize in pediatric intervention and family-centered treatment of children from birth to twenty-one years of age.
Website: <http://www.kidpowertherapyassociates.com/home.html>
Phone: 505-888-4469
- J) Central VA Care Connection for Children: (Special Health Care), a statewide network of regional programs brought together by the Virginia Department of Health – helps families get the health care services, community support, and resources they need for their children with special health care needs.
Website: <https://www.chrichmond.org/patient-and-family-resources/support-services/care-connection-for-children>
Phone: (276-645-4900)
- K) Faces of Hope of Virginia: We work every day to end the epidemic of childhood.
Website: <https://www.thefacesofhope.org/>
Phone: (804) 592-4751
- L) Dr. Suresh Gharse: Is a psychiatrist in Richmond, Virginia, affiliated with Bon Secours-Richmond Community Hospital.
Website: <https://www.healthgrades.com/physician/dr-suresh-gharse-ym5p5> or call 804 893 3744
- M) Dr. Dorothy O'Keefe: Dr. O'Keefe is a member of the American Academy of Child and Adolescent Psychiatry, American Psychiatric Association, Virginia Psychiatric Society, and Virginia Council of Child and Adolescent Psychiatry. She is also past president of the Virginia Council of Child and Adolescent Psychiatry. Website: <https://www.chrichmond.org/find-a-provi>

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der/find-a-provider?id=3575 Phone:
804-828-3129

N) Central VA Care Connections for Children:
A statewide network of regional programs that provide health care services, community support, and resources.
Website:
<https://www.chrichmond.org/patient-and-family-resources/support-services/care-connection-for-children>

O) Heart and Mind Therapy Services: Is a group mental health therapy practice in Richmond, VA, founded to bring true, long-lasting healing to the core foundational needs of children.
Website:
<https://www.heartmindrva.com/>

P) Virginia Treatment Center for Children:
Website:
<https://www.chrichmond.org/locations/location-details?practice=83> or call
804-828-2467 800-828-1120

Q) Chippenham Hospital: Provides treatment programs uniquely designed for children 5 to 12 years old and adolescents 13 to 17 years old with emotional and behavioral health issues. Our services include inpatient stabilization and individualized recovery care plans that make safety and stabilization top priorities.
Website:
<https://hcavirginia.com/specialties/child-and-teen-mental-health?location=chippenham>.

R) Children's Mental Health Resource Center:
Our family navigators help you understand the mental health options available for children and help you find therapists, psychiatrists, or other appropriate services. Our model uses the valuable experiences of

others who have navigated the mental health system, providing one-on-one support and referral assistance to families across Virginia.
Website:
<https://www.chrichmond.org/services/mental-health/cameron-k-gallagher-mental-health-resource-center>
Phone: 804-828-2467

Child Service

A) HumanKind: Consistent, providing guidance and assistance to those striving to live better and healthier lives. Our programs cover everything from financial education to mental health counseling, from early childhood resources to services for adults with disabilities.
Website: <https://www.humankind.org/#>
Phone: 434-384-3131

B) Hilltop Promises: To support children from the minute they are born to college completion and create a community that supports and values education. We believe education opens up a world of possibilities and is instrumental in breaking the cycle of poverty.
Website:
<http://hth.sweetwaterschools.org/promise-neighborhood/>

C) Child Advocacy Center: Improving the investigation, treatment, and prosecution of cases through a comprehensive, multidisciplinary approach.
Website:
<https://www.childwelfare.gov/topics/responding/ia/investigation/multidisciplinary/advocacy/>

D) Virginia Child Support Enforcement: Is a division within the Department of Social Services. DCSE works in partnership with

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the Federal Office of Child Support Enforcement and other State agencies.
Website:
<https://mychildsupport.dss.virginia.gov/>
Phone: 804-377-0335

- E) ChildSavers: is a non-profit in Richmond, VA, that provides children's mental health services and child care resources. Medicaid accepted Website: <https://www.chidsavers.org/> Phone: 804-644-9590

Child and Youth Crisis/Abuse

- A) Greater Richmond Stop Child Abuse Now (SCAN): Mission is to prevent and treat child abuse and neglect throughout the Greater Richmond area by protecting children promoting positive parenting. Website: <https://grscan.com/> Phone: (804) 257-7226
- B) National Teen Dating Abuse Hotline: Everyone deserves relationships free from domestic violence. When you're ready, we're here to listen with confidential support 24/7/365. Phone: 866-331-9474
- C) States Side by Side: (ROSMY) Support line for sexual minority youth (ages 11 to 20) to turn when they need to talk. Phone: (888) 644-4390
- D) Kristin Brooks Hope Center (Youth Hotline) Provides a toll-free hotline that connects youth callers to the closest youth crisis intervention program throughout the United States. Phone: (877) 968-8454
- E) First Home Care: Dedicated to providing therapeutic foster care services and adoption services to children and teenagers who need placement out of their homes into stable, supportive, and nurturing

family environments.
Website: <https://firsthomecare.com/>
Phone: 757-393-7200

- F) Children's Hospital of Richmond Grief Resources for Children: Have unique developmental needs when coping with and understanding the illness, injury, or death of a loved one. Website: <https://www.chrichmond.org/support-services/child-life/grief-support/grief-support>
- G) National Center for Missing & Exploited Children (NCMEC) – 800-843-5678 24-hour response line for the missing or victims of sexual exploitation.
- H) Child Abuse Hotline: Reports can be made anonymously. If you choose to provide your name, it will not be released to the family who was reported, except by Court order. Website: <https://www.dss.virginia.gov/> Phone: 1 800-552-7096
- I) VA Child Abuse & Neglect Hotline: The goal of Child Protective Services (CPS) is to identify, assess and provide services to children and families to protect children, preserve families, whenever possible, and prevent further maltreatment. Website: <https://www.dss.virginia.gov/family/cps/index.cgi> Phone: (800) 552-7096
- J) Child Help USA: Childhelp exists to meet the physical, emotional, educational, and spiritual needs of abused, neglected, and at-risk children. We focus our efforts on advocacy, intervention, treatment, prevention, family resilience, and community outreach. Website: <https://www.childhelp.org/> Phone: Childhelp National Child Abuse

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Hotline 800-422-4453

better and stronger.

Website:

<https://www.freeclinicofpowhatan.org/>

Clinics/ Hospital

- A) St James the Less Free Clinic: Offers a faith-based healing ministry to our qualified Hanover neighbors by providing free medical and dental health care with compassion, dignity, and respect.
Website:
<https://stjamestheless.church/outreach/free-clinic>
Phone: 804-798-6336
- B) The Daily Planet: Health Services is a community health center providing team-based integrated healthcare.
Website: <https://dailyplanetva.org/>
Phone: 804-783-0678
- C) Goochland Free Clinic and Family Services: Provide basic human services and health care to our Goochland neighbors in need.
Website:
<http://www.goochlandcares.org/about-goochlandcares/>
- D) St. Joseph's Outreach Clinic: Is operated by Bon Secours for the entire community, including the uninsured and underinsured.
Website:
<https://www.neverstopbelieving.org/st-josephs-outreach-clinic/>
- E) The Free Clinic of Powhatan: We are dedicated to our mission of building a healthier community one person at a time. At the Free Clinic of Powhatan, we want to improve the health of our patients. Patients who regain their health and become informed about managing their illnesses will help our community be

- F) Center for Healthy Hearts: We are a free clinic providing primary care, women's health and behavioral health services, chronic disease management, and medication assistance to the uninsured population.
Website:
<http://www.centerforhealthyhearts.org/>
- G) Children's Hospital of Richmond at VCU: Is a nationally ranked pediatric acute care children's hospital located within VCU Medical Center in Richmond, Virginia.
Website: <https://www.chrichmond.org/>
Phone: 804-828-9897
- H) Care-a-Van: doctors and nurses that serve the uninsured. Website:
<https://www.bonsecours.com/locations/community-services/richmond/bon-secours-care-a-van>.
Phone: 804-545-1920
- I) The little Clinic: Is committed to helping people live healthier lives by providing access to high quality clinical care right in your neighborhood. Our clinicians are available both in the clinic and virtually via virtual visits, and can diagnose, treat and prevent common illnesses to help you stay healthy and feeling your best.
Website: <https://www.thelittleclinic.com/>
- J) CVS Minute Clinic: Is a division of CVS Health that provides retail clinic services.
Website:
<https://www.cvs.com/minuteclinic>
- K) Capital area Health Network: We provide personalized, affordable, quality medical and dental care no matter your background or economic status.
Website: <https://cahealthnet.org/>

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- L) Parham Doctors' Hospital: We are an acute-care facility serving Central Virginia with a broad range of healthcare services.
Website:
<https://hcavirginia.com/locations/parham-doctors/>
Phone: 804-747-5600
- M) Fan Free Clinic: The Health Brigade, formerly Fan Free Clinic, is a non-profit free community clinic located in the Museum District in Richmond, Virginia.
Website: <https://www.healthbrigade.org/>
- N) Retreat Doctors' Hospital: Richmond's oldest hospital, has remained committed to providing compassionate, patient-centered for over 140 years.
Website:
<https://hcavirginia.com/locations/retreat/>
- O) Central State Hospital: The services provided range from short-term, quick re-entry to the community to long-term intensive treatment for the most seriously mentally ill. Central State Hospital houses the only Maximum Security Forensic program in the Commonwealth.
Phone:...(804) 524-7000
- P) Popular Springs Hospital: Partial Hospitalization program to continue your behavioral health recovery and rehabilitation after your inpatient stay.
Website: <https://poplarsprings.com/>
- Q) MCV Hospital Nelson Clinic: Website:
<https://www.vcuhealth.org/locations/location-details?id=15>
- R) Spotsylvania Regional Medical Center: (SRMC) is a general acute care hospital with 133 beds in private rooms and a wide range of in- and outpatient medical services. Website:
<https://hcavirginia.com/locations/spotsyl>

vania/
Phone: 540-498-4000

- S) LewisGale Hospital Alleghany: Located in Low Moor, Virginia, serves patients in both Virginia and West Virginia, expanding the reach of LewisGale Regional Health System.
Website:
<https://hcavirginia.com/locations/lewisgale-alleghany/>
Phone: 540-862-6011

Clothing/Furniture

- A) Shepherd's Way Relief Center: 400 E. Main Street. Call 804-212-1164 MTW from 9 to 12 pm.
- B) Ashland Christian Emergency Services: 5078 Caroline Street (Ashland) MWF from 8:30 to 11:30 am. Only assists Hanover County Residents. Phone: 804-798-2784
- C) Goochland Fellowship and Family Services Thrift Store: 2999 River Rd. Monday through Friday from 10 to 5 pm and Saturday from 10 to 3 pm.
Phone: 804-556-6260
- D) CCHASM: Chesterfield/Women's Career Closet 11202 Richmond Street Mondays through Thursdays from 8:30 to 1:30 pm.
Phone: 804-794-2749
- E) Our Lady of Lourdes: 8200 Woodman Rd. Tuesdays from 9:30 to 11am.
Phone: 804-262-7315
- F) The Tabernacle Baptist Church: 1925 Grove Avenue Thursday from 1:30 to 3 pm. Bring valid ID, zip code does not matter.
Phone: 804-355-0134
- G) The Giving Heart: 1103 Oliver Hill Way Saturdays from 9-1:30 pm.

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- Phone: 804-749-4726
- H) South Richmond Baptist Center: 700 E Belt Blvd 3rd and 4th Thursday of every month at 1pm. Phone: 804-232-0174
- I) Church Hill Wellness Center: 2011 Fairmount Ave. Monday from 1pm to 3pm. Does separate career closet for interviews and jobs. Phone: 804-780-0053
- J) Mercy Mall: A FREE clothing, housewares, and baby boutique serving individuals and families overcoming the obstacles to stability.
Website: <https://mercymallva.org/>
- K) Biltmore Baptist Church: Does a Clothes Closet for those in need. Website: <https://biltmorechurch.org/>
Phone: 804-901-4193
- L) Aspire Outreach: No formal referral is needed drops things off like furniture: POC is Gwen Hinton-Perry: Phone: 804-519-4182
- M) East District Family Resource Center:
Phone: 804-644-4496
- N) First Baptist Church: We are a unique congregation where people from diverse cultural, ethnic, economic, and religious backgrounds join together to put God's love in action. Some have a lifetime of faith experiences. Others have become followers of Christ later in life. All find a home in our church with opportunities for spiritual growth, fellowship, and service. South Richmond provides clothes 1st and 3rd Saturday from 10 to 1pm.
Website: <https://www.fbcrichmond.org/>
Phone: 804-355-8637
- O) ACES: Is an all-volunteer, non-profit organization supported by community groups, scouts, churches, schools, and individuals in the Ashland, Glen Allen, and Hanover areas of Hanover County. Website: <https://aceshanover.org/> Phone: 804-798-2784
- P) Capital Diaper Bank(804) 359-8821
- Q) Eastern Henrico FISH:
Clients requesting financial assistance must reside in eastern Henrico County (zip codes 23150, 23075 and a portion of 23231 and a portion of 23223) and be able to document extreme financial need. Request for financial assistance is limited to once every 12 months. This also applies to food assistance requests.
Phone: (804) 257-7730/222-5564
- R) Good Samaritan Inn: We create social and economic opportunity through nourishment, gardening, and education.
Website: <https://www.goodsamaritaninn.org/home>
Phone: 804-231-9994
- S) Virginia Home for Boys and Girls: We stopped operating as an orphanage and now provide transitional living services, specialized education, and therapeutic resources to youth with emotional and behavioral health concerns.
Website: <https://vhbg.org/>
- T) Homeward: Our mission is to prevent, reduce, and end homelessness by facilitating creative solutions through the collaboration, coordination, and cooperation of regional resources and services.
Website: <https://www.homewardva.org/contact-us> Phone: 804-343-2045
- U) HomeAgain: Helping families and individuals experiencing homelessness secure and maintain a Home, Again.

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Website:

<https://www.homeagainrichmond.org/>
Phone: 804-358-7747

- V) CARITAS: Furniture Bank Here, case managers and their clients “shop” for their new home with our volunteers. Case managers only refer clients who have met a set of criteria that demonstrates their needs. The amount of items the client receives depends on the size of the household and the availability of items at the Furniture Bank.

Website:

<https://www.caritasva.org/programs/furniture-bank/>
Phone: 804-358-7277

- W) Prom Bring It (PBI): Provide formal attire and etiquette programs for high school youth in Central Virginia and surrounding areas. Phone: (804) 266-3747

- X) Dress for Success Central Virginia: The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and life.

Website:

<https://centralvirginia.dressforsuccess.org/>
Phone:(804) 234-3034

Dental Support

- A) DentaQuest: All adults over the age of 21 who have health insurance through Medicaid are eligible to see a dentist. Go to
Website:
www.vahealthcatalyst.org/AdultDentalBenefit/
Phone: 888-912-3456

- B) St James the Less Free Clinic: Offers a faith-based healing ministry to our qualified Hanover neighbors by providing free medical and dental health care with compassion, dignity, and respect.

Website:

<https://stjamestheless.church/outreach/free-clinic>
Phone: 804-798-6336

- C) Capital area Health Network: We provide personalized, affordable, quality medical and dental care no matter your background or economic status. CrossOver, Henrico Clinic (8600 Quioccasin Rd., Richmond, VA 23229) Clinic Phone: 804-655-2794 Pharmacy Line: 804-521-8267

- D) CrossOver, Richmond (108 Cowardin Ave., Richmond, VA 23224) Clinic Phone: 804-655-2794 Pharmacy Line: 804-521-8267

- E) Smiles for Children: 888-912-3456

- F) DBHDS Mobile Dental Services: Serve adults with intellectual and developmental disabilities within the community.
Phone: 804-786-3921

Disability Services

- A) Virginia Rehabilitation Center for the Blind and Vision Impaired: VRCBVI offers training in the skills of blindness to blind and vision-impaired Virginians and encourages people to develop positive attitudes about blindness.

Website: <https://www.vrcbvi.org/>

- B) Virginia Office of Protection & Advocacy: Helps with disability-related problems like abuse, neglect, and discrimination. We also help people with disabilities obtain services and treatment. All callers

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- receive help with these problems. Individuals with problems targeted in our program goals may also receive advocacy services and/or legal representation.
Website:
https://henrico.va.networkofcare.org/mh/services/agency.aspx?pid=VirginiaOfficeforProtectionandAdvocacy_189_2_0
- C) Independent Living: We assist individuals with disabilities in identifying and obtaining the supports they need to live productive, independent lives. Website:
<https://ril-va.org/> 4009 Fitzhugh Ave., Suite 100 Richmond, VA 23230
Phone: (804) 353-6503
- D) ALS Association (DC/MD/VA): Our mission is to discover treatments and a cure for ALS and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest.
Website: <https://www.als.org/dc-md-va>
Phone: 866-348-3257
- E) Assistive Technology Loan Fund Authority (Loan): (ATLFA) is a Commonwealth of Virginia State Authority created with public funds to help Virginians with disabilities obtain assistive technology. A low-interest loan program that assists Virginians with disabilities in applying for loans to get the assistive technology they need. Also, provide Telework loans for individuals working from home who need equipment for their home-based business.
Website: <https://www.atlfa.org/>
Phone: 866-835-5976
- F) Brain Injury Association of Virginia: Is a statewide, primary source of information and personal support for individuals, families, and professionals whose lives have been impacted by brain injury.
Website: <https://www.biav.net/>
Phone: 800-444-6443
- G) ClearCaptions: Provides text of phone conversations for people with hearing loss. Certified as a caption telephone provider by the Federal Communications Commission (FCC), ClearCaptions offers communication services on various platforms, including personal computers, mobile devices, and home phones.
Website: <https://clearcaptions.com/>
Phone: 804-292-5677
- H) Commonwealth Autism: We do things differently. We work with people with autism and other developmental disabilities and their families to help them thrive. But we also focus on reimagining human services systems. Website:
<https://www.cahumanservices.org/>
Phone: 800-649-8481
- I) Cystic Fibrosis Foundation: The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF and supports a broad range of research initiatives to tackle the disease from all angles.
Website: <https://www.cff.org/>
Phone: 888-233-4682
- J) Department of Medical Assistance Services: The DD waivers are offered to both children and adults with various levels of intellectual and/or developmental disabilities.
Website:
<https://www.dmas.virginia.gov/for-providers/long-term-care/waivers/connection>
- K) Free Foundation Richmond: The fight to regain physical mobility and independence after a serious illness or injury can be the most challenging experience of a lifetime. For many, partial recovery means reliance on special equipment to help them achieve their fullest potential.
Website: richmond@free-foundation.org

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Phone: (804) 920-9828 Fax: (804) 767-4417

- L) National Association of Anorexia Nervosa & Associated Disorders (ANAD): Is the leading nonprofit in the U.S. that provides free, peer support services to anyone struggling with an eating disorder, regardless of age, race, gender identity, sexual orientation, or background.
Website: <https://anad.org/>
Phone: 630-577-1330
- M) VA Dept for Aging & Rehabilitative Services (Center for Independent Living): DARS' mission: To improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families.
Website: <https://www.vadars.org/default.htm#gsc.tab=0>
Phone: 800-552-5019
- N) Woodrow Wilson Rehab Ctr: Vision: To be the preferred provider of comprehensive Vocational Rehabilitation for Virginians with Disabilities. Mission: Wilson Workforce and Rehabilitation Center provides people with disabilities comprehensive, individualized services to realize personal independence through employment. Values: We are committed to professional standards, good stewardship of resources, full accountability, and the well-being and dignity of others.
Website: <https://www.wwrc.net/> Phone: 540-332-7000
- O) United Cerebral Palsy: Affiliates provide services and support on a community-by-community basis, serving the unique needs of people with disabilities in their region.
Website: <https://ucp.org/>
Phone: 800-872-5827
- P) VA Autism Resource Center: Is a statewide resource center dedicated to improving the lives of individuals with ASD and their families.
Website: <http://www.vcuautismcenter.org/projects/varc.cfm>
Phone: 877-667-7771
- Q) National Eating Disorder Assoc: (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.
Website: <https://www.nationaleatingdisorders.org/>
Phone: 800-931-2237
- R) National Down Syndrome Congress (Informational Resources): The purpose of the NDSC is to promote the interests of people with Down syndrome and their families through advocacy, public awareness, and information.
Website: <https://www.ndsccenter.org/>
Phone: 800-232-6372
- S) National Aphasia Association: Our goal is to provide access to research, education, rehabilitation, therapeutic, and advocacy services to individuals with aphasia and their caregivers. The NAA acts as a syndicate of resources, promoting community among individuals and caregivers.
Website: <https://www.aphasia.org/> Phone: 800-922-4622
- T) Multiple Sclerosis Society: United in our collective power to do something about MS now and end this disease forever.
Website: <https://www.nationalmssociety.org/>

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Phone: 800-344-4867

- U) Mid-Atlantic ADA Center: Provides information, guidance, and training on the Americans with Disabilities Act (ADA), tailored to meet the needs of businesses, government entities, organizations, and individuals in the Mid-Atlantic Region.
Website: <https://www.adainfo.org/> Phone: 800-217-0124
- V) Infant & Toddler Connection of Virginia: Early social/emotional development and physical health provide the foundation for developing cognitive and language skills. High-quality early intervention services can change a child's developmental trajectory and improve outcomes for children, families, and communities.
Website: <https://www.itcva.online/> Phone: 800-522-2291
- W) Harris Communications A one-stop source of products for Deaf and Hard of Hearing people, from assistive products like vibrating alarm clocks and loud, amplified telephones to books and DVDs on sign language and improving interpreting skills.
Website: <https://www.diglo.com/>
Phone: (800) 825-6758

Drug and Substance Abuse Help

- A) New Desires Family Services: Behavioral health centers are responsible for assuring the delivery of community based mental health, intellectual disabilities, substance abuse and/or behavioral health services to individuals with those disabilities.
Phone: 804-748-6116
- B) Soaring for Change: A program dedicated to the treatment of mental health and substance use disorders through evidence-based interventions and service

programs.

Website: <https://soaringforchange.com/>
Phone: 804-683-8731

- C) Williamsville Wellness: A client-centered program based on respect and compassion for each individual. With the integration of mental health therapies, physical therapies, and other holistic interventions, we believe that an individual can gain freedom from alcoholism, recover from specific impulse control disorders, and have positive regard for life.
Website: <https://williamsvillewellness.com/>
Phone: 804-559-9959
- D) Summit Hill Wellness: Offers both online and in-person addiction treatment programs for substance abuse, alcoholism, gambling addiction, and other behavioral health disorders.
Website: <https://summithillwellness.com/>
Phone: 804-525-9292
- E) Broad Highway Recovery: Nationwide addiction intervention services, an intensive recovery center, and transitional living for men and women in Richmond, VA. Our commitment is to the individual struggling with substance abuse and their family. Our mission is to guide families through the entire recovery process.
Website: <http://www.broadhighwayrecovery.com/>
Phone: 877-487-1599
- F) Healing Place: Includes a workforce development program, a transitional sober living community, and an active Alumni Association to support lifelong sobriety.
Website: <https://www.caritasva.org/programs/heal>

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- ing-place/
804-230-1217
- Phone: /
Phone: (215) 536-8026
- G) Rubicon: Substance Abuse Residential Rehab Facility that provides treatment to people with drug addiction and other substance abuse problems.
Phone: 804-359-5137
- H) VA Dept. of Health (Opioid Addiction): The Virginia Department of Health (VDH) remains committed to preventing injury and death from addiction; preventing and reducing infectious disease related to addiction; promoting efforts to prevent and reduce the disease of addiction; and using data and public health surveillance to inform prevention and response efforts.
Website:
<https://www.vdh.virginia.gov/opioid-data/>
Phone:(804) 864-7001 – 109 Governor St., Richmond
- I) Richmond Behavioral Health Authority: RBHA is the statutorily established public entity responsible for providing mental health, intellectual disabilities, substance abuse, and prevention services to the citizens of the City of Richmond. Website:
<https://www.rbha.org/>
Phone:(804) 819-4100
- J) CareConnect USA (Rehab Helpline for Drugs & Alcohol)*.....(877) 467-4825
- K) Women for Sobriety: A non-profit, secular addiction recovery group for women with addiction problems. Sociologist Jean Kirkpatrick created WFS in 1976 as an alternative to twelve-step addiction recovery groups like Alcoholics Anonymous.
Website:
<https://womenforsobriety.org/community>
- L) SAARA Center for Recovery: SAARA is the leading voice in Virginia on substance use disorder and recovery. We provide individuals and communities with education, advocacy, and support.
Website: <https://www.saara.org/>
Phone: 800-662-4357
- M) Va Center for Addiction Medicine: 804-332-5950
- N) Substance Abuse Treatment Facility Locator <http://dasis3.samhsa.gov>
- O) Al-Anon and Alateen (Alcoholism):
Website: <https://al-anon.org/> Phone: 800-344-2666
- P) Alcoholics Anonymous:
Website: <https://www.aa.org/> Phone: 804-355-1212
- Q) Narcotics Anonymous:
Website: <https://na.org/> Phone: 804-965-1871
- R) John Volken Academy (Drug & Alcohol Addiction Rehabilitation) Is a long-term residential addiction recovery program for men ages 18-32 (women are accepted only at our Canadian facility).
Website:
<https://jvaranch.org/contact-us/>
Phone: (855) 592-3001
- S) Mental Health First Aid: A national program to teach the skills to respond to the signs of mental illness and substance use.
Website:
<https://www.resiliencecounseling.care/> /
Phone: 540-699-0226
- T) Henrico County Emergency Services: Individuals experiencing mental health

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- and substance abuse crisis require immediate help. The Emergency Services Program provides an effective, rapid response to critical situations 24-hours a day, seven days a week.
Website:
<https://henrico.us/mhds/persons-in-crisis/>
Phone: (804) 727-8484
- U) Back2 Basics: Rehab:
Website:
<http://ww5.back2basicsgrouphome.com/>
Phone: (804) 228-2230
- V) Rubicon (For men): Includes Cognitive/behavioral therapy, Substance abuse counseling approach, Trauma-related counseling, Rational emotive behavioral therapy.
Website:
<https://sobernation.com/listing/rubicon-inc-detox-unit-mens-residential-richmond-va/>
Phone: 804-767-6566
- W) Cocaine Hotline: Describes how alcohol and drug addiction affect the whole family. Explains the process of substance abuse treatment, its effectiveness, and notes how family interventions can be a first step to help.
Website:
<https://www.samhsa.gov/find-help/national-helpline>
Phone: 800-262-2463
- X) Willow Oaks: We provide variable lengths of stay and offer a range of services to assist individuals in achieving their goal of recovery and maintaining sobriety.
Website:
<https://www.hricorp.org/facilities/willowoaks/>
Phone: 804-375-3443
- Y) Hotline for Drug & Alcohol abuse:
800-821-4357
- Z) Virginia Sexual and Domestic Violence Action Alliance: Leading voice on sexual and domestic violence. We seek a radically hopeful future and work to promote healthy relationships, create thriving communities, and build a more equitable world by centering racial justice, reproductive justice, and economic justice.
Website: <https://vsdvalliance.org/>
Phone: 804-377-0335
- AA) Human Resources: A non-profit 501C3 corporation that offers a wide range of substance abuse treatment services for individuals suffering from opioid addiction, illicit substance addiction, cocaine abuse, and alcoholism.
Website: <https://www.hricorp.org/>
Phone: 804-644-4636

Education

- A) Richmond Adult Technical Center: Provides related instruction to students participating in an Apprenticeship Program. The RATC experience offers an excellent opportunity to change careers, upgrade skills, or for the hobbyist to gain expert skills.
Website: <https://ratc.rvaschools.net/>
- B) READ Center: Provides classroom instruction, one-to-one tutoring, and community programs to adults who want to improve their reading, writing, basic math, and digital skills.
Website: <https://readcenter.org/>
Phone: 804-288-9930
- C) Henrico County Public Schools: Adult Education:
Website:

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- <https://henricoschools.us/program-centers/>
- D) Bon Secours Memorial College of Nursing: The Bon Secours Memorial College of Nursing is a private college located in Richmond, Virginia, that offers a baccalaureate degree in nursing. The college is affiliated with the Catholic-based, nonprofit Bon Secours Health System.
Website: <https://www.bsmcon.edu/>
Phone: 804-627-5300
- E) Adult Career Development Center: The Richmond Adult Career Development Center is an alternative school located in Richmond, Virginia, United States, and is part of the Richmond Public School system.
Website:
<http://web.richmond.k12.va.us/acdc/Home.aspx>
Phone: 804-780-8311
- F) Adult Education Centers:
Website:
<https://henricoschools.us/program-centers>
Phone: Western Henrico 804-527-4660
Eastern Henrico 804-328-4095
- G) Henrico County Public Schools Head Start: Offers a preschool program to children who meet specific criteria at many elementary schools. Preschool is a full-day program that follows the HCPS school calendar and school hours. School hours vary depending on location. The preschool program empowers students with the knowledge, skills, attributes, and experiences to be life-ready. Website:
<https://henricoschools.us/preschool/>
Phone: 804-328-8100
- H) College/University Centura College Richmond Campus(804) 330-0111
- I) Hampton Sydney College..(434) 223-6000
- J) J. Sargeant Reynolds College (804) 371-3000
- K) Longwood University (800) 281-4677
- L) John Tyler Community College (800) 552-3490
- M) Randolph Macon College (800) 888-1762
- N) Richard Bland College.....(804) 862-6100
- O) University of Richmond....(800) 700-1662
- P) VA Commonwealth University (804) 828-0100
- Q) VA State University.....(804) 524-5000
- R) VA Union University(800) 368-3227
- S) Greater Aspirations Scholarship Program: GRASP Advisors help students and families with the financial aid process and scholarships so students can make their higher education goals a reality.
Website: <https://grasp4va.org/>
Phone: 804-527-7726
- T) Making a Difference for You, Inc: A grass-roots, Virginia-based, 501 (c) (3) nonprofit organization providing life enrichment services to under-resourced and 'fringe' populations. The name reflects its very purpose: making a difference for you.
Website:
<https://www.connectva.org/groups/making-a-difference-for-you-inc/#:~:text=Impact%20Statement%20Making%20A%20Difference,making%20a%20difference%20for%20you.>
Phone: 804-447-7945
- U) Parent Educational Advocacy Training Center (PEATC): Committed to reaching all

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families, schools, and communities to improve outcomes for students with disabilities.

Website: <https://peatc.org/>

Phone: 800-869-6782/ 703-569-6200

V) VA Commonwealth University (Road Scholar Program): A worldwide network of educational opportunities for learners who are at least 55 years old. Phone: (800) 454-5768

W) VA College Savings Plan: Provides a variety of tax-advantaged savings plans to help families save for college tuition. Phone: (888) 567-0540

X) United Negro College Fund, Inc (UNCF) - Richmond Area Office: Phone: (804) 359-1581

Y) US Dept of Education: ED's mission is to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access. Website: <https://www.ed.gov/> Phone: 800-443-3243

Z) VA Adult Learning Resource Center: Has curated a remote learning resource bank for adult education programs. Website: <https://www.valrc.org/> Phone: 804-828-6521

AA) VA Community College System (804) 819-4903

BB) VA GED Helpline: Did you know that you can enroll in adult education programs and earn testing vouchers to take the GED® test for free? You will be eligible for these free testing vouchers by completing a questionnaire, logging 12 hours of attendance, and earning a passing score on the GED® Ready practice test. Website: <https://vaged.vcu.edu/>

Phone: 877-376-9433

CC) VA Hispanic Chamber of Commerce Foundation (Passport to Education): Assist Latino students and families navigate and understand the many aspects of the school system and the resources available to them while marketing higher education as a viable and important next step.

Website: www.vahcc.com

Phone:(804) 378-4099

DD) Public Schools

Advance Career Education (ACE) Center
Highland Springs(804) 328-7075
Charles City County(804) 652-4612
Chesterfield County(804) 748-1405
Goochland County.....(804) 556-5630
Hanover County(804) 365-4500
Henrico County.....(804) 652-3600
New Kent County(804) 966-9650
Powhatan County(804) 598-5700
Richmond City.....(804) 780-7710

Employment Services/Temp Agencies

A) Virginia Career Works: Is Virginia's vital link between meaningful employment and growing businesses. Website: <https://viriniacareerworks.com/> Phone: 804-819-1680

B) Atlantic Outreach Group: Strives to empower vulnerable communities by connecting them to resources necessary for their success. | Otis Eddleton | 2421 Westwood Avenue Suite A, Richmond VA 23230 Website: <https://www.aog4u.org/> Phone: 804 -308- 2648

C) ABM Janitorial: 6010 North Crestwood Avenue Richmond, VA 23230

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- Website: www.abm.com
Phone: (804)662-5794
- D) Accountemps: 1051 E Cary Street Suite 607
Open until 6pm
Website: www.accountemps.com
Phone: (804)783-1901
- E) Adecco Staffing: A lot has changed this year, but Adecco is here to help. Whether you're looking for temporary, temp-to-hire, or direct hire jobs, we've got thousands of openings throughout the U.S. both remote and in-person. 7231 Forest Ave, #101 Richmond, VA (804)288-4497
Website: www.adeccousa.com
Phone: (804)288-4497 Fax: 804-205-3831
- F) Advantastaff/Pre-Con: With a focus on finding the right fit – every time – good wages, a range of placement options, meaningful benefits and training, AdvantaStaff is here to help you find temporary or temp to full time employment. We know what you value, because we value those results, too. Let's work together. 13751 Jefferson Davis Hwy Chester, VA 23831
Website: www.advantastaff.com
Phone: (804)414-1560
- G) All Team Staffing: 3900 Monument Ave, Suite B Richmond, VA 23230
Website: www.allteamstaffing.com
Phone: (804)343-0274
- H) American Staffing: 1208 West Marshall Street Richmond, VA Phone: (804)342-1805
- I) Atlantic Personnel: 8351 Brook Road Richmond, VA 23227 Phone: (804)264-2646
- J) Advanced Temporaries, Inc.: 2000 Hull St Richmond, VA 23224 Phone: (804)233-7328
Open until 6pm
- K) Adams & Garth Staffing and Executive
- Search Temp Agency: 7130 Glen Forest dr #110 Phone: (804)282-5627
- L) Premier Staffing, Inc.: 5707 Lakeside Ave #4 Henrico, VA 23228 Phone: (804)262-9990
- M) Effex Management Solutions: 2925 Williamsburg Road Richmond, VA 23231
Phone: (804)222-2934 *Must apply in person*
- N) Exclusive Staffing: 411 East Franklin Street Richmond, VA Phone: (804)644-5400
- O) GCA Services Group: 4625 West Broad Street Richmond, VA 23230
Website: www.gcaservices.com
Phone: (804)340-3444
- P) Pegasus Cleaning: 2025 E. Main Street, #18 Richmond, VA 23223 Phone: (804)643-1248
- Q) Labor Finders: Since 1975, Labor Finders has had a simple and clear mission...Changing lives through meaningful employment and partnerships. From our hard working associates to our valued clients, we put our customers first. 1901 Chamberlayne Avenue Richmond, VA 23222
Website: www.laborfinders.com
Phone: (804)254-8367
- R) Labor Ready: 4501-A W. Broad Street Richmond, VA 23230 Phone: (804)353-2882
Fax: 804-353-3151
- a) 8531 Midlothian Turnpike Richmond, VA 23235 (804)323-4186
Fax: 804-320-1592
- S) Randstad: Matches the right people with great jobs. 8030 W. Broad Street #C Richmond, VA 23294
Website: <https://www.randstadusa.com/>
Phone: (804)266-5106 Fax: 804-266-5350
- a) 4420 s. Laburnum Ave. Richmond,

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VA 23231 Phone: (804)226-4231

- b) 3333 S. Crater Road, Suite 4-A
Petersburg, VA 23805 Phone:
(804)732-0297 Fax: 8040-732-0494
Website:
<https://www.randstadusa.com/>

T) Spherion: We're a group of people dedicated to finding people jobs, helping businesses stay focused on what matters, and strengthening the communities where we do business. We'd love to meet you. Reach out and let's talk. 3957 Westerre Pkwy, Suite 150 Richmond, VA 23233
Website: www.spherion.com
Phone: (804)935-9675

U) Divine Staffing: 8109 Staples Mill Road Richmond, VA 23228 Website:
www.divinestaffinginc.com Phone:
(804)515-8777 Fax: 804-515-7387

V) Express Employment Personnel: Our long-term goal is at the heart of our company's vision, to help as many people as possible find good jobs by helping as many clients as possible find good people. 827 E. Parham Road #1 Richmond, VA 23228
Website: www.expresspros.com Phone:
(804)261-4170 Fax: 804-261-3750

W) Manpower-Far West: ManpowerGroup is a world leader in innovative workforce solutions. Every day, we connect more than 600,000 people to meaningful work across a wide range of skills and industries helping to power the success of clients around the world. 4319 Cox Road Glen Allen, VA
Phone:(804)747-5266
Website: www.manpowergroup.com AND
7101 Forest Hill Ave, Suite L Phone:
(804)320-7404

X) Virginia Workforce Connection: Complete set of employment tools for job seekers in

Virginia.

Website:

<https://www.vawc.virginia.gov/vosnet/Default.aspx>

Y) Virginia Career View:
<https://www.vaview.net/>

Z) Virginia Career Education Foundation: Enhancing Virginia's future workforce by connecting viable career and technical programs to job market requirements.
Website: <https://www.vcef.works/>

AA) Career Planning Guide:
https://career.vt.edu/content/dam/career_vt_edu/assets/docs/career-planning-guide/2020-2021-career-planning-guide.pdf

BB) Northside Community Employment Center: 2606-B Chamberlayne Ave Richmond, VA Walk ins are welcome or schedule an appointment contact Henry Rahming. Phone: 804-823-2787

CC) Petersburg Community Employment Center: (Good location for Chester/Chesterfield residents) 65 S. Crater Circle Petersburg, VA Walk ins are welcome or schedule an appointment contact Crystal Higgins. Phone: 804-451-1773

DD) Senior Employment Services through Senior Connections: The Capital Area Agency on Aging offers two Employment Assistance Programs for individuals age 55 and older interested in re-entering the workforce: (1) The Senior Community Service Employment Program (SCSEP) provides short-term work experience for income-eligible persons age 55 and older.
Website:
<https://seniorconnections-va.org/services/getting-involved/senior-employment/#:~:text=Senior%20Connections%2C%20The%20Capital%20Area,persons%20age%2055%20and%20older.>

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- Phone: (804)343-3000
- EE) Virginia Employment Commission:
Website: <http://www.vec.virginia.gov/>
3719 Saunders Ave, RVA 23227 |
Phone: 804-663-5500
- FF) Resource Workforce Centers:
resourceva.com Downtown: 203 E Cary St,
RVA 23219 | Phone: 804-344-8060
Eastern Henrico: 121 Cedar Fork Rd, RVA
23223 | Phone: 804-952-6116
Chesterfield: 304 Turner Rd Chesterfield,
VA 23225 | Phone: 804-652-3490
- GG) Career One Stop: Learn about careers,
find career information, and locate career
resources and advice.
Website: <https://www.careeronestop.org/>
- HH) Urban League: Our goal is to empower
communities and change lives through the
Urban League Movement.
Website: <https://www.ulgryp.org/>
- II) United States Department of Labor: A
cabinet-level department of the U.S. federal
government, responsible for occupational
safety and health, wage and hour
standards, unemployment benefits,
reemployment services, and occasionally,
economic statistics.
Website: <https://www.dol.gov/>
- JJ) Goodwill Employment Center: 6301
Midlothian Turnpike Phone: 804-521-4918
- KK) Experience Works, Inc Experience
Works helps low-income seniors (55+) with
multiple barriers to employment get the
training they need to find good jobs in their
local communities. Phone: (866) 397-9757
- LL) Goodwill of Central & Coastal VA
(804) 745-6300
- MM) VA Hispanic Chamber of Commerce:
Our mission is to build economic bridges
between Hispanic business and the
community at large to create, promote and
enhance business opportunities for its
members and partners.
Website: <https://www.vahcc.com/>
Phone: 804-378-4099
- NN) VA Employment Commission
Website: <https://www.vec.virginia.gov/>
Phone: (866) 832-2363
- OO) Foundation (Employment Assistance):
VAHCCF maintains a bi-lingual job
placement database that is available in
English and Spanish and is provided at no
charge to the community (both to the job
placement organizations and to the job
seekers). Website: www.vahcc.com
Phone: (804) 378-4099
- PP) VA Dept for the Blind & Vision
Impaired: An agency of the Commonwealth
of Virginia that is dedicated to its mission of
providing services and resources which
empower Virginians who are blind,
vision-impaired, or deafblind to achieve
their desired levels of employment,
education, and personal independence.
Website: <https://www.vdbvi.org/>
Phone:(800) 622-2155
- QQ) Rehabilitation & Vocational Placement,
Inc.: Provides vocational rehabilitation,
medical case management, and a broad
range of related services to the insurance
industry, self-insured companies, federal,
state, and local government agencies,
attorneys, persons with disabilities, and
other interested parties. (Supported
Employment)
Website: <https://rsvprehab.com/>
Phone: (800) 636-0415
- RR) Job Corps:
Website: <https://www.jobcorps.gov/>

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Phone: (800) 733-5627

SS) Job Accommodation Network:
(800) 526-7234

TT) Capital Area Workforce Development Board: An organization dedicated to working with businesses in search of candidates with the appropriate skills needed for open positions.
Website: <https://capitalareancworks.com/>
Phone:

Chesterfield County(804) 652-3490

Eastern Henrico(804) 952-6116

Richmond City.....(804) 652-3240

Probationer

A) OAR of Richmond: As the community leader in reentry services, OAR of Richmond provides evidence-based and person-centered approaches to empower those impacted by incarceration to find individual success.

Website: <https://www.oarric.org/about-us>
Phone:(804) 643-2746

B) Piedmont House: Uses an application form and accepts only nonviolent, non-gang affiliated male felons who are in relatively good health and have no record of sex crimes.

Website:
<https://www.piedmonthouse.org/>
Phone: (434) 971-3835

C) Johnny Apple Seed Association: We provide support and assistance in the areas of community outreach, training resources, job placement assistance, tutoring, education and life skills, financial and housing assistance.

Website: <https://jasainc.org/>
Phone: 571-306-3066 (Manassas)

D) VA Dept of Corrections:
<https://vadoc.virginia.gov/>

E) Probation & Parole #9.....(434) 295-7194
Probation & Parole #27.....(804) 796-4225
Probation & Parole #41.....(804) 752-5507

F) Drive-To-Work: Assists low-income or previously incarcerated persons to restore their driving privileges so they can drive to work and keep a job. Recognizing how important a driver's license is to many jobs, Drive-To-Work provides legal and other services and is the only organization in Virginia directly addressing this issue.
Website: <https://www.drivetowork.org/>
Phone: 804-358-6727

G) Nolef Turns: Committed to helping with job search & training, education, housing, restoration of rights, parenting, healthcare, entrepreneurial encouragement, and other areas to empower those with challenged backgrounds. Phone: (804) 918-6470

H) Ex-Offender/ Reentry Programs Bridge Ministry: Provides housing for men with life-controlling issues. Men who are accepted into The Bridge Ministry's 12 to 18-month program must not have been convicted of any sexual or violent crimes.
Website: <http://www.bridgeministry.info/>
Phone: (434) 969-2991

Family Crisis

A) Families Anonymous: Is a twelve-step program for relatives and friends of individuals with substance dependency.
Website:
<https://www.familiesanonymous.org/>
Phone:(800) 736-9805

B) Compassionate Friends National Office (Bereavement Support Group):

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- Assist families toward the positive resolution of grief following the death of a child of any age and provide information to help others be supportive.
Phone: (877) 969-0010
- C) Greater Richmond Region (DV) Hotline: Individuals and their children suffering from domestic violence can find shelter, counseling, support groups, and legal assistance. 24 hours/day. Phone: 804-612-6126
- D) Henrico County Child and Family Services Program: Works with children between the ages of 3 and 13 who are experiencing emotional and behavioral problems.
Website:
<https://henrico.us/services/child-family-services/>
- E) Attachment and Trauma Institute: A place where children, adults, and families have come to find proven effective solutions and counseling support.
Website:
<https://www.attachmentandtrauma.com/>
- F) VA Amber Alert: To alert the public as quickly as possible to child abduction in hopes of gaining information which will lead to the safe recovery of that child and capture of the abductor by immediately interrupting radio and television stations. During an Amber Alert, call or send an email to DutySgtHQ@vsp.virginia.gov.
Phone: (804) 674-2026
- G) VA Family Violence and Abuse Hotline: 804-643-0888
- H) United Methodist Family Services: Nonprofit organization that provides a comprehensive array of programs to support children, teens, and parents as they work to overcome challenges.
Website: <https://www.umfs.org/>
Phone: 866-252-7772
- I) Family Focus: Aims to serve as a preeminent provider of integrated mental health and co-occurring disorders. We are committed to empowering the lives of at-risk youth, their families, and adults through service, advocacy, and education.
Website:
https://www.familyfocusinc.com/?gclid=CjwKCAiAv_KMBhAzEiwAs-rX1JbkQgQtiYBCz23G7QKsWwJ1wfu2EIAP8CnTWP5-h_rvWzr3OGFf2RoCrpcQAvD_BwE
Phone: 804-261-2090

Family Health

- A) New Desires Family Services: Behavioral health centers are responsible for assuring the delivery of community based mental health, mental disabilities, substance abuse and/or behavioral health services to individuals with those disabilities.
Phone: 804-748-6116
- B) Atlantic Outreach Group: We assist those that are overwhelmed by physical, mental, emotional, social and financial challenges, by providing resources that assist in making positive sustainable changes in their lives.
Website: <https://www.aog4u.org/>
Phone: 804-308-2648
- C) Family Guidance of VA: Mission is that everyone has the right to be treated with dignity, respect and maintain a quality of life that is healthy and satisfying. Individuals in our community need support to achieve community stability and establish independence in the least restrictive environment.
Website:
<http://www.familyguidanceofvirginia.co>

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- m/
Phone: 804-447-3403
- D) Village Youth and Family: | | Up to 7 days
| Also have on-site residential crisis stabilization Accept Medicaid, self pay, and CSA funding (Children's Services Act, through DSS referral) Does not take Aetna or United Health Care.
Phone: 804-225-0749
- E) M.I.N.K.S Youth Services: Is to provide quality and supportive services that embrace the whole family.
Website: <http://www.minkyfs.com/>
Phone: 804-261-7888
- F) Chesterfield Family Guidance Center: We were the very first private mental health group practice in Chesterfield County.
Website:
<https://familyguidancecenters.com/>
- G) Cornerstone Therapy Associates (Occupational therapy): Our goal is to provide very individualized services in all settings and to address specific needs in a dynamic way that facilitates significant progress. We are dedicated to listening to parents' concerns and assisting in developing programming for the home setting. We believe in educating parents to help be an integral part of the student's programming and advocate for their individual needs.
Website:
<https://www.cornerstonetherapyassociates.com/>
Phone: 804-798-5279
- H) Autastic Avenues: (Speech Therapy)
Providing support services to parents, homework coaching services, and liaison services between parents and schools.
Website:
<https://www.autasticavenues.com/>
- I) Challenge Discovery Project: Challenge Discovery Projects provides direct services to over 1,100 at-risk youth in Richmond. They are committed to improving children and their families' emotional health and well-being through programs that promote self-worth and positive, healthy relationships.
Website:
<https://www.challengediscoveryprojects.org/>
- J) Virginia South Psychiatric & Family Services: <https://vasouth.com/>
- K) Chip of Greater Richmond: Virginia's Comprehensive Health Investment Project (CHIP) offers a practical example of taking a whole-family approach. This successful program pairs families with integrated teams of registered nurses and parent educators who go beyond the usual focus on maternal and infant health.
Website:
<https://www.familiesforwardva.org/chip-of-virginia>
Phone: 804-282-4255
- L) Discovery Counseling & Consulting: Offers Dialectical Behavior Therapy programs for adolescents, adults, and family members.
Website: <https://www.vadcc.com/>
Phone: 804-591-0002
- M) Henrico County Adolescent Services: Adolescent Services assist youth from the ages of 14 through their 18th birthday or the end of 12th grade. HMDS relies upon the Recovery Model as we work with adolescents and their families.
Website:
<https://henrico.us/services/adolescent-services/>
- N) Jewish Family Services: Providing

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- innovative and professionally delivered services that empower participants to overcome difficult challenges and live fuller, more meaningful lives. Website: <https://www.jewishfamilyservice.org/>
- O) Richmond Creative Counseling: Providers apply creative interventions to help address complex and problematic issues, often working with parent/child dyads and/or co-facilitating groups and workshops.
Website: <https://www.richmondcreativecounseling.com/>
- P) Parent Resource Center aka Formed Families Forward: - CPRC All the materials found on the CPIR Hub have been created and archived for Parent Centers around the country to help them provide support and services to the families they serve.
Website: <https://formedfamiliesforward.org/>
Phone: 703-539-2904
- Q) Greater Richmond League of Therapists: 804-778-7443
- R) National Counseling Services: Provides individuals and families with mental health, behavioral health, and substance use services.
Website: <https://www.ncgcommunity.com/>
Phone: 804-497-4676
- S) Autism Society of Central Virginia: Non-profit organization providing an array of services, advocacy, and support to children, youth, and adults with autism. Website: <https://ascv.org/>
- T) St. Joseph's Villa: A nonprofit organization providing education, health services, shelter, and support to children and families in Richmond VA.
Website: <https://www.neverstopbelieving.org/>
- U) Faison Center for Behavioral Services: This non-profit educational and treatment center provides autism services to individuals and families.
Website: <https://www.faisoncenter.org/>
- V) Families are Magic: Offers parenting education and resources to parents, caregivers, and professionals who work with children. Phone: 804-257-7226
- W) The Center for Child and Family Services: Center for Child & Family Services provides in-person counseling sessions. In addition, we are continuing to provide services via Telehealth.
Phone: Hampton 757-838-1960
Williamsburg 757-229-7940
- X) Family Insight: Is dedicated to treating mental health and substance use disorders through evidence-based interventions and service programs.
Website: <https://familyinsight.net/>
Phone: 804-562-9997
- Y) Dominion ABA Services: From children to adults, families to individuals, providing care is what we do. Our passionate mental health care providers across the state of Virginia are backed by accredited, evidence-based, and innovative therapeutic services and education for children, adults as well as the families that care for them.
Website: <https://dominion.care/>
Phone: 855-444-9838
- Z) Family Priority LLC: Virginia Behavioral Therapy and Virginia Home-Based Counseling Specialists serving the Fairfax, Richmond, and Williamsburg areas.
Website: <https://familypriority.com/>
- AA) Family Counseling Center for Recovery:

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<https://www.mhafred.org/provider/family-counseling-centers-for-recovery/>

- BB) Institute for Family-Centered Services: IPFCC advances the understanding and practice of patient- and family-centered care. Website: <https://www.ipfcc.org/> Phone: 301-652-0281
- CC) Henrico Healthy Families: Promote the emotional, physical and social welfare of individual family members. Website: <https://henrico.us/extension/fcs/families/> Phone: 804-501-5160
- DD) Parents Toll-Free Helpline: 855-378-4373
- EE) Family Counseling for Recovery: Virginia offers adolescent and adult intensive outpatient treatment (IOP) and medication-assisted treatment for opioid addiction. Website: <https://pinnacle-treatment.com/location/virginia/richmond/fcc-radford/> or call 804-354-1996
- FF) The Westwood Group: As a large and diversified group, we offer clients in all stages of life, from young children to seniors, a broad range of services, from evaluations and training to therapy for a wide range of issues. Website: <https://www.thewestwoodgroup.org/> or call 804-264-0966

Finance Support

- A) Volunteer Income Tax Assistance: Our team of staff and volunteers prepare income tax returns for qualifying families and individuals and advocate for the Earned Income Tax Credit (EITC). Our

work ensures that tax returns are accurate and everyone receives their full refund and avoids unclaimed tax credits, fees for tax preparation services and refund anticipation loans.

Website:

<https://www.yourunitedway.org/tax/vita/> or call 804-775-6433

- B) Chesterfield Emergency rent and utility assistance (CERA): Program is available to help renters who experienced an economic hardship due to COVID-19 meet up to 15 months of past and future rent and utility obligations starting as far back as April 1, 2020. Phone: 804-644-2401
- C) Share Hip Program: Helps match individuals seeking housing with people who have a room or Accessory Dwelling Unit (ADU) to rent. Website: <https://hiphousing.org/programs/home-sharing-program/>
- D) CareConnect USA: Provides financial debt relief help for families, employees, students, HR & more. Website: <https://careconnectusa.org/> Phone: 800-291-1068
- E) Thrive Virginia: (Covers New Kent, Charles City, Hanover) provides emergency assistance to residents in our service area, especially those who have been affected by the coronavirus pandemic. Emergency assistance includes food, rent, and utilities. Website: <https://thriveva.org/how-we-help/emergency-financial-assistance/> Phone: 804-231-4449
- F) Southside Community Development & Housing Corporation (SCDHC): (Covers Chesterfield, Henrico, and Richmond

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- City) Our mission is to build viable, thriving and sustainable communities through affordable housing development and services that help families build their wealth.
Website: <https://www.scdhc.com/>
Phone: 804-354-0641
- G) HandUP Community Resource Center: (Covers all jurisdictions) Hopes to accomplish this by providing a holistic approach that encourages and challenges individuals to enter into a partnership. This partnership will work with the individual, family members, friends, and other community resources, fostering healing, communication, exposure, and safety over life's trouble. HandUP simply wants the individuals that we serve to know that we care.
Website:
<https://www.handupresource.com/>
Phone: 804-269-4073
- H) Circles of Ashland: (Covers Hanover County) We believe that responsibility for both poverty and prosperity rests not only in the hands of individuals, but also with societies, institutions, organizations and communities. We also believe that Ashland and Hanover County have an abundance of people, resources, and hope sufficient to end poverty once and for all - all that is missing are strong bridges between these parts.
Website:
<https://www.circlesashland.org/>
Phone: 804-354-0641
- I) Verizon Lifeline Services: Lifeline is a government assistance program that offers discounts to qualified low-income customers.
Website:
<https://www.verizon.com/support/residential/account/manage-account/lifeline-discount>
- count
Phone: 800-837-4699
- J) Clearpoint Credit Counseling Solutions: (Debt Management) Provider of comprehensive personal financial education and solutions. Phone: (877) 877-1995
- K) Comcast Internet Essentials: As part of our ongoing commitment to keeping you connected, Comcast is proud to support the Federal Government's Emergency Broadband Benefit (EBB), a temporary subsidy program available for all tiers of Xfinity Internet service, including Internet Essentials.
Website:
<https://www.internetessentials.com/>
Phone: 855-846-8376
- L) Salvation Army of the Tri-Cities (Petersburg)
Phone:(804) 732-8449x201 – 1228 South West St Assist residents of Chesterfield
- M) Telamon Corp (Housing Loan): Telamon-TRC staff members teach customers to access resources in their community, overcome barriers to employment or manage their finances. While not every service we provide will lead directly to better jobs and better lives, what we do often lays the foundation for our customers to build a better future.
Website: <https://www.telamon.org/>
Phone: 434-421-6491
- N) Safelink Wireless: LifeLine supported service, a government benefit program. Only eligible consumers may enroll in LifeLine.
Website:
<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

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Phone: 800-977-3768

- O) Consumer Education Services, Inc: A non-profit service provider of comprehensive personal financial education and solutions for all life stages. Website: <https://www.cesisolutions.org/> Phone: 866-635-7120
- P) Columbia Gas of Virginia: As part of our commitment to our customers and communities, we're investing millions each year to provide safe, reliable natural gas service by expanding our system and replacing aging facilities. We partner with diverse suppliers and always keep safety, customer satisfaction, and sustainability as our key priorities. Website: <https://www.columbiagasva.com/> Phone: 800-543-8911
- Q) Citizens Energy Oil Program: An agent will ask basic questions about your income, bills, and household size to determine your eligibility. You're eligible if you've experienced a financial hardship that leaves you unable to pay for oil. There are no specific income limits for the program. Website: <https://pocketsense.com/citizens-energy-fuel-assistance-program-2176856.html> Phone: 877-563-4645
- R) Church Hill Wellness Center: (804) 780-0053 will take calls for utility assistance (electric, water, and gas) for Zip Code 23223 only (Richmond or Henrico).
- S) Chesterfield/Colonial Heights Alliance for Social Ministry (CCHASM): The vision was to create an organization that would work with community members and Social Service agencies to gain and employ multiple resources. Through this collaborative effort, we increase the ability to assist more area residents as a unified group than any member could as an individual unit. Website: <https://www.cchasm.org/> Phone: 804-796-2749
- T) Assurance Wireless Assurance Wireless: Is a telephone service subsidized by the federal Lifeline Assistance program, a government benefit program supported by the federal Universal Service Fund. Assurance Wireless is a federal Lifeline Assistance program. Website: <https://www.assurancewireless.com/> Phone: (888) 898-4888
- U) Capital Area Partnership Uplifting People (CAPUP): Will take calls for EnergyShare (City of Richmond Only) on Mondays and Tuesdays from 9 AM until 11 AM. MetroCare energy and water payment assistance for families and individuals in the DPU service (Chesterfield, Henrico, and Richmond) area who can't afford to heat their homes. Website: <https://www.capup.org/> Phone: 804-788-0050
- V) Money Management Intl: MMI provides free credit counseling to every client in need of financial guidance. Phone: (866) 889-9347
- W) National Foundation for Credit Counseling (NFCC): Provides free and low-cost help from trained, certified counselors to assist individuals with money management, solutions to current financial problems, and developing personalized plans to help prevent future credit difficulties. Phone: (800) 388-2227/(800) 682-9832
- X) Neighborhood Housing Services of Richmond, Inc: (Credit Counseling) Financial literacy workshop series for those who are interested in building their

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financial literacy skills, reducing debt, or curing credit issues. Phone: (804) 329-2500

Y) InCharge Debt Solutions Provides relief to financially distressed individuals and families through credit counseling, budget counseling, education programs, and materials. Phone: : (800) 565-8953

Z) VA Housing Development Authority (VHDA): - Home Mortgage Loan Virginia Housing Development Authority (VHDA) provides mortgages, primarily for first-time homebuyers and also to developers building, renovating, or refinancing affordable rental housing. Phone: (877) 843-2123

AA) Salvation Army of Central Virginia (Richmond): - Energy Share Must live in Richmond and be in danger of losing the primary source of fuel and have a disconnect or cut-off notice unless the billed applicant is 60 years or older. Phone: (804) 225-7470

BB) Commonwealth Catholic Charities: (Housing and Financial Counseling) Housing and Financial Counseling services offer one-on-one counseling in the areas of rental, home purchase, credit management, debt reduction, and foreclosure avoidance. Phone: (804) 285-5986

CC) Goodwill of Central & Coastal VA: An alternative to payday lending with financial education and coaching to help break the cycle that traps borrowers in debt. Phone: (804) 745-6300

DD) Housing Opportunities Made Equal of Virginia (HOME): Money Management and Credit Recovery Classes offered the first Thursday of the month, 6 PM-8 PM. Phone: (804) 354-0641

EE) HEARTH of Henrico: Providing

temporary, immediate & emergency relief to Henrico families when all other sources of assistance have been exhausted.

Phone: .(804) 501-5294

Food

A)

Location	Breakfast/Lunch	Dinner/Other
2nd Presbyterian 5 N Fifth Street 804 649-9148	Monday's 11:30-12:45pm (bagged)	
St. Peter's Catholic Church 800 E Grace St. 804-643-4315	Tuesday's 11:45-12:30 (hot) Shower/Pantry 1-3pm	Wednesday 4:30-6:00pm
Oregon Hill Baptist 400 S Pine St 804-648-1353	Thursdays 10-11am (bagged)	
St. Paul's Episcopal 815 E Grace St 804-643-3589	Thursdays 11:30-1pm (bagged lunch)	

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Richmond's First Baptist Church 2709 Monument 804-355-8637		Thursdays 6-8:30pm Fellowship and hot meal Clothes Closet M/W 10-12pm Shower M/W/Sat. 10-12pm
Centenary United Methodist 411 E Grace St. 804-648-8319	Fridays 11-12:30pm (bagged)	
Grace and Holy Trinity 8N Laurel St. 804-359-5628	Fridays 12-1pm (to go)	Clothing Close Rx Assistance Through MCV or VCC
Location	Breakfast/Lunch	Dinner/Other
St. Mark's Episcopal Church 520 N Arthur Ashe Blvd 804-358-4771		Food pantry 2nd and 4th Saturday 9-10:30 am
Shepherd's Way Relief Center 400 E Main St. 804-212-1164	M/T/W: 9-10:30 am Sat: 12-1pm Sun: 8:30-9:30am	Meals, emergency food pantry, clothes closet, toiletries
Bon Air Baptist Church 2531 Buford Road 804-272-1475	Wednesdays 3-4:30 pm Drive Thru	
RVA Community Fridges Linktr.ee/rvacommunityfridges	Groceries, hygiene products, etc.	

- B) Church Hill Wellness Center: 2011 Fairmount Ave. Food bags on the 2nd and 4th Thursday every month (only for zip code 23223) Phone: 804-780-0053
- C) United House of Prayer for All People: <http://tuhopfap.org/>
- D) Second Baptist Church:
Website: <https://www.second.org/who-we-are/>
Phone: 804-353-7682
- E) Richmond Friends of the Homeless: Our mission is served by providing a nutritious lunch seven days a week in Richmond's most impoverished neighborhoods: Blackwell/Bainbridge/Hillside and Jackson Ward/Gilpin Court/Mosby Court are encompassed. This includes a hearty bagged lunch on Saturdays and Sundays in south Richmond. Breakfast and a Book are available for the children we see each day.
Website: <https://www.richmondfriendsofthehomeless.org/>
Phone: 804-608-0971
- F) Sixth Mount Zion Baptist Church: We are the Sixth Mount Zion Baptist Church! Our mission is to empower people to live a Christ-centered lifestyle. We believe that God has purposed us to be a hospitable, relational, Bible-based, community-focused congregation.
Website: <https://www.smzbc.org/>
- G) Meals on Wheels aka Feed More: A nutritious meal is only the start of the value Meals on Wheels can deliver to keep your most vulnerable members healthy.
Website: <https://www.mealsonwheelsamerica.org/>

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Phone: 804-673-5035

- H) Charles City County (804) 652-1708
- I) Chesterfield County (804) 748-1100
- J) Goochland County (804) 556-5880
- K) Hanover County (804) 365-4100/
(800) 770-0837
- L) Henrico County (804) 501-4001
- M) New Kent County (804) 966-1853
- N) Powhatan County (804) 598-5630
- O) Richmond City (804) 646-4110
- P) Central Virginia Food Bank: Feed More collects, prepares, and distributes food to neighbors in need across 29 counties and five cities in Central Virginia. Website: <https://feedmore.org/> Phone: 804-521-2501
- Q) Capital Area Partnership Uplifting People (CAPUP): (804) 788-0050
- R) VA Dept of Social Services (Food Stamps/SNAP): Supplemental Nutrition Assistance Program (SNAP) can be used like cash to buy eligible food items from authorized retailers. Authorized retailers will display either the Quest logo or a picture of a Virginia EBT card. Website: <https://www.dss.virginia.gov/benefit/snapp.cgi> Phone: 800-552-3431
- S) Central Virginia Food Bank, FeedMore: (Hunger HelpLine) Hunger Hotline is our Food Referral program for people searching for food. Staffed by volunteers each weekday, the Hunger Hotline connects callers with resources for food appropriate to their needs. Phone: (804) 521-2500
- T) Our Lady of Lourdes Food Pantry: Our parish believes in building bridges that foster unity among all of God's people. We hope that our website becomes an effective way to inform you of upcoming events and the latest news in the parish. We also wish to provide information on the various parish ministries and organizations you may participate in. Website: <http://www.ourladyoflourdesqvny.org/food-pantry/> Phone: 804-262-7315
- U) Commonwealth Catholic Charities: 1601 Rolling Hills Dr, Richmond Food Pantry operates Tuesday - Thursday 9 AM-12 Noon. No appointment is necessary, but clients are advised to call to ensure that food is available. Recipients may receive food once within 30 days, not to exceed three times within 12 months. Phone: (804) 285-5986
- V) Vincent's Pantry: Is now open and serving our friends in need with groceries. The pantry is not an open/walk-in pantry. You have to register and will receive an appointed time to arrive. We serve the following zips: 23060, 23059, 23228, 23233, 23294 Website: <https://svdp-rva.org/> Phone: (804) 527-1037, extension 132
- W) VA Dept of Health (WIC): Women, Infants, and Children Program is a supplemental food program for pregnant, postpartum, or breastfeeding; infants up to 2 yrs of age; and children up to 5 yrs of age. Website: <https://www.vdh.virginia.gov/wic/> Phone: 804-662-6200
- X) Victory Christian Church: Harvest Food Pantry of Victory Christian Church

provides nutritious food to Goochland and surrounding areas. Phone: (804) 556-5700

- Y) Eastern Henrico FISH:
Clients requesting financial assistance must reside in eastern Henrico County (zip codes 23150, 23075 and a portion of 23231 and a portion of 23223) and be able to document extreme financial need.
Phone: (804) 257-7730/222-5564
- Z) Quinn River Agency for Community Action Hotline: Offering everything from food to financial assistance, the non-profit Quin Rivers agency supports the less fortunate and low-income families in the area. Phone: 877-966-4357

- B) Sacred Heart Center: Has a range of educational and family support programs.
Website: <https://shcrichmond.org/en/>
Phone: 804-230-4399
- C) Latinos En Virginia: To provide education, advocacy, and support to Spanish-speaking individuals affected by violence in Virginia to ensure that they can access services that empower them to become happy, healthy, and self-sufficient.
Website:
<https://en.latinosenvirginia.org/>
Phone: Hotline for victims of violence: 888-969-1825 Main office: 804-658-3341

For Graduating Seniors

- A) G3: Tuition assistance is for students living in Virginia who qualify for state financial aid with a household income that's less than \$100,000. G3 is available for select programs in five of Virginia's most in-demand industries, including Early Childhood Education, Healthcare, Information Technology, Public Safety, and Skilled Trades (construction and manufacturing).
Website: <https://viriniag3.com/>

LatinX Families

- A) Latinos In Virginia Empowerment Center: We serve Spanish-speaking victims of violence and injustice in Virginia, are the first and only victims service agency in the state that can guarantee its services are provided by bilingual, bicultural, and trained advocates.
Website:
<https://www.connectva.org/groups/latinos-en-virginia-lllc/>

Law Enforcement

- A) County Sheriff's Office
Chesterfield County(804) 748-1261
Henrico County(804) 501-5860
New Kent County.....(804) 966-9500
Powhatan County(804) 598-5652
Richmond City.....(804) 646-5100
- B) Police Department
Chesterfield County(804) 748-1251
Henrico County .(804) 501-4800/501-5000
Richmond City.....(804) 646-0930
Town of Ashland(804) 798-1227
- C) Virginia State Police(800) 552-0962

Legal Services

- A) Virginia Lawyer Referral Services: Will connect you to a lawyer in your area for \$35. You receive a consultation of up to a half-hour with him or her - no strings attached.
Website: <https://vlrs.community.lawyer/>
Phone: 800-552-7977

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- B) VA Legal Aid Society, Inc: To resolve the serious legal problems of low-income people, promote economic and family stability, reduce poverty through effective legal assistance, and champion equal justice.
Website: <http://vlas.org/>
Phone: (866) 534-5243
- C) VA Dept of the Treasury (Unclaimed Property): Returning money, stocks, bonds, dividends, utility deposits, insurance proceeds, tangible property, and more to the rightful owners
<https://www.trs.virginia.gov/vaMoneySearch/Account/LogOn> or call
Phone: (800) 468-1088 – 101 North 14th St, Richmond
- D) VA Dept. of Labor & Industry (Labor Issues): The Virginia Department of Labor and Industry (DOLI) administers the programs for Virginia Occupational Safety and Health, Registered Apprenticeship, Boiler and Pressure Vessel Safety, and Labor and Employment Law.
Website:
<https://www.virginia.gov/agencies/department-of-labor-and-industry/>
Phone:
Brunswick County(804) 371-3104
Halifax County.....(434) 385-0806
Mecklenburg County.....(804) 371-3104
- E) US Dept of Labor Wage and Hour Division Richmond District Office:
Website:
<https://www.dol.gov/agencies/whd/contact/local-offices>
Phone: (866) 487-9243
- F) Secretary of the Commonwealth:
(Restoration of Rights)...(855) 575-9177
- G) Legal Aid Justice Center: The Legal Aid Justice Center is a Virginia-based non-profit organization that provides legal services and advocacy to low-income individuals.
Website: <https://www.justice4all.org/>
Phone: (804) 643-1086
- H) Lambda Legal: Lambda Legal Defense and Education Fund, better known as Lambda Legal, is an American civil rights organization that focuses on lesbian, gay, bisexual, and transgender communities and people living with HIV/AIDS through impact litigation, societal education, and public policy work.
Website: <https://www.lambdalegal.org/>
Phone:(866) 542-8336
- I) Equal Employment Opportunity Commission (EEOC): - Investigations of Employment Discrimination
Website: <https://www.eeoc.gov/>
Phone: (800) 669-4000
- J) Commonwealth Catholic Charities: (Guardianship-Private)...(804) 285-5900
- K) Henrico Juvenile & Domestic Relations Court: We aim to assure that disputes are resolved justly, promptly, and economically through a court system unified in its structures and administration.
Website:
<https://www.vacourts.gov/courts/jdr/henrico/home.html>
Phone: 804-501-4688
- L) VA Poverty Law: A toll-free helpline offering legal assistance and advice to Virginians aged 60 or over and for those calling on their behalf.
Website: <https://vplc.org/>
Phone:(844) 802-5910
- M) VA Hispanic Chamber of Commerce Foundation (Legal Assistance): The Virginia Hispanic Chamber of Commerce

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Foundation offers two legal clinics: civil law and immigration law. Phone: (804) 378-4099

dedicated to making technology available to qualified applicants who are deaf, hard of hearing, or speech impaired. Phone: (800) 552-7917

LGBTQ+

- A) Trevor Project: The Trevor Project provides a 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24).
Website: <https://www.thetrevorproject.org/>
Phone:(866) 488-7386
- B) Side By Side: Dedicated to creating supportive communities where Virginia's LGBTQ+ youth can define themselves, belong, and flourish.
Website: <https://www.sidebysideva.org/>
Phone: 888-644-4390

Laundry

- A) Laundry Love: Does laundry service every month on the 3rd Sunday from 11:45 to 2pm. Located Nine Mile Road and 25th Street.

Hard of Hearing/Deaf

- A) Deaf and Hard of Hearing Community Counseling Services:(DCCS) empowers Deaf & Hard of Hearing clients live self-sufficient lives through a transformative focus on their overall well-being.
Website: <https://felton.org/social-services/adult/dccs/>
- B) VA Dept. for the Deaf & Hard of Hearing: (Tech Assistance Program)Provides a Technology Assistance Program (TAP)

Health

- A) Atlantic Outreach Group: We assist those that are overwhelmed by physical, mental, emotional, social and financial challenges, by providing resources that assist in making positive sustainable changes in their lives.
Website: <https://www.aog4u.org/>
Phone: 804-308-2648
- B) W.H.O.A: Is to promote the empowerment and positive behavior through compassion, caring, and recognition. We are aware of the many obstacles that people of all ages face and through positive reinforcement and specialized activities, we strive to create long term success for each individual.
Website: <https://whoarva.com/>
Phone: 804-282-1863
- C) H.O.P.E Inc.: Mission is to deliver recovery-based community services using empathy from our own experience to ensure every individual achieves the most fulfilling life possible.
Website: <https://hopearizona.org/>
Phone: 520-770-1197
- D) Partnership for People with Disabilities: Everything we do at the Partnership focuses on supporting people with disabilities and their families to be fully participating members of their community. Our work focuses on the four significant areas of early childhood, education, health, and community living.
Website: <https://partnership.vcu.edu/>

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- E) National Parkinson Foundation Helpline: for answers to all your questions. Staffed by nurses, social workers, and health educators, the Parkinson's Foundation Helpline is here to support you in any possible way. Website: <https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Helpline>.
Phone: 1.800.4PD.INFO (1-800-473-4636)
- F) National Multiple Sclerosis Society
Central: Is united in our collective power to do something about MS now and end this disease forever.
Website: <https://www.nationalmssociety.org/>
- G) National Down Syndrome Society: Is an American organization that offers support to people with Down syndrome, their families, friends, teachers, and coworkers and educates the general public about Down syndrome.
Website: <https://www.ndss.org/>
- H) Muscular Dystrophy Association
Richmond Office: We continue to relentlessly pursue our promise to transform the lives of people living with muscular dystrophy, ALS, and related neuromuscular diseases through research, care, and advocacy.
Website: <https://www.mda.org/>
- I) Legal Information Network for Cancer: Non-profit that connects cancer patients and their families with legal assistance, financial, and community resources.
Website: <https://www.cancerlinc.org/>
- J) Instructive Visiting Nurse Association Home Health Care: has been the community's leading nonprofit home health care provider. Your VNA Health Home Health Care Team works with your physician to build a customized care plan to help you recover and regain your independence. We bring the healing home.
Website: <https://vna.health/services/home-health/>
- K) American Red Cross of Greater Richmond: Virginia Region supports the entire state of Virginia including Richmond and Roanoke.
Website: <https://www.redcross.org/local/virginia.html>
- L) American Lung Association in VA:
<https://www.lung.org/research/sota/city-rankings/msas/richmond-va>
- M) American Diabetes Association Richmond Office: Is committed to educating communities about how to Stop Diabetes and supporting those living with the disease.
Website: <https://www.diabetes.org/community/local-offices/virginia>
- N) American Association on Intellectual and Developmental Disabilities: Is an American non-profit professional organization concerned with intellectual disability and related developmental disabilities. AAIDD has members in the United States and more than 50 other countries.
Website: <https://www.aaid.org/>
- O) Alzheimer's Association of Greater Richmond: Leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.
Website: <https://www.alz.org/grva>

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Phone: 800-272-3900

- P) Richmond Center for High Blood Pressure: Serves individuals who have or are at high risk for hypertension, high cholesterol, and diabetes.
Website: <https://www.rahbpc.org/>
Phone: 804-359-9375
- Q) The Health Brigade: Provides exceptional health services to those least served in a caring and non-judgmental environment.
Website:
<https://www.healthbrigade.org/>
- R) Solve ME/CFS Initiative: Formerly Chronic Fatigue Immune Dysfunction Syndrome Association of America - is an American not-for-profit association dedicated to ending Myalgic Encephalomyelitis and Chronic fatigue syndrome.
Website: <https://solvecfs.org/>
Phone: (704) 364-0016
- S) United Network for Organ Sharing: Is a non-profit, scientific, and educational organization that administers the only Organ Procurement and Transplantation Network in the United States, established by the U.S. Congress in 1984 by Gene A. Pierce, founder of United Network for Organ Sharing.
Website: <https://unos.org/>
Phone: (804) 782-4800
- T) Zenni Optical: Eyewear:
Website: <https://www.zennioptical.com/>
Phone: (800) 211-2105
- U) VCU Health System: (Community Health Education Center)CHEC's mission is to foster the advancement and development of health knowledge within the community.
Website:
<https://www.connectva.org/groups/vcu-community-health-education-center/>
Phone: (804) 828-2432
- V) Poison Control:
Website: <https://www.poison.org/>
Phone: (800) 222-1222
- W) VCU HIV Services: We provide compassionate treatment and support every step of the way.
Website:
<https://www.vcuhealth.org/services/hiv-services>
Phone: (804) 828-0957
- X) Project Inform (HIV Treatment Infoline): Project Inform fights the HIV and hepatitis C epidemics by assuring the development of effective treatments and a cure; supporting individuals to make informed choices about their health; advocating for quality, affordable health care; and promoting medical strategies that prevent new infections.
Website:
<https://www.thebodypro.com/author/project-inform>
Phone: Spanish (800) 448-0440
Information Line (800) 822-7422
- Y) EyeCare America: Offers no-cost medical eye exams and free or discounted medication.
Website:
<https://www.aao.org/eyecare-america>
Phone: (877) 887-6327
- Z) Leukemia & Lymphoma Society: The LLS's mission is to cure leukemia, lymphoma, Hodgkin's lymphoma, and myeloma and improve patients' quality of life and their families.
Website:
<https://www.lls.org/>
Phone: (800) 955-4572
- AA) VA Breast Cancer Foundation:
(800) 345-8223
- BB) Lupus Foundation of Virginia: The Lupus Foundation of America is the only

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national force devoted to solving the cruel mystery of lupus while providing caring support to those who suffer from its brutal impact.

Website: <https://www.lupus.org/dmv>

Phone: (888) 270 1626

CC) National Resource Center on ADHD at CHADD: (Information Services) CHADD is fortunate to have a capable, caring, and highly professional staff. From the mailroom to the boardroom to the CEO's office, CHADD employees have one thing in common: They all work hard and contribute their talents to make the world a better place for people living with ADHD. They work tirelessly to educate the public, policymakers, media members, parents, and educators about the disorder.

Website: <https://chadd.org/>

Phone: (866) 200-8090

DD) Arthritis Foundation Virginia: Pursues a cure for arthritis, providing life-changing resources, science, advocacy & community resources.

Website:

<https://www.arthritis.org/local-offices/va>

Phone: (800) 365-3811x4650

EE) American Liver Foundation: The American Liver Foundation is a non-profit organization that promotes liver health and disease prevention. The mission of the ALF is to facilitate, advocate and promote education, support, and research for the prevention, treatment, and cure of liver disease.

Website: <https://liverfoundation.org/>

Phone: (800) 465-4837

FF) American Cancer Society: The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer.

Website: <https://www.cancer.org/>

Phone: (800) 227-2345

GG) National Organization for Rare Disorders (Patient Assistance): Provides a unique federation of voluntary health organizations dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them. Phone: (800) 999-6673

Health Care

- A) FAMIS MOM: Provides health care coverage for pregnant women. Website: <https://www.coverva.org/en/famis-moms>
- B) Patient Advocate Foundation: Is a 501(c)4 organization with headquarters in Washington DC. NPAF's staff and volunteers work at the local, state, and national levels to promote access to affordable, quality health care for people with chronic, debilitating, or life-threatening illnesses. NPAF provides important thought leadership in developing policies to support our mission, working with other organizations to advocate for health care policies, and collaborating with community partners to advance person-centered care and an equitable health care system for all Americans. Website: <https://www.patientadvocate.org/> Phone: (800) 532-5274
- C) Key Health Care Discount Prog: At Key Health Care, we understand that access to healthcare can often be considered essential to life as food and shelter. But we also know that access to health care does not have to be structured to the point of being cost-prohibitive. That's why we can proudly say that Key Health Care is

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- dedicated to delivering affordable health care to its' members. Website: <https://www.keyhealthcare.org/>
Phone: (888) 320-5397
- D) Central VA Health Services: Is a community-based, non-profit organization that provides high-quality primary health care to ANYONE who needs it.
Website: <https://www.cvhsinc.org/>
Phone: (434) 949-7211
- E) Healthcare.org: Can access the Federal Health Insurance Marketplace
- F) Medicaid: <https://coverva.org/en> or <https://www.dmas.virginia.gov/for-members/premium-assistance/health-insurance-premium-program/hipp-online-portal/> or Call 800-432-5924
- G) Appeal information Medicaid: (804) 371-8488
- H) Medicare and Medicaid Services: <https://www.cms.gov/>
- I) Enroll in Virginia: (Health Insurance Counseling) Virginians without insurance may be eligible for Virginia's state-sponsored health insurance programs (*Medicaid or FAMIS*) or free or reduced-cost care. Trained professionals are available to help you understand your options, free of charge. Website: www.enrollva.org Phone: 888) 392-5132
- J) Concentra: Provides everything employers need to keep your workers safe and healthy, from injury care and physical therapy to education and vaccinations
Website: <https://www.concentra.com/>
Phone: 866-944-6046
- K) CareMore: CareMore, a subsidiary of Anthem Inc., is an integrated health plan and care delivery system for Medicare and Medicaid patients.
Website: <https://www.caremore.com/>
- L) Bon Secours: Fostering healthy communities requires more than access to quality health care. The economic and political aspects of our society impact how individuals grow and develop. Every community is different, and so is our response to their needs.
Website: <https://www.bonsecours.com/>
- M) FAMIS: FAMIS, or Family Access to Medical Insurance Security Plan, is Virginia's health insurance program for children. It makes health care affordable for children of families who qualify. FAMIS covers all the medical care that growing children need to stay healthy. It also covers medical care if they get sick or hurt.
Website: <https://www.coverva.org/en/famis>
- N) Alliant Human Services: We assure that the essential HR functions are operating efficiently and effectively by providing one-to-one personal service. You won't find us trying to sell you a cookie-cutter, one-size-fits-all products, and services. We listen to you and help you assess what works best for you.
Website: <https://www.allianthr.com/>
Phone: 804-780-9002

Henrico Covid-19 Emergency Resources

- A) The Homeless Crisis Line: Centralized access point to homeless services for those within three days or less of becoming homeless. Phone: 804-972-0813
- B) Virginia 211: Statewide information and referral for other housing needs.
Phone: Dial 2-1-1 or 1-800-543-7709

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- C) The Department of Veteran Affairs
Homeless: National Call Center: Free, 24/7 access to trained counselors for local resources and assistance. Text messages are accepted. Phone: 1-877-424-3838
- D) Henrico Mental Health Access Services
Call Center:
Website: <https://henrico.us/mhds/>
Same-day access to services.
Phone: (804) 727-8515
- E) Housing Opportunities Made Equal (HOME): Works with lenders throughout the country to try and keep you from losing your home.
Website:
<https://homeofva.org/get-help/foreclosure-prevention/>
- F) Virginia Rent and Mortgage Relief Program: Support and ensure housing stability across the commonwealth during the coronavirus pandemic.
Website:
<https://www.dhcd.virginia.gov/rmrp>
Phone: 804-371-7000
- G) Central Virginia Legal Aid Society: Free legal assistance to low-income people in civil cases and preventive legal education in our communities.
Website: <https://cvlas.org/>
Phone: Richmond office 804-648-1012
toll-free 800-868-1012
- H) Housing Resource Line: Centralized access point to help connect residents to programs and services that will help address their housing needs.
Website:
<https://pharva.com/housing-hotline-for-m/>
Phone: 804-422-5061

Homeless Aid

- A) Change The World RVA: Is a 501(c)3 established to support high school and college students in Richmond, Virginia who are experiencing homelessness and housing instability. Change the World RVA is an all-volunteer organization.
Website:
<https://www.changetheworldrva.org/>
- B) Second Story: Transforms the lives of children, youth and their families by providing safe havens and opportunities for them to grow and thrive. Our programs provide support at critical turning points in their lives.
Website: <https://www.second-story.org/>
- C) FACETS: opens doors by helping parents, their children, and individuals who suffer the effects of poverty in Fairfax County.
Website: <http://facetscares.org/>
Phone: 703-352-5090
- D) HUD: Provides resources for the Homeless.
Website:
<https://www.hud.gov/states/virginia/homeless>
- E) Warm Line: Peer-Run service for Richmond residents to request mental health resources.
Website:
[https://mhav.org/support/addiction-recovery-support-warm-line/#:~:text=1%2D833%2D4PEERVA%20\(1,%2D833%2D473%2D3782\)&text=Callers%20are%20anonymous%2C%20and%20calls,recovery%20peer%20support%20and%20information.](https://mhav.org/support/addiction-recovery-support-warm-line/#:~:text=1%2D833%2D4PEERVA%20(1,%2D833%2D473%2D3782)&text=Callers%20are%20anonymous%2C%20and%20calls,recovery%20peer%20support%20and%20information.)
Phone: 866 400 6428
- F) RVA Light: Safe place to sit, charge phones, use computer and phone, and connect with local resources.
Website: <https://www.rvalight.com/>
Phone: 804-447-4087

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- G) Homeward: The Homeless Connection Line (HCL) is a crucial community resource for those experiencing homelessness or within a few days of losing their current housing. The HCL offers trained Diversion Specialists who can assist households within 3 days of losing their housing to problem-solve, access community resources, and connect to homeless assistance if needed.
Website:
<https://www.homewardva.org/homeless-connection-line> Phone:
804-972-0813

of Chesterfield, Colonial Heights, Dinwiddie, Hopewell, Petersburg, and Prince George. CARES also operates a Food Pantry and Clothes Closet for low-income residents of Petersburg. If you need help and are not sure where to turn, call CARES
Website: <http://cares-va.org/>
Phone: (804) 861-0865

- F) USDA Rural Development: Committed to helping improve the economy and quality of life in rural America.
Website: <https://www.rd.usda.gov/>

- G) Project:Home: Nonprofit serving Central Virginia, taking a 360° approach on housing and serving low-income individuals & families.
Website: <https://www.projecthomes.org/>
Phone: 804-233-2827

- H) VA Housing Development Authority (VHDA): The Virginia Housing Development Authority is a self-supporting, not-for-profit organization created by the Commonwealth of Virginia in 1972 to help Virginians attain quality affordable housing.
Website:
<https://www.vhda.com/Pages/Home.aspx>
Phone: (877) 428-8844

- I) VA Fair Housing Office: Federal and state fair housing laws protect people from discrimination when trying to rent an apartment, buy a house, obtain a mortgage, or purchase homeowner's insurance. Fair housing requirements apply to all housing providers: property managers, owners, landlords, real estate agents, banks, savings institutions, credit unions, insurance companies, mortgage lenders, and appraisers.

Housing

- A) VA Better Housing Coalition: Owning or renting a high-quality home within reach of the family budget means children do better in school, parents are less stressed and seniors are better positioned to age in place. Better choices mean greater opportunities.
Website:
<https://www.betterhousingcoalition.org/>
Phone: 804-644-0547
- B) Virginia Rent and Mortgage Relief Program:
Website: VirginiaHousing.com/RMRP
Phone: 1-703-962-1884
- C) Virginia Supportive Housing: Veteran Intake Coordinator | Richmond, VA 23219 | Only for Veterans | Supportive & Permanent Housing is available.
Phone: 804-788-6825 ext 260
- D) Housing Resource Line: For other housing concerns 804-422-5061
- E) Cares Inc: Operates the only emergency shelter for women and children in the Tri-Cities area. We serve the communities

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- Website:
<https://www.dpor.virginia.gov/FairHousing>
Phone: (888) 551-3247
- J) USDA Rural: Provides affordable apartments in various rural locations throughout Virginia Development.
Website:
<https://www.rd.usda.gov/contact-us>
- K) Society of St. Vincent de Paul Founded in 1833, the Society of St. Vincent de Paul is a worldwide organization of lay Catholics, following Christ's call to serve the poor, the suffering, and the deprived. We serve the following zips: 23060, 23059, 23228, 23233, 23294. Website:
<https://svdp-rva.org/>
Phone: (804) 527-1037
- L) St. Joseph's Villa, Flagler Housing & Homeless Services: Provides rapid re-housing assistance to homeless families, single individuals, youth, and veterans in Greater Richmond and the Tri-Cities. Rapid re-housing helps homeless households obtain permanent rental housing as quickly as possible and provides supportive services as needed. These services include: case management; linking families to community resources; employment training; budgeting assistance; and education around tenant responsibilities.
Website:
<https://www.neverstopbelieving.org/services/housing-homeless-services/>
Phone: 804-553-3258
- M) VPLC Housing Advocacy: Virginia tenants have legal rights. Use this guide and our resources to maintain stable housing.
Website: <https://housing.vplc.org/>
- N) Homeownership Preservation Foundation: For those who may have fallen behind in housing payments or face foreclosure/eviction, 995Hope housing counselors, help you explore ways to get you back on track. Whether you need a long-term plan or immediate help, the sooner you reach out to a trusted counselor, the better your options.
Website: <https://995hope.org/>
Phone: (888) 995-4673
- O) Housing Opportunities Made Equal of Virginia (Home): -Foreclosure Prevention of Virginia. Website:
www.homeofva.org. Phone:
(804) 354-0641
- P) US Dept of Housing & Urban Development (HUD): People with low incomes who need a housing referral.
Website: www.hud.gov Phone:
(800) 842-2610
- Q) Catholic Charities Homeless Point of Entry: If you are currently homeless and need services, please contact Commonwealth Catholic Charities Homeless Point of Entry.
Website:
https://www.homelessshelterdirectory.org/shelter/va_commonwealth-catholic-charities-homeless-point-of-entry
Phone: 804-648-4177
- R) Commonwealth Catholic Charities Homeless: Help resolve housing crises quickly.
Website:
<https://www.cccofva.org/homeless-services>
Phone: (804) 972-0813
- S) Crisis-Line The Greater Richmond Continuum of Care (GRCoC): seeks to prevent, reduce, and end homelessness

through effective and coordinated community-wide efforts and services.
Website: www.endhomelessnessrva.org
Phone: 804-972-0813

- T) Housing Families First: Gives families facing homelessness the opportunity to build a legacy for their families by providing a path to a permanent home.
Website:
<https://housingfamiliesfirst.org/>
Phone: 804-236 5800
- U) Shelter Diversion Line: Access to resources and shelter alternatives for those who are three days or less away from losing their housing.
Phone: 804-972-0813
- V) Telamon Corp (Housing Loan) Applicants must be a first time home buyers and meet income guidelines as defined by HUD. Phone: (434) 421-6491
- W) VA Housing Development Authority (VHDA): Home Mortgage Loan Provides mortgages, primarily for first-time homebuyers and also to developers buildings, renovating or refinancing affordable rental housing.
Phone: (877) 843-2123
- X) Community Access and Support Services, Inc: We help families by providing them temporary, transitional, and permanent housing, as well as mental health support. Each person we work with is set up with a caseworker to help them cope with different challenges.
Website:<https://www.caass2011.com/>
Phone: (804) 518-6185 For After-Hour Emergencies call (804) 856-8437

Immunizations/Vaccinations

- A) SeniorNavigator: Immunizations and vaccinations are essential for older adults.

Talk to your healthcare provider about getting the vaccinations you need, which might include flu, pneumonia, shingles and COVID-19. Here, you'll find vaccination programs and resources in Virginia.

Website:
<https://seniornavigator.org/taxonomy/menu-zone/immunizations-vaccinations>

- B) VDH: The Division of Immunization has as its mission the reduction of morbidity and mortality associated with vaccine-preventable diseases.
Website:
<https://www.vdh.virginia.gov/immunization/>
- C) Vaccinate Virginia: Eligible individuals 18 years and older may choose which vaccine they receive as a booster dose.
Website: <https://vaccinate.virginia.gov/>
- D) <https://henrico.us/services/immunization-clinic/> All immunizations are by appointment only. Please bring the child's shot record.
Phone: For immunizations at the West Clinic, call 804-501-4651. For immunizations at the East Clinic, call 804-652-3190.

Medication

- A) VA Drug Card: This drug savings program will grant funds to local CMN Hospitals to help kids within the communities they do business.
Website: <https://virginiadrugcard.com/>
Phone: (866) 413-9778
- B) Partnership for Prescription Assistance, Virginia: You have enough to worry about right now. Figuring out how to pay for your prescriptions shouldn't be another stressor.

- For decades, PhRMA has been committed to advocating for policies that help patients access the medicines they need, but today, America's biopharmaceutical companies are individually expanding their programs to help more patients during these uncertain times. Website: www.pparx.org
- C) Novartis Patient Assistance Program: Novartis believes that medicines should be available to all who need them. We have a variety of programs to help support patients and make it easier for them to afford their medicines.
Website: <https://www.novartis.us/our-products/patient-assistance> Phone: (800) 277-2254
- D) GlaxoSmithKline-Bridges to Access (Prescription Assistance): Which provides eligible low-income patients who do not have prescription drug benefits access to GSK's non-oncology medicines. Individuals who qualify for Bridges to Access receive GSK medicine at no cost through a mail-order pharmacy.
Website: [https://www.rxresource.org/prescription-assistance/bridges-to-access.html#:~:text=Bridges%20to%20Access%20is%20Glaxo SmithKline's%20patient%20assistance%20program%20which%20provides,through%20a%20mail%20order%20pharmacy.](https://www.rxresource.org/prescription-assistance/bridges-to-access.html#:~:text=Bridges%20to%20Access%20is%20Glaxo%20SmithKline's%20patient%20assistance%20program%20which%20provides,through%20a%20mail%20order%20pharmacy.)
Phone: (866) 728-4368
- E) Genentech Access to Care Foundation: Gives free Genentech medicine to people who don't have insurance coverage or who have financial concerns. (Prescription Assistance) Website: <https://www.gene.com/patients/patient-foundation>
Phone: (866) 422-2377
- F) Pfizer RxPathways: Has been able to positively impact patients · 7.4 million Prescriptions · 60 medications for free.
Website: <https://www.pfizerrxpathways.com/>
Phone: (866) 470-1748
- G) Rx Outreach: We believe that everyone deserves access to affordable medications.
Website: <https://rxoutreach.org/>
Phone: (888) 796-1234
- H) AstraZeneca Pharmaceuticals: Is a global, science-led biopharmaceutical business, and our innovative medicines are used by millions of patients worldwide.
Website: <https://www.astrazeneca.com/>
Phone: 800-236-9933

Mental Health Aid

- A) New Desires Family Services: Behavioral health centers are responsible for assuring the delivery of community based mental health, mental retardation, substance abuse and/or behavioral health services to individuals with those disabilities.
Phone: 804-748-6116
- B) Atlantic Outreach Group: We assist those that are overwhelmed by physical, mental, emotional, social and financial challenges, by providing resources that assist in making positive sustainable changes in their lives.
Website: <https://www.aog4u.org/>
Phone: 804-308-2648
- C) Common Health Counseling Group: Group provides mental health services to at-risk individuals in Henrico, Virginia.
Website: <https://www.chcghealth.com/>
Phone: 804-730-1932
- D) Guided Paths: Is a community-based

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- behavioral health provider servicing the Richmond and Hampton Roads areas of Virginia.
Website: <https://guidedpaths.care/>
Phone: 804-447-3411
- E) Soaring for Change: Is dedicated to the treatment of mental health and substance use disorders through evidence-based interventions and service programs.
Website: <https://soaringforchange.com/>
Phone: 804-683-8731
- F) Simple Intervention: We are a Behavioral and Mental Health Agency Focused on Changing Lives.
Website:
<https://www.simpleintervention.com/>
Phone: 804-621-4034
- G) H.H McGuire VA Medical Center: Medical/mental health services call 804-675-5000
- H) Clear Vision Support Services: Behavioral Health and Developmental Service Provider delivering superior services to individuals and their families.
Website: <https://www.clearrvission.com/>
Phone: 804-328-1784
- I) Hanover County CSB: Provides prevention, treatment, employment, and support services for Hanover residents and their families related to mental health, substance use, and developmental disabilities. We work collaboratively with the schools, law enforcement, and social services, as well as others, to fulfill our mission.
Website:
<https://www.hanovercounty.gov/358/Community-Services-Board>
Phone: (804) 365-4200
- J) National Institute on Mental Illness: Lead federal agency for research on mental disorders.
Website: <https://www.nimh.nih.gov/>
Phone: 800-950-6264
- K) National Alliance on Mental Illness Central Virginia: Is an organization of families, friends, and individuals whose lives have been affected by mental illness.
Website: <https://namicva.org/>
- L) Mental Health America of VA: Non-profit mental health organization working with recovery, wellness, and healing as the foundational tenets behind our educational peer-run programs. We are the state-level representative for a national network that includes four community-based affiliates in the Commonwealth of Virginia.
Website: <https://mhav.org/>
Phone: (804) 257-5591
- M) Mental Health America Screening: Is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care, services, and supports for those who need it, with recovery as the goal.
Website:
<https://screening.mhanational.org/>
- N) Goochland-Powhatan CSB: Our Mission is to promote and enhance the quality of life through innovative, comprehensive services to all residents and the greater community of Goochland and Powhatan Counties. We provide a continuum of community-based education, prevention, crisis intervention, counseling, and

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- rehabilitation to individuals, families, and groups in need of mental health, intellectual disability, and/or substance use disorders services.
Website: <https://gpcsb.org/>
Phone:
Goochland.....(804) 556-3716
Powhatan.....(804) 598-2697
- O) National Alliance on Mental Illness of Virginia (HelpLine): NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Phone: (888) 486-8264
- P) Augmentative Communication Consultants: (Moon Township)
Website: <https://www.acciinc.com/>
Phone:(800) 982-2248
- Q) Sought Out (Pastoral Counseling): A unique approach to mental health care that may benefit those seeking to incorporate their spirituality into treatment. Website: <https://www.goodtherapy.org/learn-about-therapy/modes/pastoral-counseling>
Phone: (757) 773-4357
- R) VA Board for People with Disabilities: VBPD serves as Virginia's Developmental Disabilities (DD) Council. DD Councils are in every state and territory of the United States. They work for the benefit of individuals with DD and their families to identify needs and help develop policies, programs, and services that will meet these needs in a manner that respects dignity and independence.
Website: www.vaboard.org.
Phone:.....(804) 786-3441
- S) VA Institute of Pastoral Care: Staffed by ministers who have degrees in theology and mental health.
Website: <https://www.vipcare.org/>
Phone: (804) 282-8332
- T) SAMHSA's Mental Health Services Locator: <https://findtreatment.samhsa.gov/>
- U) Changing Fazes: We offer behavioral health assessment, case management, crisis intervention, diagnostic assessment, family outpatient services, individual counseling, service plan development, and more.
Website:
<https://www.changingphasesinc.com/>
Phone: 804-344-3730
- V) S.T.R.I.D.E: Provides service delivery on the fundamental belief that early intervention and outreach are essential when working with young adults who are experiencing their first episodes of psychoses.
Website:
<https://henrico.us/mhds/mental-health/s-t-r-d-e/>
- W) Archstone Counseling and Treatment: A unique group of therapists who provide an atmosphere that is relaxed, safe, and infused with positive energy.
Website:
<https://www.archstonecounseling.com/>
- X) Commonwealth Counseling: Features the top therapists and psychiatrists in Virginia. We're now offering TELEHEALTH appointments for our patients.
Website:
<https://www.commonwealthcounseling.com/>

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- Y) Counseling Alliance of Virginia (CAVA), LLC: believes everyone can live a healthy and productive life when offered the support they deserve.
Website: <https://www.cavahelps.com/>
- Z) LewisGale Behavioral Health: Our facility provides a safe, supportive environment for adult patients requiring inpatient mental health care. This enables patients to receive care close to home with support from family and friends. Most patients have short-term inpatient stays, intending to stabilize symptoms and transition to a less intense level of care. Website: <https://hcavirginia.com/specialties/behavioral-health/?location=lewisgale-pulaski>
Phone: 540-994-8100
- AA) VCU Center for Advanced Health Management: The VCU Center for Advanced Health Management (CAHM) is a home base for an advanced comprehensive care model for qualifying patients with complex care needs, including older adults.
Website: <https://intmed.vcu.edu/about/institutes/cahm/>
Phone: 804-254-3500
- BB) HMG Psychiatric Associates: Humberto and Mario Gomez, M.D. are psychiatrists who, along with their associate staff, welcome you to their practice. HMG Psychiatric Associates, P. C. is open to assisting the young to the very old in all aspects of emotional and behavioral challenges that are now hampering your life.
Website: <https://www.hmgpsychiatric.com/>
Phone: 804-639-0400
- CC) Panic/Anxiety/Depression Center.: Specializes in Psychology, Psychiatry and Adult, Child/Adolescent Psychiatry with 2 physicians.
Website: <https://doctor.webmd.com/practice/panic-anxiety-depression-center-acb31382-5aae-423f-8dbc-7fa4bd91634f-overview>
Phone: (804) 353-3324
- DD) Bon Secours Behavioral Health: Whether it's inpatient or outpatient mental and behavioral health centers, Bon Secours offers a full range of specialists to assist you and your family. Website: <https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health>
Phone: 804-371-1675
- EE) Alzheimer's Disease Education & Referral Center: (ADEAR) Alzheimer's Disease Education and Referral (ADEAR) Center provides information about Alzheimer's disease and related disorders to health professionals, patients and their families, and the public.
Phone: (800) 438-4380
- FF) Tucker Pavilion: Is a safe haven and treatment center for children, teens, adults and seniors who need mental health care.
Website: <https://hcavirginia.com/locations/tucker-psychiatric-pavilion/>
- GG) St. Joseph's Villa (Autism): The Sarah Dooley Center for Autism prepares students with autism for the fullest possible life as adults. In addition to its academic program, the Center's emphasis is on teaching students vocational and life skills so that, as adults, they can have the greatest degree of self-sufficiency and self-esteem possible. Phone: (804) 553-3241

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HH) Good Neighbor Community Services:
Coaching assists individuals with intellectual and developmental disabilities in accessing and participating in the community. Phone: 855-355-7001

II) Brother's Keeper: Provides a variety of behavioral health services.
Phone: (804) 353-3585

JJ) Dominion Behavioral Health: Has been a leading provider of outpatient mental health treatment, counseling and therapy, serving children, adolescents, adults, and more.
Website: <https://dbhrichmond.com/>

KK) Henrico Thriveworks Counseling:
Offers mental health care that is individualized and holistic. We understand that each person has unique difficulties in their lives.
Website:
<https://thriveworks.com/henrico-counseling/>

LL) Milestone Counseling Services: Helps children, adolescents, young adults and families develop skills for everyday life.
Website: <https://milestonesccs.com/>

MM) Launchpad Counseling: Trained counselors can help you conquer emotional and life challenges, so you no longer feel powerless in overcoming your struggles.
Website:
<https://launchpadcounseling.com>

NN) MySpectrum: An innovative outpatient therapy practice for every person, on every spectrum.
Website: <https://myspectrumcc.com/>
Phone: 804-924-2236

OO) Attachment and Trauma Institute: ATI

pioneered the first counseling agency with a concentrated training in Understanding Trauma and Effective Treatment Strategies for improving outcomes with at-risk youth. Website:
<https://www.attachmentandtrauma.com/>
Phone: 804-901-7911

PP) Henrico Area Mental Health & Development Services: We serve people experiencing the effects of or at risk for mental illness, developmental disabilities and substance use disorders, and children with developmental delay. Henrico Area Mental Health & Developmental Services promotes dignity, recovery and self-sufficiency in the lives of the people we serve.
Website: <https://henrico.us/mhds/>

QQ) Grafton Integrated Health Network: Grafton is uniquely qualified to deliver improved outcomes with 60 years of clinical experience and data in behavioral health and intellectual disabilities. We often take – and, based on clearly defined indicators, are successful with – the most challenging clients, many of whom have a co-occurring diagnosis.
Website: <https://www.grafton.org/>

RR) Spectrum Transformation Group: Is your single source for developmental, behavioral, intellectual, emotional, or mental health disability services in Richmond and Harrisonburg, VA.
Website: <https://spectrumtgrp.com/>

SS) Henrico Mental Health: We serve people experiencing the effects of or at risk for mental illness, developmental disabilities and substance use disorders, and children with developmental delay.
Website: <https://henrico.us/mhds/>
Phone: 804-727-8515

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TT) Behavioral Health Authority: RBHA is the statutorily established public entity responsible for providing mental health, intellectual disabilities, substance abuse, and prevention services to the citizens of the City of Richmond.
Phone: (804) 819-4100/819-4000

UU) Henrico Area Mental Health & Development Services: This is a 24-hour crisis hotline; pre-screen for hospital admission on a voluntary or involuntary basis.
Phone: (804) 727-8500
In an Emergency:
Henrico Residents call: (804) 727-8484
Charles City/New Kent residents call: (804) 966-2496

Military Support

A) Marine for Life Network: The Marine For Life Network offers Marines and family members connections to military-friendly employment, education, and other Veteran and community resources.
Website:
<https://www.usmc-mccs.org/services/career/marine-for-life-network/>
Phone: (866) 645-8762

B) US Dept. of Veterans Affairs: The United States Department of Veterans Affairs is a Cabinet-level executive branch department of the federal government charged with providing life-long healthcare services to eligible military veterans at the 1700 VA medical centers and outpatient clinics located throughout the country. (National Call Center for Homeless Veterans Hotline)
Website: <https://www.va.gov/>
Phone: (800) 827-1000 / (877) 424-3838

C) VA Dept of Veteran Services: (Region 4 –

Central) The Virginia Department of Veterans Services (DVS) connects Virginia's veterans and their families to federal and state benefits, support, quality care, and recognition they have earned.
Website: <https://www.dvs.virginia.gov/>
Phone: (877) 285-1299x4

D) Defense Centers of Excellence: The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) mission is to improve the lives of our nation's service members, veterans, and their families by advancing excellence in psychological health and traumatic brain injury prevention and care.
Website:
<https://www.textvet.org/resources/defense-centers-excellence#:~:text=The%20mission%20of%20the%20Defense,brain%20injury%20prevention%20and%20care.>
Phone: (866) 966-1020

E) VA National Guard Family Assistance Center: (Blackstone) Provide assistance and support to any and all military members and their families during times of need regardless of deployment status or branch affiliation.
Phone:(800) 542-4028

F) Iraq and Afghanistan Veterans of America: (IAVA) Rapid Response Referral Program is one-on-one case management and referral service program. RRRP provides veterans and family members free and confidential support and connections to quality resources and benefits. Phone:(855) 917-2743

G) Quaker House (GI Rights Hotline): Will educate service members, their families, and the public about military issues; and advocates for a more peaceful world.
Phone: (877) 477-4487

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- H) Military OneSource: Provide comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment, and education, parenting and child care, and much more. Phone:(800) 342-9647

Website:

<https://www.lovemattersparenting.com/>

- D) Children's Home Society of VA: Provides pregnancy and birth parent counseling, interim infant care and adoption and post-adoption services to the residents of Virginia. Counseling is free and confidential. Various adoption options are available, including parental placements, open adoption of all types, and traditional placements. The Partnership for Adoptions program finds permanent, adoptive homes for older children in the foster care system.

Phone: (800) 247-2888

- E) Parent Educational Advocacy Training Center: (Springfield)

Center provides training, information, and resources to parents and professionals who have, or who serve, children with and without disabilities from birth to age 26.

Phone: (800) 869-6782/ (703) 569-6200

- F) Resources Mothers Program: Trains and supervises laywomen to serve as a social support for pregnant teenagers and teenage parents of infants.

Website:

<https://www.vdh.virginia.gov/resource-mothers/>

- G) Supplemental Nutrition Program for Women, Infants, and Children (WIC): A program that provides vouchers for the purchase of specific nutritious foods.

Website:

<https://www.vdh.virginia.gov/wic/>

Parenting/Resources

- A) Diapers by Urban Baby Beginning: Our mission is to reduce adverse outcomes and isolation experienced by families during the prenatal, postpartum, and early childhood years by increasing access to maternal health hubs which provide community support, workforce development, and advocacy for birthing and postpartum families.

Website: info@urbanbabybeginnings.org
Phone: 833-RVA-Baby (833) RVA-BABY
fax: 833-782-2229

- B) Childhood Development HumanKind: HumanKind's mission has been consistent, providing guidance and assistance to those striving to live better and healthier lives. We have been resilient and built momentum, awareness and success in this approach. Today, building on more than 100 years of faithful service, HumanKind is the catalyst for community action, addressing the complex challenges faced by thousands of children, individuals and families in our region and across the state of Virginia.

Website: <https://www.humankind.org/>
Phone:(434) 384-3131

- C) Parenting Classes Custody/Adoption and Trauma:

Postpartum

- A) Postpartum Support Virginia: Is to educate families, healthcare providers, and communities about Perinatal Mood & Anxiety Disorders (PMADs) and to provide resources to help new and expectant mothers and their families overcome anxiety, depression, and other PMADs.
Website: <https://postpartumva.org/>
Phone: 703-829-7152
- B) MyBirth: Provides support services through conception, pregnancy, birth, and early postpartum.
Website: <https://mybirthrva.com/>
Phone: 804-404-9655
- C) Richmond Birth and Baby LLC: As mothers ourselves, we understand how important the decisions you make for your family are. Are you nervous about adding a new little one to your family? No worries, you've got this! We provide all the support to meet your unique needs, whether it's a class, someone to talk to, personal labor support, help while your partner is away on a business trip, or overnight care so you can return to work well-rested.
Website:
<https://www.richmondbirthandbaby.com/>
- D) Aunt McRae's: Whether it's your family's first new addition or its fifth, I'll provide the help you need – and deserve – to feel supported, cared for, and confident during this time in your life.
Website: <https://www.auntmrae.com/>
Phone: 804-464-8223
- E) Richmond Medical Center for Women: The Richmond Medical Center for Women has provided abortion services to Virginia's women and their families since 1973. First trimester and second-trimester abortion procedures are offered.
Website:
<https://www.richmondmedctrforwomen.com/>
Phone: (804) 359-5066 – 118 North Blvd, Richmond VA
- F) National Abortion Federation: The mission of the National Abortion Federation is to unite, represent, serve, and support abortion providers in delivering patient-centered, evidence-based care.
Website: <https://prochoice.org/>
Phone: (800) 772-9100
- G) Commonwealth Catholic Charities (Pregnancy Counseling): We provide caring, confidential support as you decide what is best for you and your baby, whether you choose parenting or adoption.
Website:
<https://www.cccofva.org/pregnancy-counseling>
Phone: (866) 259-5708
- H) Pregnancy Resource Center of Metro Richmond: Since 1983, the PRC of Metro Richmond has served thousands of women and men in the greater RVA community. It's our goal to provide you with compassionate care, objective information, and practical resources on your pregnancy options so that you can make a confident, fully informed decision.
Website: <https://www.prcrichmond.org/>
Phone: 804-673-2020
- I) La Leche League International: Is a

Pregnancy

- A) Expectant Families/Doula (for pregnant women)
<https://hipaa.jotform.com/803678644421>
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non-governmental, nonprofit organization that organizes advocacy, educational, and training related to breastfeeding.

Website: <https://www.lli.org/>

Phone: (800) 525-3243

- G) League for Planned Parenthood: Our mission is to ensure that individuals and families have the freedom, information, and ability to make their own informed reproductive choices. We believe that each individual has a basic right to control their reproductive life. Individual control will lead to a better quality of life and stronger families and communities.

Reproductive health decisions must be voluntary and private.

Website:

<https://www.plannedparenthood.org/planned-parenthood-virginia-league>

Phone: (800) 230-7526 – 201 N Hamilton St,

- H) Richmond VA Society for Human Life: A non-profit organization is advocating an end to abortion in Virginia and the United States.

Website:

<https://www.charitynavigator.org/ein/541108659>

Phone: (804) 560-8745

- I) VCU Medical Center:
<https://www.vcuhealth.org/locations/location-details?id=19> or call 804-828-9000

- J) Children's Home Society of VA: Provides pregnancy and birth parent counseling, interim infant care, and adoption and post-adoption services to the residents of Virginia. Counseling is free and confidential. A variety of adoption options are available, including parental placements, open adoption of all types, and traditional placements. The

Partnership for Adoptions program finds permanent, adoptive homes for older children in the foster care system.

Phone: (800) 247-2888

- K) LDS Family Services: Assists individuals involved in a crisis pregnancy. Available help includes licensed counseling, educational and medical assistance, adoptive placement of the child if desired, and understanding from caring professionals. Service is provided to any birth mother regardless of age, circumstance, race, or religion. Serves the entire Commonwealth of Virginia with ten service centers.

Phone:(800) 537-2229

- L) Public Health

Charles City County (804) 829-2490

Chesterfield County (804) 748-1748

Goochland County..... (804) 556-5343

Hanover County (804) 365-4313

Henrico County. (804) 652-3190/

(804) 501-4651

New Kent County (804) 966-9640

Powhatan County (804) 598-5680

Richmond City (804) 205-3500

Recreation

- A) Tuckahoe Village West Recreation

Association: Pool

Website: <https://www.tvwra.com/>

Phone: 804-740-0955

- B) Three Chopt Recreation Center, Inc:

Members enjoy relaxing summer days with friends at the pool, taking tennis lessons, watching their children compete on our swim & dive teams, and our social activities for all ages!

Website: <https://www.tcrclub.com/>

Phone: 804-270-9885

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- C) Henrico Recreation and Parks: We are pleased to offer our citizens various programs and activities for all ages, including residents with special needs. There is something for everyone from visual arts to nature and outdoors, preschool to senior adults! Our Division also oversees the development, construction, and maintenance of many parks, recreation facilities, athletic complexes, and historical sites throughout Henrico County.
Website: <https://henrico.us/rec/>
Phone: 804-501-7275
- D) Newcomers Club of Richmond: Is a women's social organization in Richmond and surrounding areas in Virginia. Website: <https://www.newcomersrichmondva.org/>
- E) Laurel Athletic Association: Benefitting local sports organizations, primarily focusing on youth athletics.
Website: <https://laurelathleticclub.org/>
Phone: 804-537-2797
- F) Lakeside Swim/Racquet Club, Inc: A family-friendly swim club located in the Lakeside area of Henrico County. The Club is a non-profit social organization dedicated to providing fun, safe summertime activities under an ideal social setting for families and residents in western Henrico.
Website: <http://www.golsrc.com/>
- G) Varina Recreation Club: This facility features ball fields, a shelter, and play equipment.
Website: <https://henrico.us/rec/places/varina/>
- H) Virginia Randolph Athletic Association: Has a mission to provide a positive atmosphere of teamwork, guidance, and fun for the community's children.
Website: <https://www.leaguelineup.com/welcome.asp?url=varandolphrams>
- I) Virginia Recreation and Park Society: Website: <https://www.vrps.com/>
Phone: 804-730-9447
- J) Kanawha Recreation Association: The oldest swim and tennis recreation association in the Tuckahoe area.
Website: <https://www.krarva.org/>
- K) Glen Allen Community Center: GACC is a community organization providing recreational, social, and community building activities to its members and the beautiful Glen Allen community.
<http://glenallenpool.com/>
- L) Chestnut Oaks Recreation Association: Pool, tennis, and family fun. Website: <https://www.chestnutoaks.org/>
- M) Avalon Recreation Association: Pool and Tennis
Website: <https://www.avalonclub.org/>
- N) Bethlehem Girls Softball Association: <http://bethlehemsoftball.website.sportssignup.com/>
- O) Antioch Recreation Association: We are a nonprofit community pool located right in the heart of Sandston and conveniently off of Route 60.
Website: <https://antiochpool.com/>
- P) Chickahominy Aquatics Association: collection Phone: 804-264-8208

Refugee & Immigration

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- A) National Immigration Forum: The Forum uses its communications, advocacy, and policy experts to advocate for more immigration, refugees, and funding to foreign nations.
Website: <https://immigrationforum.org/>
- B) Richmond Refugee and Immigration Services: We are committed to creating greater opportunities for refugees and new immigrants in Richmond by enabling access to services that benefit their future.
Website: <https://www.reestablishrichmond.org/>
- C) Arlington Diocese Refugee Services:
Website: <https://www.arlingtondiocese.org/immigration/>
Phone: (703) 841-3876
- D) Ayuda (Immigrant Services): Ayuda provides legal, social, and language services to help low-income immigrants in our neighborhoods access justice and transform their lives. Since 1973, we have served more than 150,000 low-income immigrants throughout Washington DC, Maryland, and Virginia.
Website: <https://www.ayuda.com/>
Phone: (202) 387-4848
- E) Commonwealth Catholic Charities (Refugee Resettlement):(804) 285 5900
- F) US Citizenship & Immigration Srvc:
Website: <https://www.uscis.gov/>
Phone: (800) 375-5283

Rehabilitation

- A) Real Life: Supportive services for adults post-carceration, experiencing homelessness, and or with substance abuse disorder.

Website: <https://reallifeprogram.org/>
Phone: 804-322-3311

- B) Spot On Group Therapy: We are a speech-language pathology, physical therapy, and occupational therapy group located in Richmond, Virginia.
Website: <https://www.spotontherapygroup.com/>

- C) Rehabilitation Associates, P.C.: is a comprehensive therapy center that provides physical therapy, occupational therapy, speech pathology, and more.
Website: <https://rehabilitationassociatesinc.com/>

Rental Assistance

- A) Rent Relief Program Va: Virginia is administering relief for renters experiencing a negative financial impact due to the COVID-19 pandemic through the Virginia Rent Relief Program (RRP). You can now apply through Housing Opportunities Made Equal (HOME). Staff will assist in completing the online RRP application and obtaining the needed documentation. The total payments may not exceed 18 months of rental assistance per household.
Website: <https://homeofva.org/wp-content/uploads/2021/10/RRP-Tenant-en-sp-8-10-21.pdf>
Phone: 1-887-317-1200

- B) Virginia Rent and Mortgage Relief Program:
Website: VirginiaHousing.com/RMRP
Phone: 1-703-962-1884

- C) Community Access & Supportive Services, Inc.: 909 E. Main Street, Suite 200, Richmond, VA 23219 (804) 518-6185 / James

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- Coleman (804) 852-8437 / Paulette Deb
(804) 939-8206 Will travel to the client if
client can't make it to their location
(Richmond COC and Petersburg)
- D) Atlantic Outreach Group: Otis
Eddleton | 2421 Westwood Avenue Suite A,
Richmond VA 23230 | Website:
<https://www.aog4u.org/> Phone: 804
-308- 2648
- E) City of Richmond Eviction Diversion
Program: | Only for tenants renting in the
City of Richmond Tenants Must: 1. Come to
court on the court date and pay 25% of the
amount due. 2. Explain the reason for
falling behind in rent. 3. Be able to pay
ongoing rent when due AND catch up on
the back rent. 4. Have a good rent paying
record:a. Not been late more than twice in a
6-month period. b. Not been late more than
three times in a 12-month period. c. Not
been in an Eviction Diversion Program in
the last 12 months. d. Not had an unlawful
detainer dismissed by paying current in the
last 6 months.
Phone: 1-833-663-8428, press 4
- F) WHEAT: | PO Box 171, Beaverdam, VA
23015 | For those in Western Hanover
County | Only assists residents for zip
codes: 23015, 23047, 23192, and 23146.
Phone: 1-877-559-4328
- G) St. John's Church: | 2401 E. Broad Street,
Richmond, VA 23223 | Requirements:
Needs to have a source of income and
needs to have tried to receive assistance
through Social Services first.
Phone: 804-649-7938
- H) The Sophie House: | 4771 Shady Grove
Road, Glen Allen, Va 23059 | Henrico
Supportive services for single women and
women with children.
Phone: 804-658-5214
- I) Society of St. Vincent DePaul: | Only serves
Henrico zip codes 23255, 23294, 23060,
23228, 23059, 23233. Phone 804-527-1037
- J) Powhatan Community Action Agency: | |
3908 Old Buckingham Road, Powhatan, VA
23139 | For Powhatan residents | Have to
meet an income requirement, but can help
with rental assistance, deposit assistance
(up to \$800), and deposit assistance |
Cannot receive assistance if you already
have within the past 12 months | Have to
go in and fill out an application and bring
in your bill for utility assistance and bring
in your lease and eviction notice for rental.
Phone: 804-598-5630
- K) Mechanicsville Churches Emergency
Functions: | PO Box 604, Mechanicsville,
VA 23111 | (zip codes 23111, 23116) | Call
and give your name, address, agency
information. Phone: 804-357-4093
- L) First Presbyterian Church: 4602 Cary Street
Road, Richmond, VA 23226 | Only 1-2
referrals a month / Can help with rental
assistance & utility bill
Phone: 804-358-2383
- M) FISH: | PO Box 38212, Henrico, VA 23231 |
| Helps with zip codes 23222, 23223, 23231,
23150, and 23075.
Phone: 804-257-7730
- N) Henrico DSS Info & Referral Line: (via
Hearth grant) | Very limited, specific event
in the last 60 days, sustainable.
Phone: 804-501-5294
- O) Faith Landmarks Ministries: | 8491
Chamberlayne Rd., Richmond, VA 23227
Financial assistance for rent or utility bill
(must have documentation to support the
request) Amount is on case-by-case basis,
but for non-members, they may be able to
help with \$50 Must fill out an application at

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- the church and bring I.D.
Phone: 804-262-7104
- P) Ephesus SDA Church: | 3700 Midlothian Tpk., Richmond VA 23224 Only helps Richmond zip codes 23224 and 23225 - Tuesdays from 10 a.m. to 2 p.m. Rental assistance only for non-evictions; amount varies week to week depending on amount collected over the weekend
Phone: 804-233-5201
- Q) Coalition of Powhatan Churches: | Collaboration of area churches, businesses, & civic organizations | For Powhatan residents Phone: 804-598-4464
- R) Chesterfield Department of Social Services: | Ask for the Assessment and Resource Team | Services Chesterfield and Colonial Heights residents | Best time to come would be between 8:30am-3:30pm | Is income based and must meet their criteria | Bring with you lease, any notices you have received, and last month's previous income documents including pay stubs for every household member | Can receive assistance once every 12 months. Phone: 804-748-1100
- S) CAPup: Dora Hall | Rental Assistance: You have to call first and then you will be transferred to a Case Manager. They do not help with deposits unless you currently have TANF | Energy Share for City of Richmond: Mondays and Tuesdays 9AM-11AM | Metro Care for City of Richmond (Water) Mondays-Wednesdays 9AM-11AM Phone: 804-788-0050
- T) ACES: P.O. Box 114 507B Caroline Street, Ashland, Virginia 23005 | For those in the Hanover County | M,W,F 8:30am-11:30am, must be signed in from 11am, have a referral from social services, a photo ID,
- and bill dated within the past 60 days with your address on it. Phone: 804-798-2784
- U) Henrico COVID-19 Emergency Rental Assistance: Program provides emergency rental assistance to income-eligible households economically impacted by the COVID-19 pandemic through job loss, furlough, reduction in hours of pay, and/or extraordinary child/adult care expenses as a result of school or daycare closures. Assistance is intended for the purpose of preventing homelessness. Applicants who do not face imminent homelessness because they have financial resources, have made suitable arrangements with their landlord to avoid loss of housing, or who have family, friends, or others who would assist them to avoid homelessness do not qualify for these grants. | Application and eligibility requirements can be found on Henrico DSS's website at:
Website:
<https://henrico.us/services/henrico-covid-19-emergency-rental-assistance/>
Phone: West End :804-501-4001 East End: 804-652-3123
- V) Virginia Rent and Mortgage Relief Program: Do you have a lease or mortgage in your name and did you lose income due to COVID-19? If yes, call 2-11 to be screened for additional eligibility requirements. If you live in the City of Richmond, the Town of Ashland, Charles City County, Chesterfield County, Goochland County, Hanover County, Henrico County, New Kent County, and Powhatan County you can call ACTS. | For detailed information on eligibility requirements visit the following website for Virginia Department of Housing and Community Development:
Website:
<https://www.dhcd.virginia.gov/rmrp>
Phone: 804-644-2401

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Resources for Teachers

- A) Virginia Department of Social Services: VDSS is one of the largest Commonwealth agencies, partnering with 120 local departments of social services, along with faith-based and non-profit organizations, to promote the well-being of children and families statewide. We proudly serve alongside nearly 13,000 state and local human services professionals throughout the Social Services System, who ensure that thousands of Virginia's most vulnerable citizens have access to the best services and benefits available to them.
Website: <https://www.dss.virginia.gov/>
- B) National Immigrant Youth Alliance (NIYA): <https://theniya.org/>
- C) First Focus Center for the Children of Immigrants: Challenges policymakers to ensure that all children and families, regardless of immigration status, have the opportunity to live the American Dream.
Website: <https://firstfocus.org/join-center-children-immigrants>
- D) American Federation of Teachers: Is the second largest teacher's labor union in America. The union was founded in Chicago, with Margaret Haley credited as its founder and first leader.
Website: <https://www.aft.org/>
- E) Family Educational Rights and Privacy Act (FERPA): Is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.
Website: <https://www2.ed.gov/policy/gen/guid/fpc/ferpa/index.html>
- F) Virginia Poverty Law Center: is committed to leading and coordinating efforts to seek justice in civil legal matters for lower-income Virginians.
Website: <https://vplc.org/>
Phone: 804 782 9430
- G) The Virginia Coalition of Latino Organizations (VACALAO): VACALAO's mission is to serve as a working alliance among organizations in Virginia that serve or support the interest of the Latino communities in order to empower the community and secure equal treatment, equal opportunity, and equal representation for Latinos/Hispanics in Virginia.
Website: <http://vacolao.org/>
- H) Asian Law Caucus: The mission of Asian Americans Advancing Justice – Asian Law Caucus is to promote, advance, and represent the legal and civil rights of Asian Pacific Islander communities.
Website: <https://www.advancingjustice-alc.org/>
- I) Immigrant and Refugee Children: This guide was created for educators, school support staff and service providers who teach, mentor and help open the doors of opportunity for undocumented youth and unaccompanied and refugee children currently living in the United States. Educators, school support staff and service providers are often the first individuals a student and/or family comes out to as undocumented.
Website: <https://www.learningforjustice.org/magazine/spring-2017/immigrant-and-refugee-children-a-guide-for-educators-and-school-support-staff>
- J) Immigration Legal Resource Center: The mission of the Immigrant Legal Resource

Center (ILRC) is to work with and educate immigrants, community organizations, and the legal sector to continue to build a democratic society that values diversity and the rights of all people.

Website: <https://www.ilrc.org/>

- K) National Immigration Project of the National Lawyer: NIPNLG develops cutting-edge strategies to respond to unlawful immigration enforcement, government overreach, and efforts to erode immigrant rights.
Website:
<https://www.nationalimmigrationproject.org/>

- L) The National Law Center: Only national organization dedicated solely to using the power of the law to end and prevent homelessness.
Website: <http://nationallawcenter.org/>

- M) CASA: information and resources for immigrants <https://wearecasa.org/>

- N) United We Dream/DEEP: By providing opportunities for immigrant youth, their parents, and their teachers to access information and plan for college, DEEP will empower United We Dream.
Website:
<https://unitedwedream.org/our-work/education-justice/>

- O) Immigration Advocates Network: Harnessing the power of technology and collaboration to support immigrants and their allies.
Website:
<https://www.immigrationadvocates.org/>

Runaways/Lost

- A) National Center for Missing & Exploited Children: To provide nationwide services for families, law enforcement and other

professionals in the prevention of cases of abducted, endangered and sexually exploited children and serve as a clearinghouse for missing and exploited children.

Website:

<https://www.chesterfield.gov/2224/National-Center-for-Missing-Exploited-Ch>

- B) Virginia State Police: Operates the clearinghouse as the Commonwealth's center for missing children.

Website:

<https://vsp.virginia.gov/sections-units-bureaus/bass/criminal-justice-information-services/missing-children/>

Phone: 804-674-2000

- C) Child Find of America: If your child is missing and you have already contacted your local police, please call Child Find of America: 800-426-5678

- A) National Runaway Safeline: Is the national communications system designated by the United States federal government for runaway and homeless youth, their parents and families, teens in crisis, and others who might benefit from its services.

Website: <https://www.1800runaway.org/>
Phone: (800) 786-2929

Senior Aid/Help

- A) Long Term Ombudsman Program: Work to resolve problems related to the health, safety, welfare, and rights of individuals who live in LTC facilities, such as nursing homes, board and care and assisted living facilities, and other residential care communities. Ombudsman programs promote policies and consumer protections to improve long-term services and supports at the facility, local, state, and national levels.

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- Website:
<https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program>
- B) Community Partners: Our team is comprised of professional medical experts, service providers, administrators, and executives, all sharing common goal of assuring the independence of seniors – individually and collectively working tirelessly to find, enhance, and implement solutions that enrich and prolong the lives of older adults.
Website:
<https://agewellseniorservices.org/community-partners/>
- C) Senior Living Guide: provides a comprehensive list of senior living near you. Search retirement, assisted living, memory care, & more.
Website:
<https://www.seniorlivingguide.com/>
- D) Virginia Dept of Aging: DARS is dedicated to providing statewide resources for older Virginians, individuals with disabilities, and their families or care partners, especially during the COVID-19 pandemic.
Website: <https://www.vda.virginia.gov/>
- E) Abuse in Later Life: Tackles the issue of abuse of adults 50 and older by bringing together professionals from such diverse fields as law enforcement, victim advocacy, social services, the faith community, criminal justice, housing, healthcare, aging services, and more.
Website:
<https://vcoa.chp.vcu.edu/programs/abuse-in-later-life/> or call 804-828-1525
- F) National Institute on Aging Information Center: NIA, one of the 27 Institutes and Centers of NIH, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. NIA is the primary Federal agency supporting and conducting Alzheimer's disease research.
Website: www.nia.nih.gov/
Phone: (800) 222-2225
- G) SeniorNavigator: Provides a comprehensive directory of resources for seniors in Virginia.
Website: <https://seniornavigator.org/>
Phone: (866) 393-0957
- H) Senior Connections AAA Senior Connections is dedicated to helping older adults maintain independence and quality of life as they age. We also provide support to caregivers and assist individuals with disabilities. Website:
<https://seniorconnections-va.org/>
Phone:(800) 989-2286 TRIAD(804) 786-1088
- I) National Association of States United for Aging and Disabilities (NASUAD): NASUAD represents the nation's 56 state and territorial agencies on aging and disabilities and supports visionary state leadership, the advancement of state systems innovation and the articulation of national policies that support home and community-based services for older adults and individuals with disabilities. NASUAD releases publications, provides technical assistance to agencies, and develops initiatives to support state agencies to better support people with disabilities and families.
Website:
<https://thearc.org/resource/national-association-of-states-united-for-aging-and-disabilities>
Phone:(202) 898-2578

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- J) VA Commonwealth University: (Road Scholar Program) A world-wide network of educational opportunities for learners who are at least 55 years old.
Phone:(800) 454-5768
- K) Experience Works, Inc: Experience Works helps low-income seniors (55+), with multiple barriers to employment, get the training they need to find good jobs in their local communities.
Phone:(866) 397-9757
- L) VA Poverty Law: A toll-free helpline offering legal assistance and advice to Virginians aged 60 or over and for those calling on their behalf.
Phone: (844) 802-5910
- M) DPC Assisted Living: DPC Assisted Living provide supervision and one-on-one care to ambulatory adults 50 years and older, serving Henrico and Richmond.
Phone:(804) 222-5557
- N) Senior Connections: Senior Connections, The Capital Area Agency on Aging, is dedicated to helping older adults maintain their independence and quality of life as they age. We assist older adults with diverse needs and place special emphasis on those who may be isolated and physically or economically at risk. We also provide support to caregivers and provide information about available resources to individuals with disabilities. Information about issues and resources is available to everyone.
Website: www.seniorconnections-va.org
Phone: 804-343-3000
- O) VDSS Adult Protective line: APS investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older.
Website: <https://www.dss.virginia.gov/printer/fa>

mily/as/aps.cgi
Phone: 888-832-3858

- P) VA Amber Alert (Senior Alert): The Virginia Senior Alert (VSA) provides a valuable tool for Virginia law enforcement agencies to help locate missing senior adults while allowing the broadcasters of Virginia an opportunity to contribute to the communities they serve. email to DutySgtHQ@vsp.virginia.gov Phone: (804) 674-2026

Showers/ Hygiene

- A) First Baptist Church: 2079 Monument Avenue Need to come to church during food pantry hours 11 to 1, on Mondays and Thursdays to make an appointment. Showers are available Monday through Thursday from 11 to 2:30 pm.
Phone: 804-355-8637
- B) St. Peter's Catholic Church: 800 W. Grace St. On Tuesdays from 1-3 call for an appointment. Showers begin after lunch which is completed at 1 pm.
Phone: 804-643-4315

Single Parents

- A) Relationship Foundation of VA: Is a 501(c)(3) nonprofit dedicated to building the fundamental element of strong communities - healthy relationships, marriages and active fathers. It takes effort to build a relationship, but the rewards are worth it.
Website: <https://www.rfva.org/> or call (804) 288-3431
- B) National Fatherhood Initiative: Creates a world in which every child has a 24/7 Dad. Find tools to help your organization

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better serve fathers.

Website: <https://www.fatherhood.org/>

- C) Commonwealth Parenting Center:
Provides support for the entire family and offers a variety of parenting skills to parents and caregivers of children of all ages.
Website:
<https://www.chesterfield.gov/2003/Commonwealth-Parenting-Center>
Phone: (804) 545-1928
- D) Parent Educational Advocacy Training Center (Springfield): Center provides training, information and resources to parents and professionals who have, or who serve, children with and without disabilities from birth to age 26.
Phone: (800) 869-6782/ (703) 569-620
- E) Parents Anonymous: Provides emotional support and resources to parents and caregivers. Phone:(855) 427-2736
- F) Forward foundation: Founded in 2012, serves children, their families, and organizations that benefit children in communities served by Bank Forward, Insure Forward, Invest Forward and Tax Forward exclusively. One hundred percent of contributions go to the children or organizations served by Forward Foundation.
Website:
<https://forwardfoundationva.org/about-us/>
Phone: (804) 840-8687

who have been negatively affected by bullying and prejudice.

Website: <https://ditchthelabel.org/>

- B) Soulful Expression: Through the provision of sound, ethical, and culturally competent services, this agency desires to help all those who seek guidance. It is through hope that one begins to feel as though they are no longer drowning, and we strive to help others discover hope one session at a time. Website:
<https://www.soulfulexpressionscs.com/>
Phone: 804-237-0314
- C) CReST: Acts as a resource for the youth of Region IV who are in crisis and need help.
Phone: 1 (844) 729 6954
- D) Cameron K. Gallagher Foundation: A positive force that works to cultivate awareness and understanding of teenage depression and anxiety.
Website: <https://www.ckgfoundation.org/>
Phone: 804-528-5000
- E) Be Well Va: Community Services Board (CSB) is the point of entry into the publicly funded system of services for behavioral health and intellectual disabilities. As the behavioral health and wellness experts, CSBs strive to improve the quality and productivity of lives of individuals who experience intellectual disabilities, challenges associated with mental health, substance use and thoughts of suicide.
Website: <https://bewellva.com/>
- F) National suicide prevention lifeline: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
Website:

Suicide Prevention and Help

- A) Ditch the Label: Is an anti-bullying charity, dedicated to promoting equality and provides support to young people

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- <https://suicidepreventionlifeline.org/>
Phone: 1 800 273 TALK (8255)
- G) Fort Lee Suicide Prevention Program: (For military) 804 734 3415
- H) The Jed Foundation: (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow. Website: <https://jedfoundation.org/>
- I) Yellow Ribbon Suicide Prevention Program: We are members of communities across this country/world who are empowering people (of all ages) to raise awareness about and prevent youth/teen suicide. We work to coordinate appropriate education, training, and collaboration with local and national resources to build sustainable suicide prevention programs. Website: <https://yellowribbon.org/>
- J) Suicide Awareness Voices of Education: A nonprofit resource for those affected by suicide. Website: <https://save.org/>
- K) You Matter: Is a safe space for youth to discuss and share stories about mental health and wellness. Website: <https://youmatter.suicidepreventionlifeline.org/>
- L) SuicideTALK: brings awareness to suicide and helps you how to help prevent in your community. Website: <https://www.esuicidetalk.net/>
- M) The Jason Foundation: For awareness and prevention of youth suicide. Website: <https://jasonfoundation.com/>
Phone: 615-264-2323
- N) American Foundation for Suicide Prevention Virginia Chapter: Focuses on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide. Website: <https://afsp.org/chapter/virginia>
- O) American Association of Suicidology: Non-profit association dedicated to the understanding and prevention of suicide. Website: <http://www.suicidology.org>
- P) ASIST: Also helps with intervention <https://www.livingworks.net/asist>
- Q) Stop Bullying: Gov provides information from various government agencies on bullying, cyberbullying, prevention and response. Website: <https://www.stopbullying.gov/>
- R) National Council for Suicide Prevention: Is a national coalition of seven leading nonprofits working to end suicide in the United States. Website: <https://www.thencsp.org/>
Phone: 1-800-273-8255
- S) Society for the Prevention of Teen Suicide: About teen suicide prevention has information and links to many resources for educators, parents, and teens. Website: <https://www.sprc.org/resources-programs/society-prevention-teen-suicide-spts>
- Supplies (Medical and other)**
- A) New Eyes for the Needy: Provides free eyeglasses to children and adults in the U.S. facing financial hardship.

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Website: <https://new-eyes.org/>
Phone: (973) 376-4903

- B) Mobility Supercenter: Our mission is what drives us to assist our clients in mobility so they can *Be There* for routine daily activities and special life events. We do this by training our team to listen to our clients' unique needs to fit them with the best mobility solutions, by maintaining the largest inventory in the nation of wheelchair accessible vehicles, by certifying our service teams, and by making the products and services we offer accessible to everyone through our 90+ locations and Buy Direct program.
Website:
<https://www.mobilityworks.com/about/mobility-supercenter/>
Phone: (866) 202-8607.

- C) Amramp.....sells, rents, and installs wheelchair lifts Phone: (800) 649-5215/888-715-7598

Social Skills

- A) Creative Approach Development Center: Dr. Zipporah Levi-Shackelford, (CADC) has helped hundreds of individuals improve their quality of life and reach their goals by learning new behaviors that unlocked their true potential.
Website:
<https://creativeapproachonline.com/>
- B) Friendations: Offers social coaching for children from preschool (age 3) through 5th grade. Website:
<https://knowdifferent.net/2015/06/29/friendationshelping-children-build-the-social-emotional-foundation-for-life/>
- C) Friendship Circle of Virginia: Non-profit organization that aims to create an

inclusive community by facilitating friendships. Website:
<https://friendshipcircleva.org/>

- D) RAIN: Passionately serves children diagnosed with an Autism Spectrum Disorder and other related developmental disabilities by providing autism services. Website: <https://richmondautism.org/>
- E) Snowflakes ABA: We are certified BCBA's (Board Certified Behavior Analysts), providing Applied Behavior Analysis (ABA) to children.
Website:
<https://www.snowflakesaba.com/>

Sources of Income

- A) Social Security Administration:
<https://www.ssa.gov/>
- B) SSI: Program provides monthly payments to adults and children who have low income and resources, and who are blind or disabled. Website:
<https://www.ssa.gov/ssi/>
- C) TANF: Program is designed to help needy families achieve self-sufficiency.
Website:
<https://www.acf.hhs.gov/ofa/programs/temporary-assistance-needy-families-tanf>
- D) Child Care: The Child Care Subsidy Program assists families in paying child care costs for children under age 13 who are not eligible to attend public school during the part of the day when public education is available, or children with special needs under age 18 who reside with the applicant. If you are eligible and are approved for services, the Subsidy Program can pay a portion of your child

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care costs directly to the child care provider.

Website:

<https://www.doe.virginia.gov/cc/parents/index.html?pageID=4>

- E) Medicaid: Is the state and Federal partnership that provides medical coverage to eligible needy persons. The purpose of Virginia Medicaid is to improve the health of people in Virginia who might otherwise go without medical care for themselves and their children. There is no enrollment fee or premium for Medicaid coverage if you are eligible. Low co-pays are charged for some Medicaid services.

Website:

<https://www.benefits.gov/benefit/1643>

- F) GR: Is an optional local program designed to provide assistance to children that are living with unrelated adults.

Website:

<https://www.dss.virginia.gov/benefit/gr/index.cgi>

- G) Child Support (DCSE): Either parent or a legal guardian can apply for child support services. Apply now to receive/pay child support or request low-cost paternity testing.

Website:

<https://mychildsupport.dss.virginia.gov/>

- H) Other - churches, friends, family, etc

<https://www.aqua-tots.com/>

- B) Jumpology: DEFY Richmond trampoline park. We have Ninja Obstacle, Warped Wall, Extreme Dodgeball, Stunt Fall and others. Birthday and party packages available.

Website:

<https://defy.com/locations/defy-richmond/>

- C) River City Buddy Ball: A program through Jacob's Chance, provides full season athletics in an inclusive setting where participants with physical, developmental, or intellectual differences are able to play alongside volunteers or, as we call them, "buddies."

Website:

<https://www.jacobschance.org/play-sport>

- D) Richmond Kickers RVA Access: Offers children with special needs the opportunity to play soccer. Open to boys and girls ages 4-19, sessions are held at City Stadium.

Website:

<https://www.richmondkickers.com/rvaccess>

Student Resources/aid

- A) Atlantic Outreach Group | Otis Eddleton | 2421 Westwood Avenue Suite A, Richmond VA 23230 | Website: <https://www.aog4u.org/> Phone: 804 -308- 2648

- B) Student Scholarships can be found through the school you go to or wish to go to. This includes Student support and Financial aid.

- C) Student and school support: VDOE and the commonwealth's public schools work

Sports & Fitness

- A) Aqua Tots: Schools offer world-class swimming lessons for kids of all ages and skill levels. We offer swim lessons for children 4 months old and up. Website:

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in partnership to support and improve teaching and learning through a variety of programs and activities promoting the safety and well being of students.

Website:

<https://www.doe.virginia.gov/support/index.shtml>

- D) Virginia Scholarships: By using one's state as search criterion, Scholarships.com can help students find scholarships restricted to those residing in or attending school in Virginia.

Website:

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-state/virginia-scholarships/>

- E) Grap4Va: Community Foundation for a Greater Richmond offers over 65 scholarship opportunities for students in many Virginia localities.

Website:

<https://grasp4va.org/scholarships-and-resources>

- F) State Financial Aid:

<https://www.schev.edu/index/tuition-aid/financialaid/state-student-aid>

- G) Richmond Community College Financial Aid & Scholarships: Our goal is to offer educational programs and assistance that ultimately impact our community for the better, allowing for more jobs, more employed citizens, and overall better lives for the people around us.

Website:

<https://richmondcc.edu/admissions/financial-aid>

- H) Educators for Fair Consideration: We empower undocumented young people to achieve educational and career goals through personal, institutional, and policy transformation.

Website: <https://immigrantsrising.org/>

Summer Programs

- A) The Faison Schools Social Skills Camp: For those with Autism.
Phone: 804-612-1947
- B) Comfort Zone Camp: Comfort Zone Camp is a nonprofit 501(c)3 bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person.
Website: <https://comfortzonecamp.org/>
- C) Greater Richmond ARC- Camp Baker: Its respite and training programs help decrease caregivers' stress so that they are better able to cope with the demands of caring for school-aged children and adults with disabilities. Campers receive care and supervision in a safe, nurturing environment. Beyond assistance with personal hygiene, meals, toileting, and medication management, campers participate in therapeutic, recreational and social activities both at the camp and in the community. Website: <https://www.nchpad.org/Directories/Programs/7447/Camp~Baker~~The~Great~Richmond~ARC>
- D) Henrico County Parks and Recreation: We are pleased to offer our citizens a variety of programs and activities for all ages, including residents with special needs.
Website: <https://henrico.us/rec/>
- E) Integrated Therapy Services- Kids in Motion Summer Camp: Offering week-long summer camp for special kids with special needs. Incorporating all therapies.
Website:

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<https://kimpediatrics.com/special-summer-camp/>

- F) RAIN- Camp Free2BMe: Is a unique summer day camp offering social skills programming combined with recreational opportunities to children ages 13 and up. Each week is focused on a specific skill and is learned through outings, art, music, themed activities, individual and group projects.
Website:
<https://richmondautism.org/our-programs>

Transportation

- A) Ridefinders:
<http://www.ridefinders.com/>
- B) Van-Go Medical Transportation: Our goal is to be the premier para-transit company, and safety is our top priority. We transported over 24,000 people last year alone.
Website: <https://vangotaxi.com/>
- C) LogistiCare, Inc: Helps state governments and managed care organizations run transportation and integrated health care programs.
Website: <https://www.logisticare.com/>
- D) GRTC: The Greater Richmond Transit Company, known locally as GRTC Transit System, is a local government-owned public service company which operates an urban-suburban bus line based in Richmond, Virginia.
Website: <http://ridegrtc.com/>
- E) CARE aka First Transit Inc: 804-782-2273:
- F) Senior Connections AAA: This program provides group or individual transportation for congregate meals at

Friendship Cafe and transportation to medical appointments for individuals who meet eligibility requirements.
Phone: (800) 989-2286

- G) VA Dept of Transportation (511).
(800) 367-7623
- H) Vehicles for Change Vehicles For Change helps individuals who want to work by providing affordable cars and a chance for an improved life. Cars are awarded to recipients in Maryland, Virginia, and Washington DC. FOR N. VA INQUIRIES, Call 410.242.9674. FOR ALL OTHER COUNTIES, CONTACT MELISSA AT 804-615 -9537. Vehicles For Change provides car donation services in Maryland, Virginia, and Delaware.
Phone:(855) 820-7990

Tutoring/School help

- A) Varsity Tutors: The Learning Lab, offers adaptive assessments and personalized learning plans to help focus where the most improvement is needed. And our full library of practice tools, aligned to academic standards, helps your student do it at their own pace. All for free.
Website:
https://www.varsitytutors.com/self-study/learning-lab?campaign=rec_hp
- B) Making A Difference For You, Inc. (MAD4YU): Is a grass-roots, Virginia-based, 501 © (3) nonprofit organization providing life enrichment services to low-income populations. Helps k-12 and beyond with various topics and assistance. Website:
<https://www.mad4yuinc.org/about/services/tutoring-services/> Phone:
(804) 833-3281

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- C) Interactive Mathematics: IntMath aims to interest and educate people in the joys of mathematics. It does so by providing clear examples, relating things to the "real world" and providing interactive applets that allow the user to explore mathematical concepts.
Website: <https://www.intmath.com/>
- D) Math SOS: S.O.S. MATHematics is your free resource for math review material from Algebra to Differential Equations! The perfect study site for high school, college students, and adult learners. Get help to do your homework, refresh your memory, prepare for a test, ...Browse our more than 2,500 Math pages filled with short and easy-to-understand explanations.
Website: <http://www.sosmath.com/>
- E) HippoCampus: Is a free, core academic website that delivers rich multimedia content--videos, animation, and simulations--on general education subjects to middle-school and high-school teachers and college professors, and their students, free of charge.
Website:
<https://www.hippocampus.org/>
- F) FEV Tutor: All Richmond County Students have access to FREE tutoring 24/7! FEV Tutor provides engaging, 1-to-1 virtual tutoring services that are driven by data and personalized for each student. The result is a live service designed to truly drive student achievement gains.
Website:
<https://www.rcboe.org/Page/60670>
<https://www.fevtutor.com/>
- A) U.S Department of Vetern's Affiars (homeless)
Website:
<https://www.va.gov/homeless/nationalcallcenter.asp>
Phone: 877-424-3838
- B) Virginia Veteran and Family Support: Information/referrals to resources for homeless veterans in Virginia.
Website:
<https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2>
Phone: 804-786-0286
- C) AMVETS (Legal Advice): The program provides experience to law students and free legal representation to veterans, service members and their families.
Website: <https://amvets.org/>
Phone: 301-459-9600
- D) Blinded Veterans Association: Always giving, intensely passionate, unmistakably direct, caring and concerned, tough loving but never leaving anyone behind or alone.
Website: <https://bva.org/> Phone: (800) 669-7079
- E) VA Housing Development Authority (VHDA) - Home Modification Grant Prog
Phone: (877) 843-2123
- F) Hire Heroes USA. Hire Heroes USA provides free job search assistance to U.S. military members, veterans, and spouses, and we help companies connect with opportunities to hire them.
Website:
<https://www.hireheroesusa.org/>
Phone: (866) 915-4376
- G) American Legion Dept of Virginia: The American Legion was chartered by Congress in 1919 as a patriotic, mutual

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help and community service organization.
Website: <https://valegion.org/>
Phone: (804) 353-6606

- H) Richmond Veteran Center: Readjustment counseling is wide range of services provided to combat veterans in the effort to make a satisfying transition from military to civilian life.
Phone: (877) 927-8387
- I) Quaker House (GI Rights Hotline): Quaker House will educate service members, their families, and the public about military issues; and advocates for a more peaceful world.
Phone: (877) 477-4487
- J) Hunter Holmes McGuire Veterans Affairs Medical Center: Offers primary, secondary, and tertiary diagnostic and therapeutic health services in medicine, surgery, neurology, rehabilitation medicine, intermediate care, acute and sustaining spinal cord injury, skilled nursing home care, and palliative care.
Phone: (800) 784-8381/ (804) 675-5000
- K) Alliant Global Strategies: AGS offers training and employment assistance to veterans who are unemployed or seeking employment, including employment services to help find a job, referral for unemployment benefits while seeking employment, and apprenticeship and on-the-job training programs that pays during preparation for a sustainable career. Phone: (800) 450-3576

their own apartments with 24 hour staff support, education and job training, medical, dental and day care referrals, housing search and aftercare support.
Website:
<https://jri.org/services/educational-and-residential/group-homes/tpp>

- B) 216teen: Has resources for young teen parents.
Website:
<https://216teens.org/about-you/for-teen-parents-2/resources-teen-parents/>
- C) Resource Mothers: Is designed to decrease infant mortality and low birth weight rates among Virginia's teen mothers. The program was created to improve birth outcomes for the teen and the baby.
Eligibility Criteria: pregnant teens (up to 19 years old).
Website:
<https://www.vdh.virginia.gov/resource-mothers/>
- D) Healthy Teen Network: Supports educational equity and systems of support that aid young people who are pregnant and parenting to complete high school.
Website:
<https://www.healthyteennetwork.org/resources/position-statement-affirming-young-people-pregnant-parenting/>
- E) Teen Parents: Stronger Parents, Brighter Futures is a state-wide program created to strengthen children's lives in Virginia. We provide parents and single parents ages 15-24 with resources that strengthen fathers, mothers, and caregivers to co-parent and work cooperatively to improve their children's family life and long-term outcomes.
Website: <https://virginiafamilies.org/>

Young Parents

- A) Teen Parenting Program: The Teen Parenting Program is a DCF and DTA funded residential program for teens who are pregnant or parenting. Teens live in

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Phone: 800-901-6260

Youth Services/Help

- A) Intercept Health: To make a lasting, positive impact on the health of our clients, the satisfaction of our customers, and the success of our team members.

Website:

<https://www.intercepthealth.com/>

Phone: 804-612-3332

- B) Lakeside Youth Baseball, Inc: Lakeside Youth Baseball focuses on youth baseball, family, and team spirit. Our objective is to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority.

Website:

<http://www.lakeside.sportssignup.com/site/>

- C) Metropolitan Youth Football League: Has been the premier youth football league in the metropolitan area and surrounding counties. Our unmatched ability to support each of our associations through unlimited partnerships is what continues to make us Central Virginia's best option for football and cheer.

Website:

<https://www.myflfootball.org/maintenance>

- D) Richmond Strikers Soccer Club:
<https://www.richmondstrikers.com/landing/index>

- E) Richmond Volleyball Club: Is dedicated to providing a lifetime of opportunity through the sport of volleyball by promoting interest in the sport, teaching and developing skills and techniques, and fostering teamwork, sportsmanship, and an

appreciation for health and wellness.

Website: <https://rvc.net/>

- F) Kanawha Youth Football/Cheerleading Association: We are based in beautiful Short Pump Park in Henrico, Virginia on Pump Road between Broad and Three Chopt. We offer Football and Cheerleading for 5 year old's up to 13 year old's. Website: <https://www.kanawhafootball.org/kanawha>

- G) Highland Springs Youth Football League: A recreational football league team affiliated with the Metropolitan. Website: <https://www.highlandspringssaints.com/>

- H) Highland Springs Little League: Is to bring generations together through the love of baseball and softball to remember, celebrate, build and reignite the tradition of the community. Website: <https://highlandspringslittleleague.com/>

- I) Glen Lea Youth Football Association:
<https://www.glenleamyfl.org/>

- J) Glen Allen Youth Athletic Association: Is a non-profit organization that provides youth athletic programs in Glen Allen, Virginia. Website: <https://www.glenallensports.com/>

- K) Job Corps: Corps offers hands-on training in more than 100 career technical areas for youth 16-24. Phone: (800) 733-562

- L) Girl Scouts of the Commonwealth of Virginia (Richmond): At Girl Scouts of the USA, we build girls of courage, confidence, and character who make the world a better place. In this moment of suffering in our nation, Girl Scouts commits to taking action to support Black girls, their families, and their communities. We want to reiterate to all girls, volunteers, alums, supporters,

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families, and staff that we do not tolerate racial injustice and we know that Black Lives Matter.

Website:

<https://www.comgirlscouts.org/>

Phone: (800) 472-6884

M) Boy Scouts of America, Heart of Virginia Council

Website: <https://hovc.org/> Phone: (804) 355-4306

N) Boys and Girls Club Serving youth ages 6 to 19 in Chesterfield, Hanover, Henrico, and Richmond. Phone:(804) 222-3122

O) Somebody's to Somebodies Mentoring Services: – 206 East Clay St, Richmond S2S provides mentoring to youth and adolescents 5 -18 years of age in a variety of different settings living in the Richmond area. Phone: (804) 836-7212

P) Virginia Cooperative Extension (4-H)
Charles City County.....(804) 652-4743
Chesterfield County.....(804) 751-4401
Goochland County(804) 556-5841
Hanover County.....(804) 752-4310
Henrico County(804) 501-5160
New Kent County.....(804) 966-9645
Powhatan County.....(804) 598-5640
Richmond County.....(804) 786-4150

through the CCC Plus Waiver (formerly the EDCD and Technology Assisted waivers), or one of the three

Developmental Disability (DD) waivers.

Website:

<https://www.dmas.virginia.gov/for-providers/long-term-care/waivers/>

Waivers

A) School application fee waivers for University of Richmond:
<https://admissions.richmond.edu/processes/fee-waiver.html>

B) Developmental Disability and CCC Plus: Is for full Medicaid members who are either: 65 and older, children or adults with disabilities, nursing facility residents, or someone receiving services