

2020-2021

COUNSELING AND COMMUNITY RESOURCE GUIDE



Purpose

The Counseling and Community Resource Guide was developed as a tool to provide various mental health, social and emotional, and community supports to families, teachers, staff and administrators.

NOTE: This guide is not an endorsement of any specific agency or organization.

Acknowledgements

A very special thank you to the NPS School Social Workers for the initial compilation of the 2014 Community Resource Guide. An extended thank you to the members of the Proactive Student Supports Committee for the revision and updating of the material.

Table of Contents

Counseling Services (providers in Norfolk).....	3
Counseling Services (providers in Virginia Beach)	4
Services Providers (counseling/therapy).....	5-6
Referral List (sliding scale)	7
Referral List (insurance).....	7
Psychiatrist Listing	8
ABA Therapy Providers.....	9
Autism Resources.....	9-10
Child/Abuse Neglect.....	10
Child/Parent Resources	10-11
Developmental Milestones and Screening.....	11
Education/Literacy	11-12
Financial/Housing/Utility Assistance.....	12-13
Food and Clothing Assistance.....	13
Health/Dental/Vision Clinics and Information.....	14
Holiday Assistance	15
Hotline Emergency.....	15
Immunizations.....	15
Legal Assistance	15
Medical Insurance.....	16
Mental Health.....	16-18
Military Services	18
Recreation.....	19
Shelter	19
Special Needs and Disabilities.....	20-21
Substance Abuse.....	21
Suicide Prevention and Information	22
Support Groups and Parenting Classes	22
Therapy Services (OT, PT, ST)	22
Transportation	23
Database Listings of Resources and Supports.....	23
Non-Emergency Numbers	23

COUNSELING SERVICES

Providers in Norfolk	
Adela S. Roxas, Ph.D., LLC 5660 E. Virginia Beach Blvd., Ste. 202 Norfolk, VA 23502 (757) 296-0694	Cheryl Cox 1709 Colley Ave. Norfolk, VA 23517 (757) 490-5500
CHKD Child Abuse Program 935 Redgate Ave. Norfolk, VA 23507 (757) 686-6100	Churchland Psychological Center 1709 Colley Ave., Ste. 310 Norfolk, VA 23517 (757) 483-3404 <i>(Most insurances accepted. Counseling and evaluation for substance abuse)</i>
Community Psychological Resources 919 21 st St. Norfolk, VA 23517 (757) 622-6794	EVMS Health Services 825 Fairfax Ave., Ste. 710 Norfolk, VA 23507 (757) 446-5888
Finney Zimmerman Associates 324 Louisa Ave., Ste. 125 Virginia Beach, VA 23454 (757) 351-6400 www.psych-therapy.com/ (Insurance Accepted: Anthem and Optima)	Hampton Roads Behavioral Health 1500 E. Little Creek Rd., Ste. 250 Norfolk, VA 23518 (757) 587-4744 www.hrbhgroup.com
Judith Saxon, Ph.D. Granby St. Norfolk, VA (757) 850-9785 <i>(leave a voicemail)</i>	Lafayette Psychiatric Associates 160 Kingsley Ln., #204 Norfolk, VA 23505 (757) 489-4700
Norfolk Psychiatric Associates 6353 Center Drive, #204 Norfolk, VA 23502 (757) 461-3313 (Insurance/some cash pay) <i>(Therapy @ age 11./Med. Mgmt. @ age 16)</i>	Psychotherapy Resources-Norfolk 1709 Colley Ave., #312 Norfolk, VA 23517 (757) 640-0400
The UP Center 222 West 19 th St. Norfolk, VA 23517 (757) 622-7017 ext. 112 (757) 965-8652 (Direct # to Jessica) Fax: (757) 640-8402	Watermark Psychological Services 821 W. 21 st St., Ste. 206 Norfolk, VA 23517 (757) 349-8832

COUNSELING SERVICES

Providers in Virginia Beach	
<i>Catholic Charities of Hampton Roads</i> 4855 Princess Anne Rd Virginia Beach, VA 23462 (757) 456-2366 ext. 1001 <i>(Counseling; assistance with teenage mothers)</i> <i>(offices in Chesapeake, Norfolk, Newport News and Virginia Beach)</i>	<i>Clinical Associates: David Reid</i> 1060 Laskin Rd. Virginia Beach, VA 23451 (757) 456-0505 <i>(Psychiatric services)</i> <i>(\$250-1st session; \$170/session)</i>
<i>Jewish Family Services</i> 5000 Corporate Woods Dr., Ste. 400 Virginia Beach, VA 23462 (757) 459-4640 <i>(Counseling: Grief, group, telehealth)</i> <i>(Sliding scale offered for individuals without insurance)</i>	<i>Spectrum Psychological Services</i> 4542 Bonney Rd., Ste. B Virginia Beach, VA 23462 (757) 640-1882

Service Providers
(Chesapeake/Norfolk/Portsmouth/Suffolk/Virginia Beach)

<p>Christian Psychotherapy Services (therapy, psychiatric and teletherapy services) 1564 Crossways Blvd. Chesapeake, VA 23320 (757) 420-8002 <i>(Insurance accepted; sliding scale offered and payment plans available)</i></p>
<p>Christian Psychotherapy (outpatient and psychological evaluation) 142 West York Street Norfolk, VA 23510 (757) 622-2114 <i>(Insurance accepted; sliding scale offered and payment plans available)</i></p>
<p>Christian Psychotherapy Services (therapy, psychiatric and teletherapy services) 3897 Bridge Rd., #104 Suffolk, VA 23435 (757) 394-1961 <i>(Insurance accepted; sliding scale offered and payment plans available)</i></p>
<p>Christian Psychotherapy Services (therapy, psychiatric and teletherapy services) 4460 Corporation Lane Virginia Beach, VA 23462 (757) 490-0377 <i>(Insurance accepted; sliding scale offered and payment plans available)</i></p>
<p>Churchland Psychiatric Associates (therapy and psychiatric services) 3300 Academy Ave. Portsmouth, VA 23703 (757) 483-6404 <i>(Insurance accepted)</i></p>
<p>Compass Youth and Family Services (outpatient therapy services) 7460 Central Business Park Drive Norfolk, VA 23513 (757) 644-6391 <i>(Most insurance accepted; Medicaid accepted; Self-pay: \$85/session)</i></p>
<p>Eden Counseling Center and Consulting (teletherapy services) 6330 Newton Rd. Norfolk, VA 23502 (757) 466-3336</p>
<p>EVMS Psychiatry and Behavioral Sciences 825 Fairfax Ave. #710 Norfolk, VA 23507 (757) 446-5888</p>

Service Providers
(Chesapeake/Norfolk/Portsmouth/Suffolk/Virginia Beach)
(continued)...

Finney Zimmerman Psychotherapy Associates (outpatient and psychological evaluation)
 324 Louisa Ave.
 Ste. 125
 Virginia Beach, VA 23454
 (757) 351-6400

Jeninne McNeil-Therapy and Testing (outpatient and psychological evaluation)
 6330 Newtown Rd.
 #525
 Norfolk, VA 23502
 (757) 347-8798 / (757) 222-0814

Norfolk Community Services Board (outpatient therapy)
 7447 Central Business Drive
 Norfolk, VA 23513
 (757) 756-5600
(Sliding scale available)

REFERRAL LISTING
(Counselors that provide a sliding scale fee)

Name of agency	Phone number	Information
Catholic Charities	(757) 456-2366	4855 Princess Anne Rd., Norfolk, VA
Norfolk Community Services Board	(757) 823-1600 (757) 664-7699	<i>(No insurance required)</i>
Tidewater Pastoral	(757) 623-2700	7305 Hampton Blvd., Norfolk, VA <i>(No insurance required)</i>

REFERRAL LISTING
(Insurance Required)

Agency and Contact Information	Insurance and Service(s)
Affiliated Clinical Therapists 142 W. York St. Suite 710 Norfolk, VA (757) 623-2228 (757) 623-7186 (fax) Lawrence M. Ross, Ph.D.	<ul style="list-style-type: none"> • Medicaid, Sentara, Blue Cross Tricare, BC/BS, Champus and other insurance-please call to find out if the insurance is accepted). • ADHD, individual, marital, family, specializing in treatment of children/adolescents).
Lafayette Psychiatric Services 160 Kingsley Ln. Ste. 204 Norfolk, VA (757) 489-4700 (757) 489-0240 (fax)	<ul style="list-style-type: none"> • Most insurance plans accepted. • Major credit cards accepted. • Medication management services due to stress, anxiety. • Depression, anxiety/phobias, childhood behavior problems, ADHD, school/learning difficulties, self-esteem, parenting, separation/divorce, sexual/physical abuse, stress management and personal or family problems.
Psychotherapy Associates of Ghent 327 West 21 st St. Suite 205 Norfolk, VA 23517 (757) 622-9852 (757) 622-14033	<ul style="list-style-type: none"> • Please call to see if your insurance is accepted. • All services.
The Up Center 222 West 19 th St. Norfolk, VA (757) 622-7017 (757) 354-3819 ext. 155 (Jessica - contact person)	<ul style="list-style-type: none"> • Insurances include Medicaid and sliding scale. • Variety of services including educational seminars on abuse, stress, etc.

For Psychiatrists

CHKD

601 Children's Lane, Norfolk, VA 23507

- ◆ Dr. Peter Dozier
(757) 668-8866
Practice: Child and Family Psychologist and Psychiatry
- ◆ Mary Kittle, PMGNP-BC
(757) 668-8866
Practice: Child and Family Guidance and Consultation
 - She works collaboratively with Dr. Peter Dozier, as they offer psychiatric evaluations, consultation and liaison services for children and adolescents.

Community Psychological Resources

919 W. 21st Street, #B
Norfolk, VA 23517
(757) 622-6794

Services Provided: Counseling, Therapy and Psychological Services

Dr. Lawrence M. Ross, Ph.D.

142 W. York Street, Ste. 710
Norfolk, VA 23510
(757) 623-2228

*Services Provided: Therapy for children and adults (individual, family, marital)
(All insurances accepted)*

COMMUNITY RESOURCE GUIDE

ABA THERAPY PROVIDERS

Name of organization	Phone number	Website Address	Service(s)
Autism Consulting and Therapy, LLC	(757) 639-2218	https://www.autismconsultingandtherapy.com/	ABA Therapy--provide in-home, in the center or in the community
Butterfly Effects	(866) 530-5601 (888) 880-9270	http://www.butterflyeffects.com/	ABA Therapy
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	www.cornerstonechildfamilyservices.com	ABA Therapy, as well as home-based and outpatient counseling
EMG Consulting	(757) 615-3003	http://autismservicesaba.com/	ABA Therapy
Mea' Alofa Autism Support Center	(757) 465-3933	www.learnwithmasc.org	ABA Therapy for children with Autism Spectrum Disorders
Paradigm Pathway Consulting	(757) 286-2786	http://www.paradigmpathwaytherapy.com/	ABA Therapy—provide home and school based services and parent trainings

AUTISM RESOURCES

Name of organization	Phone number	Website Address	Service(s)
Autism Society of America (ASA)	(800)-3AUTISM (800) 328-8476	www.autism-society.org	Information and referrals
Autism Society-Tidewater	(757) 461-4474	Resource Directory: http://chapter.tidewaterasa.org/localres.php	Resources and information, support groups and events
Autism Speaks	(888) 288-4762	http://www.autismspeaks.org/	Information and resources on autism
Commonwealth Autism Services	(804) 355-0300	www.autismva.org	Assessment Clinic, Professional Development, Information/resources, adult service needs, Dominion School for Autism
Community Psychological Resources	(757) 622-6794	www.cprcares.com	Therapy for children with Autism
Families of Autistic Children (FACT)	(757) 422-2040	http://www.camp4autism.com	Monthly social events and camps for children with Autism

AUTISM RESOURCES (continued)...

Name of organization	Phone number	Website Address	Service(s)
Independence Child Therapy Services, LLC	(757) 345-6428	http://independencechildtherapy.com/Home.html	Counseling for children diagnosed with Autism (Williamsburg)
National Autism Center	(877) 313-3833	www.nationalautismcenter.org	Free Parent's Guide to Autism, assessment and evaluation, information
Organization for Autism Research (OAR)	(703) 243-9710	www.researchautism.org	Information, resources, news and events, grants
VCU Autism Center for Excellence	(855) 711-6987	https://vcuautismcenter.org/about/	Information, resources, education and training

CHILD ABUSE/NEGLECT

Name of organization	Phone number	Website Address	Service(s)
Child Abuse Hotline-Virginia	(800) 552-7096	https://www.dss.virginia.gov/family/cps/index.cgi	Accepts reports; crisis counseling and intervention
Families Forward Virginia	(804) 359-6166	https://www.familiesforwardva.org/	Support, information and referrals
Norfolk Department of Human Services	(757) 664-6022	https://www.norfolk.gov/350/Childrens-Services	Accepts and investigates child abuse/neglects reports
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	http://www.courts.state.va.us/courts/jdr/norfolk/home.html	Court services

CHILD/PARENT RESOURCES

Name of organization	Phone number	Website Address	Service(s)
Boy Scouts of America-Tidewater Council	(757) 497-2688	http://www.tidewaterbsa.com/	Boy Scouts
Boys and Girls Club of Southeastern Virginia	(757) 321-6219 (757) 853-5632	Contact: ReggieLCarter@BGCSEVA.org https://www.bgcseva.org/	Virtual Program Available, after-school, homework assistance and summer programs for children ages 6-18 (Rosemont-Virginia Beach location is open)
CHKD	(757) 668-7000	https://www.chkd.org/Patients-and-Families/Health-Library/	Information on discipline strategies, child development, dental care, health, etc.
Child Support Services	(800) 468-8894	https://www.dss.virginia.gov/family/dcse/	General questions about child support

CHILD/PARENT RESOURCES (continued)...

Name of organization	Phone number	Website Address	Service(s)
EDMARC Hospice for Children	(757) 967-9251	https://edmarc.org/	Hospice/home health for children with life threatening/life limiting illness
Girl Scouts Council of Colonial Courts	(757) 547-4405	https://www.gsccc.org/	Girl Scouts
Hampton Roads Parenting Education Network (HRPEN)	(757) 668-9304 (757) 727-1300	https://www.chkd.org/patients-and-families/parenting-classes-and-resources/hampton-roads-parenting-education-network/	Network of agencies that provide education, support, information and referrals
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	http://www.courts.state.va.us/courts/jdr/norfolk/home.html	Court services
PBS Kids	n/a	https://www.pbs.org/parents/	Information on child development and educational
Tidewater Family	(757) 204-4688	https://www.tidewaterfamily.com/	Comprehensive source of information on families, education, health, etc.
Virginia Family & Fatherhood Initiative	(800) 901-6260	https://virginiafamilies.org/	Literature about the importance of fathers
YMCA	(757) 622-9622	https://www.ymcashr.org/programs-classes	Afterschool and daycare programs, sports, recreation, camps, family activities

DEVELOPMENTAL MILESTONES AND SCREENING

Name of organization	Phone number	Website Address	Service(s)
American Academy of Pediatrics	(800) 433-9016	https://www.aap.org/en-us/Pages/Default.aspx	Information
CHKD	(757) 668-7000	https://www.chkd.org/Patients-and-Families/Health-Library/	Developmental pediatrics; medical care and evaluation for children with special needs
Infant and Toddler Connection of Virginia	(800) 234-1448 (757) 441-1186	http://www.infantva.org/	Provide local screening/assessments for children ages 0-3 who may have a delay or disability
Zero to Three	(800) 899-4301	https://www.zerotothree.org/	Information

EDUCATION/LITERACY

Name of organization	Phone number	Website Address	Service(s)
Commonwealth Challenge	(757) 491-5932	http://www.vachallenge.org/	Residential GED and trade program

EDUCATION/LITERACY (continued)...

Name of organization	Phone number	Website Address	Service(s)
Cox Internet (Connect2Compete)	(855) 222-3252 (877) 404-2568	https://www.cox.com/residential/internet/connect2compete.html	Low-cost internet services to qualifying families
Hampton Roads Workforce Council	(757) 629-4702	http://www.vcwhamptonroads.org/	Workplace readiness, In-school and out of school programs
Job Corps	(800) 733-JOBS	https://www.jobcorps.gov/	Free GED and job training program
Life Enrichment Center	(757) 623-6001	http://lecliteracy.org/	Literacy tutoring for children and adults
Norfolk City Library	(757) 664-7323	https://www.norfolkpubliclibrary.org/	Books, programs and materials
PBS Kids	n/a	https://www.pbs.org/parents/	Information on child development and educational
Planning Council	(757) 622-9268	https://www.theplanningcouncil.org/families-and-children/parent-resources/	Parent Resources, Assistance locating childcare in area
Project Hope	(757) 221-4002 (877) 455-3412	https://education.wm.edu/centers/hope/index.php	Educational related information for children and youth experiencing homelessness
REACH, Inc. (Reading Enriches All Children)	(757) 627-4722	https://www.reachreads.org/	Literacy support to homeless and at-risk children and families; reading workshops, book distributions
Scholastics, Inc.	n/a	https://www.scholastic.com/parents/school-success.html	Educational information
STOP, Inc. (Supporting Transformational Opportunities for People)	(757) 858-1360	https://www.stopinc.org/programs	Educational programs related to technology (Technology Bus)
Urban League of Hampton Roads	(757) 627-0864	https://www.ulhr.org/	Innovative programs to support academic achievement
Virginia Department of Social Services	(804) 726-7000 (800) 552-3431	https://www.dss.virginia.gov/family/children.cgi	Information on local child care providers/schools

FINANCIAL/HOUSING/UTILITY ASSISTANCE

Name of organization	Phone number	Website Address	Service(s)
American Red Cross-Southeastern VA	(757) 446-7000	http://www.redcross.org/va/norfolk	Disaster assistance, youth services, health and safety, nurse assistant training
Catholic Charities of Eastern VA	(757) 456-2366	www.cceva.org	Financial Counseling

FINANCIAL/HOUSING/UTILITY ASSISTANCE (continued)...

Name of organization	Phone number	Website Address	Service(s)
Habitat for Humanity of South Hampton Roads	(757) 640-0590	http://shrhabitat.org	Builds and rehabilitates affordable homes for low-income families
Homeless Action Response Team (HART Program)	(757) 587-4202 (757) 664-6000	http://www.norfolk.gov/2697/Homeless-Action-Response-Team-HART	Assistance with finding shelter for homeless families
Jewish Family Services of Tidewater	(757) 459-4640	www.jfshamptonroads.org	Provides a full spectrum of social and health services to include financial and food assistance
Norfolk Department of Human Services	(757) 664-6000 (757) 664-6035	https://www.norfolk.gov/295/Human-Services	Various financial assistance programs
Salvation Army-Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/	Emergency financial assistance, transitional housing for men
STOP Organization	(757) 858-1360	https://www.stopinc.org/	Short-term financial assistance; employment and training, housing counseling
UP Center, The	(757) 622-7017	https://www.theupcenter.org/	Financial and housing counseling, financial management for people with disabilities, job training
Virginia Housing Development Authority	(804) 782-1986 (877) 834-2123	https://www.vhda.com/Pages/Home.aspx	Assistance for low- and moderate-income families

FOOD AND CLOTHING ASSISTANCE

Name of organization	Phone number	Website Address	Service(s)
Food Bank of Southeastern Virginia	(757) 627-6599	https://foodbankonline.org/	Food assistance
Judeo-Christian Outreach Center	(757) 491-2846	https://jcoc.org/about-us/feeding-programs/	Food and clothing assistance
Norfolk Department of Human Services	(757) 664-6000	https://www.norfolk.gov/295/Human-Services	Food Stamp Program
Salvation Army	(757) 543-8100	http://www.virginiasalvationarmy.org/	Food and clothing assistance
Union Mission Ministries	(757) 627-8686	https://www.unionmissionministries.org/	Meals provided daily; clothing assistance
Women, Infant and Children Program (WIC)	(757) 355-5567	Berkley WIC Clinic https://www.norfolk.gov/2941/WIC-Program	Nutritional care and food supplement program
Women, Infant and Children Program (WIC)	(757) 683-9280	Huntersville WIC Clinic https://www.norfolk.gov/2941/WIC-Program	Nutritional care and food supplement program
Women, Infant and Children Program (WIC)	(757) 531-2150	Little Creek WIC Clinic https://www.norfolk.gov/2941/WIC-Program	Nutritional care and food supplement program
Women, Infant and Children Program (WIC)	(757) 683-9230	Park Place WIC Clinic https://www.norfolk.gov/2941/WIC-Program	Nutritional care and food supplement program

HEALTH/DENTAL/VISION CLINICS AND INFORMATION

Name of organization	Phone number	Website Address	Service(s)
American Red Cross	(757) 446-7700	https://www.redcross.org/	American Red Cross
Bon Secours Care-A-Van	(757) 889-5121	https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van	Free mobile medical services for uninsured children and adults
Centers for Disease Control/Prevention	(800) 232-4636	https://www.cdc.gov/	Health and disease information
CHIP-Norfolk	(757) 543-9100	https://www.chipshr.org/	Health resources/home visitation for low-income families with children up to age 6
Crisis Pregnancy Center of Tidewater	(757) 410-9703	https://cpcfriends.org/	Free support for women unprepared for pregnancy; pregnancy tests, counseling, parenting program, resources
Healthy Smiles Dental Center	(757) 393-6363	664 Lincoln St, Portsmouth, VA 23704 9581 Shore Dr., Norfolk, VA 23518	Dental services for students with or without insurance
Kool Smiles	(757) 644-5821 (888) 544-9644	https://www.mykoolsmiles.com/	Dental services for children
Lens Crafters Gift of Sight Program	(757) 533-5200 (877) 753-6727	https://www.lenscrafters.com/onesight	Provided free eye exam and glasses for children without insurance
LGBT Life Center	(757) 640-0929	https://lgbtlifecenter.org/clinic/	Comprehensive services for individuals living with HIV/AIDS
Lions Club-Ocean View	(757) 478-1485	Email: ovlions@yahoo.com	Financial Assistance for purchase of eyeglasses
March of Dimes	(757) 361-0000	https://www.marchofdimes.org/	Information and resources regarding pregnancy and infant health
Norfolk Health Department	(757) 683-2800	https://www.norfolk.gov/185/Clinical-Services	Health care and immunizations for children; STD clinic
Park Place Health and Dental Clinic-Norfolk	(757) 683-2692	http://www.parkplaceclinic.org/	Dental services for persons with low income
St. Jude Children's Research Hospital-VA	(757) 687-1200 (800) 822-6344	https://www.stjude.org/about-st-jude/visit/locations.html	Researches and treats children with cancer, covers all costs not paid by insurance
Urban League of Hampton Roads	(757) 226-7589	https://www.ulhr.org/	Assistance to clients living with medical issues
VA Cooperative Extension Services	(757) 683-2816	https://norfolk.ext.vt.edu/	Health and nutrition information

HOLIDAY ASSISTANCE

Name of organization	Phone number	Website Address	Service(s)
Jewish Family Services	(757) 321-2238 (757) 459-4640	https://jfshamptonroads.org/	Development and Giving Financial assistance
Salvation Army- Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/	Holiday Assistance
U.S. Marine Corps-Toys for Tots	(757) 589-1452	https://virginia-beach-va.toysfortots.org/local-coordinator-sites/lco-sites/local-contact-us.aspx	Toys

HOTLINE / EMERGENCY

Name of organization	Phone number	Website Address	Service(s)
211 Virginia	211	https://www.211virginia.org/consumer/index.php	24-hour crisis intervention; referral services
Adult Protective Services	(888) 832-3858	https://www.vadars.org/aps/AdultProtServ.htm	Report suspected abuse/neglect of adults
Child Abuse	(800) 552-7096	https://www.dss.virginia.gov/about/abuse.cgi	Reported suspected child abuse/neglect
Virginia Poison Center	(800) 222-1222	https://poison.vcu.edu/	Poison emergency assistance
Virginia Family Violence/Sexual Assault	(800) 838-8238	http://www.vsdvalliance.org/resources-helpayuda/get-help/?view=mobile	Report family violence or sexual abuse

For an emergency, please call 911.

IMMUNIZATIONS

Name of organization	Phone number	Website Address	Service(s)
Centers for Disease Control Prevention	(800) 232-4636	https://www.cdc.gov/	Disease and health information
Norfolk Health Department	(757) 683-2800	https://www.norfolk.gov/153/Public-Health	Immunization information and clinics
Virginia Department of Health	(800) 568-1929	https://www.vdh.virginia.gov/immunization/	Immunization information

LEGAL ASSISTANCE

Name of organization	Phone number	Website Address	Service(s)
Legal Aid Society of Eastern Virginia	(757) 627-5423	https://www.laseva.org/	Provide free legal information and advice for clients that qualify (must meet federal poverty guidelines)

MEDICAL INSURANCE

Name of organization	Phone number	Website Address	Service(s)
Affordable Health Coverage	(855) 242-8282	https://coverva.org/ https://www.commonhelp.virginia.gov/access/	Enrollment for insurance in Virginia-Medicaid, FAMIS, low cost, etc.
Norfolk Department of Human Services	(757) 664-6000	https://www.norfolk.gov/295/Human-Services	Information and assistance for low-cost health insurance for children of low income working families.

MENTAL HEALTH

Name of organization	Phone number	Website Address	Service(s)
Agape Counseling & Therapeutic Services, Inc.	(757) 962-2218	http://agapecounselingva.com/	Outpatient and home-based counseling, day treatment services, substance abuse treatment, anger management
Balance Behavioral Health	(757) 626-3733	http://www.balancebehavior.com/	Counseling, comprehensive assessments
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	https://www.barryrobinson.org/	Residential programs, home-based counseling services
Camp Lighthouse	(757) 553-3330	https://www.sentara.com/hampton-roads-virginia/medicalservices/services/hospice/support/camp-lighthouse.aspx	Grief camp for children ages 5+; \$20 registration fee; fee waivers available
Catholic Charities of Eastern VA, Inc.	(757) 456-2366	https://www.cceva.org/	Individual and family counseling; groups-anger management
Cheryl Cox, LPC, MFT	(757) 490-5500	n/a	Play therapy, family therapy
Children's Hospital of the King's Daughters	(757) 668-7473 (757) 668-4673	https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/	Developmental pediatric evaluation
CHKD Child Abuse Program	(757) 668-6100	https://www.chkd.org/our-services/specialty-care-and-programs/child-abuse-program/	Forensics interviews, medical evaluation, psychological testing, case management, long-term therapy
Churchland Psychiatric Associates	(757) 483-6404	n/a	Psychiatric and counseling services
Comfort Zone Camp (in Richmond, VA)	(804) 377-3430	https://comfortzonecamp.org/	Grief camps for children ages 7-17

MENTAL HEALTH (continued)...

Name of organization	Phone number	Website Address	Service(s)
Community Psychological Resources	(757) 622-6794	www.cprcares.com	Outpatient counseling services
Compass Youth Services	(757) 644-6391	https://compassva.com/about/	Intensive in-home services, services for children with disabilities, outpatient therapy, Autism support
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	http://www.cornerstonechildfamilyservices.com/	In-home and outpatient svcs., groups; ABA Therapy
Eden Counseling Center	(757) 466-3336	http://www.edencounseling.com/	Counseling services
Envision Family Services, LLC	(757) 350-3020	500 E. Main Street, Ste. 1604, Norfolk, VA 23510	TDT services, intensive in-home services
EVMS	(757) 446-5888	https://www.evms.edu/patient_care/specialties/psychiatry_and_behavioral_sciences/	Psychological/psychiatric evaluations and counseling
Finney Psychotherapy Associates, PLC	(757) 351-6400	http://www.psych-therapy.com/	Individual and group therapy; psychological assessments
Helpguide.org	n/a	https://www.helpguide.org/	Information on mental health issues and resources
Independence Child Therapy Services, LLC	(757) 345-6428	http://independencechildtherapy.com/	Psychoeducational evaluations, play therapy, counseling (Williamsburg)
Infinity Counseling Group	(757) 227-3636	6325 N. Center Drive, Bldg. 18, Ste. 202, Norfolk, VA 23502 http://infinitycounselinggroup.com/	TDT, in-home counseling, mentoring, mental health skill building
Intercept Health	(757) 389-4556	325B Volvo Parkway, Chesapeake, VA 23320 https://www.intercepthealth.com/	TDT, home based services
Jewish Family Services of Tidewater	(757) 459-4640	https://jfshamptonroads.org/services/counseling-and-support-services/	Individual and family counseling; specialize in grief counseling
Kempsville Center for Behavioral Health	(877) 409-2228 (757) 461-4565	https://kempsvillecbh.com/	Inpatient services-short and long term; ages 5-18
Lafayette Psychiatric Services	(757) 489-4700	https://www.lafayettepsychiatricservices.com/	Counseling; psychiatric and psychological evaluations

MENTAL HEALTH (continued)...

Name of organization	Phone number	Website Address	Service(s)
Lutheran Family Services	(757) 722-4707	https://lfsva.org/	Home-based counseling, Autism
Maryview Behavioral Medicine Center	(757) 398-2367	https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center	Residential psychiatric and substance abuse services
National Counseling Group	(757) 467-8184	6345 Center Dr., Bldg. 14, Norfolk, VA 23502 https://www.ncgcommunity.com/about-ncg	TDT, outpatient, adult support services
Norfolk Community Services Board	(757) 756-5600 (757) 664-7690 (crisis)	https://www.norfolk.gov/996/Norfolk-Community-Services-Board	Counseling, evaluations, med. management, substance abuse, emergency services
Spectrum Psychological Services	(757) 640-1882	http://www.spectrumpsychological.net/	Psychological services, play therapy, neurofeedback
United Methodist Family Services	(757) 490-9791	https://www.umfs.org/	Counseling, foster care/adoption
Virginia Beach Psychiatric Hospital	(757) 496-6000 (757) 627-LIFE (757) 496-3500 (intake)	https://vbpcweb.com/	Residential and outpatient psychiatric and substance abuse services for adults, 24 hour free assessment
211 Virginia	211	https://www.211virginia.org/consumer/index.php	Information and referral

MILITARY SERVICES

Name of organization	Phone number	Website Address	Service(s)
Family Advocacy Program	(757) 444-2230	n/a	Oversees and investigates incidents of child and spouse abuse
Fleet and Family Support Centers	(757) 444-2102	https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html	24 hr information and referral, counseling, parent education, transition, employment assistance, financial mgmt., exceptional family program
Hampton Roads Resource Guide	n/a	https://www.cnic.navy.mil/regions/cnrma.html	Military Resource Guide
Navy Marine Corps Relief Society	(757) 322-3134 (757) 322-1171	https://www.nmcrcs.org/locations/entry/norfolk	Financial assistance, education assistance, visiting nurse, emergency travel
Navy Medical Center-Portsmouth	(information): (757) 953-5000 (757) 953-2600	(757) 953-4560 (customer service) https://www.med.navy.mil/sites/nmcpc/SitePages/home.aspx	Information, case management, health care services

RECREATION

Name of organization	Phone number	Website Address	Service(s)
Girls on the Run	(757) 965-9040	https://www.gotrhr.org/	Running program for girls in 3 rd -8 th grade
Norfolk Parks and Recreation	(757) 823-4291	https://www.norfolk.gov/3443/Recreation-Parks-Open-Space	Parks and Recreation sites
Primeplus (Norfolk Senior Center)	(757) 625-5857	https://primeplus.org/	Recreational and social programs for seniors
YMCA	(757) 622-9622	https://www.ymcashr.org/	After-school and daycare programs, recreation, camps, family activities

SHELTER

Name of organization	Phone number	Website Address	Service(s)
ForKids	(757) 622-6400 (757) 587-4202	https://www.forkids.org/hch757	Housing Crisis Hotline
Genieve Shelter	(757) 925-4365 Crisis Line: (757) 353-1439 or (757) 705-2025	http://thegenieveshelter.org/	Shelter and support for women and children coping with domestic violence
Help and Emergency Response Shelter (H.E.R.)	(757) 485-1445 Hotline: (757) 485-3384	http://hershelter.com/home	Temporary shelter for battered women and children; transitional services; support groups
Judeo Christian Outreach Center	(757) 491-2846 Housing Crisis: (757) 227-5932	https://jcoc.org/about-us/housing-programs-2/	Provide temporary shelter, low-cost housing, meals, job training, substance abuse counseling
Salvation Army-Tidewater	(757) 543-8100	http://www.virginiasalvationarmy.org/	Emergency financial assistance, transitional housing for men
Seton Youth Shelters	Confidential #: (757)498-HELP Admin. Office: (757) 963-5795 24 Hr. Hotline: (866) 751-7640	http://setonyouthshelters.org/	Shelter for runaway/homeless youth ages 9-18; counseling; mentoring
Union Mission	(757) 627-8686	https://www.unionmissionministries.org/	Emergency shelter for men, women and children
YWCA	Crisis Hotline: (757) 251-0144 Main #: (757) 625-4248	https://www.ywca-shr.org/	Emergency shelter for individuals in crisis (domestic abuse)

SPECIAL NEEDS AND DISABILITIES

Name of organization	Phone number	Website Address	Service(s)
Ability Center of VA	(757) 497-7474	http://www.abilitycentervva.org/	Variety of programs available to assist children and adults with disabilities.
American Speech-Language-Hearing Association	Members: (800) 498-2071 Non Members: (800) 638-8255	https://www.asha.org/	Speech/hearing information. Activities to encourage speech and language development.
CHKD Care Connections for Children	(757) 668-7132 (800) 864-8903	https://www.chkdc.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/	Case management persons 21 and under with significant disabilities, financial assistance
Dept. of Pediatrics of CHKD	(757) 668-7473	https://www.chkdc.org/our-doctors/medical-specialists/developmental-pediatrics/	Evaluation of children with academic, developmental or behavioral problems
Eggleston Services	(757) 858-8011	https://www.egglestonservices.org/	Provides work opportunities and support for people with disabilities
Exceptional Family Member Program-Navy	(800) FSC-LINE	https://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx	Assistance for military family members with special needs
Hope House Foundation	(757) 625-6161	https://www.hope-house.org/	Provides community-based services for people with disabilities
Infant and Toddler Connection of Virginia	(757) 441-1186 (800) 234-1448	http://www.infantva.org/	Screening/assessment children ages 0-3 who may have a delay or disability
Lee's Friends	(757) 440-7501	https://www.leesfriends.org/	Resources for cancer patients and their families
Parent's Guide to Special Education-VDOE	n/a	http://www.doe.virginia.gov/special_ed/parents/parents_guide.pdf	Information supplied by the VDOE on special education services
Project Lifesaver	(757) 546-5502 (877) 580-LIFE	https://projectlifesaver.org/	Provide tracking devices for person with disabilities
Seton Youth Shelters	Confidential #: (757) 498-HELP Admin. Office: (757) 963-5795 24 Hr. Hotline: (866) 751-7640	http://setonyouthshelters.org/	Shelter; counseling; mentors for children ages 4-18 with incarcerated parents

SPECIAL NEEDS AND DISABILITIES (continued)...

Name of organization	Phone number	Website Address	Service(s)
Sickle Cell Association	(757) 466-0332	https://sicklecellhrva.net/	Resource center for psychosocial, educational and service needs for individuals with Sickle Cell.
St. Mary's Home for Disabled Children	(757) 622-2208	https://saintmaryshome.org/	Services for children with severe disabilities
Supplemental Security Income (SSI)	(800) 722-1213	https://www.ssa.gov/ssi/	SSI benefits for children with disabilities
Triple-R Ranch Therapeutic Riding	(757) 421-4177	https://triplerranch.org/	Therapeutic horse riding for persons with disabilities
UP Center, The	Corporate: (757) 965-8683 Ghent Office: (757) 622-7017	https://www.theupcenter.org/how-we-help/disabilities/	Range of resources for individuals with disabilities including financial management, day support, camps, etc.
VDOE	n/a	http://www.doe.virginia.gov/special_ed/parents/index.shtml	Resources for parents of children in special education
Virginia Family Special Education Connection	n/a	https://vafamilysped.org/	Resources for parents of children in special education

SUBSTANCE ABUSE

Name of organization	Phone number	Website Address	Service(s)
Al-Anon/Ala-Teen	(757) 563-1600 (888) 425-2666	https://al-anon.org/	Support groups/assistance for families of alcoholics
Alcoholics Anonymous	(757) 490-3980	https://www.tidewaterintergroup.org/ https://www.aa.org/	Support/self-help groups for alcoholics
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	https://www.barryrobinson.org/	Adolescent substance program and outpatient program
Narcotics Anonymous	(866) 972-5055 (800) 777-1515	https://tidewaterareana.org/ https://www.na.org/	Support/self-help groups for drug dependent individuals
Norfolk Community Services Board	(757) 756-5600 (757) 664-6670 Crisis: (757) 664-7690	https://www.norfolk.gov/996/Norfolk-Community-Services-Board	Substance abuse services

SUICIDE PREVENTION INFORMATION

Name of organization	Phone number	Website Address	Service(s)
NAMI Virginia (Information Helpline)	(800) 950-NAMI	https://namivirginia.org/mental-health-resources/crisis-info/	Information Helpline
SAMHSA's National Helpline	(800) 662-4357	https://www.samhsa.gov/find-help/national-helpline	National Helpline
Suicide Prevention Lifeline	(800) 273-TALK	https://suicidepreventionlifeline.org/	Suicide Prevention Lifeline
The Trevor Project	(866) 488-7386	https://www.thetrevorproject.org/	Crisis Hotline / Information

SUPPORT GROUPS AND PARENTING CLASSES

Name of organization	Phone number	Website Address	Service(s)
Catholic Charities	(757) 456-2366	https://www.cceva.org/	Grandparents as Parents
CHKD Parent and Family Support Group	(757) 668-7273	https://www.chkdc.org/our-services/specialty-care-and-programs/support-services/support-groups/	Support groups for parents and children
CHKD Parenting Classes	(757) 668-9304	https://www.chkdc.org/patients-and-families/parenting-classes-and-resources/	Parenting classes on various topics
Jewish Family Services of Tidewater	(757) 459-4640	https://jfschamptonroads.org/	Support groups for children and families
Mothers of Preschoolers	(888) 910-MOPS (6677)	https://www.mops.org/	Support group for moms of children 0-6; several locations
Peace by Piece-Edmarc	(757) 967-9251	https://edmarc.org/services/patient-family-support/	Grief support groups
UP Center, The	(757) 622-7017	https://www.theupcenter.org/	Parenting classes

THERAPY SERVICES-OT, PT, ST

Name of organization	Phone number	Website Address	Service(s)
Aveanna Healthcare	(757) 490-3223	https://www.aveanna.com/our-locations/	Provide Speech, Occupational and Physical Therapy
CHKD	(757) 668-7083	https://www.chkdc.org/our-services/specialty-care-and-programs/rehabilitative-services-and-therapy/	Provide Speech, Occupational and Physical Therapy
Select Physical Therapy	(757) 361-3951	https://www.selectphysicaltherapy.com/	Provide Speech, Occupational and Physical Therapy
Southeastern Physical Therapy	(757) 423-8885	https://www.ivyrehab.com/partner/southeastern-physical-therapy/	Provide Speech, Occupational and Physical Therapy

TRANSPORTATION

Name of organization	Phone number	Website Address	Service(s)
Amtrak Train	(800) 872-7245	https://www.amtrak.com/home	Train transportation
Greyhound	(800) 231-2222	https://www.greyhound.com/	Bus transportation
Hampton Roads Regional Transit (HRT)	(757) 222-6100	https://gohrt.com/ https://gohrt.com/programs/student-freedom-pass/	Bus, light-rail and ferry transportation
Transportation-Logisticare (Medicaid)	DMAS-Reservations (866) 386-8331	http://transportation.dmas.virginia.gov/	Non-emergency, Medicaid covered transportation services

DATABASE LISTINGS OF SUPPORTS AND RESOURCES

Name of organization	Phone number	Website Address
211 Virginia	211	https://www.211virginia.org/consumer/index.php
COVID-19 Virginia Resources	n/a	https://covid.virginia.gov/
Federation of Virginia Food Banks	n/a	https://vafoodbanks.org/covid-19-response/
Greater Hampton Roads: COVID-19 Resources	(757) 858-7777	http://www.ghrconnects.org/tiles/index/display?alias=COVID19
Resources 757 (Operated by ForKids)	n/a	https://www.forkids.org/crisis-resources

NON-EMERGENCY NUMBERS

Name of organization	Phone number
City of Chesapeake	(757) 382-6161
City of Norfolk	(757) 441-5610
City of Portsmouth	311
City of Virginia Beach	(757) 385-5000

For an emergency, please dial 911