

## Quick Community Resource Guide

The Community Resource Guide was developed as a tool to provide various mental health, social and emotional, and community supports to students, families, teachers, staff and administrators. **Note:** This guide is not an endorsement of any specific agency or organization.

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.

### CHILD/PARENT RESOURCES

#### Child/Parent Resources

Boy Scouts of America-Tidewater Council	(757) 497-2688	<a href="http://www.tidewaterbsa.com/">http://www.tidewaterbsa.com/</a>
Boys and Girls Club of Southeastern Virginia	(757) 321-6219 (757) 853-5632	Contact: ReggieLCarter@BGCSEVA.org <a href="https://www.bgcseva.org/">https://www.bgcseva.org/</a>
CHKD	(757) 668-7000	<a href="https://www.chkd.org/Patients-and-Families/Health-Library/">https://www.chkd.org/Patients-and-Families/Health-Library/</a>
Child Support Services	(800) 468-8894	<a href="https://www.dss.virginia.gov/family/dcse/">https://www.dss.virginia.gov/family/dcse/</a>
EDMARC Hospice for Children	(757) 967-9251	<a href="https://edmarc.org/">https://edmarc.org/</a>
Girl Scouts Council of Colonial Courts	(757) 547-4405	<a href="https://www.gscce.org/">https://www.gscce.org/</a>
Hampton Roads Parenting Education Network (HRPEN)	(757) 668-9304 (757) 727-1300	<a href="https://www.chkd.org/patients-and-families/parenting-classes-and-resources/hampton-roads-parenting-education-network/">https://www.chkd.org/patients-and-families/parenting-classes-and-resources/hampton-roads-parenting-education-network/</a>
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	<a href="http://www.courts.state.va.us/courts/jdr/norfolk/home.html">http://www.courts.state.va.us/courts/jdr/norfolk/home.html</a>
PBS Kids	n/a	<a href="https://www.pbs.org/parents/">https://www.pbs.org/parents/</a>
Tidewater Family	(757) 204-4688	<a href="https://www.tidewaterfamily.com/">https://www.tidewaterfamily.com/</a>
Virginia Department of Social Services	(804) 726-7000 (800) 552-3431	<a href="https://www.dss.virginia.gov/family/children.cgi">https://www.dss.virginia.gov/family/children.cgi</a>
Virginia Family & Fatherhood Initiative	(800) 901-6260	<a href="https://virginiafamilies.org/">https://virginiafamilies.org/</a>
YMCA	(757) 622-9622	<a href="https://www.ymcashr.org/programs-classes">https://www.ymcashr.org/programs-classes</a>

#### Developmental Milestones and Screening

American Academy of Pediatrics	(800) 433-9016	<a href="https://www.aap.org/en-us/Pages/Default.aspx">https://www.aap.org/en-us/Pages/Default.aspx</a>
CHKD	(757) 668-7000	<a href="https://www.chkd.org/Patients-and-Families/Health-Library/">https://www.chkd.org/Patients-and-Families/Health-Library/</a>
Infant and Toddler Connection of Virginia	(800) 234-1448 (757) 441-1186	<a href="http://www.infantva.org/">http://www.infantva.org/</a>
Zero to Three	(800) 899-4301	<a href="https://www.zerotothree.org/">https://www.zerotothree.org/</a>

#### Education

Commonwealth Challenge	(757) 491-5932	<a href="http://www.vachallenge.org/">http://www.vachallenge.org/</a>
Cox Internet (Connect2Compete)	(855) 222-3252 (877) 404-2568	<a href="https://www.cox.com/residential/internet/connect2compete.html">https://www.cox.com/residential/internet/connect2compete.html</a>
Hampton Roads Workforce Council	(757) 629-4702	<a href="http://www.vcwhamptonroads.org/">http://www.vcwhamptonroads.org/</a>
Job Corps	(800) 733-JOBS	<a href="https://www.jobcorps.gov/">https://www.jobcorps.gov/</a>
Life Enrichment Center	(757) 623-6001	<a href="http://lecliteracy.org/">http://lecliteracy.org/</a>
Norfolk City Library	(757) 664-7323	<a href="https://www.norfolkpubliclibrary.org/">https://www.norfolkpubliclibrary.org/</a>
Norfolk Public Schools	(757) 670-3945	<a href="https://www.npsk12.com/">https://www.npsk12.com/</a>
PBS Kids	n/a	<a href="https://www.pbs.org/parents/">https://www.pbs.org/parents/</a>
Planning Council, The	(757) 622-9268	<a href="https://www.theplanningcouncil.org/families-and-children/parent-resources/">https://www.theplanningcouncil.org/families-and-children/parent-resources/</a>
Project Hope Virginia (Education for Children and Youth Experiencing Homelessness)	(757) 221-4002 (877) 455-3412	<a href="https://education.wm.edu/centers/hope/index.php">https://education.wm.edu/centers/hope/index.php</a>
REACH, Inc. (Reading Enriches All Children)	(757) 627-4722	<a href="https://www.reachreads.org/">https://www.reachreads.org/</a>
Scholastics, Inc.	n/a	<a href="https://www.scholastic.com/parents/school-success.html">https://www.scholastic.com/parents/school-success.html</a>
STOP, Inc.	(757) 858-1360	<a href="https://www.stopinc.org/programs">https://www.stopinc.org/programs</a>
Urban League of Hampton Roads	(757) 627-0864	<a href="https://www.ulhr.org/">https://www.ulhr.org/</a>

#### Recreation

Girls on the Run	(757) 965-9040	<a href="https://www.gotrhr.org/">https://www.gotrhr.org/</a>
Norfolk Parks and Recreation	(757) 823-4291	<a href="https://www.norfolk.gov/3443/Recreation-Parks-Open-Space">https://www.norfolk.gov/3443/Recreation-Parks-Open-Space</a>
Primeplus (Norfolk Senior Center)	(757) 625-5857	<a href="https://primeplus.org/">https://primeplus.org/</a>
YMCA	(757) 622-9622	<a href="https://www.ymcashr.org/">https://www.ymcashr.org/</a>

## CHILD/PARENT RESOURCES (continued)...

### Support Groups and Parenting Classes

Catholic Charities of Eastern Virginia	(757) 456-2366	<a href="https://www.cceva.org/">https://www.cceva.org/</a>
CHKD Parent and Family Support Group	(757) 668-7273	<a href="https://www.chkd.org/our-services/specialty-care-and-programs/support-services/support-groups/">https://www.chkd.org/our-services/specialty-care-and-programs/support-services/support-groups/</a>
CHKD Parenting Classes	(757) 668-9304	<a href="https://www.chkd.org/patients-and-families/parenting-classes-and-resources/">https://www.chkd.org/patients-and-families/parenting-classes-and-resources/</a>
Jewish Family Services of Tidewater	(757) 459-4640	<a href="https://jfshamptonroads.org/">https://jfshamptonroads.org/</a>
Mothers of Preschoolers	(888) 910-MOPS (6677)	<a href="https://www.mops.org/">https://www.mops.org/</a>
Peace by Piece-Edmarc	(757) 967-9251	<a href="https://edmarc.org/services/patient-family-support/">https://edmarc.org/services/patient-family-support/</a>
UP Center, The	Ghent Office: (757) 622-7017	<a href="https://www.theupcenter.org/">https://www.theupcenter.org/</a>

## FINANCIAL ASSISTANCE

### Financial/Housing/Utility

American Red Cross-Southeastern VA	(757) 446-7000	<a href="http://www.redcross.org/va/norfolk">http://www.redcross.org/va/norfolk</a>
Catholic Charities of Eastern VA	(757) 456-2366	<a href="http://www.cceva.org">www.cceva.org</a>
Habitat for Humanity of South Hampton Roads	(757) 640-0590	<a href="http://shrhabitat.org">http://shrhabitat.org</a>
Homeless Action Response Team (HART Program)	(757) 587-4202 (757) 664-6000	<a href="http://www.norfolk.gov/2697/Homeless-Action-Response-Team-HART">http://www.norfolk.gov/2697/Homeless-Action-Response-Team-HART</a>
Jewish Family Services of Tidewater	(757) 459-4640	<a href="http://www.jfshamptonroads.org">www.jfshamptonroads.org</a>
Norfolk Department of Human Services	(757) 664-6000 (757) 664-6035	<a href="https://www.norfolk.gov/295/Human-Services">https://www.norfolk.gov/295/Human-Services</a>
Salvation Army-Tidewater	(757) 543-8100	<a href="http://www.virginiasalvationarmy.org/">http://www.virginiasalvationarmy.org/</a>
STOP Organization	(757) 858-1360	<a href="https://www.stopinc.org/">https://www.stopinc.org/</a>
UP Center, The	(757) 622-7017	<a href="https://www.theupcenter.org/">https://www.theupcenter.org/</a>
Virginia Housing Development Authority	(804) 782-1986 (877) 834-2123	<a href="https://www.vhda.com/Pages/Home.aspx">https://www.vhda.com/Pages/Home.aspx</a>

### Food and Clothing

Food Bank of Southeastern Virginia	(757) 627-6599	<a href="https://foodbankonline.org/">https://foodbankonline.org/</a>
Judeo-Christian Outreach Center	(757) 491-2846	<a href="https://jcoc.org/about-us/feeding-programs/">https://jcoc.org/about-us/feeding-programs/</a>
Norfolk Department of Human Services	(757) 664-6000	<a href="https://www.norfolk.gov/295/Human-Services">https://www.norfolk.gov/295/Human-Services</a>
Salvation Army	(757) 543-8100	<a href="http://www.virginiasalvationarmy.org/">http://www.virginiasalvationarmy.org/</a>
Union Mission Ministries	(757) 627-8686	<a href="https://www.unionmissionministries.org/">https://www.unionmissionministries.org/</a>
<b>Berkley WIC Clinic</b> Women, Infant and Children Program (WIC)	(757) 355-5567	<a href="https://www.norfolk.gov/2941/WIC-Program">https://www.norfolk.gov/2941/WIC-Program</a>
<b>Huntersville WIC Clinic</b> Women, Infant and Children Program (WIC)	(757) 683-9280	<a href="https://www.norfolk.gov/2941/WIC-Program">https://www.norfolk.gov/2941/WIC-Program</a>
<b>Little Creek WIC Clinic</b> Women, Infant and Children Program (WIC)	(757) 531-2150	<a href="https://www.norfolk.gov/2941/WIC-Program">https://www.norfolk.gov/2941/WIC-Program</a>
<b>Park Place WIC Clinic</b> Women, Infant and Children Program (WIC)	(757) 683-9230	<a href="https://www.norfolk.gov/2941/WIC-Program">https://www.norfolk.gov/2941/WIC-Program</a>

## MEDICAL ASSISTANCE/SUPPORTIVE SERVICES

### Autism Resources

Autism Society of America (ASA)	(800) 328-8476	<a href="http://www.autism-society.org">www.autism-society.org</a>
Autism Society-Tidewater	(757) 461-4474	<b>Resource Directory:</b> <a href="http://chapter.tidewaterasa.org/localres.php">http://chapter.tidewaterasa.org/localres.php</a>
Autism Speaks	(888) 288-4762	<a href="http://www.autismspeaks.org/">http://www.autismspeaks.org/</a>
Commonwealth Autism Services	(804) 355-0300	<a href="http://www.autismva.org">www.autismva.org</a>
Families of Autistic Children (FACT)	(757) 422-2040	<a href="http://www.camp4autism.com">http://www.camp4autism.com</a>
Independence Child Therapy Services, LLC	(757) 345-6428	<a href="http://independencechildtherapy.com/Home.html">http://independencechildtherapy.com/Home.html</a>
National Autism Center	(877) 313-3833	<a href="http://www.nationalautismcenter.org">www.nationalautismcenter.org</a>

## MEDICAL ASSISTANCE/SUPPORTIVE SERVICES (continued)...

### Autism Resources (continued)...

Organization for Autism Research (OAR)	(703) 243-9710	<a href="http://www.researchautism.org">www.researchautism.org</a>
VCU Autism Center for Excellence	(855) 711-6987	<a href="https://vcuautismcenter.org/about/">https://vcuautismcenter.org/about/</a>

### Health/Dental/Vision

American Red Cross	(757) 446-7700	<a href="https://www.redcross.org/">https://www.redcross.org/</a>
Bon Secours Care-A-Van	(757) 889-5121	<a href="https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van">https://www.bonsecours.com/locations/community-services/hampton-roads/care-a-van</a>
Centers for Disease Control/Prevention	(800) 232-4636	<a href="https://www.cdc.gov/">https://www.cdc.gov/</a>
CHIP-Norfolk	(757) 543-9100	<a href="https://www.chipshr.org/">https://www.chipshr.org/</a>
Crisis Pregnancy Center of Tidewater	(757) 410-9703	<a href="https://cpcfriends.org/">https://cpcfriends.org/</a>
Healthy Smiles Dental Center	(757) 393-6363	664 Lincoln St., Portsmouth, VA 23704 Ocean View- 9581 Shore Dr., Norfolk, VA 23518
Kool Smiles	(757) 644-5821 (888) 544-9644	<a href="https://www.mykoolsmiles.com/">https://www.mykoolsmiles.com/</a>
Lens Crafters Gift of Sight Program	(757) 533-5200 (877) 753-6727	<a href="https://www.lenscrafters.com/onesight">https://www.lenscrafters.com/onesight</a>
LGBT Life Center	(757) 640-0929	<a href="https://lgbtlifecenter.org/clinic/">https://lgbtlifecenter.org/clinic/</a>
Lions Club-Ocean View	(757) 478-1485	Email: <a href="mailto:ovlions@yahoo.com">ovlions@yahoo.com</a>
March of Dimes	(757) 361-0000	<a href="https://www.marchofdimes.org/">https://www.marchofdimes.org/</a>
Norfolk Health Department	(757) 683-2800	<a href="https://www.norfolk.gov/185/Clinical-Services">https://www.norfolk.gov/185/Clinical-Services</a>
Park Place Health and Dental Clinic-Norfolk	(757) 683-2692	<a href="http://www.parkplaceclinic.org/">http://www.parkplaceclinic.org/</a>
St. Jude Children's Research Hospital-VA	(757) 687-1200 (800) 822-6344	<a href="https://www.stjude.org/about-st-jude/visit/locations.html">https://www.stjude.org/about-st-jude/visit/locations.html</a>
Urban League of Hampton Roads	(757) 226-7589	<a href="https://www.ulhr.org/">https://www.ulhr.org/</a>
VA Cooperative Extension Services	(757) 683-2816	<a href="https://norfolk.ext.vt.edu/">https://norfolk.ext.vt.edu/</a>

### Immunizations

Centers for Disease Control Prevention	(800) 232-4636	<a href="https://www.cdc.gov/">https://www.cdc.gov/</a>
Norfolk Health Department	(757) 683-2800	<a href="https://www.norfolk.gov/153/Public-Health">https://www.norfolk.gov/153/Public-Health</a>
Virginia Department of Health	(800) 568-1929	<a href="https://www.vdh.virginia.gov/immunization/">https://www.vdh.virginia.gov/immunization/</a>

### Medical Insurance

Affordable Health Coverage	(855) 242-8282	<a href="https://coverva.org/">https://coverva.org/</a> <a href="https://www.commonhelp.virginia.gov/access/">https://www.commonhelp.virginia.gov/access/</a>
Norfolk Department of Human Services	(757) 664-6000	<a href="https://www.norfolk.gov/295/Human-Services">https://www.norfolk.gov/295/Human-Services</a>

### Therapy Services (Physical Therapy, Occupational Therapy and Speech Therapy)

Aveanna Healthcare	(757) 490-3223	<a href="https://www.aveanna.com/our-locations/">https://www.aveanna.com/our-locations/</a>
CHKD	(757) 668-7083	<a href="https://www.chkd.org/our-services/specialty-care-and-programs/rehabilitative-services-and-therapy/">https://www.chkd.org/our-services/specialty-care-and-programs/rehabilitative-services-and-therapy/</a>
Select Physical Therapy	(757) 361-3951	<a href="https://www.selectphysicaltherapy.com/">https://www.selectphysicaltherapy.com/</a>
Southeastern Physical Therapy	(757) 423-8885	<a href="https://www.ivyrehab.com/partner/southeastern-physical-therapy/">https://www.ivyrehab.com/partner/southeastern-physical-therapy/</a>

## COUNSELING/THERAPY/MENTAL HEALTH SERVICES

### ABA Therapy Providers

Autism Consulting and Therapy, LLC	(757) 639-2218	<a href="https://www.autismconsultingandtherapy.com/">https://www.autismconsultingandtherapy.com/</a>
Butterfly Effects	(866) 530-5601 (888) 880-9270	<a href="http://www.butterflyeffects.com/">http://www.butterflyeffects.com/</a>
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	<a href="http://www.cornerstonechildfamilyservices.com">www.cornerstonechildfamilyservices.com</a>
EMG Consulting	(757) 615-3003	<a href="http://autismservicesaba.com/">http://autismservicesaba.com/</a>
Mea'Alofa Autism Support Center	(757) 465-3933	<a href="http://learnwithmasc.org">http://learnwithmasc.org</a>
Paradigm Pathway Consulting	(757) 286-2786	<a href="http://www.paradigmpathwaytherapy.com/">http://www.paradigmpathwaytherapy.com/</a>

## COUNSELING/THERAPY/MENTAL HEALTH SERVICES (continued)...

### Referral List

Affiliated Clinical Therapists	(757) 623-2228	142 W. York St., Ste. 710, Norfolk, VA
Catholic Charities	(757) 456-2366	4855 Princess Anne Rd., Norfolk, VA
Lafayette Psychiatric Services	(757) 489-4700	160 Kingsley Ln., Ste. 204, Norfolk, VA
Norfolk Community Services Board	(757) 823-1600 (757) 664-7699	<i>(No insurance required)</i>
Psychotherapy Associates of Ghent	(757) 622-9852	327 W. 21 <sup>st</sup> St., Ste. 205, Norfolk, VA
The UP Center – Jessica (contact person)	(757) 354-3819 ext. 155	222 W. 19 <sup>th</sup> Street, Norfolk, VA
Tidewater Pastoral	(757) 623-2700	7305 Hampton Blvd., Norfolk, VA <i>(No insurance required)</i>

### Counseling Services (providers in Norfolk, VA)

Adela S. Roxas, Ph.D., LLC	(757) 296-0694	5660 E. Virginia Beach Blvd., Ste. 202, Norfolk, VA
Cheryl Cox	(757) 490-5500	1709 Colley Ave., Norfolk, VA
CHKD Child Abuse Program	(757) 686-6100	935 Redgate Ave., Norfolk, VA
Churchland Psychological Center	(757) 438-3404	1709 Colley Ave., Ste. 310, Norfolk, VA
Community Psychological Resources	(757) 622-6794	919 21 <sup>st</sup> , Norfolk, VA
EVMS Health Services	(757) 446-5888	825 Fairfax Ave., Ste. 710, Norfolk, VA
Finney Zimmerman Associates	(757) 351-6400	324 Louisa Ave., Ste. 125, Norfolk, VA
Hampton Roads Behavioral Health	(757) 587-4744	1500 E. Little Creek Rd., Ste. 250, Norfolk, VA
Judith Saxon, Ph.D.	(757) 850-9785	Granby St., Norfolk, VA
Lafayette Psychiatric Associates	(757) 489-4700	160 Kingsley Ln., #204, Norfolk, VA
Norfolk Psychiatric Associates	(757) 461-3313	6353 Center Drive, #204, Norfolk, VA
Psychotherapy Resources	(757) 640-0400	1709 Colley Ave., #312, Norfolk, VA
The UP Center	(757) 622-7017 (757) 965-8652	222 W. 19 <sup>th</sup> St., Norfolk, VA
Watermark Psychological Services	(757) 349-8832	821 W. 21 <sup>st</sup> St., Ste. 206, Norfolk, VA

### Counseling Services (providers in Virginia Beach, VA)

Catholic Charities of Hampton Roads	(757) 456-2366 ext. 1001	4855 Princess Anne Rd., Virginia Beach, VA <i>(offices located in Chesapeake, Norfolk, Newport News, Virginia Beach)</i>
Clinical Associates: David Reid (psychiatric services)	(757) 456-0505	1060 Laskin Rd., Virginia Beach, VA <i>(\$250-1<sup>st</sup> Session; \$170/session)</i>
Jewish Family Services	(757) 459-4640	5000 Corporate Woods Dr., Ste. 400 Virginia Beach, VA <i>(sliding scale offered)</i>
Spectrum Psychological Services	(757) 640-1882	4542 Bonney Rd., Ste. B., Virginia Beach, VA

### Additional Service Providers

CHKD (Child and Family Psychology & Psychiatry)	(757) 668-8866	601 Children's Lane, Norfolk, VA
Churchland Psychiatric Associates (therapy and psychiatric services)	(757) 483-6404	3300 Academy Ave., Portsmouth, VA <i>(Insurance accepted)</i>
Community Psychological Resources (counseling, therapy and psychological services)	(757) 622-6794	919 W. 21 <sup>st</sup> St., #B, Norfolk, VA
Compass Youth and Family Services (outpatient)	(757) 644-6391	7460 Central Business Park Dr., Norfolk, VA <i>(Most insurance accepted; Medicaid accepted; Self-pay: \$85/session)</i>
Dr. Lawrence M. Ross, Ph.D.	(757) 623-2228	142 W. York St., Ste. 710, Norfolk, VA
Eden Counseling Center and Counseling (therapy and teletherapy services)	(757) 466-3336	6330 Newton Rd., Norfolk, VA
EVMS Psychiatry and Behavioral Sciences	(757) 446-5888	825 Fairfax Ave., Ste. 710, Norfolk, VA
Jeninne McNeil-Therapy and Testing	(757) 347-8798 (757) 222-0814	6330 Newtown Rd., Ste. 525, Norfolk, VA
Norfolk Community Services Board (outpatient)	(757) 756-5600	7447 Central Business Drive, Norfolk, VA <i>(sliding scale available)</i>
Wishing Well Counseling Center	(757) 514-3248 (757) 777-9336	707 Gittings St., #120, Suffolk, VA 23434 4037 Taylor Road, #B, Chesapeake, VA 23321 <a href="https://wishingwellcounselingcenter.com/">https://wishingwellcounselingcenter.com/</a>

## COUNSELING/THERAPY/MENTAL HEALTH SERVICES (continued)...

### Mental Health

Agape Counseling & Therapeutic Services, Inc.	(757) 962-2218	<a href="http://agapecounselingva.com/">http://agapecounselingva.com/</a>
Balance Behavioral Health	(757) 626-3733	<a href="http://www.balancebehavior.com/">http://www.balancebehavior.com/</a>
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	<a href="https://www.barryrobinson.org/">https://www.barryrobinson.org/</a>
Camp Lighthouse	(757) 553-3330	<a href="https://www.sentara.com/hampton-roads-virginia/medicalservices/services/hospice/support/camp-lighthouse.aspx">https://www.sentara.com/hampton-roads-virginia/medicalservices/services/hospice/support/camp-lighthouse.aspx</a>
Catholic Charities of Eastern VA, Inc.	(757) 456-2366	<a href="https://www.cceva.org/">https://www.cceva.org/</a>
Cheryl Cox, LPC, MFT	(757) 490-5500	n/a
Children's Hospital of the King's Daughters (CHKD)	(757) 668-7473 (757) 668-4673	<a href="https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/">https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/</a>
CHKD Child Abuse Program	(757) 668-6100	<a href="https://www.chkd.org/our-services/specialty-care-and-programs/child-abuse-program/">https://www.chkd.org/our-services/specialty-care-and-programs/child-abuse-program/</a>
Churchland Psychiatric Associates	(757) 483-6404	n/a
Comfort Zone Camp	(804) 377-3430	<a href="https://comfortzonecamp.org/">https://comfortzonecamp.org/</a>
Community Psychological Resources	(757) 622-6794	<a href="http://www.cprcares.com">www.cprcares.com</a>
Compass Youth Services	(757) 644-6391	<a href="https://compassva.com/about/">https://compassva.com/about/</a>
Cornerstone Service Intervention Systems, LLC	(757) 464-2470	<a href="http://www.cornerstonechildfamilyservices.com/">http://www.cornerstonechildfamilyservices.com/</a>
Eden Counseling Center	(757) 466-3336	<a href="http://www.edencounseling.com/">http://www.edencounseling.com/</a>
Envision Family Services, LLC	(757) 350-3020	500 E. Main Street, Ste. 1604, Norfolk, VA 23510
Helpguide.org	n/a	<a href="https://www.helpguide.org/">https://www.helpguide.org/</a>
Independence Child Therapy Services, LLC	(757) 345-6428	<a href="http://independencechildtherapy.com/">http://independencechildtherapy.com/</a>
Infinity Counseling Group	(757) 227-3636	<a href="http://infinitycounselinggroup.com/">http://infinitycounselinggroup.com/</a>
Intercept Health	(757) 389-4556	<a href="https://www.intercepthealth.com/">https://www.intercepthealth.com/</a>
Jewish Family Services of Tidewater	(757) 459-4640	<a href="https://jfshamptonroads.org/services/counseling-and-support-services/">https://jfshamptonroads.org/services/counseling-and-support-services/</a>
Kempsville Center for Behavioral Health	(877) 409-2228 (757) 461-4565	<b>Fax: (757) 455-0254</b> <a href="https://kempsvillecbh.com/">https://kempsvillecbh.com/</a>
Lafayette Psychiatric Services	(757) 489-4700	<a href="https://www.lafayettepsychiatricsservices.com/">https://www.lafayettepsychiatricsservices.com/</a>
Lutheran Family Services	(757) 722-4707	<a href="https://encircleall.org/">https://encircleall.org/</a>
Maryview Behavioral Medicine Center	(757) 398-2367	<a href="https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center">https://www.bonsecours.com/locations/specialty-locations/behavioral-mental-health/bon-secours-maryview-behavioral-medicine-center</a>
National Counseling Group	(757) 467-8184	<a href="https://www.ncgcommunity.com/about-ncg">https://www.ncgcommunity.com/about-ncg</a>
Norfolk Community Services Board	(757) 756-5600	<b>(757) 664-7690/(crisis)</b> <a href="https://www.norfolk.gov/996/Norfolk-Community-Services-Board">https://www.norfolk.gov/996/Norfolk-Community-Services-Board</a>
Riverside Behavioral Health Center <b>Fax: (757) 594-3235</b>	(757) 594-2171	<a href="https://www.riversideonline.com/locations/specialty-hospitals/riverside-behavioral-health-center">https://www.riversideonline.com/locations/specialty-hospitals/riverside-behavioral-health-center</a>
Spectrum Psychological Services	(757) 640-1882	<a href="http://www.spectrumpsychological.net/">http://www.spectrumpsychological.net/</a>
United Methodist Family Services	(757) 490-9791	<a href="https://www.umfs.org/">https://www.umfs.org/</a>
Virginia Beach Psychiatric Hospital	(757) 496-6000 (757) 627-LIFE	<b>(757) 496-3500 (intake)</b> <a href="https://vbpcweb.com/">https://vbpcweb.com/</a>

## DISABILITIES AND SPECIAL NEEDS

### Disabilities and Special Needs

Ability Center of VA	(757) 497-7474	<a href="http://www.abilitycentervva.org/">http://www.abilitycentervva.org/</a>
American Speech-Language-Hearing Association	Members: (800) 498-2071	Non Members: (800) 638-8255 <a href="https://www.asha.org/">https://www.asha.org/</a>
CHKD Care Connections for Children	(757) 668-7132 (800) 864-8903	<a href="https://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/">https://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Care-Connection-for-Children/</a>
Dept. of Pediatrics of CHKD	(757) 668-7473	<a href="https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/">https://www.chkd.org/our-doctors/medical-specialists/developmental-pediatrics/</a>
Eggleston Services	(757) 858-8011	<a href="https://www.egglestonservices.org/">https://www.egglestonservices.org/</a>
Exceptional Family Member Program-Navy	(800) FSC-LINE	<a href="https://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx">https://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx</a>

## DISABILITIES AND SPECIAL NEEDS (continued)

### Disabilities and Special Needs (continued)...

Hope House Foundation	(757) 625-6161	<a href="https://www.hope-house.org/">https://www.hope-house.org/</a>
Infant and Toddler Connection of Virginia	(757) 441-1186 (800) 234-1448	<a href="https://itcva.online">https://itcva.online</a>
Lee's Friends	(757) 440-7501	<a href="https://www.leesfriends.org/">https://www.leesfriends.org/</a>
Parent's Guide to Special Education-VDOE	n/a	<a href="http://www.doe.virginia.gov/special_ed/parents/parents_guide.pdf">http://www.doe.virginia.gov/special_ed/parents/parents_guide.pdf</a>
Project Lifesaver	(757) 546-5502 (877) 580-LIFE	<a href="https://projectlifesaver.org/">https://projectlifesaver.org/</a>
Seton Youth Shelters	Admin. Office: (757) 963-5795	<b>Confidential #: (757) 498-HELP or 24 Hr. Hotline: (866) 751-7640</b> <a href="http://setonyouthshelters.org/">http://setonyouthshelters.org/</a>
Sickle Cell Association	(757) 466-0332	n/a
St. Mary's Home for Disabled Children	(757) 622-2208	<a href="https://saintmaryshome.org/">https://saintmaryshome.org/</a>
Supplemental Security Income (SSI)	(800) 722-1213	<a href="https://www.ssa.gov/ssi/">https://www.ssa.gov/ssi/</a>
Triple-R Ranch Therapeutic Riding	(757) 421-4177	<a href="https://triplerranch.org/">https://triplerranch.org/</a>
UP Center, The	Corporate: (757) 965-8683	<b>Ghent Office: (757) 622-7017</b> <a href="https://www.theupcenter.org/how-we-help/disabilities/">https://www.theupcenter.org/how-we-help/disabilities/</a>
VDOE	n/a	<a href="http://www.doe.virginia.gov/special_ed/parents/index.shtml">http://www.doe.virginia.gov/special_ed/parents/index.shtml</a>
Virginia Family Special Education Connection	n/a	<a href="https://vafamilysped.org/">https://vafamilysped.org/</a>

## MILITARY RESOURCES

### Military Resources

Family Advocacy Program	(757) 444-2230	n/a
Fleet and Family Support Centers	(757) 444-2102	<a href="https://www.cnvc.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html">https://www.cnvc.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html</a>
Hampton Roads Resource Guide	n/a	<a href="https://www.cnvc.navy.mil/regions/cnrma.html">https://www.cnvc.navy.mil/regions/cnrma.html</a>
Navy Marine Corps Relief Society	(757) 322-3134 (757) 322-1171	<a href="https://www.nmcrcs.org/locations/entry/norfolk">https://www.nmcrcs.org/locations/entry/norfolk</a>
Navy Medical Center-Portsmouth (757) 953-5000/ (information)	(757) 953-2600 (757) 953-4560 (customer service)	<a href="https://www.med.navy.mil/sites/nmcp/SitePages/home.aspx">https://www.med.navy.mil/sites/nmcp/SitePages/home.aspx</a>

## MISCELLANEOUS

### Holiday Assistance

Jewish Family Services	(757) 321-2238 (757) 459-4640	<a href="https://jfshamptonroads.org/">https://jfshamptonroads.org/</a>
Salvation Army-Tidewater	(757) 543-8100	<a href="https://salvationarmypotomac.org/hrva/">https://salvationarmypotomac.org/hrva/</a>
U.S. Marine Corps-Toys for Tots	(757) 589-1452	<a href="https://virginia-beach-va.toysfortots.org/local-coordinator-sites/lco-sites/local-contact-us.aspx">https://virginia-beach-va.toysfortots.org/local-coordinator-sites/lco-sites/local-contact-us.aspx</a>

### Legal Assistance

Legal Aid Society of Eastern Virginia	(757) 627-5423	<a href="https://www.laseva.org/">https://www.laseva.org/</a>
---------------------------------------	----------------	---

## TRANSPORTATION

### Transportation

Amtrak Train	(800) 872-7245	<a href="https://www.amtrak.com/home">https://www.amtrak.com/home</a>
Greyhound	(800) 231-2222	<a href="https://www.greyhound.com/">https://www.greyhound.com/</a>
Hampton Roads Regional Transit (HRT)	(757) 222-6100	<a href="https://gohrt.com/">https://gohrt.com/</a> <a href="https://gohrt.com/programs/student-freedom-pass/">https://gohrt.com/programs/student-freedom-pass/</a>
Transportation-Logisticare (Medicaid)	(866) 386-8331	<a href="http://transportation.dmas.virginia.gov/">http://transportation.dmas.virginia.gov/</a>

## CRISIS CENTER SERVICES AND HOTLINES

For an emergency, please call 911.

### Child Abuse

Child Abuse Hotline-Virginia	(800) 552-7096	<a href="https://www.dss.virginia.gov/family/cps/index.cgi">https://www.dss.virginia.gov/family/cps/index.cgi</a>
Families Forward Virginia	(804) 359-6166	<a href="https://www.familiesforwardva.org/">https://www.familiesforwardva.org/</a>
Norfolk Department of Human Services	(757) 664-6022	<a href="https://www.norfolk.gov/350/Childrens-Services">https://www.norfolk.gov/350/Childrens-Services</a>
Norfolk Juvenile and Domestic Relations Court	(757) 664-7340	<a href="http://www.courts.state.va.us/courts/jdr/norfolk/home.html">http://www.courts.state.va.us/courts/jdr/norfolk/home.html</a>

### Hotline Emergency

Adult Protective Services	(888) 832-3858	<a href="https://www.vadars.org/aps/AdultProtServ.htm">https://www.vadars.org/aps/AdultProtServ.htm</a>
Child Abuse	(800) 552-7096	<a href="https://www.dss.virginia.gov/about/abuse.cgi">https://www.dss.virginia.gov/about/abuse.cgi</a>
Virginia Poison Center	(800) 222-1222	<a href="https://poison.vcu.edu/">https://poison.vcu.edu/</a>

### Non-Emergency Numbers

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

### Shelters

ForKids	(757) 622-6400 (757) 587-4202	<a href="https://www.forkids.org/hch757">https://www.forkids.org/hch757</a>
Genieve Shelter	(757) 925-4365	<b>Crisis Line: (757) 353-1439 or (757) 705-2025</b> <a href="http://thegenieveshelter.org/">http://thegenieveshelter.org/</a>
Help and Emergency Response Shelter (H.E.R.)	(757) 485-1445	<b>Hotline: (757) 485-3384</b> <a href="http://hershelter.com/home">http://hershelter.com/home</a>
Judeo Christian Outreach Center	(757) 491-2846	<b>Housing Crisis: (757) 227-5932</b> <a href="https://jcoc.org/about-us/housing-programs-2/">https://jcoc.org/about-us/housing-programs-2/</a>
Salvation Army-Tidewater	(757) 543-8100	<a href="https://salvationarmypotomac.org/hrva/">https://salvationarmypotomac.org/hrva/</a>
Seton Youth Shelters	Admin. Office: (757) 963-5795	<b>Confidential #: (757) 498-HELP / 24 Hr. Line: (866) 751-7640</b> <a href="http://setonyouthshelters.org/">http://setonyouthshelters.org/</a>
Union Mission	(757) 627-8686	<a href="https://www.unionmissionministries.org/">https://www.unionmissionministries.org/</a>
YWCA	(757) 625-4248	<b>Crisis Hotline: (757) 251-0144</b> <a href="https://www.ywca-shr.org/">https://www.ywca-shr.org/</a>

### Substance Abuse

Al-Anon/Ala-Teen	(757) 563-1600 (888) 425-2666	<a href="https://al-anon.org/">https://al-anon.org/</a>
Alcoholics Anonymous	(757) 490-3980	<a href="https://www.tidewaterintergroup.org/">https://www.tidewaterintergroup.org/</a> <a href="https://www.aa.org/">https://www.aa.org/</a>
Barry Robinson Center, The	(757) 455-6100 (800) 221-1995	<a href="https://www.barryrobinson.org/">https://www.barryrobinson.org/</a>
Narcotics Anonymous	(866) 972-5055 (800) 777-1515	<a href="https://tidewaterareana.org/">https://tidewaterareana.org/</a> <a href="https://www.na.org/">https://www.na.org/</a>
Norfolk Community Services Board	(757) 756-5600 (757) 664-6670	<b>Crisis: (757) 664-7690</b> <a href="https://www.norfolk.gov/996/Norfolk-Community-Services-Board">https://www.norfolk.gov/996/Norfolk-Community-Services-Board</a>

### Suicide Prevention

NAMI Virginia (Information Helpline)	(800) 950-NAMI	<a href="https://namivirginia.org/mental-health-resources/crisis-info/">https://namivirginia.org/mental-health-resources/crisis-info/</a>
SAMHSA's National Helpline	(800) 662-4357	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
Suicide Prevention Lifeline	(800) 273-TALK	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
The Trevor Project	(866) 488-7386	<a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>

## DATABASE LISTINGS OF RESOURCES AND SUPPORTS

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