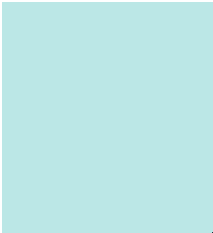




# Community Services Resource Guide



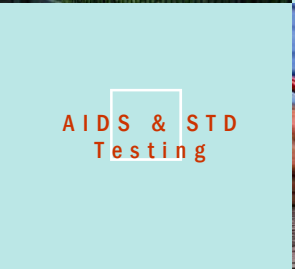
Family Support



Court Services



AIDS & STD Testing



Employment Services



Education Resources



Health



Child Care





We, the staff of the Portsmouth Health Department, recognize our contribution to the health, safety and overall quality of life in our community through the provision of quality public health services.

We believe that the overall success of our organization, as well as its individual employees, is achieved through our commitment to our mission, vision and values.

**Mission:** The Portsmouth Health Department is dedicated to promoting, protecting and preserving a healthy and safe community.

**Vision:** We envision a community where every person living, working or visiting has the opportunity to achieve optimal health.

**Values:**

**Compassion:** We care for the emotional and physical well-being of every person.

**Respect:** We value our diverse backgrounds, perspectives and ideas as strengths of our community and organization. We will treat everyone in our diverse community with respect and dignity.

**Communication:** We communicate truthfully, effectively, timely and accurately. We accept the input of others with a spirit of openness and generosity.

**Excellence:** We are committed to working at the highest level of performance, delivering services and products of high quality in a competent and timely manner, while being committed to continuous improvement.

**Integrity:** We strive to earn and maintain trust by living up to our word, exercising personal leadership, and behaving ethically.

**Partnership:** We actively collaborate internally and within our community to solve problems, make decisions and achieve common goals, recognizing that our combined efforts exceed what we can accomplish individually.

**Accountability:** We are committed to upholding the duties and expectations of the agency and the community.

We will incorporate our mission, vision and values as anchor points which guide every decision we make.



## FOREWORD

The Community Resources Guide (CRG) is a directory of public, non-profit, and some private for-profit human services available to Portsmouth residents. Designed and maintained by the staff of the Portsmouth Health Department, this guide seeks to provide service descriptions, service access criteria, eligibility criteria, and location, language, and contact information for hundreds of organizations providing services to our community.

Please help us make the CRG a more useful tool. Share your comments and suggestions with us via email or via our Resource Guide Feedback/Contact/Suggestion Form located at the back of the book. Please contact us if

- you can't find what you're looking for.
- you believe information has changed or is incorrect.
- you know of an organization warranting inclusion.
- you have suggestions about how the CRG could better meet your needs.

Thank you.

1701 High Street, Suite 102  
Portsmouth VA 23704  
757-393-8585 extension 8582  
757-393-8585 fax  
robin.porter@vdh.virginia.gov

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## Abuse

### Child

**Child and Family Services, Portsmouth DSS,  
1701 High Street  
405-1800**

Provides counseling (for individuals, couples and families) addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse and the perpetrators. Offer groups on anger control, men who batter, battered women, teen parenting and other issues. Most services are provided on a sliding scale.

**HER Shelter  
Portsmouth  
485-3384**

Provides emergency shelter for battered women and their children with 24-hour crisis intervention and advocacy. Legal, psychological and social counseling available by referral to residents as needed.

**Samaritan House (SOS)  
Virginia Beach  
Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

**Teen Dating Violence Project /The HERR Shelter  
485-1445**

Program for teens ages 12-18 to address the healthy dating relationship versus relationships controlled by abuse and violence.

### Elder Abuse

**Chesapeake Sheriff's Office TRIAD  
382-8824**

An organization composed of police, sheriff and A.A.R.P. representatives. Their commitment is to reduce criminal victimization of the elderly and enhance the delivery of law enforcement services to older persons.

**Citizens' Committee to Protect the Elderly  
Virginia Beach  
518-8500**

### Sexual Abuse

**Response – Norfolk Sexual Assault Support Services  
Norfolk  
622-4300**

**Response - Peninsula Sexual Assault Support Services  
Hampton  
825-2591**

## Adoption

**Catholic Charities  
Chesapeake  
484-0703**

A licensed Child-Placing Agency.

**Portsmouth Department of Social Services  
408-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## After School Care

### **Children's Harbor 397-2980**

Provides developmental child care serving children between the ages of 2-12, including before and after school program. Program offers a sliding fee scale based on parent income.

### **Ida Barbour Early Learning Center 399-5402**

Provides early care and education for children 6 weeks to 5 years of age. Offers before and after school care for children up to age 7. Summer care is offered to children up to age 7.

### **KIDS CAFÉ**

#### **Various locations in Portsmouth 393-8481 ext 4116**

After school program where food, fun & learning meet in your neighborhood! The City of Portsmouth Parks, Recreation and Leisure Services and the FoodBank of Southeastern Virginia operate Kids Cafés Mondays – Fridays. Pre-registration is required, although the program is free.

### **Portsmouth Department of Parks, Recreation, and Leisure Services 393-8481**

Various locations at schools including: "6 to 6" Before and After School Program a childcare alternative staffed by educational paraprofessional and recreation experts who provide help with homework and educational projects as well as active games, contests, crafts and activities. Sponsored by: Portsmouth Parks, Recreational and Leisure Services, and Portsmouth Public Schools. Held at Brighton, Churchland Academy, Churchland Elementary, Churchland Primary, James Hurst, Lakeview, Olive Branch, Parkview and John Tyler Elementary schools.

### **Wesley Community Services Center, Inc. 442 Jamestown Ave. 399-0541**

Provides a variety of services to disadvantaged, inner city families. Services include after school and summer enrichment programs, emergency assistance, Meals on Wheels, senior nutrition program, notary services and health screenings.

## AIDS/HIV Services

### **ACCESS 622-2989**

Case management and support services including HIV testing services, food pantry and meal delivery services, day care, summer camp, housing and transportation assistance, education and outreach to HIV/AIDS affected persons. Call to qualify.

### **Eastern Virginia AIDS Resource Center Norfolk 446-6170**

A resource library, open to the public for the education of everyone about HIV/AIDS. Can assist individuals with HIV/AIDS in accessing financial assistance for diagnosis and treatment.

### **Planned Parenthood 624-9224**

Clinical services include STD and HIV testing for men and women. Call for fee information.

### **Portsmouth Department of Behavioral Health Care Services**

<b><u>Administration</u></b>	<b><u>Central Intake</u></b>	<b><u>Crisis Outreach/Emergency Services</u></b>
<b>600 Dinwiddie St. 393-8618</b>	<b>545 High St. 393-5357</b>	<b>393-8991</b>

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

**Portsmouth Health Department  
393-8585**

Hosts Virginia HIV Medication Assistance Program which provides free and confidential HIV/AIDS testing and assistance with medication.

**Tidewater AIDS Crisis Taskforce (TACT)  
Norfolk  
583-1317**

Provides case management services for people who can provide written proof of positive HIV test; can also provide assistance with medical and housing problems and emergency food, medical and clothing needs.

**Urban League of Hampton Roads  
627-0864**

Services include housing assistance.

**Virginia HIV Medication Assistance Program  
393-8585**

HIV/AIDS medication assistance.

## Alcoholism

**Alcoholic Anonymous  
Various Sites in Portsmouth  
490-3980**

A self-help support group dedicated to overcoming the abuse of alcohol. Call for the location of sites in Portsmouth. No cost.

**Bon Secours Mary View Behavioral Medicine Services  
398-2367**

Offers psychiatric care for adults, specialized treatment for alcoholism and drug abuse, and a pain management program. In addition to inpatient treatment, the hospital provides day-hospital programs, outpatient services, information and referral services, as well as a comprehensive speaker's bureau.

**Portsmouth Alcohol Safety Action Program (ASAP)  
396-6980**

Alcohol education program. Often court ordered.

**Portsmouth Department of Behavioral Health Care Service**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support, and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Turning Points  
Maryview Medical Center  
398-2367**

Program for people with chemical dependency. Covered by most major insurance companies. Ages 18 and older.

## Alzheimer's

**Alzheimer's Association of Hampton Roads  
Norfolk  
459-2405**

## Animals (pets & wildlife)

**Animal Assistance League**  
Chesapeake  
548-0045

**Meower Power Feral Cat Coalition**  
399-0001

**Norfolk SPCA (provides service to Portsmouth residents)**  
622-3319

**People for the Ethical Treatment of Animals**  
Norfolk  
622-7382

**Portsmouth Animal Control**  
393-8430

**Portsmouth Humane Society**  
397-6004  
Spay USA  
Phone: 1-800-248-SPAY

**Wildlife Response**  
543-7000  
(wildlife only – no pets or domestic animals)

## Anorexia Nervosa

**Portsmouth Department of Behavioral Health Care Services**  
**Administration**                      **Central Intake**                      **Crisis Outreach/Emergency Services**  
**600 Dinwiddie St.**                      **545 High St.**                      **393-8991**  
**393-8618**                                      **393-5357**

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

## Arthritis

**Portsmouth Community Health Center**  
393-6363

Provides primary medical care without regard to patients' ability to pay.

## Asthma & Allergies

**Allergy & Asthma Network Mothers of Asthmatics (AANMA)**  
800-878-4403

[www.aanma.org](http://www.aanma.org)

Provides information about asthma and allergy including asthma medications, doctor referrals, and information about support groups.

**American Academy of Allergy, Asthma & Immunology**  
800-822-2762

[www.aaaai.org](http://www.aaaai.org)

Provides information for parents and professionals including a referral source for allergists in Virginia.

**American Lung Association****Norfolk****855-3059****800-267-1900**[www.lungusa.org/virginia](http://www.lungusa.org/virginia)

Volunteer health organization for the fight against lung disease. Special interests include asthma, tobacco control, and environmental health. Also provides support group for those who have chronic lung disease and their families.

**Asthma and Allergy Foundation of America****800-727-8462**[www.aaafa.org](http://www.aaafa.org)

Provides practical information, community-based services, support and referrals through a national network of chapters and educational support groups.

**Better Breathers Club****889-4186 – Norfolk****934-8732 – Suffolk**[www.lungusa.org/virginia](http://www.lungusa.org/virginia)

Provides an opportunity for persons with respiratory difficulty to learn more about lung disease and to share with others who are also coping with breathing problems.

**Food Allergy & Anaphylaxis Network****866-929-4040**[www.foodallergy.org](http://www.foodallergy.org)

Dedicated to increasing public awareness of providing education about, and advancing scientific research on food allergies and anaphylaxis.

**Autism****Autism Center Registry of Va****866-628-2268 ext 315**[www.vcuhealth.org/vtccc/autism%20registry.html](http://www.vcuhealth.org/vtccc/autism%20registry.html)

Support group and registry for affected families to help track the progression, treatment and possible cure.

**Autism Key**[www.autismkey.com](http://www.autismkey.com)

Website run by parents and for parents of children with autism & autism spectrum disorders, created as a resource tool. Message boards share information about different forms of treatment, physicians, and overall experiences.

**Autism Network for Hearing & Visually Impaired Persons****428-9036**[www.geocities.com/heartland/ridge/9672/ahi-the-wall.html](http://www.geocities.com/heartland/ridge/9672/ahi-the-wall.html)

Provides a data bank to establish a network for those with autism combined with a hearing or visual disability, and encourage the development of centers to diagnose and evaluate individuals with these disorders

**Autism Online**[www.autismonline.org](http://www.autismonline.org)

Connects the parents of children newly diagnosed with autism and professionals working with these children with critical resource, support, and research information in their own language.

**Autism-PPD Resources Network**[www.autism-pdd.net](http://www.autism-pdd.net)

Support to cope with Autism spectrum disorders.

**Autism Society of America****800-3autism****461-4474**[www.tidewaerasa.org](http://www.tidewaerasa.org) [www.autism-society.org](http://www.autism-society.org)

Promotes lifeline access and opportunities for persons within the autism spectrum and their families to be

fully included, participating members of their communities.

**Commonwealth Autism Service**  
**892-6100**

[www.autismva.org](http://www.autismva.org)

Provides leadership in the implementation of a statewide system of services to maximize the potential and quality of life for Virginians with autism.

**Cure Autism Now (CAN)**  
**888-828-8476**

[www.cureautismnow.org](http://www.cureautismnow.org)

Founded by parents of children with autism, CAN is an organization of parents, clinicians, and leading scientists committed to accelerating the pace of biomedical research in autism through raising money for research projects, education and outreach.

**Mea'Alofa Autism Support Center**  
**Chesapeake**  
**465-3933**

Provides quality and empirically validated services to children with autism spectrum disorders in a clinical setting. Supports families of children with ASD by increasing knowledge of the disorder and its evidence-based treatment. Increases awareness of ASD at the community level, to include medical practitioners, school systems and civic organizations.

**National Autism Association**  
**877-622-2884**

[www.nationalautismassociation.org](http://www.nationalautismassociation.org)

Works to educate society that autism is not a lifelong incurable genetic disorder but one that is biomedically definable and treatable. Also educates and empowers families affected by autism and other neurological disorders.

**Talk Autism**

[www.talkautism.org](http://www.talkautism.org)

Online chat room which shares knowledge, information, and assistance plus links to other autism resources.

**Virginia Autism Resource Center**  
**877-667-7771**

[www.varc.org](http://www.varc.org)

Provides training, consultation and information to parents and professional working with persons with autism.

## Babies

**Infant and Toddler Connection**  
**393-8321**

[www.infantva.org](http://www.infantva.org)

Connects children and their families to early intervention supports and services.

**Oasis Social Ministry**  
**1020 High Street**  
**397-6060**

Assistance by referral only, no walk-in accepted. Call first to see if they have diapers.

**Portsmouth Community Health Center**  
**664 Lincoln Street**  
**393-6363**

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Department of Behavioral Health Care Services**

**Administration**

**600 Dinwiddie St.  
393-8618**

**Central Intake**

**545 High St.  
393-5357**

**Crisis Outreach/Emergency Services**

**393-8991**

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Portsmouth Health Department**

**1701 High Street  
393-8585**

Child safety seats (car seats) and installation classes are offered for those who qualify based on income. The Care Connect Program assists the mother-to-be in linking with community resources to obtain prenatal care, WIC, parenting classes, etc.

**Portsmouth Social Services**

**1701 High Street  
405-1800**

Client must see an intake worker for diapers. Diapers are donated and vary in size and amount depending on donation.

**Pride in Parenting**

**The UP Center**

**1805 Airline Blvd.**

**[www.theupcenter.org](http://www.theupcenter.org)**

**397-2121**

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

**Sentara Healthcare**

**Various Locations**

**[www.sentara.com/Sentara/Search/ClassEvent/](http://www.sentara.com/Sentara/Search/ClassEvent/)**

**800-736-8272**

**Bereavement**

**Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.**

**391-6017**

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

**Edmarc Hospice for Children**

**516 London Street**

**967-9251**

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

**Empty Arms Support Group**

**Chesapeake**

**545-2667**

A relaxed setting for talking with other persons who have experienced a pregnancy loss or neonatal death for mothers and fathers.

**Jewish Family Services**

**Virginia Beach**

**459-4640**

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

**Sudden Infant Death Syndrome Parents Support Group**  
**Virginia Beach**  
**548-7011**

Support group for parents who have lost a child to SIDS.

## Birth Certificates

Birth certificates for those born in Virginia are available ONLY through the Virginia Department of Health in Richmond. See [http://www.vdh.virginia.gov/vital\\_Records/index.htm](http://www.vdh.virginia.gov/vital_Records/index.htm) or call the general information number (804-662-6200) for details.

## Blindness

See "Vision"

## Brain Injury

**Brain Injury Association of Virginia**  
**493-8000 or 461-8007**

[www.biav.net](http://www.biav.net)

Provides information and support to individuals with brain injuries, family members and professionals.

**National Aphasia Association**

**800-922-4622**

[www.aphasia.org](http://www.aphasia.org)

Promotes education, research, rehabilitation and support services to assist people with aphasia and their families.

**National Resource Center for Traumatic Brain Injury**

**804-828-9055**

[www.neuro.pmr.vcu.edu](http://www.neuro.pmr.vcu.edu)

Provides relevant, practical information for professionals, persons with brain injury, and family members.

## Breast Feeding

**La Leche League of Tidewater**

**857-8403**

Provides information and support about breastfeeding to mothers. Call for additional information.

**Portsmouth Health Department WIC Program**

**1701 High Street**

**393-5340**

The WIC program offers breastfeeding support groups, lactation education, monthly group baby showers, home & community visits. Open to the public. Call for schedule and locations.

**Sentara Baby Care Services**

**Chesapeake**

**553-3870**

Lactation consultants available. Not all Medicaid HMOs participate in this service.

## Breastfeeding supplies/equipment

**DePaul Medical Center**

**Norfolk**

**889-5300**

**Maryview Medical Center**

**3636 High Street**

**398-4829**

## Cancer

### **American Cancer Society**

**800-ACS-2345**

**493-7940**

[www.cancer.org](http://www.cancer.org)

Nationwide community based health organization dedicated to eliminating cancer through research, education, advocacy, and service.

### **American Lung Association**

**Norfolk**

**855-3059**

Programs that emphasize education and prevention. Support groups for victims of lung disease.

### **Candlelighters Childhood Cancer Foundation**

**800-366-2223**

[www.candlelighters.org](http://www.candlelighters.org)

A network of parent support groups. Services provided by local groups include meetings, speakers, parent-to-parent visitation, summer camps, transportation, emergency funding, and publications.

### **I Can Cope/Maryview Medical Center**

**3636 High Street**

**398-2452**

Multi-session cancer education program for patients and their families. Offered by the American Cancer Society.

### **Leukemia & Lymphoma Society**

**800-866-4483**

**723-2676**

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

Dedicated to curing leukemia, lymphoma, Hodgkin's disease and myeloma, and to improving the quality of life of patients and their families. Services include family and peer support groups.

### **National Cancer Institute (NCI)**

**800-4-CANCER**

[www.cancer.gov](http://www.cancer.gov)

The NCI provides recent scientific information to callers and on the internet in understandable language and shares resources on cancer programs and services in communities across the country.

### **National Children's Cancer Society**

**800-5-FAMILY**

[www.nationalchildrenscancersociety.com](http://www.nationalchildrenscancersociety.com)

Works to improve the quality of life for children with cancer and to reduce the risk of cancer by promoting children's health through financial and in-kind assistance, advocacy, support services, education and prevention programs.

### **Ronald McDonald House**

[www.rmhc.com](http://www.rmhc.com)

**627-5386**

Offers a home away from home for seriously ill children and their families who live too far away from the hospital to go home each night.

### **Sentara Online Breast Cancer Support Group**

<http://groups.yahoo.com/>

### **Teens Living with Cancer**

[www.teenslivingwithcancer.org](http://www.teenslivingwithcancer.org)

A site for teens with cancer. Includes information, personal stories and ways to connect with other kids with cancer.

## Career Change

### **Building Trades Academy Chesapeake 420-2566**

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

### **Educational Opportunity Center Various Locations 683-2312**

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

### **Portsmouth Public Schools Various locations 393-8822**

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, and public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

### **Southeastern Tidewater Opportunity Project "STOP" 314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

### **Suited For Success 353 Mt. Vernon Ave. 484-0829 or 484-2179**

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. Referral required.

### **Urban League of Hampton Roads 3225 High Street 627-0864**

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

## Cerebral Palsy

### **4MYCHILD 800-4MYCHILD [www.cerebralpalsy.org](http://www.cerebralpalsy.org)**

Provides a wealth of knowledge to help with the difficulties of caring for children with CP or other special needs.

**Cerebral Palsy of Southeastern Virginia, Inc.**  
**497-7474**

[www.cerebralpalsyofvirginia.org](http://www.cerebralpalsyofvirginia.org)

Serves children and adults with CP and other developmental disabilities such as Down syndrome, autism, muscular dystrophy, mental retardation, learning disabilities, as well as hearing, speech, and visual impairments.

**Eastern Virginia Medical School Neuropsychology**

**Norfolk**

**446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

**Parents of Children with CP**

[CPPARENTSVA-subscribe@yahoogroups.com](mailto:CPPARENTSVA-subscribe@yahoogroups.com)

Parent-to-parent support network. The listserv is open to all residents of Virginia, Maryland, and West Virginia. To join send an email.

**Rehabilitation Equipment Exchange Network**

[www.rehabequipmentexchange.com/index/html](http://www.rehabequipmentexchange.com/index/html)

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, ADL aids, communication devices, assistive technology, & exercise equipment.

**United Cerebral Palsy**

[www.ucp.org](http://www.ucp.org)

**800-USA-5-UCP**

Member of national organization which strives to ensure the inclusion of persons with disabilities in every facet of society.

## Child Abuse & Neglect

**Child Abuse Prevention Services**

**405-1800**

Report suspected child abuse and neglect.

**Child Protective Services**

**393-9500**

**CHIP of Portsmouth**

**662 Lincoln Street**

[www.portshealth.org](http://www.portshealth.org)

**391-0606**

Provides home visiting services to at risk families.

**Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## Child Care

**Department of Social Services**

**1701 High Street**

**405-1800**

Provides child care assistance to recipients of public assistance who meet specified guidelines.

## Child Care Training & Referrals

**Pride in Parenting**  
1805 Airline Blvd.  
[www.theupcenter.org](http://www.theupcenter.org)  
397-2121

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

**[Behavioradvisor.com](http://Behavioradvisor.com)**

Website offers tips on managing behavior and provides step-by-step direction for implementing many standard interventions.

## Children's Health Screening/Prevention Services

**Ghent Family Medicine**  
721 Fairfax Ave Norfolk  
446-5955

**Portsmouth Family Medicine**  
600 Crawford Street  
[www.portshealth.org](http://www.portshealth.org)  
393-6363

**Portsmouth Community Health Center**  
664 Lincoln Street  
393-6363

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Health Department**  
1701 High Street, Suite 102  
393-8585

Provides immunizations, child health care, and school physicals.

## Citizenship Preparation

**Legal Aid Society of Eastern Virginia**  
Norfolk  
627-5423

## Clothing

**God's Closet**  
300 Broad Street  
397-6314

**Neighborhood Parks and Recreation**  
900 Elm Ave  
393-8595

**Oasis Social Ministry**  
1020 High Street  
397-6060

Clothes available by referral only.

**Salvation Army**  
393-2519

Emergency shelter, transitional housing, food, clothing, travel aid, job and housing search assistance. For single males, must have picture ID and proof of address.

**STOP Organization**  
2011 Queen Street  
314-1527

Clothing is limited (based on incoming donations).

**Suited for Success**  
353 Mt. Vernon Ave.  
484-0829

A non-profit organization providing free interview attire for low income men and women transitioning from welfare to work, shelters and other agencies. **Referral required.**

**Tidewater AIDS Crisis Taskforce (TACT)**  
Norfolk  
583-1317

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

## Counseling

### Domestic Violence

**Portsmouth Department of Behavioral Health Care Services**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

### Family/Couples

**Catholic Charities of Eastern Virginia, Inc**  
Various Locations  
467-7707

Individual & family counseling for ages 4 and up.

**Portsmouth Department of Behavioral Health Care Services**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

**SAFE HAVEN Crisis Stabilization Services**  
393-8152 or 391-3167

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services. Information, activities and trainings in conflict management mediation, and other life skills that prevent the onset of mental disabilities, substance abuse, HIV/AIDS and other sexually transmitted diseases.

**The UP Center**  
1805 Airline Blvd  
[www.theupcenter.org](http://www.theupcenter.org)  
397-2121

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

### Teens

**Barry Robinson Center, The**  
Norfolk  
[www.barryrobinson.org](http://www.barryrobinson.org)  
455-6100

Offers residential and in-home counseling services.

**Catholic Charities of Eastern Virginia, Inc**  
**Various Locations**  
**467-7707**  
Individual & family counseling for ages 4 and up.

**The UP Center**  
**1804 Airline Blvd.**  
[www.theupcenter.org](http://www.theupcenter.org)  
**397-2121**  
Group offered by Child and Family Services for all adolescents, regardless of locality or ability to pay.

## Court Services

**Child Support Enforcement**  
**877-695-5499**

**Portsmouth Circuit Court**  
**393-8671**

**Portsmouth General District Court**  
**393-8681**

**Portsmouth Juvenile & Domestic Relations District Court**  
**393-8851**  
Jurisdiction of custody, neglect and criminal acts against children. Criminal matters of one family member against child custody, visitation and support, and spousal abuse matters.

**Legal Aid**  
**Legal Aid Society of Eastern Virginia**  
**Norfolk**  
**627-5423**

## Credit Counseling & Resources

**Catholic Charities Credit Counseling Program**  
**484-0703**

Contact the office for a confidential counseling appointment. A counselor will analyze your personal financial data and advise on money management methods. If needed, the counselor will develop a debt management plan to enable you to repay creditors. The plan, when followed, will help you track your spending to set aside money for future expenses and emergencies as well as to manage your credit purchases. Program can help to avoid bankruptcy due to temporary job loss, separation, divorce, medical expenses or overspending.

**The UP Center**  
**1805 Airline Blvd.**  
[www.theupcenter.org](http://www.theupcenter.org)  
**397-2121**

Consumer Credit Counseling Service - a division of Family Services of Tidewater. Offers free budget counseling and debt management. The debt management program enables the over-extended consumer to pay creditors reduced monthly payments while living within a reasonable budget. Assists the consumer in avoiding bankruptcy.

## Day care

**Adult/Seniors**  
**Churchland House**  
**4916 W Norfolk Rd.**  
**483-1780**

**S.H.O.P., The  
300 Port Centre Pkwy, Suite 103  
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

### **Children**

**Case Management and Outreach Services  
391-0606**

Provides care coordination services, provides parenting classes, transportation, referrals, nutrition and safety and other services. Services available to families with children ages 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth. Family must agree to participate in entire CHIP program.

**Children's Harbor  
620 London Street  
397-2980**

Provides developmental child care serving children between the ages of 2-12, including before and after school program. Program offers a sliding fee scale based on parent income.

**Head Start  
405-6250 or 405-3786**

Provides preschool children of income eligible families a program to meet their emotional, social, health, nutritional, and psychological needs. This program runs from September through May and serves children from age 3 to school entry.

**Portsmouth City Public Schools Bright Start  
393-5128**

Provides a program for pre-K student who qualify.

**Portsmouth Family Resource Center  
398-8655**

Child care subsidies available for income eligible households.

**Southeastern Tidewater Opportunity Project "STOP" Various Locations  
314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

### **Deaf, Hard of Hearing**

**Alexander Graham Bell Association for the Deaf and Hard of Hearing**

[www.agbell.org](http://www.agbell.org)

Promotes the use of spoken language and hearing technology through publications, outreach, training, scholarships and financial aid.

**American Association of the Deaf-Blind**

[www.aadb.org](http://www.aadb.org)

National consumer advocacy organization for people who have a combination of deafness, blindness, partial sight or partial hearing.

**American Sign Language Browser**

<http://commtechlab.msu.edu/sites/aslweb/index.htm>

Website of Michigan State University video clips for thousands of ASL signs can be viewed.

**American Society for Deaf Children****800-942-2732 (parent hotline)**[www.deafchildren.org](http://www.deafchildren.org)

National organization of families and professionals committed to educating, empowering, and supporting parents and families to create opportunities for their children who are deaf and hard of hearing.

**Another Path**[www.deafhomeschool.com](http://www.deafhomeschool.com)

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

**Commonwealth Catholic Charities****800-528-1258**[www.cccofva.org/service/deaf\\_hardofhearing/index.html](http://www.cccofva.org/service/deaf_hardofhearing/index.html)

Offers a variety of human services including information and referral, advocacy, equipment demonstration, public education and facilitation of communication. CCDHH assists with resolution of life issues caused by communication difficulties of deafness or hearing loss.

**DB-LINK****800-438-9376**[www.dblink.org](http://www.dblink.org)

A federally funded service whose goal is to help parents, teachers, and others by providing information to foster the skills, strategies and confidence necessary to empower deaf-blind children from birth to 21 years of age.

**Deaf and Hard of Hearing Services Center****800-552-7917**[www.deafhh.org](http://www.deafhh.org)

Provides outreach services for the Virginia Department for the Deaf and Hard of Hearing.

**Deaf Mall**[www.deafmall.net](http://www.deafmall.net)

Website links to information about deafness culture, issues, education, reference materials and more.

**Described and Captioned Media Program****800-237-6213**[www.dcmp.org](http://www.dcmp.org)

Works to provide all persons who are deaf or hard of hearing access to communication and learning through the use of captioned educational media and supportive collateral materials.

**Hands & Voices**[www.handsandvoices.org](http://www.handsandvoices.org)

National parent/professional collaborative group that is unbiased towards communication modes and methods. The diverse membership includes those who are deaf, hard of hearing, and hearing impaired and their families who communicate orally, with signs, cue, and/or combined methods. Mission is to help children reach their highest potential using whatever method works best for the child.

**Hearing Loss Association of American****Virginia Beach****460-0074**[www.shhh.org](http://www.shhh.org)

Mission is to open the world of communication for people with hearing loss through information, education, advocacy and support.

**National Deaf Education Network and Clearinghouse at Gallaudet University**<http://clerccenter.gallaudet.edu/>

Provides information for parents and providers including resource lists, communication, organizations and legal issues.

**National Technical Assistance Consortium**

[www.nationaldlb.org](http://www.nationaldlb.org)

Provides technical assistance to families and agencies serving children and young adults who are deaf-blind.

**Tidewater Association for Hearing Impaired Children, Inc.**

481-186

[www.tahic.org](http://www.tahic.org)

Support and information for families with children who have hearing impairments.

**TogetherDeaf.com**

[www.togetherdeaf.com](http://www.togetherdeaf.com)

Website offers news and information relating to Deaf issues, deaf events message board, employment assistance and job opportunities for the Deaf, links to resources for the deaf and hard of hearing, and the Deaf Interests Chat Room.

**Virginia Department for the Deaf and Hard of Hearing**

800-552-7919

[www.vddhh.org](http://www.vddhh.org)

VDDHH offers programs including technology services, community support services, interpreter services, and quality assurance screening. Web site provides listing of sign language classes.

**Virginia Early Hearing Detection and Intervention Program**

866-493-1090

[www.vahealth.org/hearing/providers.asp](http://www.vahealth.org/hearing/providers.asp)

Provides information and referral to families regarding newborn hearing screening, follow up testing, and early intervention services. Website has an extensive list of new-born hearing screening providers throughout the state.

**Virginia Relay**

[www.varelay.org](http://www.varelay.org)

Enables people who are deaf, hard of hearing, deaf/blind, or speech disabled to communicate by TTY or another assistive telephone with anyone who uses a standard phone.

## Death

**Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.**

391-6017

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

**Edmarc Hospice for Children**

516 London Street

967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

**Empty Arms Support Group**

Chesapeake

545-2667

A relaxed setting for talking with other persons who have experienced a pregnancy loss or neonatal death for mothers and fathers.

**Jewish Family Services**

Virginia Beach

459-4640

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

**Portsmouth Department of Social Services**  
**398-3600**

Provides funds for indigent's burial. A family member or friend can apply for this assistance before the burial. This program is based on income eligibility.

**Sentara Baby Care Services**  
**553-3870**

Grief counselors available. Not all Medicaid HMOs participate in this service.

**Sudden Infant Death Syndrome Parents Support Group**  
**Virginia Beach**  
**548-7011**

Support group for parents who have lost a child to SIDS.

## Death Certificates

**Portsmouth Health Department**  
**1701 High Street**  
**393-8585**

Death certificates available for deaths occurring within the City of Portsmouth.

## Dental Clinics

**Chesapeake Care Free Clinic**  
**Chesapeake**  
**545-5700**

Dental services including cleanings, fillings, and extractions for those uninsured at or below 200% of Federal Poverty Guidelines.

**Healthy Smiles Dental Center**  
**664 Lincoln Street**  
**399-4588**

Clinic provides routine dental care for children & adults. Individuals with no income may request a fee waiver at the Department of Social Services. Others must complete intake at the clinic and fee is based on income.

**Kool Smiles**  
**4072 Victory Blvd**  
**465-3834**

[www.koolsmilespc.com](http://www.koolsmilespc.com)

Dental services for underserved children who have no insurance, are covered by Medicaid, State Children's Health Insurance Programs – Smiles for Children (Virginia) or TRICARE health insurance. Services include preventive care, diagnostic imaging, and a full range of restorative care including endodontics. Also, extensive community outreach through the presentation of oral health education programs, free screenings, and through partnerships with community schools and social service organizations.

**Old Dominion University**  
**Norfolk**  
**683-4308**

Provides oral cancer screening, dental and periodontal charting, oral prophylaxis. Therapeutic scaling, extrinsic stain removal, soft tissue management, fluoride therapy, dental sealants, prosthetic (denture/partial) cleaning, custom athletic mouth guards, custom fluoride trays, radiographic services (as indicated.) Insurance is not accepted and minimum fees are charged for procedures.

**Operation Blessing International**  
**226-2660**

[www.ob.org](http://www.ob.org)

A mobile dental clinic for Hampton Roads uninsured residents and those with household income less than 200% of the federal poverty guidelines, between the ages of 18 and 65 years. Provides preventive and restorative dental care including fillings, extractions, and cleanings.

**Portsmouth Community Health Center**  
**664 Lincoln Street**  
**393-6363**

Accepts most insurance plans, including Medicaid and Medicaid HMOs, FamIS Smiles for Children, and offers a sliding fee scale. Provides dental exams, cleanings, fillings, extractions, sealants, fluoride treatments.

**VCU School of Dentistry**  
**Lyons Building, 520 N 12<sup>th</sup> Street**  
**Richmond**  
**804-828-9190**

[www.dentistry.vcu.edu/for\\_patients/for\\_patients.html](http://www.dentistry.vcu.edu/for_patients/for_patients.html)

Dental services provided by the dental students and dental hygiene students under the supervision of dental faculty. Does charge fee for services.

**Veterans Affairs Medical Center Dental Clinic**  
**100 Emancipation Drive**  
**Hampton**  
**722-9961 extension 3530**

Services limited to veterans with service connected dental conditions or those with 100% service connected ratings. Provides preventive & restorative care and oral surgery.

## Developmentally Disabled

**The Arc of VA**  
**804-649-8481**

[www.arcofva.org](http://www.arcofva.org)

Advocates for the human and civil rights of individuals with mental retardation and other developmental disabilities. Advocacy efforts include providing information and education, and increasing public awareness. Parent to Parent group provides telephone matches between parents looking for support and information from trained, veteran parents.

**Developmental Delay Resources (DDR)**  
**800-497-0944**

[www.devdelay.org](http://www.devdelay.org)

Dedicated to meeting the needs of those working with children who have developmental delays in sensory motor; language, social, and emotional areas. DDR publicizes research into determining identifiable factors that would put a child at risk and maintains a registry tracking, possible trends. Provides a network for parents and professionals.

**Portsmouth Department of Behavioral Health Care Services**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Virginia Easter Seals**

[www.va.easterseals.com](http://www.va.easterseals.com)

Providing services and support and creating solutions that improve the lives of children and adults with disabilities or special needs and their families.

## Diabetes

**American Diabetes Foundation**  
**800-342-2383**

[www.diabetes.org](http://www.diabetes.org)

Provides information, advocacy and support for children and parents.

### **Children with Diabetes**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

Extensive online community resource for kids, families and adults with diabetes.

### **Portsmouth Community Health Center**

**664 Lincoln Street**

**393-6363**

Provides primary medical care without regard to patients' ability to pay.

## **Diapers**

### **Oasis Social Ministry**

**1020 High Street**

**397-6060**

Assistance by referral only, no walk-ins accepted.

### **Portsmouth Social Services**

**1701 High Street**

**405-1800**

Have client see Intake Worker for diapers. Diapers are donated and vary in size and amount depending on donation.

## **Disabilities**

### **Amputee Support Association**

**Norfolk**

**587-5674**

Support for amputees of any age and their families, social activities and programs. There is no membership fee or charge. Support Group.

### **Bertha Snyder Children's Camp & Care Fund**

**852-9797**

Assistance is offered on the basis of financial need and scholarships are available for summer camp. Children with special needs are served in specialized camps.

### **Civitan Acres**

**Chesapeake**

**487-6062**

Offers a summer day camp and summer residential camp program for handicapped children and adults. Must apply early in the year for the summer program. Transportation available. Sliding scale available.

### **Community Alternatives, Inc.**

**Virginia Beach**

**468-7000**

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

### **Concerned Citizens for Special People (CCSP)**

**490-0499**

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

### **Department of Blind And Vision Impaired**

**Norfolk**

**466-4162**

### **Developmental Program for Infants and Toddlers at the D.A.C. Center**

**393-8791**

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

**Department of Rehabilitative Services**

**3248 Academy Ave. Suites 22-26**

**686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Eastern Virginia Medical School Neuropsychology**

**Norfolk**

**446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

**ENDependence Center, Inc.**

**Norfolk**

**461-8007**

Services include locating accessible housing (subsidized if necessary), advocacy and peer counseling and referrals for respite care programs. Assistance with employment provided for people with disabilities.

**Equi-Kids Therapeutic Riding Program**

**Virginia Beach**

**425-8833**

Therapeutic horseback riding program for children and adults with disabilities. Fees vary.

**Hampton Roads Disability Resource Center Inc**

**Chesapeake**

**515-7047**

Provides disability claims assistance and other resources for the disabled.

**Hope House Foundation**

**Norfolk**

**625-6161**

Supportive living services for people with developmental disabilities in Hampton Roads. Provides community based services and support to people with disabilities.

**Louise Eggleston Center**

**625-2311 or 858-8011**

Day shelter providing employment and vocational training for persons with disabilities.

**Muscular Dystrophy Association, Inc.**

**Norfolk**

**461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

**National Multiple Sclerosis Society**

**Virginia Beach**

**490-9627**

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street**

**393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

**Virginia Assistive Technology Service  
Old Dominion University  
683-3639**

Provides assistance to people with disabilities in locating services and assistive technological devices needed to make activities easier and more accessible.

**Virginia Board for People with Disabilities  
800-846-4464  
[www.vaboard.org](http://www.vaboard.org)**

**Virginia Department of Rehabilitative Services  
800-552-5019  
[www.vadrs.org](http://www.vadrs.org)**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

**United States Social Security  
1-800-772-1213**

### Domestic Violence, including prevention services

**Portsmouth Department of Behavioral Health Care Services**  
**Administration                      Central Intake   Crisis Outreach/Emergency Services**  
**600 Dinwiddie St.                      545 High St.                      393-8991**  
**393-8618                                      393-5357**

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Samaritan House (SOS)  
Virginia Beach  
Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

### Downs Syndrome

**Bertha Snyder Children's Camp and Care Fund  
852-9797**

Assistance is offered on the basis of financial need and scholarships are available to summer camps. Children with special needs are served in specialized camps.

**Down Syndrome Association of Hampton Roads  
466-3696**

**[www.dsahr.org](http://www.dsahr.org)**

Serves the needs of individuals with Down Syndrome and their families including Exceptional Family Member Program (EFMP) Support Group for military families with a special needs family member.

**Down Syndrome on the Internet  
<http://inforation.downsed.org>**

Offers a range of information resources and online services to the international Down syndrome community.

**Mosaic Down Syndrome on the Web  
[www.mosaicdownsyndrome.com](http://www.mosaicdownsyndrome.com)**

Website designed to disseminate information about Mosaic Down Syndrome.

## Drug Abuse

### Portsmouth Department of Behavioral Health Care Services

#### Administration

600 Dinwiddie St.

393-8618

#### Central Intake

545 High St.

393-5357

#### Crisis Outreach/Emergency Services

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

## Dyslexia

### International Dyslexia Association

800-ABCD123

[www.interdys.org](http://www.interdys.org)

A scientific and educational organization dedicated to the study and treatment of dyslexia.

### Learning Abled Kids

[www.learningabledkids.com](http://www.learningabledkids.com)

A resource and support website with information, curriculum resources and tools to help teach bright children with learning issues including reading disabilities, dyslexia, dyscalculia dysgraphia, central auditory processing disorders, ADD, ADHA, and more.

### Recording for the Blind and Dyslexic

866-887-7323

[www.rfbd.org](http://www.rfbd.org)

Educational library serving people who cannot effectively read standard print because of visual impairment, learning disability, or other physical disability.

## Education

### Educational Opportunity Center

683-2312

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

### Portsmouth Public Schools

#### Various Locations

393-8822

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

### Southeastern Tidewater Opportunity Project "STOP" Various Locations

314-1527

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

### Tidewater Literacy

700 London Blvd.

393-6459

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

## Elder Abuse

**Citizens' Committee to Protect the Elderly**  
**518-8500**  
**PO Box 3, Virginia Beach VA 23452**

**TRIAD**  
**Chesapeake**  
**4401 Albemarle Dr.**  
**382-8824**

An organization composed of police, sheriff and A.A.R.P. representatives. Their commitment is to reduce criminal victimization of the elderly and enhance the delivery of law enforcement services to older persons.

## Electricity Shut Off

**Oasis Social Ministry**  
**1020 High Street**  
**397-6060**

A Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

**Portsmouth Family Resource Center**  
**Family Resource Center Homeless Prevention Program**  
**660 Lincoln Street**  
**398-8655**

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance provided to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources.

## Emergency Assistance

**Salvation Army**  
**2306 Airline Blvd**  
**393-2519**

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

## Emergency Food

**Oasis Social Ministry**  
**1020 High Street**  
**397-6060**

Provides breakfast and lunch throughout the week for homeless and supplies groceries. Must qualify with intake counselor.

**Salvation Army**  
**2306 Airline Blvd**  
**393-2519**

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

## Emergency Shelter

**Salvation Army**  
**2306 Airline Blvd**  
**393-2519**

Provides resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

## Employment

### **American Association of Retired Persons (AARP)**

**Norfolk  
625-7001**

Senior Community Service Employment Program.

### **Building Trades Academy**

**Chesapeake  
420-2566**

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

### **Community Alternatives, Inc.**

**Virginia Beach  
468-7000**

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

### **Department of Rehabilitative Services**

**3248 Academy Ave. Suites 22-26  
686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

### **Educational Opportunity Center**

**Satellite Location Portsmouth DSS  
683-2312**

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

### **Goodwill Community Employment Center**

**313 High Street  
499-3824**

<http://www.goodwillhr.org>

Career planning, job search workshops, computer training, office services, and industry-specific job fairs. Most services are free.

### **Job Corps**

**1-800-733-5627**

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

### **Louise Eggleston Center**

**625-2311 or 858-8011**

Sheltered employment, vocational training and job placement provided to clients with mental disabilities.

### **One Stop/Opportunity Inc.**

**Norfolk  
461-7537**

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

**Portsmouth City Employee Hotline****398-0682**

Provides information on job openings for the City of Portsmouth 24 hours a day.

**Portsmouth Family Resource Center****660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**Portsmouth Public Schools****Various locations****393-8822**

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

**Senior Services of Southeastern Virginia (SEVAMP)****Norfolk****461-9481**

Provides employment services for adults age 60 and over.

**S.H.O.P, the****300 Port Centre Pkwy. Suite 103****393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

**Suited For Success****353 Mt. Vernon Ave.****484-0829**

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. **Referral required.**

**Urban League of Hampton Roads****3225 High Street****627-0864**

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral Network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

**Virginia Department of Rehabilitative Services****3248 Academy Ave.****686-5004**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

**English As A Second Language****Portsmouth Public Schools****2802 Turnpike Rd.****393-8822**

Call for additional information.

## Epilepsy

### **Epilepsy Foundation of Virginia**

4338-2398

[www.efva.org](http://www.efva.org)

Promotes awareness about epilepsy and provides assistance to those with the disorder.

### **Portsmouth Community Health Center-CMOS**

664 Lincoln Street

393-6363

Provides primary medical care without regard to patients' ability to pay.

## Ex-offenders

### **Portsmouth Department of Behavioral Health Care Services**

#### **Administration**

600 Dinwiddie St.

393-8618

#### **Central Intake**

545 High St.

393-5357

#### **Crisis Outreach/Emergency Services**

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

## Eye Care

### **Department of Blind and Vision Impaired**

Norfolk

858-6724

### **Eye Care America Seniors Eye Care Program**

1-800-222-EYES or 1-800-222-3937

Resource for obtaining eye exams for people with  
NO MEDICAL INSURANCE COVERAGE

## Family Support

### **CHIP of Portsmouth**

391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

### **F.O.R. Kids**

Norfolk

587-4202

Haven House Emergency Shelter provides up to 4 months of shelter and supportive services for families. No single adults. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach. Provides up to 4 months of shelter and supportive services for families.

### **Portsmouth Department of Behavioral Health Care Services**

#### **Administration**

600 Dinwiddie St.

393-8618

#### **Central Intake**

545 High St.

393-5357

#### **Crisis Outreach/Emergency Services**

393-8991

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

### **Portsmouth Department of Social Services**

1701 High Street

405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**Pride In Parenting****1805 Airline Blvd.****397-2121**

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

**SAFE HAVEN Crisis Stabilization Services****393-8152 or 391-3167**

Wide array of services to children and adolescents to include case coordination, home based services, and intervention and diversion programs for court involved and at risk youth. Early intervention services to infants and toddlers who have or are at risk of developmental delays along with supportive services for their families. Information, activities and trainings in conflict management mediation, and other life skills that prevent the onset of mental disabilities, substance abuse, HIV/AIDS and other sexually transmitted diseases.

**Supportive Family Living Program****PO Box 1183****393-6448**

Serves the Cities of Portsmouth and Chesapeake (Deep Creek and Western Branch sections) Offers a transitional housing initiative that provides units of affordable housing and self-sufficiency skills training for families.

## Financial Management Counseling & Resources

**Catholic Charities Credit Counseling Program****484-0703**

Contact the office for a confidential counseling appointment. A counselor will analyze your personal financial data and advise on money management methods. If needed, the counselor will develop a debt management plan to enable you to repay creditors. The plan, when followed, will help you track your spending to set aside money for future expenses and emergencies as well as to manage your credit purchases. Program can help to avoid bankruptcy due to temporary job loss, separation, divorce, medical expenses or overspending.

**The UP Center****1805 Airline Blvd.****[www.theupcenter.org](http://www.theupcenter.org)****397-2121**

Consumer Credit Counseling Service - a division of Family Services of Tidewater. Offers free budget counseling and debt management. The debt management program enables the over-extended consumer to pay creditors reduced monthly payments while living within a reasonable budget. Assists the consumer in avoiding bankruptcy.

## Food, Emergency

**Food Bank of Southeastern Virginia****627-6599**

The Foodbank is a warehouse or "bank" where recovered and contributed food is collected, sorted and distributed to over 611 agencies including church pantries and area Kids Cafes who then prepare and serve the food to those in need.

**Oasis Social Ministry****1020 High Street****397-6060**

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

**Portsmouth Family Resource Center****660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

### **Salvation Army Emergency & Transitional Lodging**

**393-2519**

Emergency shelter, transitional housing, food, clothing, travel aid, job and housing search assistance. For single males, must have picture ID and proof of address.

### **Tidewater AIDS Crisis Taskforce (TACT)**

**Norfolk**

**583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

## **Food, Pantries**

### **ACCESS**

**Norfolk**

**622-2989**

Provides case management & support services. Includes HIV testing services, food pantry, meal delivery services, daycare, summer camp, housing & transportation assistance, education & outreach to HIV/AIDS affected people.

### **Food Bank of Southeastern Virginia**

**627-6599**

The Foodbank is a warehouse or "bank" where recovered and contributed food is collected, sorted and distributed to over 611 agencies including church pantries and area Kids Cafes who then prepare and serve the food to those in need.

### **Tidewater AIDS Crisis Taskforce (TACT)**

**Norfolk**

**583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

## **Food Stamps**

### **Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## **Foot Care Clinics**

### **Free Foot Ministry**

**1400 Rodman Ave.**

**393-9259**

Free foot clinic held on the third Tuesday of the month. Open to those who cannot cut their own toe nails because of disability or age.

## **Foreclosure Prevention**

### **Federal Housing Administration**

**1-800-Call-FHA**

## **Foster Care**

### **Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**The UP Center**  
**397-2121**

[www.theupcenter.org](http://www.theupcenter.org)

Teen pregnancy prevention, case management, parenting classes, prenatal counseling and home visiting for teen girls and women up to age 24. Foster care services also provided.

## Free Meal Locations

**Oasis Social Ministry**  
**1020 High Street**  
**397-6060**

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

## Funeral Expenses

**Portsmouth Department of Social Services**  
**1701 High Street**  
**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## Furniture

**Salvation Army**  
**2306 Airline Blvd.**  
**393-2519**

Offers human resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance, emergency assistance, and special holiday assistance.

## Gambling Concerns

**Gamblers Anonymous**  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## Gas Shut Off

**Planning Council**  
**622-9268**

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

**Portsmouth Family Resource Center**  
**660 Lincoln Street**  
**398-8655**

## Gay/Transgender

**ACCESS**  
**640-0929**

[www.accessaids.org](http://www.accessaids.org)

Offers specialized Trans Care that includes confidential HIV testing and health screenings along with access to hormone therapy.

## GED Preparation

**One Stop/Opportunity Inc.**  
**Norfolk**  
**461-7537**

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

## Glasses

**Department of Blind and Vision Impaired**  
**Norfolk**  
**858-6724**

**Eye Care America Seniors Eye Care Program**  
**1-800-222-EYES or 1-800-222-3937**

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE

## Grandparents, Foster

**Portsmouth Department of Social Services**  
**1701 High Street**  
**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## Grandparents, Raising Grandchildren

**Portsmouth Department of Social Services**  
**1701 High Street**  
**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**Portsmouth Grandparents as Parents/Brighton Solid Rock**  
**393-0570**

Provides support for Portsmouth grandparents and other kinship caregivers rearing a second family. Support groups meet weekly at every Portsmouth public elementary school.

## Grief

**Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.**  
**391-6017**

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

**Edmarc Hospice for Children**  
**516 London Street**  
**967-9251**

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

**Jewish Family Services**  
**Virginia Beach**  
**459-4640**

Serves Southside residents through grief counseling. Includes counseling for loss of pregnancy. Sliding fee scale.

**Sentara Baby Care Services**

**553-3870**

Grief counselors available.

**Sudden Infant Death Syndrome Parents Support Group**

**Virginia Beach**

**548-7011**

Support group for parents who have lost a child to SIDS.

**Guardians**

**Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**HIV/AIDS**

**ACCESS**

**Norfolk**

**622-2989**

Provides case management & support services. Includes HIV testing services, food pantry, meal delivery services, daycare, summer camp, housing & transportation assistance, education & outreach to HIV/AIDS affected people.

**Eastern Virginia AIDS Resource Center**

**Norfolk**

**446-6170**

A resource library, open to the public for the education of everyone about HIV/AIDS. Can assist individuals with HIV/AIDS in accessing financial assistance for diagnosis and treatment.

**Eastern Virginia Medical School**

**Norfolk**

**446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

**Opportunity House**

**393-8928**

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

**Portsmouth Community Health Center**

**664 Lincoln Street**

**393-6363**

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Health Department**

**1701 High Street**

**393-8585**

Clinic offers STD & HIV screening, education, treatment and counseling services. Medication assistance offered through the AIDS drug assistance program.

**Tidewater AIDS Crisis Taskforce (TACT)****Norfolk****583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

**Urban League****397-1871**

Services include housing assistance.

**Virginia HIV Medication Assistance Program****1701 High Street****393-8585**

Provides free and confidential HIV/AIDS testing at the Portsmouth Health Department and assistance with medication

**Head Start****STOP Organization****Norfolk****858-1383**

Provides a child development program which will improve the educational, physiological, social and psychological well being of a child and family.

**Health Care Acute/Emergency Care****Bon Secours Maryview Medical Center****3636 High Street****398-2200****Health Care****CHIP of Portsmouth****391-0606****[www.portshealth.org](http://www.portshealth.org)**

Assistance available that may help decrease barriers to health care for low income children.

**Ghent Family Medicine****446-5955****Portsmouth Community Health Center****664 Lincoln Street****<http://www.portshealth.org>****446-5955****Portsmouth Family Medicine****600 Crawford Street****397-6344****Portsmouth Health Department****1701 High Street****393-8585**

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel. Also offers school physicals, sports physicals and Tuberculosis (TB) screening and testing, flu shots, family planning services including annual pap examinations and birth control, and testing and treatment for sexually transmitted diseases (including HIV.)

**Health Insurance****Family Access to Medical Insurance Security Plan (FAMIS)****866-873-2647****[www.famis.org](http://www.famis.org)**

Federal/state program provides low cost health insurance for children in families that earn too much for

Medicaid but don't have private health insurance.

**HRSA Federal Health Care Information Center**

**888-275-4772**

[www.ask.hrsa.gov](http://www.ask.hrsa.gov)

Resources and referrals on health care services for low income, uninsured individuals and those with special health care needs.

**Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

## Homeless

**Judeo Christian Shelter**

**Virginia Beach**

**491-2846**

Serves homeless - no geographic limit. Dorm type room for 16 women. Barracks style room for 34 men. They work with Probation and Parole. Rooms for 2 to 3 families. Those receiving services must stay clean, sober and straight.

**Oasis Opportunity Center**

**1420 Chestnut Street**

**398-1970**

An ecumenical multi-service social ministry helping to meet the basic needs of the homeless. Helps individuals improve their lives by providing a range of job-related services that will enable the homeless to move toward independence and self-sufficiency. Applicants must be able to secure a letter of introduction from an employer, social worker, case manager, sponsor, etc.

**Planning Council**

**622-9268**

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

**PARC Family Shelter**

**Portsmouth**

**393-4246**

Shelter for homeless families (parents/guardians with children under the age of 18 in their custody). Applications for shelter taken at the PARC Emergency Assistance Office, located at Portsmouth Social Services, Monday through Friday, 9:30 AM to 2:00.

**Portsmouth Family Resource Center**

**660 Lincoln Street**

**398-8655**

**Portsmouth Christian Outreach Ministries**

**910 7<sup>th</sup> Street**

**397-4570**

Outreach program that provides numerous services for the homeless including transitional housing.

**Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**Portsmouth Volunteers for the Homeless****1020 High Street****399-0200**

Summer and winter shelter, showers, public washer and dryer and case management services. Coordinates the winter shelter for single adults at various church and synagogue locations in the city. Shelter starts in mid-November and operates through March. PVH representative located at Oasis, 1020 High Street.

**Salvation Army****543-8100**

Operates an emergency shelter and a transitional housing program for homeless men and a shelter for women and children. (8/05)

**St. Columbia Ecumenical Ministries, Inc.****Norfolk****627-6748**

Provides single homeless adults with showers, bag lunches, clothing, and prescription assistance. Also has a transitional housing program.

**Samaritan House (SOS)****Virginia Beach****Hotline 430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program.

**STOP Organization****2011 Queen Street****314-1527**

This program provides assistance to increase the energy efficiency of houses occupied by low-income people, particularly the elderly, occupants with disabilities, and children. Assistance is available for insulating the attic and sidewalls in addition to air sealing and safe and operable heating.

**Union Mission Men's Shelter****Norfolk****627-8686**

Shelter located in downtown Norfolk. Single men can stay up to three nights. Must be 18 years old & have a picture id.

**Union Mission Women's Shelter****Norfolk****623-0642**

Shelter located in downtown Norfolk. Family shelter takes in single women and women with children.

**Wesley Community Center****442 Jamestown Ave.****399-0541**

Sometimes is able to provide small amount of money toward rent payments and utility bills from January – May.

**Home Ownership Assistance & Education****Center for Community Development, Inc.****440 High Street Suite 204****399-0925**

CCDI helps low to moderate income households become first-time homebuyers. Perspective homebuyers must meet specific guidelines to qualify for homeownership, work with CCDI and complete VHDA homeownership classes.

### **Habitat for Humanity**

**640-0590**

An ecumenical Christian housing ministry that seeks to eliminate poverty housing from the world and to make decent shelter a matter of conscience and action. Financing is through no-interest, 20-year loans, payments are deposited into a revolving fund that supports the construction of more houses.

### **VHDA**

**1-888-643-2696**

Classes available to assist potential homeowners with the home buying process from start to finish. Class locations, dates and registration information can be obtained by visiting calling the above number.

## **Hospices**

### **Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.**

**391-6017**

Trains volunteers for hospice to assist patients and their families to maintain the best quality of life during terminal illness and after the patient's death.

### **Edmarc Hospice for Children**

**516 London Street**

**967-9251**

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

## **Hospitals**

### **Bon Secours Maryview Medical Center**

**3636 High Street**

**398-2200**

### **Eastern Virginia Medical School**

**Norfolk**

**446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

## **Housing Assistance**

### **Community Alternatives, Inc.**

**Virginia Beach**

**468-7000**

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

### **Hope House Foundation**

**Norfolk**

**625-6161**

Supportive living services for people with developmental disabilities in Hampton Roads. Provides community based services and support to people with disabilities.

### **Southeastern Tidewater Opportunity Project "STOP"**

**Various Locations**

**314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

**Portsmouth Department of Behavioral Health Care Services**

**Administration**

**600 Dinwiddie St.  
393-8618**

**Central Intake**

**545 High St.  
393-5357**

**Crisis Outreach/Emergency Services**

**393-8991**

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

**Portsmouth Family Resource Center**

**660 Lincoln Street  
398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**Tidewater AIDS Crisis Taskforce (TACT)**

**Norfolk  
583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. Emergency food and clothes closet with medical supplies.

**Virginia Housing Development Authority (VHDA)**

**1-800-637-7738**

Provides below market interest rate, thirty-year, first mortgage loans to low and moderate income, first-time home buyers. VHDA establishes income and house price limits for each of its programs.

**Housing Domestic Violence - Emergency**

**Seton Youth Shelters**

**[www.setonyouthshelters.org](http://www.setonyouthshelters.org)**

**Boys 498-4673**

**Girls 306-1840**

Provides a temporary safe haven for youth 12-17.

**Housing Authorities**

**Chesapeake Redevelopment & Housing Authority**

**523-0401**

Assists low-income residents of Chesapeake to obtain decent, safe a, sanitary and affordable housing as renters or homeowners.

**Hampton Redevelopment & Housing Authority**

**727-6337**

**Newport News Redevelopment & Housing Authority**

**928-2620**

**Norfolk Redevelopment & Housing Authority**

**623-1111**

**Portsmouth Redevelopment and Housing Authority**

**399-5261**

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter.

**Suffolk Redevelopment & Housing Authority**

**539-2100**

Mission is to develop and operate affordable housing that will provide a safe, decent and sanitary home a suitable living environment to low and moderate-income families of the City of Suffolk.

## Housing, Disabled

**Accessible Housing Corp. of Hampton Roads  
Virginia Beach  
481-3358**

Increases accessible housing options for low income, physically disabled persons, including shared supportive services.

**Department of Rehabilitative Services  
3248 Academy Ave. Suites 22-26  
686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Effingham Plaza  
715 Madison Street  
393-4757**

Subsidized housing exclusively for the Senior Citizens (age 62) or people on disability. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

**Endeppendence Center, Inc.  
Norfolk  
461-8007**

Services include locating accessible housing (subsidized if necessary), advocacy and peer counseling and referrals for respite care programs. Assistance with employment provided for people with disabilities.

**Hope House Foundation  
Norfolk  
625-6161**

Supported living services for people with developmental disabilities (mental retardation) in Hampton Roads. Provides community based services and supports to people with disabilities. Programs include benefit procurement and maintenance, dressing and clothing care, family support, financial support, household maintenance, legal assistance, meal planning and preparation, medical assistance, personal care, social activities, relocation assistance, security and supported living.

**Malvern Hill  
421 King Street  
393-0905**

Subsidized housing exclusively for the Senior Citizens and persons with disabilities.

**Mt. Herman Village  
2400 Cutherell Street  
399-4462**

Subsidized housing exclusively for the Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.

**Portsmouth Redevelopment and Housing Authority  
399-5261**

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter. Section 8 Housing Assistance Payments Program Administered through Portsmouth Redevelopment and Housing Authority.

**Supported Living Services  
505 Washington Street, Suite 501  
393-8929**

Teaches and reinforces daily living skills for the mentally ill, assisting them in independent living. Provides a transitional apartment and supported living subsidies for the mentally ill homeless.

## Housing Emergency

### **Seton Youth Shelters**

[www.setonyouthshelters.org](http://www.setonyouthshelters.org)

**Boys 498-4673**

**Girls 306-1840**

Provides a temporary safe haven for youth 12-17.

## Housing Financial Assistance

### **Planning Council**

**622-9268**

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Those assisted must be low-income, a Portsmouth resident, behind in their rent or mortgage, not have received assistance in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program.)

### **Portsmouth Family Resource Center**

**660 Lincoln Street**

**398-8655**

### **Oasis Social Ministry**

**1020 High Street**

**397-6060**

A Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

## Housing Section 8

### **Portsmouth Redevelopment and Housing Authority**

**399-5261**

Subsidized housing for low-income households. About 30% of income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible, having a maximum income limit to enter. Section 8 Housing Assistance Payments Program administered through Portsmouth Redevelopment and Housing Authority.

## Housing Seniors

### **Commons at Churchland**

**3505 Executive Center**

**484-8697**

Two bedroom apartment, for age 55 and older. Rent includes utilities \$568.00 (May 99). Near border of Portsmouth and Chesapeake in Churchland. Includes washer and dryer in apartment, dishwasher, garbage disposal, stove and refrigerator.

### **Effingham Plaza**

**715 Madison Street**

**393-4757**

Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

### **Friends of the Elderly (FOTE) - Project 2000**

**Norfolk**

**362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

**Greenwood Apartments**  
**Airline Blvd. & Greenwood Dr.**  
**465-9007**

Non-Subsidized housing exclusively for the Senior Citizens, age 62 and older. Income restricted May apply before age 62 and placed on the waiting list.

**Malvern Hill**  
**421 King Street**  
**393-0905**

Subsidized housing exclusively for the Senior Citizens and persons with disabilities.

**Mt. Herman Village**  
**2400 Cutherell Street**  
**399-4462**

Subsidized housing exclusively for the Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.

**Norfolk Urban Outreach Ministry, Inc.**  
**Norfolk**  
**461-4213**

A non-profit organization that provides housing to the elderly.

**Portsmouth Redevelopment & Housing Authority**  
**399-5261**

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

## Housing Transitional

**Barrett Transitional Housing**  
**Norfolk**  
**624-6990**

“Serving single Women In Need” will take pregnant women and single women with no dependents. Transitional housing, not emergency shelter. Must pass drug screen.

**Barry Robinson Center for Independent Living**  
**Norfolk**  
**455-6555**

[www.barryrobinson.org](http://www.barryrobinson.org)

A residential facility for women and their babies. Must be at least 16. Clients do not have to be mentally challenged, but do need a referral from a social services agency. The program offers several apartments for women, parenting skills, health education, and other case management services.

**Friends of the Elderly (FOTE) - Project 2000**

**Norfolk**  
**362-2302**

Provides transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

**New Beginnings Development Services**  
**1523 DesMoines Ave.**  
**967-8371**

Transitional Home for pregnant girls ages 13-18, possibly 21. Call for eligibility. Case management, crisis intervention, parenting and self sufficiency classes, self-esteem, and budgeting, education and employment counseling are just some of the services.

**Portsmouth Department of Behavioral Health Care Services**

**Administration**

**600 Dinwiddie St.  
393-8618**

**Central Intake**

**545 High St.  
393-5357**

**Crisis Outreach/Emergency Services**

**393-8991**

A housing program for persons with disabilities who are homeless and are low income and are receiving supportive services. Full or partial rental assistance may be available to you for up to five years if you have a mental illness; a chronic alcohol or drug problem; or have been diagnosed with HIV or AIDS.

**St. Columbia Ecumenical Ministries, Inc.**

**Norfolk**

**627-6748**

Provides transitional housing program for single homeless adults. Must be referred from shelter or other or other organization.

**Supportive Family Living Program**

**PO Box 1183**

**393-6448**

Offers a transitional housing initiative that provides units of affordable housing and self-sufficiency skills training for families.

**Housing Weatherization**

**STOP Organization**

**Norfolk**

**858-1397**

This program provides assistance to increase the energy efficiency of houses occupied by low-income people, particularly the elderly, occupants with disabilities, and children. Assistance is available for insulating the attic and sidewalls in addition to air sealing and safe and operable heating.

**Immigration & Naturalization Assistance**

**Parimal J Soni, MD**

**3235 Academy Ave.**

**483-3560**

Provides physicals required for citizenship.

**Immunizations**

**Ghent Family Medicine**

**446-5955**

**Portsmouth Family Medicine**

**600 Crawford Street**

**397-6344**

**Portsmouth Community Health Center**

**664 Lincoln Street**

**393-6363**

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Health Department**

**1701 High Street**

**393-8585**

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel.

**Information & Referral**

**Portsmouth Family Resource Center**

**660 Lincoln Street**

**398-8655**

Provides information and resources needed for self-sufficiency to area residents.

**Salvation Army**  
**393-2519**

Offers human resource services to individuals and families, especially counseling, food, general clothing to victims of fire or disaster, financial assistance emergency assistance, and special holiday assistance.

## Insurance

**Senior Services of Southeastern Virginia**  
**222-4512**

Program offers confidential help, advice and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice and problems with Medicare, Medicaid and medical bills. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

## Jobs/Job Training

**American Association of Retired Persons (AARP)**  
**Norfolk**  
**625-7001**

Senior Community Service Employment Program.

**Community Alternatives, Inc.**  
**Virginia Beach**  
**468-7000**

Services available to all Hampton Roads residents with disabilities in finding housing and jobs.

**Department of Rehabilitative Services**  
**3248 Academy Ave. Suites 22-26**  
**686-5004**

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Educational Opportunity Center**  
**Satellite Location Portsmouth DSS**  
**683-2312**

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

**Goodwill Industries**  
**Norfolk**  
**424-1515**

Training programs provided for persons with physical, mental or social disabilities.

**Louise Eggleston Center**  
**625-2311 or 858-8011**

Sheltered employment, vocational training and job placement provided to clients with mental disabilities.

**One Stop/Opportunity Inc.**  
**Norfolk**  
**461-7537**

Free career training, the unemployed and those with low income. Eligibility determined at time of application. Training includes: Tractor Trailer Truck Driver, Air Conditioning/Refrigeration Servicing, Computer/Office Work, Auto Body Repair, Welding, Building Maintenance and Repair, Bricklaying, Geriatric Nursing, Food Service Training, Home Health Care and General Shipyard Worker Training. GED preparation, career development and testing services available. Services include: job fair information, free computer lab, copier, printer and fax to use for job search.

**Portsmouth Family Resource Center****660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**Portsmouth Public Schools****Various locations****393-8822**

Provides various courses and classes including: computer software classes, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking. A Culinary Arts Training Program is available free of charge to qualified individuals. A small training allowance is paid to students while in the program. Job placement assistance is available to students who complete the program.

**Senior Services of Southeastern Virginia (SEVAMP)****Norfolk****461-9481**

Provides employment services for adults age 60 and over.

**S.H.O.P, the****300 Port Centre Pkwy. Suite 103****393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

**Southeastern Tidewater Opportunity Project (STOP)****Norfolk****314-1527**

Agency provides job finding, pre-job counseling, job training, job placement and referral, to the socially/economically disadvantaged.

**Suited For Success****353 Mt. Vernon Ave.****484-0829**

A non-profit organization providing free interview attire for low-income women and men transitioning from welfare to work, domestic violence shelters and other appropriate agencies. **Referral required.**

**Tidewater Builders Association Building Trades Academy****Chesapeake****420-2566**

Pre-apprenticeship Program - applicants must be 18 years old or older, able to work in construction and interested in career employment in the building trades. Career training in carpentry, electrical, air conditioning, plumbing, remodeling, and building/apartment repairs. All graduates of the program are provided with immediate employment opportunities.

**TogetherDeaf.com****[www.togetherdeaf.com](http://www.togetherdeaf.com)**

Website offers news and information relating to Deaf issues, deaf events message board, employment assistance and job opportunities for the Deaf, links to resources for the deaf and hard of hearing, and the Deaf Interests Chat Room.

**Urban League of Hampton Roads****3225 High Street****627-0864**

The objective of their employment services division is to recruit, refer and place qualified African Americans and other minorities in employment with local and national employers. Assistance is offered in the development of a strategic career plan. Job referral and placement services, along with employment and career counseling are offered in addition to an Employment Referral Network. Also available are employment workshops, seminars, and assistance with resume and interview preparation.

**Virginia Department of Rehabilitative Services**  
**3248 Academy Ave.**  
**686-5004**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

**Virginia Employment Commission**  
**2011 Queen Street**  
**314-1526**

Provides employment and training assistance as well as access to thousands of job listings and resources. The VEC administers a variety of programs that may provide temporary income for workers who have become unemployed.

## Juvenile Diabetes

**Portsmouth Community Health Center**  
**664 Lincoln Street**  
**393-6363**

Provides primary medical care without regard to patients' ability to pay.

## Kidney

**Portsmouth Community Health Center**  
**664 Lincoln Street**  
**393-6363**

Provides primary medical care without regard to patients' ability to pay.

## Legal

**Atlantic DNA Paternity Testing**  
**1-800-633-9715**

**Child Support Enforcement**  
**396-6448**

**Community Mediation Center**  
**Norfolk**  
**480-2777**

Referral is needed to this center which provides free or low cost mediation services to resolve family, business, and neighborhood issues. Free consultations to see if your situation is right for mediations. Education and training in mediation and problem solving skills is provided for adults and youth at various parks and recreation centers.

**DNA Diagnostic Center**  
**1-800-362-2368**

**Legal Aid Society of Eastern Virginia**  
**Norfolk**  
**627-5423**

**Senior Law Center**  
**125 St. Paul's Blvd., Norfolk**  
**627-3232**

Federally funded, non-profit law office offering free legal services (except for court costs), for individuals age 55 and older.

## Leukemia & Lymphoma

**The Leukemia & Lymphoma Society**  
**27 W. Queens Way, Hampton**  
**723-2676**

## Libraries

**Main Library**  
601 Court Street  
393-8501

**Churchland**  
3215 Academy Ave  
686-2538

**Craddock**  
28 Prospect Pky.  
393-8759

**Manor**  
1401 Elmhurst Lane  
465-2916

## Maternity Services

**CHIP of Portsmouth**  
662 Lincoln Street  
391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

**Ghent Family Medicine**  
446-5955

**Portsmouth Community Health Center**  
664 Lincoln Street  
393-6363

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Family Medicine**  
600 Crawford St  
397-6344

**Portsmouth Health Department**  
1701 High Street  
393-8585

Provides outpatient clinics for family planning, also offers prenatal classes, baby care classes, and hosts WIC.

## Meals

**Meals on Wheels**  
Various locations  
673-5025

Delivers hot meals to homebound people who are unable to get their own food and cook it. Those who are able pay \$5.20 per day or \$26 for Monday through Friday delivery of a hot meal for lunch, included is a bag meal for supper.

**Oasis Social Ministry**  
1020 High Street  
397-6060

Provides breakfast and lunch throughout the week for homeless and supplies groceries to those who apply. Must qualify with intake counselor.

## Mediation Services

**Community Mediation Center**  
Norfolk  
480-2777

Referral is needed to this center which provides free or low cost mediation services to resolve family, business, and neighborhood issues. Free consultations to see if your situation is right for mediations. Education and training in mediation and problem solving skills is provided for adults and youth at various parks and rec centers.

## Medicaid/Medical Assistance

**Portsmouth Department of Social Services**  
1701 High Street  
405-1800

Provides services to meet the needs of Portsmouth citizens and promote awareness of available programs and resources, to build strengths and encourage self-sufficiency.

**Senior Services of Southeastern Virginia**  
222-4512

Program offers confidential help, advice and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice and problems with Medicare, Medicaid and medical bills. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

## Medical Care/Services

**Care Free Clinic**  
Chesapeake  
545-5700

Provides medical care (including pediatrics) to uninsured Chesapeake families based on income.

**Eastern Virginia Medical School**  
Norfolk  
446-8400

Has a comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees based on income.

**Edmarc Hospice for Children**  
516 London Street  
967-9251

Mission is to ease the trauma of a child's illness or death, and to reduce the disabling effects of pediatric illness, loss and bereavement on families. Edmarc's health care services allow a child with a life limiting illness to stay at home whenever possible. Services are available to children and families 24 hours a day, 7 days a week.

**Every Women's Life**  
446-8445

Mammograms and pap tests for women without health insurance, there are age and income guidelines. Fees based on income.

**Ghent Family Medicine**  
446-5955

**Maryview Foundation Healthcare Center**  
3600 High Street  
215-3100

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

**Planned Parenthood**  
950 W. 21st Street, Norfolk  
624-9224

Clinical services include OB/GYN, access to birth control, pap smears, breast exams, pregnancy testing, vasectomies, and STD/ HIV testing for men and women. Call for fee information.

**Portsmouth Community Health Center**  
664 Lincoln Street  
393-6363

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Family Medicine**  
**600 Crawford St**  
**397-6344**

**Portsmouth Health Dept.**  
**1701 High Street**  
**393-8585**

Provides a variety of services including child health, pediatric clinic, baby care, pap smears, lead testing and follow-up, and nutrition counseling. Provides testing, treatment and investigation of TB, hepatitis and other communicable diseases. Holds a sexually transmitted disease clinic which provides for confidential testing, counseling, education and treatment. Provides health education, immunizations (vaccinations for overseas travel and shots for children and adults as required for school entrance, etc).

## Medical Equipment

**LMS Medical Supplies**  
**3238 Academy Ave.**  
**484-9448**

Free home delivery. Rentals available. Most insurances accepted.

**Medical Equipment Distributors**  
**Hampton Roads**  
**498-8225**

Most insurance accepted.

**Muscular Dystrophy Association, Inc.**  
**461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

**National Multiple Sclerosis Society**  
**Virginia Beach**  
**490-9627**

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

**Olde Towne Drug Center Pharmacy**  
**600 High Street**  
**393-4039**

Special provider designated by the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

**Senior Wheels Program of Greater Virginia**  
**Richmond**  
**(800) 246-6010**

Provides electric wheelchairs, manual wheelchairs and scooters to seniors and the permanently disabled. Must have Medicare. Helps to coordinate insurance forms to get wheelchairs and walking aids. Aims to help people avoid rejections by Medicare and to get the cost of their equipment covered by insurance.

## Medication Services

**Behavioral Health Care Services**  
**505 Washington Street, Suite 200**  
**393-8233**

Treatment and medication for the mentally ill.

**Care Free Clinic  
Chesapeake  
545-5700**

Provides some medication and pharmacy services to uninsured Chesapeake families based on income.

**MAPP/Medication Access Program for Portsmouth  
1701 High Street  
405-1800**

Provides generic medications for people without insurance who fall within financial guidelines. This is emergency assistance, not on going. Referral is offered to the Patient Assistance Program of various drug companies.

**Maryview Foundation Healthcare Center  
3600 High Street  
215-3100**

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

**Olde Towne Drug Center Pharmacy  
600 High Street  
393-4039**

Special provider designated by the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

**Pharmacy Connection  
1701 High Street  
405-1800**

Certain medications are available to those without medication coverage. This is program is based on income. Portsmouth Social Services determines eligibility based on income. Bring proof of income & current prescription or non-expired bottle of medicine to Social Services.

**Portsmouth Community Health Center  
644 Lincoln Street  
393-6363**

Care by appointment only. Prescription refills are done on Monday, Wednesday and Friday. Call for additional information. There may be a fee for medication/prescription services.

**Portsmouth Health Dept.  
1701 High Street  
393-8585**

Provides various programs with medication assistance. Call for additional information.

**Tidewater AIDS Crisis Taskforce (TACT)  
Norfolk  
583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

**Virginia HIV Medication Assistance Program  
1701 High Street  
393-8585**

HIV/AIDS medication assistance.

## Mental Health & Mental Disability Services

**Barry Robinson Center, The  
Norfolk  
455-6555**

[www.barryrobinson.org](http://www.barryrobinson.org)

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

**Behavioral Health Care  
300 Porte Centre Pkwy. Suite 103  
393-8321**

Case management services are available for people with mental retardation and include linking, monitoring, assessment, and liaison with community resources. Sliding scale income based fees.

**Child and Adolescent Bipolar Foundation (CABF)**

[www.bpkids.org](http://www.bpkids.org)

A parent led web based membership organization of families raising children diagnosed with, or at risk for, early-onset bipolar disorder.

**Child and Family Services, Portsmouth DSS  
1701 High Street  
405-1800**

Provides counseling (for individuals, couples and families) addressing marital problems, divorce, child behavior, parenting, stress, grief, depression, treatment of victims of child sexual abuse and the perpetrators. Offer groups on anger control, men who batter, battered women, teen parenting and other issues. Most services are provided on a sliding scale.

**Concerned Citizens for Special People (CCSP)  
490-0499**

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

**ConductDisorders.com**

Online information and support groups for families with children who have conduct disorders such as Oppositional Defiance disorder (ODD), Obsessive-Compulsive Disorder (OCD), or other diagnoses, but all of whom are oppositional and resistant to parenting.

**Crisis Intervention/ Emergency Services  
505 Washington Street Suite 506  
393-8990**

**Crisis and Outreach Services  
505 Washington Street, Suite 507  
393-8223**

This program combines 24 hour response for mental health and substance abuse emergencies with case management services for high risk clients and those returning to the community from state facilities.

**Depression and Bipolar Support Alliance  
800-826-3632  
485-3520 or 754-4688**

[www.dbsalliance.org](http://www.dbsalliance.org)

Provides up to date, scientifically based tools and information written in language the general public can understand to help manage these conditions.

**Depressedteens.com  
[www.depressedteens.com/mh.html](http://www.depressedteens.com/mh.html)**

Website established to provide valuable information and educational resources that will help teenagers and their parents and educators understand the signs and symptoms of teenage depression and where to get help when needed.

**Eggleston Services****Norfolk****858-8011**

Mission is to create education, training and employment opportunities for individuals with disabilities. Service categories include child, youth and adults with disabilities. Programs include day rehabilitation, physical and social enrichment services, and resort for the disabled, a horticultural program, and employment services.

**Got anxiety.org**[www.gotanxiety.org](http://www.gotanxiety.org)

Provides information about anxiety disorders for high school and college students, how to deal with stress, best ways to study, guidelines to healthy eating and more.

**Mental Health American****800-969-6642**[www.mhav.org](http://www.mhav.org)

The country's oldest and largest non-profit organization addressing all aspects of mental health and mental illness.

**National Association for the Dually Diagnosed****800-331-5362**[www.thenadd.org](http://www.thenadd.org)

Association established for professionals, care providers of individuals who have developmental disabilities and mental health needs.

**Obsessive-Compulsive Foundation****434-6475 or 872-9819**[www.ocfoundation.org](http://www.ocfoundation.org)

Educates the public and professional communities about OCD and related disorders; provides assistance to affected individuals, their families and friends; and supports research to identify causes and treatment of OCD and related disorders.

**Opportunity House****Behavioral Health Services****393-5404 or 393-8927**

A day support program that provides pre-vocational, educational, socialization and daily living skills assistance to mentally ill adults. Support group for the family and friends of the mentally ill. Fees based on income based sliding scale.

**Portsmouth Department of Behavioral Health Care Services****Administration****600 Dinwiddie St.****393-8618****Central Intake****545 High St.****393-5357****Crisis Outreach/Emergency Services****393-8991****SAFE HAVEN Crisis Stabilization Services****393-8152 or 391-3167**

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Portsmouth Family Resource Center****660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**S.H.O.P., The  
300 Port Centre Pkwy. Suite 103  
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

**Substance Abuse and Mental Health Services Administration's National Mental Health Information Center (SAMHSA)  
800-789-2647**

[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

Staff members are skilled at listening and responding to questions from the public and professionals. The staff quickly directs callers to federal, state and local organizations dedicated to treating and preventing mental illness.

**Supported Living Services  
505 Washington Street, Suite 501  
393-8929**

Teaches and reinforces daily living skills for the mentally ill, assisting them in independent living. Provides a transitional apartment and supported living subsidies for the mentally ill homeless.

**Treatment Services  
505 Washington Street, Suite 200  
393-8223**

Services include mental health outpatient counseling and medication services. Program offers individual, group and family therapy to adults and children.

**Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS)  
800-451-5544**

[www.dmhmrsas.virginia.gov](http://www.dmhmrsas.virginia.gov)

State program offering services to residents. Operates health facilities that provide a range of psychiatric psychological, nursing, support and ancillary services.

## Mentoring

**Barry Robinson Center, The  
Norfolk  
455-6555**

[www.barryrobinson.org](http://www.barryrobinson.org)

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

**The UP Center  
1805 Airline Blvd  
397-2121**

[www.theupcenter.org](http://www.theupcenter.org)

The Up Center's Team Up Mentoring Center started in January, 2008 and matches children in the South Hampton Roads area with caring adult role models.

## MILITARY FAMILY SUPPORT INFORMATION

### ARMY

**Army Community Service  
Ft. Eustis/Ft. Story  
878-3638  
Soldier and Family Support Center  
788-3878**

### AIR FORCE

**Airman and Family Support Center  
Langley  
764-3990**

**COAST GUARD**  
Work Life Programs  
Hampton Roads Region  
686-4033

**NAVY**  
FFSC Norfolk  
444-2102  
FFSC Yorktown  
887-4606

FFSC Little Creek  
462-7563

FFSC Northwest  
421-8770 FFSC Oceana  
433-2912

Navy 24 hour information and referral line  
444-NAVY or 1-800- FSC-LIN

**OTHER AGENCIES**  
American Red Cross  
Southeastern Virginia  
440-1111

American Red Cross  
Suffolk  
539-6645

Armed Services YMCA  
363-1884

Catholic Charities  
Hampton Roads  
467-7707

The UP Center  
Portsmouth  
[www.theupcenter.org](http://www.theupcenter.org)  
397-2121

Food bank of Southeastern Virginia  
627-6599

Navy – Marine Corps Relief Society  
Norfolk  
423-8830

Planning Council Crisis Line  
622-1126

PARC Portsmouth Area Resources Coalition, Inc.  
397-5208  
Samaritan House  
430-2120  
Seton Youth Shelters

Boys 498-4673 Provides a temporary safe haven for youth 12-17.  
Girls 306-1840

[www.setonyouthshelters.org](http://www.setonyouthshelters.org)

**USO of Hampton Roads  
788-4984**

## **Mortgage Assistance**

**Catholic Charities  
484-0703**

**Home Works of Virginia  
422-9664**

**Planning Council  
622-9268**

**Virginia Housing Development Authority (VHDA)  
1-800-637-7738**

Provides below market interest rate, thirty-year, first mortgage loans to low and moderate income, first-time home buyers. VHDA establishes income and house price limits for each of its programs.

## **Multiple Sclerosis**

**National Multiple Sclerosis Society  
Virginia Beach  
490-9627**

Services provided include information, referral, education, counseling, equipment provision and advocacy. No fee for services.

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation  
801 Crawford Street  
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

## **Muscular Dystrophy**

**Muscular Dystrophy Association, Inc.  
Norfolk  
461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

## **Nutrition Counseling & Education**

**CHIP of Portsmouth  
662 Lincoln Street  
391-0606**

CHIP provides nutrition classes to families with children age 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth Family must agree to participate in CHIP Program which includes parenting classes, nutrition, safety and other classes.

**Family Nutrition Program  
105 Utah Street  
393-8839**

**[dheggen@vt.edu](mailto:dheggen@vt.edu)**

Focuses on limited resource families.

## Parent Support/Parenting

**Big Brothers Big Sisters**  
Virginia Beach  
549-7437

[www.bbbsofshr.org](http://www.bbbsofshr.org)

The Big Brothers Big Sisters Mission is to help children reach their potential through professionally supported, one-to-one relationships with mentors that have a measurable impact on youth.

**CHIP of Portsmouth**  
662 Lincoln Street  
391-0606

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

**Child Abuse Prevention Services**  
405-1800  
393-9500

Report suspected child abuse and neglect.

**Childbirth & Parenting Classes**  
Maryview Medical Center  
889-2273

[www.bschr.com](http://www.bschr.com)

Classes are held every other month starting in January. Classes include expectant parent's classes, sibling classes, baby care classes and breast-feeding classes.

**Child Protective Services**  
393-9500

**Developmental Program for Infants and Toddlers at the D.A.C. Center**  
393-8791

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

**Parent Connection**  
962-2112

Provides a free, confidential service for parents who want to improve their relationship with their children and find more effective ways of coping with the pressures of everyday life. Groups meet once a week for two hours. Children under twelve can participate in activities while their parents are meeting.

**Portsmouth Dept. of Behavioral Healthcare Services**  
500 Crawford Street  
393-5357

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Portsmouth Health Department**  
1701 High Street  
393-8585

Services include fees for services usually based on income.

**Portsmouth Mothers of Multiples**  
Maryview Medical Center  
889-2273

Meets the fourth Thursday of the month at 7:30 PM.

**The UP Center**  
**397-2121**

[www.theupcenter.org](http://www.theupcenter.org)

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

## Parks

**Portsmouth Parks and Recreation Department**  
**393-8481**

## Pregnancy/Prenatal Services

**Barry Robinson Center for Independent Living**  
**Norfolk**  
**455-6555**

[www.barryrobinson.org](http://www.barryrobinson.org)

A residential facility for women and their babies. Must be at least 16. Clients do not have to be mentally challenged, but do need a referral from a social services agency. The program offers several apartments for women and one for men, parenting skills, health education, and other case management services.

**Better Beginnings Coalition**  
**664 Lincoln Street**  
**397-4818**

Group addresses the issues of teen pregnancy, prevention and parenthood. A coalition of teens, parents, community/civic leaders and professionals united to address the issues associated with teen pregnancy in Portsmouth.

**Birthright**  
**Norfolk**  
**489-0222**

Offers alternatives to abortion. Provides assistance to women who need help to carry their babies to term.

**Care Connect**  
**1701 High Street**  
**393-8585**

**Catholic Charities**  
**Chesapeake**  
**484-0703**

"Questions to ask yourself, if you are pregnant...and people you can turn to for help." All consultations are private, confidential, and free of charge. A licensed Child-Placing Agency.

**Childbirth & Parenting Classes**  
**Maryview Medical Center**  
**889-2273**

Classes are held every other month starting in January. Classes include expectant parent's class, sibling classes, baby care classes and breast-feeding classes. (08/07)

**Case Management and Outreach Services**  
**662 Lincoln Street**  
**391-0606**

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

**Healthy Heartbeats**  
**Serving Hampton Roads, VA**  
**461-0064**

A case management program offered through VA Premier Health Insurance, where moms can learn about healthy pregnancies, earn incentives for program participation, and enroll in home visiting services. Outreach workers are available to help schedule doctor's appointments, arrange transportation, schedule parenting and other support classes, and WIC sign up. Case management can continue up until age two.

**The Keim Centers**  
**Hampton Roads**  
**499-4444**

All services are free and confidential. Services include pregnancy testing (results during visit), counseling, education, help with post abortion trauma, friendship & advocacy, adoption referrals and maternity/infant clothing and equipment. Also offers free, limited ultrasound services. Various locations.

**La Leche League of Tidewater**  
**857-8403**

Provides information and support about breastfeeding to mothers. Meetings also held in Portsmouth. Call for additional information.

**Loving Steps**  
**Norfolk, VA**  
**446-6107**

A case management program providing home visiting, transportation, pregnancy education, breastfeeding and other support services for women living in Norfolk up to age 44. Clients can remain in the program until their babies are two years of age. Those who have had previous infant deaths, substance abuse, or living with a chronic medical condition such as diabetes are encouraged to apply. One can self refer or get a referral from health care provider.

**Planned Parenthood**  
**Norfolk**  
**624-9224**

Clinical services include OB/GYN, access to birth control, pap smears, breast exams, pregnancy testing, STD/HIV testing for men and women, vasectomies, and educational services. Income based fees.

**Portsmouth Community Health Center**  
**664 Lincoln Street**  
**393-6363**

Provides primary medical care, including prenatal care, without regard to patients' ability to pay.

**Portsmouth Health Dept.**  
**1701 High Street**  
**393-8585**

Services include pregnancy testing, family planning, folic acid distribution, and pre-natal care through EVMS's Centering Pregnancy Program.

**Sentara Babycare Services**  
**553-3870**

Case management services for high risk mothers and their babies. Provides in-home nurses, nutritionist, and other health care services, monitors the mom and fetus for pregnancy-induced hypertension, diabetes, preterm labor, and other gestational stressors. Assists the pregnant woman in obtaining a physician, applying for Medicaid, maintaining appointments, obtaining WIC, taking classes, etc. Also provides postpartum care including incision care. IV antibiotic therapy and infant child care to include: neonatal assessments, breathing monitoring, speech therapy, and other services. The program offers services for pregnant Medicaid clients up to 60 days after delivery and infants covered by Medicaid infants up to age 2. Not all Medicaid HMOs participate in the program. Certified lactation consultant, grief counselors, and bilingual medical social workers available.

**Teen Pregnancy Prevention Program  
662 Lincoln Street  
391-0606**

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations

**The UP Center  
397-2121**

[www.theupcenter.org](http://www.theupcenter.org)

Teen pregnancy prevention, case management, parenting classes, prenatal counseling and home visiting for teen girls and women up to age 24. Foster care services also provided.

**WIC – Portsmouth Health Department  
1701 High Street  
393-8585**

A federally funded, income based, special supplemental food program for pregnant women, women up to six months after the end of pregnancy or as long as they are breastfeeding. Services for infants and children up to age 5. IF ANYONE IN THE HOUSEHOLD IS ON A FREE OR REDUCED LUNCH PROGRAM THE HOUSEHOLD IS ELIGIBLE TO RECEIVE WIC. The goal of WIC is to help improve the outcome of pregnancy, food habits and the health of women, infants and children. WIC does this by providing nutrition and health education, health services and specially selected foods.

## Preschools

**Portsmouth City Public Schools Bright Start  
393-5128**

Provides a program for pre-K student who qualify.

## Prescription/Medicine Assistance

**Behavioral Health Care Services  
505 Washington Street, Suite 200  
393-8233**

Treatment and medication for the mentally ill.

**Care Free Clinic  
Chesapeake  
545-5700**

Provides some pharmacy services to uninsured families based on income.

**MAPP/Medication Access Program for Portsmouth  
1701 High Street  
405-1800**

Provides generic medications for people without insurance who fall within financial guidelines. This is emergency assistance, not on going. Referral is offered to the Patient Assistance Program of various drug companies.

**Maryview Foundation Healthcare Center  
3600 High Street  
215-3100**

Provides medical services and medication assistance to indigent and uninsured persons residing in Portsmouth.

**Olde Towne Drug Center Pharmacy**  
**600 High Street**  
**393-4039**

Special provider designated the State of Virginia Department of Medical Services. Can provide durable medical equipment and supplies to eligible Medicaid recipients FREE OF CHARGE. Patient must be Medicaid only or "QMB extended" and have a physician signed Certificate of Medical Necessity. Supplies covered in diabetic, incontinence, nutritional supplements, respiratory supplies, anti-embolism support, ostomy supplies, for supplies, needles and most durable medical supplies (i.e. canes, crutches, wheelchairs, bath aids, etc.).

**Pharmacy Connection**  
**1701 High Street**  
**405-1800**

Certain medications are available to those without medication coverage. This is program is based on income. Portsmouth Social Services determines eligibility based on income. Bring proof of income & current prescription or non-expired bottle of medicine to Social Services.

**Portsmouth Community Health Center**  
**644 Lincoln Street**  
**393-6363**

Care by appointment only. Prescription refills are done on Monday, Wednesday and Friday. Call for additional information.

**Portsmouth Health Dept.**  
**1701 High Street**  
**393-8585**

Provides various programs with medication assistance. Call for additional information.

**Virginia HIV Medication Assistance Program**  
**1701 High Street**  
**393-8585**

HIV/AIDS medication assistance.

**Tidewater AIDS Crisis Taskforce (TACT)**  
**Norfolk**  
**583-1317**

Provides case management services for people who can provide written proof of testing HIV positive. Can also provide assistance with medical and housing problems. They have an emergency food and clothes closet with medical supplies.

## Rape/Sexual Assault

**Response Sexual Assault Support Services of the YWCA**  
622-4300

## Reading

**Portsmouth Public Schools**  
**Various locations**  
**393-8822**

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

## **Southeastern Tidewater Opportunity Project "STOP"**

### **Various Locations**

**314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

### **Tidewater Literacy**

**700 London Blvd.**

**393-6459**

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

## **Recreation**

### **American Lung Association**

**Norfolk**

**855-3059**

Programs that emphasize education and prevention. Summer camp for children with asthma. Support groups for victims of lung disease.

### **Bertha Snyder Children's Camp and Care Fund**

**852-9797**

Assistance is offered on the basis of financial need and scholarships are available to summer camps. Children with special needs are served in specialized camps.

### **Cerebral Palsy of Southeastern Virginia, Inc.**

**Virginia Beach**

**497-7474**

Services to individuals and families. Also offers a Computer Summer Day Camp.

### **Civitan Acres**

**Chesapeake**

**487-6062**

Summer day camp and residential camping program for the handicapped adults and children.

### **Equi-Kids Therapeutic Riding Program**

**Virginia Beach**

**425-8833**

Therapeutic horseback riding program for children and adults with disabilities. Fees vary.

### **Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street**

**393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

### **Therapeutic Bowling**

**Chesapeake**

**393-8481**

Bowling for children with disabilities call for details including times/fees.

## **Rent/Security Deposit Assistance**

### **Oasis Social Ministry**

**1020 High Street**

**397-6060**

A Catholic Ministry that provides many services to the needy. The Ministry can assist, at times, with a portion of the rental payment.

**PARC Inc**  
**Emergency Assistance Office**  
**1701 High Street**  
**397-5208**

When funds are available, the Resource Coalition can assist with security deposits, and funding to avoid cut-offs and evictions. If funds are available the program provides assistance with up to one month's rent provided there has been no other emergency assistance for rent or utilities in the prior 12 months, that the recipient have an adequate source of income to allow the family to remain in the home, lease must be in applicant's name and rent must be past due. Call for eligibility screening. No walk-ins will be accepted.

**Planning Council Homeless Prevention Program**  
**398-8655**

Program is an effort to keep people from becoming homeless - emphasis is on prevention, sometimes has funds to assist with security deposits and rent payments.

**Salvation Army**  
**2306 Airline Blvd.**  
**393-2519**

When available, uses federal funds to assistance with up to one month's rent.

**Social Services**  
**1701 High Street**  
**405-1800**

May have funding available for rent assistance.

**STOP Organization**  
**2011 Queen Street**  
**314-1527**

Uses a variety of funding sources, when available, to pay for up to one month of rent assistance.

## Runaway Youth

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
<b>600 Dinwiddie St.</b>	<b>545 High St.</b>	<b>393-8991</b>
<b>393-8618</b>	<b>393-5357</b>	

Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

## School Resources

### **Another Path**

[www.deafhomeschool.com](http://www.deafhomeschool.com)

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

**Children's Place at Lake Taylor**  
**461-5001**

[www.laketaylor.com/services/pediatrics/html](http://www.laketaylor.com/services/pediatrics/html)

Provides services for children requiring longer-term hospitalization for illnesses or disabilities. Programs include rehabilitation therapies, pulmonary/ventilator care, full rehabilitation therapies, classroom programs for various levels of intellectual function and after school/weekend activities.

**Educational Opportunity Center**  
**Satellite Location Portsmouth DSS**  
**683-2312**

Provides free services that include educational information, resource library, financial aid information and career planning. The target population for these programs includes individuals with low income, individuals who represent the first generation of their family to enter college, minorities and/or women, high school or college dropouts.

**Portsmouth Public Schools****Various locations****393-8822**

Provides a wide variety of adult and continuing education classes. Examples are: High School Diploma Program for adults and students who are age 17 or older to complete the requirements for a high school, a free GED program for students who are Portsmouth residents 17-20 years old, basic skills education for adults, GED preparation for adults, drawing, sign language, floral design, typing, cake decorating, medical terminology, quilting, watercolors, public speaking, culinary arts training, and computer software. Most classes are offered in the evening.

**Southeastern Tidewater Opportunity Project "STOP" Various Locations****314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

**Tidewater Literacy****700 London Blvd.****393-6459**

Matches students with tutors. Holds workshops to train tutors. Students meet with their tutor twice a week. Students must call in to sign up for an interview. Students must have an address and telephone number. Students must also buy their books - cost is about \$10.

**Tidewater Scholarship's ACCESS Program****Norfolk****628-3942**

<http://www.enotes.com/scholarships-loans/tidewater-scholarship-foundation>

## Section 8 Housing

**Portsmouth Redevelopment & Housing Authority****399-5261**

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

## Senior Citizen Housing

**Commons at Churchland****3505 Executive Center****484-8697**

Two bedroom apartment, for age 55 and older. Rent includes utilities \$568.00 (May 99). Near border of Portsmouth and Chesapeake in Churchland. Includes washer and dryer in apartment, dishwasher, garbage disposal, stove and refrigerator.

**Effingham Plaza****715 Madison Street****393-4757**

Subsidized housing exclusively for the Senior Citizens (age 62) or on disability. Near seniors age 50-55 can also apply. Call to make an appointment to apply - must have Social Security Card, written proof of income and current bank statement at time of application.

**Friends of the Elderly (FOTE) - Project 2000****Norfolk****362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list.

**Greenwood Apartments**  
**Airline Blvd. & Greenwood Dr.**  
**465-9007**

Non-Subsidized housing exclusively for the Senior Citizens, age 62 and older. Income restricted May apply before age 62 and placed on the waiting list.

**Malvern Hill**  
**421 King Street**  
**393-0905**

Subsidized housing exclusively for the Senior Citizens and persons with disabilities.

**Mt. Herman Village**  
**2400 Cutherell Street**  
**399-4462**

Subsidized housing exclusively for the Senior Citizens (age 62) and persons with disabilities (permanent and prior to their 22nd birthday). Waiting list. Can apply in year prior to turning age 62.

**Norfolk Urban Outreach Ministry, Inc.**  
**Norfolk**  
**461-4213**

A non-profit organization that provides housing to the elderly.

**Portsmouth Redevelopment & Housing Authority**  
**399-5261**

Subsidized housing for low-income households. About 30% of your income goes toward rent and utility expenses. Most programs require a minimum source of income. All programs are income eligible,

## Senior Citizen Services

**Crisis Line**  
**622-1126**

This agency has a telephone safety check service for the elderly or disabled living alone.

**Eye Care America Seniors Eye Care Program**  
**1-800-222-EYES or 1-800-222-3937**

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE.

**Free Foot Ministry**  
**1400 Rodman Ave.**  
**393-9259**

Free foot clinic held on the third Tuesday of the month. Open to those who cannot cut their own toe nails because of disability or age.

**Friends of the Elderly (FOTE) - Project 2000**  
**Norfolk**  
**362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have written referral and there is a waiting list

**Office of the Commissioner of Revenue**  
**393-8771**

Real Estate tax relief for Senior Citizens and persons with disabilities. Must be at least 65 years old or totally and permanently disabled, have resided in the city at least the last two years, & live in the property to be exempted. Call for details about qualifying income and assets.

**Portsmouth Family Resource Center**  
**660 Lincoln Street**  
**398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

### **Rehabilitation Equipment Exchange Network**

[www.rehabequipmentexchange.com/index/html](http://www.rehabequipmentexchange.com/index/html)

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, ADL aids, communication devices, assistive technology, and exercise equipment.

### **Senior Law Center**

**Norfolk**

**627-3232**

Federally funded, non-profit law office offering free legal services (except for court costs), for individuals age 55 and older.

### **Senior Watch**

**River Shoppes, West Norfolk Road**

**686-2565**

Registered seniors get a phone call every morning. If no one answers, a deputy goes to the house and checks on them. The office also provides rides to the doctor, if needed. The program accepts referrals from civic leagues and churches and is open to all Portsmouth residents.

### **United States Social Security**

**1-800-772-1213**

### **Senior Services of Southeastern Virginia**

**222-4512**

Program offers confidential help, advice and advocacy concerning medical benefit programs, long-term care insurance, Medicare+Choice and problems with Medicare, Medicaid and medical bills. There is no charge for this service, but you may make a voluntary donation to help defray the cost.

## **Sexual Assault/Abuse including prevention services**

**Response Sexual Assault Support Services of the YWCA**

**622-4300**

## **Sexually Transmitted Diseases (STD/HIV)**

**Portsmouth Health Department**

**1701 High Street**

**393-8585**

## **Shelters**

**Barrett Haven**

**Norfolk**

**624-6990**

"Serving single Women In Need", will take pregnant women and single women with no dependents. Transitional housing, not emergency shelter. Must pass drug screen. (10/06)

**Dwelling Place**

**P.O. Box 6194**

**Norfolk**

**624-9879**

Provides emergency shelter for homeless families for a maximum stay of 45 days. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach.

**Genieve Shelter, The**

**Suffolk**

**925-4365**

Services include a 24-hour crisis hotline; individual and group counseling; court accompaniment; emergency shelter, food and clothing; emergency transportation; a children's program that offers after school tutoring; a weekly children's support group; and children's recreational activities for residents.

**F.O.R. Kids****Norfolk****587-4202**

Haven House Emergency Shelter provides up to 4 months of shelter and supportive services for families. No single adults. Serves Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach. Provides up to 4 months of shelter and supportive services for families.

**HER Shelter****Portsmouth****485-3384**

Help & Emergency Response Shelter for victims of domestic violence and their children. No boys over age 12. Contact directly for shelter and other services that are available including support groups.

**Judeo Christian Shelter****Virginia Beach****491-2846**

Serves homeless - no geographic limit. Dorm type room for 16 women. Barracks style room for 34 men. They work with Probation and Parole. Rooms for 2 to 3 families. Those receiving services must stay clean, sober and straight.

**Love and Caring For the Homeless****Virginia Beach****430-4101**

A non-profit Christian Discipleship Ministry designed to assist motivated single mothers with children and single women in need of emergency housing, because of homelessness.

**PARC Family Shelter****Portsmouth****393-4246**

Shelter for homeless families (parents/guardians with children under the age of 18 in their custody). Applications for shelter taken at the PARC Emergency Assistance Office, located at Portsmouth Social Services, Monday through Friday, 9:30 AM to 2:00.

**Portsmouth Volunteers for the Homeless****1020 High Street****399-0200**

Coordinates the winter shelter for single adults at various church and synagogue locations in the City. Shelter starts in mid November and operates through mid March. PVH representative located at Oasis, 1020 High Street.

**Samaritan House (SOS)****Virginia Beach****430-2120**

Shelter for homeless families and victims of domestic violence and their children. Serves Virginia Beach, Chesapeake, Norfolk, Portsmouth and Suffolk. May provide some transportation. Supportive services include a transitional housing program. Admin. 631-0710.

**Seton Youth Shelters****Girls 306-1840****Boys 498-4673****[www.setonyouthshelters.org](http://www.setonyouthshelters.org)**

Provides a temporary safe haven for youth 12-17.

**Union Mission Men's Shelter****Norfolk****130 Brooke Ave.****627-8686**

Single men can stay up to three nights, must be 18 years old. Must have picture ID card. Located in downtown Norfolk. Shelter opens at 4:30.

**Union Mission Family Shelter**  
Norfolk  
120 Brooke, Ave.  
623-0642

Family shelter takes single women and women with children. Located in downtown Norfolk. Not open until 4 PM, check-in until 5 PM.

**Women in Crisis Battered Women's Shelter**  
Norfolk  
625-5570

YWCA Shelter for Battered Women and children. Limit on age of boys that can be admitted. Hotline open 24 hours a day. Additional services available.

## Social Security

**United States Social Security**  
800-772-1213

## Social Security Claims Assistance

**Social Security Rights Center**  
1100 Laskin Road  
Virginia Beach  
437-7756

Provides legal representation/advocacy for claimants for Social Security/SSI

## Special Needs Services

**800-4MYCHILD**

[www.cerebralpalsy.org](http://www.cerebralpalsy.org)

Provides a wealth of knowledge to help with the difficulties of caring for children with CP or other special needs.

**Another Path**

[www.deafhomeschool.com](http://www.deafhomeschool.com)

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

**Barry Robinson Center, The**  
Norfolk  
455-6555

[www.barryrobinson.org](http://www.barryrobinson.org)

Provides residential, independent living, and at-home therapeutic services for behaviorally-challenged youth. Also provides prevention, foster care intervention, adolescent, developmental disabilities programs and a mentoring program. Call for screening and insurance information.

**Bertha Snyder Children's Camp & Care Fund**  
852-9797

Assistance is offered on the basis of financial need and scholarships are available for summer camp. Children with special needs are served in specialized camps.

**Civitan Acres**  
Chesapeake  
487-6062

Summer day camp and residential camping program for the handicapped adults and children.

**Concerned Citizens for Special People (CCSP)**  
490-0499

Monitors how the consumer needs are being met within the Mental Retardation/Developmental Disability delivery system and facilitates improvements and additional services in the Tidewater area.

**Developmental Program for Infants and Toddlers at the D.A.C. Center**  
**393-8791**

Program serves Portsmouth families with children from birth to three years old. Provides assistance to infants and toddlers who have developmental delays and/or disabling medical conditions. A mandated program of "Part C" of the Individuals with Disabilities Education Act (IDEA). Provides comprehensive developmental assessments free of charge to any Portsmouth child.

**Early Intervention**  
**3501 Columbia Street**  
**393-8925**

Provides home and center-based infant early intervention, case management, parent support and therapeutic services to mentally handicapped, physically handicapped, or developmentally delayed infants, toddlers and their families.

**Eggleston Services**  
**Norfolk**  
**858-8011**

Mission is to create education, training and employment opportunities for individuals with disabilities. Service categories include child, youth and adults with disabilities. Programs include day rehabilitation, physical and social enrichment services, and resort for the disabled, a horticultural program, and employment services.

**Emergency Preparedness for Children with Special Health Care Needs, American Academy of Pediatrics**

[www.aap.org/advocacy/emergprep.htm](http://www.aap.org/advocacy/emergprep.htm)

**Just-Us-Kidz, Inc Parent Resource Center**  
**898-7070**

<http://justuskidz.org>

Provides training and information to parents of infants, toddlers, children and youth with disabilities and to professionals who work with children. Helps parents to participate more effectively with professionals in meeting the educational needs of children and youth with disabilities.

**Learning Abled Kids**  
[www.learningabledkids.com](http://www.learningabledkids.com)

A resource and support website with information, curriculum resources and tools to help teach bright children with learning issues including reading disabilities, dyslexia, dyscalculia dysgraphia, central auditory processing disorders, ADD, ADHA, and more.

**Learning Disabilities Council**  
[www.ldcouncil.org](http://www.ldcouncil.org)

Provides information, support, and referral for individuals with LD, their families, and others.

**LDOnline**  
[www.ldonline.org](http://www.ldonline.org)

An internet resource for families dealing with learning disabilities(LD), including gifted learners with LD.

**Muscular Dystrophy Association, Inc.**  
**Norfolk**  
**461-0177**

Services to patients and families with muscular dystrophy and neuro-muscular related diseases, including assistance with the purchase of equipment.

**Opportunity House**  
**Behavioral Health Services**  
**393-5404**

A day support program that provides pre-vocational, educational, socialization and daily living skills assistance to mentally ill adults. Fees based on income based sliding scale.

**Portsmouth City Public Schools Child Find/Parent Resource Center The DAC Center  
393-8791**

Provides resources & information for parents of children with disabilities in the city of Portsmouth.

**Portsmouth Department of Behavioral Health Care Services**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St. 393-8618	545 High St. 393-5357	393-8991

**Portsmouth Family Oriented Community Youth Service (FOCYS)**

**405-1800**

Provides a combination of intensive in-home services, support & parent training to seriously emotionally disturbed youth families and their families.

**SAFE HAVEN Crisis Stabilization Services**

**393-8152 or 391-3167**

Early intervention services to infants and toddlers who have or are at risk of developmental delays along with supportive services for their families.

**S.H.O.P., The**

**300 Port Centre Pkwy. Suite 103  
393-8321**

A day support program which provides day health and rehabilitative services, work activity and supported employment services to adults with mental retardation.

## Spinal Cord Injury

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street  
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

**Rehabilitation Equipment Exchange Network**

**[www.rehabequipmentexchange.com/index/html](http://www.rehabequipmentexchange.com/index/html)**

Free service to facilitate the exchange and transfer of used rehabilitation equipment. Individuals can use the website to buy, sell, or donate used rehab items of many types, including wheelchairs, pediatric equipment, mobility aids, ADFL aids, communication devices, assistive technology, and exercise equipment.

## Spinal Muscular Atrophy

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street  
393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

## Stay at Home Parents

**Mom Support Group  
Suffolk  
255-4168**

A support group for women dealing with the transition from paid employment to at-home motherhood. Meets the first and third Thursdays of each month at 7 PM.

## Stroke

**Eastern Virginia Medical School  
Norfolk  
446-8400**

A comprehensive clinic and laboratory that provides assessment and evaluation of people of all ages with known or suspected brain dysfunction from disease, head injuries, strokes, learning disabilities, ADHD, etc. Fees on a sliding scale.

**National Aphasia Association**  
**800-922-4622**

[www.aphasia.org](http://www.aphasia.org)

Promotes education, research, rehabilitation and support services to assist people with aphasia and their families.

## Substance Abuse, include prevention services

**Alcoholic Anonymous**  
**Various Sites in Portsmouth**  
**490-3980**

A self-help support group dedicated to overcoming the abuse of alcohol. Call for the location of sites in Portsmouth. No cost.

**Portsmouth Department of Behavioral Health Care Services**  
**Administration**                      **Central Intake**                      **Crisis Outreach/Emergency Services**  
**600 Dinwiddie St.**                      **545 High St.**                      **393-8991**  
**393-8618**                                      **393-5357**

Emergency services response 24 hours a day 7 days a week, for individuals experiencing significant crisis due to acute mental disabilities or substance abuse disorders. Short term residential or hospital based services for people with severe medical complications related to withdrawal from addictive substances. Short term hospitalization for stabilization, longer term residential support, and liaison with state and local hospitals for discharge planning. Methadone or other replacement medication maintenance counseling, and detoxification for adults addicted to opiate-based drugs such as heroin and morphine. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

**Portsmouth Alcohol Safety Action Program (ASAP)**  
**500 Washington Street**  
**396-6980**

Alcohol education program. Often court ordered.

**Portsmouth Community Services Board**  
**505 Washington St. Suite 500**  
**393-8223**

Provides mental health, mental retardation and substance abuse services to residents if local.

**Portsmouth Family Resource Center**  
**660 Lincoln Street**  
**398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**Prevention Services**  
**600 Dinwiddie St., Suite 200**  
**393-8618**

Provides early intervention services.

**Turning Points**  
**Maryview Medical Center**  
**398-2367**

Program for people with chemical dependency. Covered by most major insurance companies. Ages 18 and older.

**The Up Center**  
**1805 Airline Blvd.**  
**397-2121**

[www.theupcenter.org](http://www.theupcenter.org)

Individualized service to help youth & families. Intervention targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services.

## Suicide

**Crisis Line**  
**622-1126**

Provides 24 hour telephone crisis intervention and suicide prevention services. Community suicide prevention and crisis intervention education and training are also offered. This agency also has a telephone safety check service for the elderly or disabled living alone.

**Portsmouth Department of Behavioral Health Care Services**

<u>Administration</u>	<u>Central Intake</u>	<u>Crisis Outreach/Emergency Services</u>
600 Dinwiddie St.	545 High St.	393-8991
393-8618	393-5357	

Immediate response 24 hours a day, 7 days a week for individuals experiencing significant crisis due to acute due to acute mental disabilities or substance abuse disorders. Wide array of mental health services for children, adolescents and families to include emergency services, case coordination, hospital and facility services, outpatient counseling, and home-based services.

## Taxes

**Office of the Commissioner of Revenue**  
**393-8771**

Real Estate tax relief for Senior Citizens and persons with disabilities. Must be at least 65 years old or totally and permanently disabled, have resided in the city at least the last two years, & live in the property to be exempted. Call for details about qualifying income and assets.

**Portsmouth Department of Social Services**  
**405-1800**

**Wesley Community Service Center**  
**442 Jamestown Ave.**  
**399-0541**

Assists with tax preparation when counselors are available.

## Teens

**Colleges with Programs for Learning Disabled Students**

[www.college-scholarships.com/learning\\_disabilities.htm](http://www.college-scholarships.com/learning_disabilities.htm)

Website with a listing of US colleges and universities that offer programs designed to support students with learning disabilities.

**The UP Center**  
[www.theupcenter.org](http://www.theupcenter.org)  
**397-2121**

Individualized service to help youth & families. Offers Anger Management for Teens. Targets increased family functioning & stabilization to create lasting connections to community resources. Services include intensive in home services, mentoring program, substance abuse services, anger management program, parenting education and referral services. Group offered for all adolescents, regardless of locality or ability to pay.

**Job Corps**  
**1-800-733-5627**

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

**National Runaway Hotline**  
**1-800-786-2929**

24 hour confidential counseling hotline. Greyhound tickets available to those who qualify.

**Planned Parenthood**  
**Norfolk**  
**624-9224**

**Portsmouth Family Oriented Community Youth Service (FOCYS)**  
**405-1800**

Provides a combination of intensive in-home services, support & parent training to seriously emotionally disturbed youth families and their families.

**Portsmouth Health Department Teen Family Planning Clinic**  
**1701 High Street**  
**393-8585**

**Seton Youth Shelters**  
[www.setonyouthshelters.org](http://www.setonyouthshelters.org)

**Girls 306-1840**

**Boys 498-4673**

Provides a temporary safe haven for youth 12-17.

**Teen Dating Violence Project / The HERR Shelter**  
**485-1445**

Program for teens ages 12-18 to address the healthy dating relationship versus relationships controlled by abuse and violence.

**Teen Pregnancy Prevention Program**  
**662 Lincoln Street**  
**391-0606**

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations

## Teen Mothers

**Ghent Family Medicine**  
**Norfolk**  
**446-5955**

**New Beginnings Development Services**  
**1523 DesMoines Ave.**  
**967-8371**

Transitional Home for pregnant girls ages 13-18, possibly 21. Call for eligibility. Case management, crisis intervention, parenting and self sufficiency classes, self-esteem, and budgeting, education and employment counseling are just some of the services.

**Portsmouth Family Medicine**  
600 Crawford St  
397-6344

**Portsmouth Health Department**  
1701 High Street  
393-8585

Offers family planning services and health education (including professional speakers.)

**Pride In Parenting**  
The UP Center  
1805 Airline Blvd  
[www.theupcenter.org](http://www.theupcenter.org)  
397-2121

Provides information and support to care for your baby through the first year and how to help your baby grow and develop. Bring baby with you to sessions.

**Teen Outreach Program**  
662 Lincoln Street  
391-0606

Provides a coalition of membership organizations dedicated to enhancing adolescent pregnancy prevention efforts by educating school-aged children and their parents; encouraging collaborative community involvement to increase the effectiveness of teen pregnancy prevention efforts; assisting in the coordination of services to teens through networking and building support systems within the community; and offering technical assistance and support to enhance programs provided by member organizations.

## Tourette syndrome

**Portsmouth Department of Behavioral Health Care Services**

Administration  
600 Dinwiddie St.  
393-8618

Central Intake  
545 High St.  
393-5357

Crisis Outreach/Emergency Services  
393-8991

## Transportation

**CHIP of Portsmouth**  
662 Lincoln Street  
391-0606

CHIP provides limited transportation to families with children age 0-6 years, who are currently receiving Medicaid or who are Medicaid eligible. The family must live in Portsmouth Family must agree to participate in CHIP Program which includes parenting classes, nutrition, safety and other classes.

**Department of Rehabilitative Services**  
3248 Academy Ave. Suites 22-26  
686-5004

Provides information and assistance in vocational services, housing, transportation and environmental accessibility.

**Hampton Roads Transit**  
222-6100  
Public bus transportation.

**Handi-Ride**  
222-6005  
Curb side service for persons with disabilities.

**Medicaid Cab / Logisticare**  
866-386-8331

Free transportation to and from medical appointments. Taxi must be reserved at least one week in advance.

**Portsmouth Family Resource Center****660 Lincoln Street****398-8655**

Provides training for child care, nail technologist, and male responsibility training. Provides resources on child care, drug abuse treatment programs, housing, mental health services, senior services, emergency assistance, transportation, food, and much more.

**Portsmouth Health Department****1701 High St****393-8585**

Provides classes and car seat distribution for Medicaid and WIC clients and other low income families.

**Senior Watch****River Shoppes, West Norfolk Road****686-2565**

Registered seniors get a phone call every morning. If no one answers, a deputy goes to the house and checks on them. The office also provides rides to the doctor, if needed. The program accepts referrals from civic leagues and churches and is open to all Portsmouth residents.

**Stephenson Transportation****465-7040**

Weekly, biweekly or monthly transportation service provided on a contractual basis. Does not accept Medicaid

**Tidewater Transportation Ministries****469-1628**

Free transportation service to the sea fare customers using the marine terminal. Also makes available cell phone and internet services at the Portsmouth Marine Terminal and the Seaman's Center.

**Virginia Department of Rehabilitative Services****858-6750**

Provides evaluation, job seeking assistance, transportation, and counseling to clients with disabilities age 15 and above.

**The UP Center****1805 Airline Blvd****[www.theupcenter.org](http://www.theupcenter.org)****622-7017****Tuberculosis****Portsmouth Health Department****1701 High Street****Email: [Phd-info@vdh.virginia.gov](mailto:Phd-info@vdh.virginia.gov)****393-8585**

Provides screening, testing, treatment & education.

**Utilities****Planning Council****622-9268**

Program is an effort to keep people from becoming homeless - emphasis is on prevention. Assistance provided to people facing eviction or foreclosure due to an unexpected crisis. All individuals will have had to have been self-sufficient in the past, and provide evidence that they will be self-sufficient in the future. The program can provide rent and mortgage payments up to 3 months and payments may continue six months into the future, depending on the circumstance. Assistance provided to low income Portsmouth residents who are behind in their rent or mortgage payments, have not received assistance from this organization in the past and exhausted all other resources. Referrals can be made by contacting the main office at 622-9268 (main) or 625-2855 (homeless intervention program).

**Oasis Social Ministry**

**1020 High Street**

**397-6060**

Catholic Ministry that provides many services to the needy. Limited funds available for rent and utility assistance.

**PARC Inc.**

**1701 High Street**

**397-5208**

Can assist with a utility bill, for one month, up to \$150. Eligibility requirements include that they have not received any other emergency financial assistance for rent or utilities in the past 12 months, that there be a source of income adequate to allow the family to remain in the home and keep the utilities on, and that utility bill must be in applicant's name and must be past due with a turn off notice.

**Portsmouth Family Resource Center**

**660 Lincoln Street**

**398-8655**

**Portsmouth Department of Social Services**

**1701 High Street**

**405-1800**

Some utility assistance is available to persons meeting eligibility requirements. May be able to refer to other funding sources.

**Salvation Army**

**2306 Airline Blvd.**

**393-2519**

Sometimes has resources available to assist with utility bills from January through May.

**Southeastern Tidewater Opportunity Project "STOP"**

**Various Locations**

**314-1527**

Assists with utilities for up to one month.

**Wesley Community Center**

**442 Jamestown Ave.**

**399-0541**

Sometimes is able to provide small amount of money toward rent & utility payments.

**Vaccinations**

**Ghent Family Medicine**

**446-5955**

**Portsmouth Family Medicine**

**600 Crawford St.**

**397-6344**

**Portsmouth Community Health Center**

**664 Lincoln Street**

**393-6363**

Provides primary medical care without regard to patients' ability to pay.

**Portsmouth Health Department**

**1701 High Street**

**393-8585**

Provides all immunizations to prevent disease in children and adults, as well as immunizations for overseas travel and seasonal flu shots.

## Veteran's Services

### **Friends of the Elderly (FOTE) - Project 2000**

**Norfolk**  
**362-2302**

Transitional housing for individuals, women, families, veterans and seniors who are homeless. Must have a referral and there is a waiting list.

## Vision

### **American Association of the Deaf-Blind**

**[www.aadb.org](http://www.aadb.org)**

National consumer advocacy organization for people who have a combination of deafness, blindness, partial sight or partial hearing.

### **American Council of the Blind**

**800-424-8666**

**[www.acb.org](http://www.acb.org)**

Provides information and referrals, including legal rights for blind and visually impaired persons. Literature includes the "Braille Forum," topical brochures in large print and catalogs of useful products.

### **American Foundation for the Blind**

**800-232-5463**

**[www.afb.org](http://www.afb.org)**

Promotes wide-ranging, systemic change by addressing the most critical issues facing the growing blind and visually impaired population – employment, independent living, literacy, and technology.

### **Another Path**

**[www.deafhomeschool.com](http://www.deafhomeschool.com)**

Comprehensive guide to home schooling for people who have a combination of deafness, blindness, partial sight, or partial hearing.

### **DB-LINK**

**800-438-9376**

**[www.dblink.org](http://www.dblink.org)**

A federally funded service whose goal is to help parents, teachers, and others by providing information to foster the skills, strategies and confidence necessary to empower deaf-blind children from birth to 21 years of age.

### **Department of Blind And Vision Impaired**

**Norfolk**  
**466-4162**

### **Eye Care America Seniors Eye Care Program**

**1-800-222-EYES or 1-800-222-3937**

Resource for obtaining eye exams for people with NO MEDICAL INSURANCE COVERAGE,

### **Foundation Fighting Blindness**

**888-934-3937**

**[www.blindness.org](http://www.blindness.org)**

Provides information and referral services for affected individuals, families and eye care professionals.

### **Gift of Sight Program / Lens Crafters**

**Chesapeake Square Mall**

**465-8787**

Lenscrafters' program providing free glasses and eye exams by referral for those who cannot afford them and who are without health insurance. Must have a written referral from appropriate referring agency.

### **Lion's Club**

**488-1055**

An income based program providing assistance in obtaining eyeglasses.

**National Association for Parents of Children with Visual Impairments (NAPVI)**

**800-562-8965**

[www.nbp.org](http://www.nbp.org)

Organization of – and for – parents committed to providing support and information to the parents of children who have visual impairments.

**National Braille Press**

**888-965-8965**

[www.nbp.org](http://www.nbp.org)

Nonprofit Braille printer and publisher offering Braille books, magazines, textbooks, tests, and customized embossing services.

**National Federation of the Blind, Virginia**

**397-8070**

[www.nfbv.org](http://www.nfbv.org)

Provides advocacy, community education and awareness, and mutual support for the blind.

**National Technical Assistance Consortium**

[www.nationaldlb.org](http://www.nationaldlb.org)

Provides technical assistance to families and agencies serving children and young adults who are deaf-blind.

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street**

**393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

**Prevent Blindness Virginia**

**888-790-2020**

[www.pbv.org](http://www.pbv.org)

Health organization solely dedicated to the detection and prevention of early-stage vision problems.

**Recording for the Blind and Dyslexic**

**866-887-7323**

[www.rfbd.org](http://www.rfbd.org)

Educational library serving people who cannot effectively read standard print because of visual impairment, learning disability, or other physical disability.

**Virginia Association of the Blind, Inc.**

**727-1900 or 465-7230**

[Hometown.aol.com/vablind](http://Hometown.aol.com/vablind)

Locates, informs and assists persons with visual impairment. Also collects assistive devices, computers, software, hardware, etc which are passed on to blind/visually impaired persons at no charge; also assists in training to use the equipment/device.

**Virginia Department for the Blind and Vision Impaired**

**800-622-2155**

**858-6724**

[www.vdbvi.org](http://www.vdbvi.org)

Dedicated to enabling people who are blind or have low vision to achieve their maximum level of employment, education, and personal independence. The department provides an array of specialized services to blind Virginians of all ages.

**Volunteer Services**

**211 Virginia**

Resource referral line for volunteer services throughout Hampton Roads. Dial 211.

**Bon Secours Hospice Volunteers of the Portsmouth Area, Inc.**

**3636 High Street**

**391-6017**

Trains volunteers to assist terminally ill patients and their families to maintain the best quality of life during illness and after death. Meets national hospice accreditation standards for Medicare and Medicaid guidelines.

**Portsmouth Family Resource Center**

**660 Lincoln Street**

**398-8655**

Free community referrals for area services.

**United Way Help Line**

**Norfolk, VA**

**625-4543**

Free and confidential referral service to the general public and service providers.

**Volunteer Hampton Roads**

**400 W. Olney Road Suite B Norfolk**

**624-2400**

Resource referral line for volunteer services throughout Hampton Roads.

**WIC**

**Portsmouth Health Department**

**1701 High Street**

**393-5340**

Nutrition services for eligible women who are pregnant or breastfeeding and children from birth to age five. If the family qualifies for the free lunch program in school they are eligible for WIC benefits.

**Youth Activities**

**4-H Youth Development**

**105 Utah Street**

**393-8109**

[rjlawson@vt.edu](mailto:rjlawson@vt.edu)

**Portsmouth Dept. of Parks & Recreation Therapeutic Recreation**

**801 Crawford Street**

**393-8481**

Recreational activities and programs for all disabled persons including bowling for the mentally retarded, wheelchair basketball, a visually impaired program, therapeutic day camp for ages 8 to 22, therapeutic horseback riding and swimming. There is a fee for some services.

**Teen Outreach Program**

**662 Lincoln Street**

**391-0606**

CHIP provides services through a home visiting model using a case management approach. Services are provided by a CHIP team of a public health nurse and outreach worker who work in partnership with the family and service providers to help each family reach full potential.

**Youth Support**

**Southeastern Tidewater Opportunity Project "STOP"**

**Various Locations**

**314-1527**

Agency provides literacy plus adult education, job finding, pre-job guidance, job training, job placement and referral, day care services, head start programs, employment assistance, housing assistance and counseling, youth services, elderly services, ex-offenders program, and weatherizing of homes to the socially/economically disadvantaged.

## Resource Guide Feedback/Contact/Suggestion Form

The Portsmouth Health Department would like to keep this guide as current as possible. Please use this form to let us know of any correction, change, addition or deletion that is necessary. Thank you for helping us to keep Portsmouth's Community Services Guide current.

Print Clearly or Type

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone# (voice, TTY, FAX): \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact person and title: \_\_\_\_\_

Describe service(s) provided: \_\_\_\_\_

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Please mail, fax, or email this form to:

Portsmouth Health Department

1701 High Street, Suite 102

Portsmouth, Virginia 23704

757-393-8585 extension 8582

757-393-5423 (fax)

[robin.porter@vdh.virginia.gov](mailto:robin.porter@vdh.virginia.gov)

PORTSMOUTH VIRGINIA

Quick Reference for Emergencies

**If there is immediate danger call 911!**

24 Hour Emergency Hotlines

**Child Abuse**

Department of Social Services (800)552-7096  
[www.dss.virginia.gov/familyservices/cps](http://www.dss.virginia.gov/familyservices/cps)

**Disaster Victims (fires, flood, tornadoes, etc)**

Red Cross (757)446-7700  
Salvation Army (757)393-2519

**Domestic Violence**

Help & Emergency Response, Inc. (H.E.R.) (757)485-3384  
The UP Center (757)397-2121  
Virginia Domestic Violence Hotline (800)838-8238  
[www.vsdsalliance.org](http://www.vsdsalliance.org)  
YWCA Women in Crisis Program (757)625-5570

**Elder Abuse**

Adult Protective Services (888)832-3858

**Emergencies, Depression, Addictions & Mental Illness**

Portsmouth Department of Behavioral Healthcare Services (757)393-8990  
Depression Hotline (800)273-8255  
Tidewater Crisis Center 211  
[www.211virginia.org](http://www.211virginia.org)

**Poison Control**

Virginia Poison Control (800)222-1222  
[www.vapoison.org](http://www.vapoison.org)

**Rape/Sexual Assault**

Response Sexual Assault Support Services of the YWCA (757)622-4300  
Virginia Family Violence/Sexual Assault (800)838-8238  
[www.vsdsalliance.org](http://www.vsdsalliance.org)

**Runaway Youth**

National Runaway Switchboard  
(800)RUNAWAY  
[www.1800runaway.org](http://www.1800runaway.org) (800)786-2929

**Suicide**

Crisis Line (757)622-1126  
National Suicide Prevention Lifeline (800)273-8255