

SUFFOLK RESOURCE GUIDE

This booklet is a product of the Suffolk Partnership for a Healthy Community and was developed in a collaborative spirit by the Suffolk Health Department and The Planning Council. It is intended to provide information on programs and services offered to residents of Suffolk. We encourage local advocacy agencies, private businesses, and community organizations to use this booklet as a resource tool. The information contained in this booklet is subject to change without notice.

The Suffolk Partnership for a Healthy Community, founded in 1998, is a 501c3 not-for-profit, community-based entity. Our mission is to coordinate the resources of our community in a collaborative effort in order to improve the mental, physical, socioeconomic, and spiritual health of all Suffolk residents. Our vision is a healthy community where all people will be inspired and enabled to make healthy lifestyle choices, to use preventive health care, and to access resources to live in a safe and wholesome environment. The partnership is governed by an independent board and composed of citizens living in Suffolk, many of whom represent a local organization or corporation that shares in the mission and vision of the Partnership.



General City Information

Department of Motor Vehicles

268 Holladay Street
Suffolk, VA 23434
(866) 368-5463 or
(800) 435-5137

Library

Morgan Memorial Library
443 West Washington Street
(757) 514-7323

Post Office

Main Station
445 North Main Street
Suffolk, VA 23434
(757) 539-8693

Transportation

Hampton Roads Transit Bus Line
(757) 222-6100
www.gohrt.com

Utilities

Cable TV

Charter Communications
(866) 472-2200

Electricity

Community Electric Cooperative
(757) 242-6181

Dominion Virginia
(888) 667-3000

Natural Gas

Columbia Gas of Virginia
(serves Northern Suffolk)
(800) 543-8911

Virginia Natural Gas
(866) 229-3578

Solid Waste Disposal

Southeastern Virginia Public
Service Authority
(757) 539-1091

Telephone

Verizon
(757) 954-6222

Trash Collection

Suffolk Department of Public
Works
(757) 514-4000

Waste Treatment

Hampton Roads Sanitation District
(757) 460-2261

Water/Sewer

Suffolk Department Public Utilities
(757) 514-7000

**For sewer maintenance or storm
drainage problems, contact
Suffolk's Department of Public
Works at (757) 514-4000*

Suffolk City Mayor and Administration

Mayor

Linda T. Johnson
P.O. Box 1858
Suffolk, VA 23439
(757) 514-4009

City Manager

Selena Cuffee-Glenn
P.O. Box 1858
Suffolk, VA 23439
(757) 514-4012

Deputy City Manager

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4011

Chief of Staff

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4011

Budget Officer

441 Market Street
Suffolk, VA 23434
(757) 514-4006

City Assessor

108 Commerce Street
Suffolk, VA 23434
(757) 514-7475

City Attorney

P.O. Box 1858
Suffolk, VA 23439
(757) 514-7130

City Clerk

441 Market Street
Suffolk, VA 23434
(757) 514-4018

Capital Programs & Buildings

P. O. Box 1858
Suffolk, Virginia 23439
(757) 514-4030

Economic Development

127 East Washington Street
Suite 200
Suffolk, VA 23434
(757) 514-4040

Emergency Management

Coordinator

400 Market Street
Suffolk, VA 23434
(757) 514-7586

Fire & Rescue

400 Market Street
Suffolk, VA 23434
(757) 514-7530

Health

135 Hall Avenue, Suite A
Suffolk, VA 23434
(757) 514-4700

Human Resources

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4120

Library

P.O. Box 1858
Suffolk, VA 23439
(757) 514-7323

Media & Community Relations

FOIA Officer

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4106

Parks & Recreation

P.O. Box 1858
Suffolk, VA 23439
(757) 514-7250

***Planning and Community
Development***

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4060

Police

P.O. Box 1858
Suffolk, VA 23439
(757) 514-7900

Public Utilities

P.O. Box 1858
Suffolk, VA 23439
(757) 514-7000

Public Works

P.O. Box 1858
Suffolk, VA 23439
(757) 514-4355

Social Services

135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Table of Contents

General City Information	ii
Suffolk City Mayor and Administration	iii
Abuse/Domestic Violence	3
After School Care	3
AIDS/HIV Services	4
Animals (Pets and Wildlife).....	5
Babies.....	5
Birth Certificates	6
Child Abuse	6
Child Care/Preschool	6
Children’s Health.....	8
Clothing.....	8
Counseling.....	9
Courts.....	10
Credit Counseling & Resources.....	10
Day Care, Adult	11
Dental Care	12
Eating Disorders.....	12
Education	13
Emergency / Crisis Lines	13
Emergency Assistance.....	14
Employment/Job Training.....	15
Entertainment and Recreation	16
Food/Meals.....	19
Health Care	20
Homeless.....	21
Hospice.....	21
Hospitals/Medical Centers.....	21
Housing	22
Insurance.....	24
Legal Assistance	25

Libraries..... 26

Military..... 26

Nutrition Counseling/Education 27

Parent Support/Parenting 27

Post Offices (by zip code)..... 28

Pregnancy/Prenatal Services 29

Safety 31

Senior Citizen Services 31

Social Services..... 33

Special Needs/Disability Support Organizations 33

Substance Abuse..... 36

Support Groups..... 36

Transportation 38

Youth..... 39

Veterans..... 40

Volunteer Opportunities..... 41

Abuse/Domestic Violence

Child Abuse State Hotline	(800) 552-7096
National Sexual Assault Hotline	(800) 656-4673
Response Rape/Sexual Assault Support Services	(757) 623-2115
24-Hour Hotline	(757) 622-4300
VA Family Violence & Sexual Assault Hotline	(800) 838-8238
Adult Protective Services	(888) 832-3858
Suffolk Police Department	(757) 923-2350

There are several shelters and resources for people experiencing domestic violence. If you or someone you know is a victim, seek help immediately! Contact the Virginia Family Violence and Sexual Assault Hotline at (800) 838-8238 or the National Domestic Violence Hotline at (800) 799-SAFE (7233) 24 hours a day.

Local domestic violence shelters provide emergency assistance for battered women and their children with crisis intervention and advocacy. Legal, psychological and social counseling are also available. Call 2-1-1 for specific information and details, or call (757) 622-1126 for immediate crisis counseling.

Genieve Shelter

Provides emergency shelter, crisis and short term counseling, food, transportation, support groups, and a 24-hour hotline for victims of domestic violence.

1548-C Holland Road
Suffolk, VA 23434
(757) 925-4365

Samaritan House

Provides shelter for homeless families and victims of domestic abuse and their children. Supportive services include a transitional housing program.

2620 Southern Blvd.
Virginia Beach, VA 23450
(757) 631-0710
Hotline: (757) 430-2120

After School Care

Children's Harbor Suffolk

1020 Champions Way
Suffolk VA 23435-3728
(757) 483-2693

Boys & Girls Clubs of Southeast Virginia-Suffolk Unit (at John F. Kennedy Middle School)

Fees: \$10.00 per child for the year. Suffolk Public Schools will bus your child from the following schools to the Club at no charge.

Booker T Washington Elementary School

Mack Benn Elementary School

Elephant's Fork Elementary School

Driver Elementary School

Nansemond Parkway Elementary School

Florence Bowser Elementary School

John F. Kennedy Middle School

2325 East Washington Street

Suffolk, VA 23434

(757) 934-0349 or (757) 934-6219

AIDS/HIV Services

ACCESS

ACCESS AIDS Care provides programs and services to individuals and families impacted by HIV/AIDS in Hampton Roads, as well as offers HIV testing.

(757) 640-0929

Eastern Virginia AIDS Resource Center

AIDS Resource Center

Eastern Virginia Medical School

Smith Roger Hall, Suite 106

Norfolk, Virginia 23507

(757) 446-6170

The Virginia AIDS Drug Assistance Program (ADAP)

The Virginia AIDS Drug Assistance Program (ADAP) provides medication for the treatment of HIV/AIDS to individuals without insurance coverage or third party benefits for ADAP medications. The individual must also meet financial eligibility requirements.

Suffolk Health Department

135 Hall Avenue, Suite A

Suffolk, VA 23434

(757) 514-4700

Tidewater AIDS Community Taskforce (TACT)

TACT offers case management, housing, emergency financial assistance, medication assistance, transportation, and referrals to medical care, mental health, and substance abuse treatment.

9229 Granby Street

Norfolk, VA 23503

(757) 583-1317

Fax: (757) 583-2749

Animals (Pets and Wildlife)

Animal Assistance League (AAL)

AAL keeps adoptable animals until they are able to find homes. Every animal that enters the shelter is guaranteed vaccinations, worming, plenty of food and water, and a climate-controlled home until it is adopted.

1149 New Mill Drive
Chesapeake, VA 23322
(757) 548-0045

Suffolk Animal Control Bureau

The Suffolk Animal Control Bureau enforces licensing and rabies vaccination, rescues injured or sick stray pets, and the temporarily cares and shelters injured wildlife

124 Forest Glen Drive, Suffolk, VA 23434
(757) 514-7855

Suffolk Humane Society

The Suffolk Humane Society does not own a shelter yet and currently supports the animals sheltered by Suffolk Animal Control.

P.O. Box 5038
Suffolk, VA 23435
(757) 374-1476

Wildlife Response

If you have found injured wildlife, call the Wildlife Hotline at (757) 543-7000 for help (no pets or domestic animals).

Wildlife Response, Inc.
PO Box 2904
Chesapeake, VA 23327

Babies

Infant/Child CPR

The fee for the class is \$20 per person or \$35 per couple.

Sentara Obici Hospital Woman's Center
2800 Godwin Boulevard
Suffolk, VA 23434
(757) 934-4999

Infant and Toddler Connection of Western Tidewater

Provides intervention services for families, infants, and toddlers (birth through age three) that have been diagnosed as developmentally delayed or are suspected to be such.

700 Campbell Avenue
Franklin, VA 23851
(757) 562-6806

March of Dimes

To improve the health of babies by preventing birth defects, premature birth and infant mortality.

Greater Hampton Roads Division
869 Greenbrier Circle, Suite 502
Chesapeake, VA 23320
(757) 361-0000

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 or call the general information number ((804) 662-6200) for details.

Child Abuse

Suffolk Child Protective Services

Report suspected child abuse and neglect.
(757) 514-7458

Child Care/Preschool

Children's Harbor

Children's Harbor operates United Way supported childcare centers and also offers up to two weeks of free, emergency child care in the event that a household is faced with a financial crisis, which may interrupt the household's income stream.

Children's Harbor Suffolk

120 Champion's Way
Suffolk VA 23435-3728
(757) 483-2693

Suffolk Children's Center

300 Executive Court
Suffolk, VA 23434
(757) 538-2523

Head Start

Head Start provides emotional, social, health, nutritional and psychological supportive services to preschool children of income-qualified families. Programs last 9 months (September through

May) and serves children as young as 3 years old. Program initiatives also provide services for special-needs children.

Suffolk Head Start Center

860 Davis Boulevard
Suffolk, Virginia 23434
(757) 934-6240

Pruden Early Head Start Children's Center

4169 Pruden Boulevard
Suffolk, VA 23434
(757) 923-9020
(757) 923-9180 fax

Smart Beginnings of South Hampton Roads

Programs serve to improve early childhood education and ensure that children arrive at kindergarten healthy and ready to succeed.

P.O. Box 11167
Norfolk, Virginia 23517
(757) 226-8826
info@smartbeginningsshr.org

Suffolk Department of Social Services

The Suffolk Department of Social Services offers a subsidized childcare program to eligible applicants who currently receive entitlement benefits such as Temporary Aid to Needy Families (TANF) and Food Stamps. Applications can also be found online at www.dss.state.va.us.

135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

The Planning Council

Services for Families include Child Care Assurance Plan, Child Care Answer Line, Child Care Fee System, and Corporate Resource and Referral.

130 W. Plume Street
Norfolk, VA 23510
(757) 627-3993 or (757) 622-9268

Virginia Preschool Initiative

Various programs for at-risk children and families.

Suffolk Early Start Preschool Program
(757) 925-6759
www.spsk12.net

Children's Health

Family & Consumer Sciences

Provides childhood nutrition resources as well as cooking and meal planning, food guide pyramid, food safety, food science, health and exercise, heart disease, hypertension, home safety, kitchens, shopping, and weight management tools.

Virginia Cooperative Extension, Suffolk

440 Market Street

Suffolk, VA 23439

(757) 923-2050

Infant and Toddler Connection

Information and referral for local screening or evaluation and assessment for infants and toddlers (0-3) who may have a developmental delay or disability.

(757) 562-6806

www.infantva.org

Main Street Physicians

Offers discounted services (family practice, pediatrics, internal medicine, and obstetrics) to eligible patients.

157 N. Main Street, Suite A

Suffolk, VA 23434

(757) 925-1866

The Children's Center

The Children's Center provides speech, physical, and occupational therapy to developmentally delayed children under the age of three.

300 Executive Court

Suffolk, VA 23434

(757) 538-2523

Clothing

Crisis Pregnancy Center of Tidewater

**For pregnant women only*

814 W. Constance Road

Suffolk, VA 23434

(757) 925-0843

Family Thrift Store & Distribution Center

157 W. Washington Street

Suffolk, VA 23434

(757) 934-6173

Salvation Army Thrift Store

400 Bank Street
Suffolk, VA 23434
(757) 539-5201

Suited For Success

Provides professional business attire to low-income men and women who are entering or re-entering the workforce. Referral required.

353 Mt. Vernon Avenue
Portsmouth, VA 23707
(757) 484-0829

Tabernacle Christian Life Center

An outreach program which assists people of the community in need with food and clothing.

2500 East Washington
Suffolk, VA 23434
(757) 539-7257

Counseling

Barry Robinson Center

Offers residential and in-home counseling services for emotionally and behaviorally disturbed children and adolescents.

443 Kempsville Road
Norfolk, VA 23502
(757) 455-6100

Catholic Charities of Eastern Virginia

Individual & family counseling for ages 4 and up.

510 N. Main Street
Franklin, VA 23851
(757) 562-6222

Rainbows

Provides grief support services and education for kids and families in four age groups (elementary children, adolescents, college/adult, and parents and stepparents)

337 White Dogwood Drive
Chesapeake, VA 23322
Contact Jean Dilday at (757) 482-3805

The UP Center

The Up Center provides counseling services based on a sliding-scale fee.

109 Clay St
Suffolk, VA 23434

(757) 965-8663

Western Tidewater Community Services Board

The Western Tidewater Community Service Board provides mental health, mental retardation and substance abuse services to residents. The services are offered on a sliding scale fee.

157 N. Main Street, Suite D
Suffolk, VA 23438
(757) 925-2484

Courts

Suffolk Circuit Court

Mills E. Godwin, Jr. Courts Building
150 North Main Street
Suffolk, VA 23439
(757) 514-7800

Suffolk General District Court

150 North Main Street
Suffolk, VA 23439
(757) 514-4822

Suffolk Juvenile and Domestic Relations District Court

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.

150 North Main Street, 2nd Floor
Suffolk, VA 23434
(757) 514-7790

Credit Counseling & Resources

Catholic Charities Consumer Credit Counseling Services

Contact the office for a confidential counseling appointment. Program can help to avoid bankruptcy due to temporary job loss, separation, divorce, medical expenses or overspending.

3804 Poplar Hill Road, Suite A
Chesapeake, VA 23321
(757) 484-0703

Family Services of Tidewater, Inc.

Offers free budget counseling and debt management.

707 Gittings Street, Suite 170
Suffolk, VA 23438
(757) 539-8616

Fleet and Family Support Centers

Fleet and Family Support Centers primarily serve active duty military, dependents and military retirees. The program provides information regarding the financial aspects of transition, assistance in developing personalized short and long term financial plans and individual financial counseling.

(757) 444-2102

The Up Center

The UP Center provides education and counseling to families and individuals on personal budgeting, housing, and the wise use of credit.

109 Clay St

Suffolk, VA 23434

(757) 965-8663

Day Care, Adult

Adult Day Services by Norfolk Senior Center

7300 Newport Avenue

Norfolk, VA 23505

(757) 625-5857

M.E. Cox Center for Elder Day Care

644 N. Lynnhaven Road

Virginia Beach, VA 23452

(757) 340-4388

Riverside Adult Day Services Center-Denbigh

1000 Old Denbigh Blvd.

Newport News, VA 23602

(757) 875-2033

Sentara Adult Day Care

Provides daily activities, meal, and medications. Also coordinates medical appointments. Open 7:30 a.m. to 5 p.m. weekdays as desired.

3751 Sentara Way

Virginia Beach, VA 23452

(757) 306-2850

Sentara Senior Community Care (PACE Program)

Sentara Senior Care Community is a daily destination that offers socialization, health care, activities and hot lunch. Open weekdays 7:30 a.m. to 5 p.m., as desired. New location will be opening in Chesapeake in late spring 2009 to serve Chesapeake, Portsmouth, Suffolk, and Norfolk.

665 Newtown Road, Suite 121

Virginia Beach, VA 23462
(757) 456-2700

Dental Care

Chesapeake Care Clinic

Provides dental services for uninsured patients who qualify financially, including Suffolk residents. To set up an eligibility appointment call (757) 545-5700, ext. 23

2145 S. Military Hwy.
Chesapeake, VA 23320
(757) 545-5700

Healthy Smiles Dental Center

Payment based on sliding fee scale.

664-A Lincoln Street
Portsmouth, VA 23704
(757) 399-4588

Kool Smiles

Provides dental services to underserved children who have no insurance or are covered by Medicaid, Smiles for Children (through FAMIS), or TRICARE.

4072 Victory Blvd.
Portsmouth, VA, 23701
(757) 465-3834

Old Dominion University School of Dental Hygiene Clinic

No insurance accepted. Minimal fees charged for services.

5115 Hampton Blvd
Norfolk, VA 23529
(757) 683-4308

Operation Blessing International

Operates a mobile dental clinic for uninsured residents of South Hampton Roads. For more information call (757) 226-2660.

Eating Disorders

Carolyn Reed Hersh, MA, LPC, NCC

Ms. Reed Hersh treats anorexia, bulimia, and binge eating disorders in adolescents and adults.

Payment Options: Cash/Check, Sliding Scale.

117 West 21st St. Suite 206
Norfolk, VA 23517
(757) 404-3010

Education

American Red Cross, Suffolk Chapter

Provides education/training in CPR, First Aid, aquatics, and HIV/AIDS.

157 North Main Street, Suite C

Suffolk, VA 23434

(757) 539-6645

Educational Opportunity Centers

Provide financial aid counseling as well as academic counseling and referrals to Adult Basic Education and GED classes. All services are free. For appointments and directions to the Suffolk location call the Main Office at (757) 683-2312.

Public School GED and Adult Education Programs

Suffolk Pruden Center

(757) 925-5651

Suffolk Literacy Council

Tutoring and remedial reading for non-reading adults and those with limited reading skills.

(757) 539-1524

www.literacy4soffolk.org

Superintendent of Suffolk Public Schools

(757) 925-6750

Emergency / Crisis Lines

***ALWAYS DIAL 911 IN THE CASE OF AN EMERGENCY**

24-Hour Crisis Line (The Planning Council)	(757) 622-1126
American Red Cross - Suffolk Chapter	(757) 539-6645
Crisis Pregnancy Center of Tidewater	(757) 499-4444 or 925-0843
Emergency Shelter for Women (The Genieve Shelter)	(757) 925-4365 or (800) 969-4673
National Sexual Assault Hotline	(800) 656-4673
Response Sexual Assault Support Services	(757) 623-2115
24Hr.Hotline	(757) 622-4300
Salvation Army - Suffolk Chapter	(757) 539-5201
Suffolk Police Department – Emergency	911
Suicide Crisis Center (24-hour Hotline)	(757) 399-6393
VA Family Violence & Sexual Assault Hotline	(800) 838-8238
Western Tidewater Mental Health (counseling, crisis intervention)	(757) 925-2484

Emergency Preparedness Information

Division of Emergency Management (757) 514-7586
Emergency Operations Center (during disasters) (757) 514-7587

To Report Power Outages

Community Electric Cooperative (757) 242-6181
Dominion Power (888) 667-3000
Franklin Electric (757) 562-8568
 *Nights, weekends & holidays (757) 562-8575

To Report Water or Sewer Emergencies

Suffolk Department of Public Utilities (757) 514-7000

Primary Emergency Disaster Shelters

Kings Fork High School, 351 Kings Fork Road
Lakeland High School, 214 Kenyon Road
Nansemond River High School, 3301 Nansemond Parkway

For more information, call the Emergency Operations Center at (757) 514-7587.

Emergency Assistance

Heating & Cooling Assistance

The EnergyShare Program provides heating assistance in winter (for any heating source -- oil, gas kerosene, wood and electricity) and cooling assistance in the summer. It is a fuel assistance program for people in need who have either exhausted or do not qualify for federal or state assistance. No fee.

The Salvation Army
400 Bank Street
Suffolk, VA 23434
(757) 539-5201

Salvation Army

Programs funded: Emergency assistance for food, clothing, housing, utilities.
PO Box 1000
Suffolk, VA 23439-1000
(757) 539-5201

Suffolk Department of Social Services

Provides food stamps, aid to dependent children, basic needs, Medicaid.
135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Employment/Job Training

All Citizens Taking Initiatives on Needs, Inc.

134 South Sixth Street
Suffolk, VA 23439
(757) 934-8561

Building Trades Academy

BTA delivers workforce education, training, and employment services that lead to better jobs and careers in the building trades to low-income residents of South Hampton Roads.

2117 Smith Avenue, Bldg. A
Chesapeake, VA 23320
(757) 420-2566

Educational Opportunity Centers

Provide career planning and counseling. All services are free. For appointments and directions to the Suffolk location call the Main Office at (757) 683-2312.

STOP Organization Vocational School

Offers job training to assist individuals to gain employment. Current training areas include nurse aide, medical transcription, cashier, and automated office systems. Admission criteria: low income residents of Suffolk, Franklin, Isle of Wight, and Southampton counties.

(757) 858-1371

Southeastern Tidewater Opportunity Project "STOP"

Provides literacy and adult education, job finding, pre-job guidance, job training, job placements, and referrals to the socially/economically disadvantaged.

2551 Alameda Avenue
Norfolk, Virginia 23513
(757) 858-1360

Southeastern Virginia Job Training Administration

861 Glenrock Road
Circle E. Bldg., Suite 223
Norfolk, VA 23502
(757) 461-3945

Suffolk City Employment Hotline

(757) 923-2075

Suffolk Department of Social Services

135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Suited For Success

Provides professional business attire to low-income men and women who are entering or re-entering the workforce. Referral required.

353 Mt. Vernon Avenue
Portsmouth, VA 23707
(757) 484-0829

The Virginia Employment Commission (VEC)

2019 Meade Parkway
Suffolk, VA 23439
(757) 925-2376

Urban League of Hampton Roads

Provides services and programs in education, employment, health, and housing for African Americans and others in Hampton Roads communities.

3225 High Street
Portsmouth, VA 23707
(757) 627-0864

Entertainment and Recreation

Events in South Hampton Roads

Beach Events: Free Family Entertainment and festivals at The Virginia Beach Oceanfront. For more information and schedules call: (757) 425-3111

Norfolk Festevents: Year-round entertainment on the downtown Norfolk waterfront. For more information and schedules call: (757) 441-2345

Constant's Wharf Park & Marina: Home to many concerts, festivals, and family-friendly activities. Located on the Nansemond River at the Hilton Garden Inn and Suffolk Conference Center. For a schedule of events call Suffolk Parks & Recreation: (757) 514-7250

Fitness Centers

East Suffolk Recreation Center

Offers a full-size gym, commercial kitchen, multi-purpose room, and fitness facility, as well as a game room filled with air hockey, foosball, pool tables, and interactive video games. Recreation classes for pre-schoolers and activities for seniors such as bridge and aerobics are also available. Membership is \$20 per year for adults and \$10 a year for kids 17 and under. Fitness memberships range from \$5 a month for seniors to \$10 a month for other adults.

138 S. 6th Street
Suffolk, VA 23434
(757) 514-4500

Suffolk Family YMCA

The YMCA provides family and individual activities, such as free babysitting, swim lessons, exercise classes, summer camps, cardiovascular machines, weight training, and parents' night out and also offers financial aid to families and individuals.

2769 Godwin Boulevard
Suffolk, VA 23434
(757) 934-9622

Libraries

Many library branches offer story hours for children. Libraries offer free access to the Internet. A Library Card is required to use services. Call the branch nearest to you for the days and time of operation.

Bennett's Creek	4899 Bennett's Pasture Rd.	(757) 923-2008
Chuckatuck Branch	5881 Godwin Blvd	(757) 514-7310
East Suffolk	Library 134 S. 6th St.	(757) 925-0620
Morgan Memorial	443 W. Washington St.	(757) 514-7323
North Suffolk Library	2000 Bennett's Creek Park Rd.	(757) 514-7150

Places of Interest for Individuals and Families***Bennett's Creek Park and Boat Ramp***

50-acre park offering two free boat ramps, a playground, tennis courts, restrooms, covered shelters, a nature trail, open fields, and a handicapped accessible fishing and crabbing pier.

Shoulder's Hill Road
Suffolk, VA 23434
(757) 923-2360

Great Dismal Swamp National Wildlife Refuge

With miles of trails to explore, visitors can enjoy bird-watching, hiking, biking, boating, fishing, and hunting. Featured site of the National Underground Railroad Network to Freedom Program. Trails are open daily, sunrise to sunset.

3100 Desert Road
Suffolk, VA 23434
(757) 986-3705

Lone Star Lakes Park

Features over 1,000 acres with eleven lakes for fresh water fishing, nature trails, picnic areas, playground, horse trail, archery range, crabbing, and model airplane flying field. Open daily.

1 Bob House Parkway
Suffolk, VA 23432
(757) 255-4308

Sleepy Hole Park

A 66-acre park with a 30-acre lake. Offers a variety of natural areas, 12 picnic shelters, five volleyball nets, horse shoe lanes children's playground, restrooms, open space, trails, and breathtaking views of the Nansemond River.

4700 Sleepy Hole Rd.
Suffolk, VA 23435
(757) 514-7250

The Prentis House

The oldest standing home in Suffolk, this three-story structure currently houses Suffolk's Visitor Information Center and Tourism offices. Open daily, 9am until 5pm. The Visitor Center also includes a gift shop.

321 North Main Street
Suffolk, VA 23434
(757) 923-3880

Suffolk Center for Cultural Arts

Offers world class performances such as actors, entertainers, musicians, and dancers, as well as classes for the whole family including dance, theater, music, fitness, self-defense, and arts and crafts. For class rates and schedules call (757) 923-0003 ext. 3001. To reach the box office call (757) 923-2900.

110 W. Finney Ave.
Suffolk, VA 23434

Suffolk Department of Parks, Recreation, and Facilities Management

The department can provide you with information regarding activities. Be sure to ask about scholarships and reduced fees.

(757) 514-7250

Suffolk has 15 local area parks, offering a variety of playgrounds, athletic fields, and picnic shelters. To find one nearest you visit:

http://www.suffolk.va.us/parks/neighborhood_parks.html

Suffolk Museum and Art League

Offers different lectures and trips as well as a variety of art classes for adults and children including painting, quilting, and jewelry-making. For rates and schedules call (757) 925-0448.

118 Bosley Avenue
Suffolk, VA 23434
(757) 514-7284

Food/Meals

Federal Summer Lunch Program

U.S. Department of Agriculture (USDA)-funded summer lunch programs for children from income eligible households. Contact:

Suffolk Department of Parks & Recreation
301 North Main Street
(757) 923-2360

Food Bank of Southeastern Virginia

800 Tidewater Drive
PO Box 1940
Norfolk, VA 23501
(757) 627-6599

Food Stamps

Suffolk Department of Social Services
135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Free or Reduced Price School Meals

Provides children from income-qualified or foster households with free or reduced-price breakfasts and lunches at school. Children in households receiving Food Stamps and/or Public Assistance are also eligible for meal benefits. Call (757) 925-5570.

Kids Café

Provides children with a daily nutritious meal in the evening. Contact Macy McDevitt at (757) 314-4549.

Meals-On-Wheels

2800 Godwin Blvd.
Suffolk, VA 23434
(757) 934-4911

Salvation Army

Provides meals every Thursday and Saturday from 12-1 PM.

400 Bank Street
Suffolk, VA 23434
(757) 539-5201

Smart Choice Nutrition Education Program (SCNEP) and Expanded Food and Nutrition Education Program (EFNEP)

Teach eligible clients how to feed their families a nutritious diet with limited resources.

Suffolk Department of Social Services

135 Hall Avenue

Suffolk, VA 23434

(757) 514-7450

Senior Services of Southeastern Virginia

Services include providing home-delivered meals to seniors.

110 West Finney Avenue

Suffolk, VA 23434

(757) 925-1449

Tabernacle Christian Life Center

An outreach program which assists people of the community in need with food and clothing.

2500 East Washington

Suffolk, VA 23434

(757) 539-7257

Health Care

American Red Cross, Suffolk Chapter

Provides blood collection; education in CPR, First Aid, aquatics, and HIV/AIDS; and health screenings.

157 North Main Street, Suite C

Suffolk, VA 23434

(757) 539-6645

Suffolk Health Department

Offers a variety of health services including health screenings, immunizations, prenatal and pediatric services, STD and communicable disease testing and treatment, and family planning.

Free or income-based sliding scale fees.

135 Hall Avenue, Suite A

Suffolk, VA 23434

(757) 514-4700

Homeless

Genieve Shelter

Provides emergency shelter, crisis and short term counseling, food, transportation, support groups, and a 24-hour hotline for victims of domestic violence.

1548-C Holland Road
Suffolk, VA 23434
(757) 925-4365

Suffolk House

Shelter for homeless women/families.

400 Finney Ave
Suffolk, VA 23434-3852
(757) 934-1353

Hospice

Edmarc Hospice for Children

Support to ease the trauma of a child's illness or death. Nursing hospice care during the illness; counseling/bereavement care.

516 London Street
Portsmouth, VA 23704
(757) 967-9251

Heartland Home Health Care & Hospice

150 Burnetts Way Suite 220
Suffolk, VA 23434
(757) 934-7935

Sentara Home Care & Hospice Services

154 Burnetts Way, Suite 102
Suffolk, VA 23434
(757) 538-9324

Hospitals/Medical Centers

BonSecours Health Care Center at Harbour View

5818 Harbour View Boulevard
Suffok, VA 23435
(757) 673-5800

Lakeview Medical Center

Suffolk Office

2000 Meade Parkway
Suffolk, Virginia 23434
(757) 539-0251

Churchland Office (Rt. 17)

4868 Bridge Rd.
Suffolk, Virginia 23435
(757) 483-7900

Main Street Physicians

157 N. Main Street, Suite A
Suffolk, VA 23434
(757) 925-1866

Sentara Obici Hospital

2800 Godwin Boulevard
Suffolk, VA 23434
(757) 934-4000

Western Tidewater Free Clinic

2019 Meade Parkway
Suffolk, VA 23434
(757) 923-1060
www.wtfreeclinic.org

Housing

Federally Subsidized Housing for Families

Heritage Acres X

1015 Nansemond Pkwy
Suffolk, VA 23434-2254
(757) 934-3460, BlueRidge Real Estate

Nansemond Square Apartments

114 Nancy Drive
Suffolk, VA 23434-4854
(757) 220-2874, W. H. H. Trice & Co

Wilson Pines Apartments

2525 E Washington Street
Suffolk, VA 23434-2642
(757) 934-0333, W. H. H. Trice & Co

Federally Subsidized Housing Exclusively for the Elderly and Persons with Disabilities

William H. Plummer Plaza

Bellville Senior Housing
5520 Town Point Road
Suffolk, VA 23434
(757) 686-0755

Magnolia Gardens

219 Prospect Road
Suffolk, VA 23434
(757) 923-4260

Betty Davis Village

100 Dover Court
Suffolk, VA 23434
(757) 539-6005

Chorey Park

804 W. Constance Road
Suffolk, VA 23434
(757) 539-2100 (main office) or (757) 925-1461

Hoffer Apartments

2210 E. Washington St.
Suffolk, VA 23434
(757) 539-8742

Homeless Prevention Program

To apply for this program, call 2-1-1 or the Suffolk Department of Social Services at (757) 514-7450

The Planning Council
130 W. Plume Street
Norfolk, VA 23510

Suffolk Redevelopment and Housing Authority

530 E. Pinner Street
Suffolk, VA 23434
(757) 539-2100

Tidewater Fair Housing

Promotes fair housing policies and practices and helps individuals and families who encounter discrimination when buying or renting housing as well as helping those being relocated under urban renewal programs who encounter discrimination. Also assists and provides information to individuals experiencing tenant-landlord problems. Call (757) 853-2950.

Insurance

Disability Insurance

***The Social Security Administration** will pay disability benefits under two programs if you are eligible. The Social Security disability insurance program pays benefits to you and certain family members if you worked long enough and paid Social Security taxes. Your adult child also may qualify for benefits on your earnings record if he or she has a disability that started before age 22. Apply online at www.ssa.gov or call 800-772-1213.*

***The Supplemental Security Income (SSI)** pays benefits to disabled adults and children who have limited income and resources. SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits. To apply, call 800-772-1213 (TTY 800-325-0778) or apply online at www.ssa.gov*

Family Access Medical Insurance Plan (FAMIS)

FAMIS is Virginia's health insurance program for children in working families. Some of the services eligible under the program are doctor visits, hospital and emergency care, Well-child and well-baby checkups, shots, prescriptions, vision and dental care. Qualified children for FAMIS must live in Virginia, be under the age of 19, and be U.S. citizens or certain legal US residents. In addition, children must be uninsured at the time of application and have been uninsured for the last 4 months (some exceptions apply), and parents cannot have access to the State Employee Health Plan. Eligibility is determined based on household income and family size. You can apply for FAMIS by calling toll free 1-866-873-2647 between 8:00 AM and 7:00 PM, Monday through Friday, or 9:00 AM to 12 noon on Saturday. You can also apply at through the Suffolk Department of Social Services at (757) 514-7450.

Medicaid

Medicaid is an assistance program which pays for health and medical care for low-income individuals. Those eligible under the program are children, pregnant women, people with disabilities, and people age 65 and older. Eligibility is determined on the basis of income, resources, and the amount of medical bills. To apply for Medicaid contact the Suffolk Department of Social Services at (757) 514-7450.

Medicare

This is the country's health insurance for people 65 or over, certain persons with disabilities who are under 65 and people of any age who have End-Stage Renal Disease (ESRD). It provides basic protection against the cost of health care but it does not cover all medical expenses.

There are two parts to Medicare. Part A is hospital insurance for which there is no charge. Part B is medical insurance, which is financed by monthly premiums that you pay. To get information on enrollment or to ask any questions, call the Social Security Administration at 800-772-1213.

State-Local Hospitalization Program (SLH)

This program provides direct payment to hospitals for individuals who are unable to pay for required medical services. Medical services covered are limited to hospitalization, outpatient surgery, emergency room visits, and health department visits. If you know you are going to be hospitalized or have out-patient surgery, you can apply for SLH beforehand. You can also apply within 30 days of your discharge or the date services were provided. If funds are available and you are eligible, you will be covered for 180 days from the date of application or the date of service. To apply for SLH, contact the Suffolk Department of Social Services at (757) 514-7450.

Legal Assistance

Child Support Enforcement

2000 Hillpoint Boulevard North
Suffolk, VA 23434
(800) 468-8894

Tidewater Fair Housing

Promotes fair housing policies and practices and helps individuals and families who encounter discrimination when buying or renting housing. They also attempt to help people being relocated under urban renewal programs who encounter discrimination. As a secondary service, the agency assists and provides information to persons experiencing tenant-landlord problems. Call (757) 853-2950.

United States Naval Legal Service Office

Located on the Norfolk Naval Station and provides the following services: legal assistance in a variety of areas; will preparation/estate planning, powers of attorney/notary services, family law (divorce, support, adoption), consumer affairs landlord-tenant problems, and minor civilian criminal matters. Active duty personnel, dependents, and retirees are eligible to apply. Call (757) 444-4496 or (757) 444-4497 for an appointment.

Virginia Division of Consumer Protection, Consumer Affairs

Serves as a clearinghouse for consumer complaints and inquires for all citizens of the Commonwealth of Virginia. Complaints are recorded, mediated, investigated, or referred to other agencies and to legal officials having jurisdiction. Call (804) 786-2042 or (800) 552-9963.

Virginia Lawyer Referral Service

Provides legal services to all citizens of the Commonwealth of Virginia. There is a \$35 fee for an initial consultation. There are no eligibility requirements. Call (800) 552-7977.

Virginia Legal Aid Society

The VLAS provides legal services to low income residents who cannot afford attorney services in certain types of civil (not criminal) cases. All applicants must be low income in order to be eligible.

155 E. Washington St.
Suffolk, VA 23434
(757) 539-3441

Libraries

Chuckatuck Station Library

5881 Godwin Boulevard
(757) 514-7310

East Suffolk Library

134 South 6th Street
(757) 514-7309

Friends of the Library

701 East Pinner Street
(757) 923-0973

Morgan Memorial Library

443 West Washington Street
(757) 514-7323

North Suffolk Library

2000 Bennett's Creek Park Road
(757) 514-7150

Military

Fleet and Family Support Centers

Fleet and Family Support Centers primarily serve active duty military, dependents and military retirees. The program provides information regarding the financial aspects of transition, assistance in developing personalized short and long term financial plans and individual financial counseling. Call (757) 444-2102.

The Life of a Military Spouse: online support group

Meet other Suffolk residents who are dealing with issues such as deployment, relocation, etc.

<http://www.meetup.com/Suffolk-military-spouses>

The UP Center

Helps military families deal with issues such as deployment, financial distress, and depression. Fees are based on income and family size. Insurance plans including Champus and Tricare are accepted.

109 Clay St
Suffolk, VA 23434
(757) 965-8663

United States Naval Legal Service Office

Located on the Norfolk Naval Station and provides the following services: legal assistance in a variety of areas; will preparation/estate planning, powers of attorney/notary services, family law (divorce, support, adoption), consumer affairs landlord-tenant problems, and minor civilian criminal matters. Active duty personnel, dependents, and retirees are eligible to apply. Call (757) 444-4496 or (757) 444-4497 for an appointment.

Nutrition Counseling/Education

Family & Consumer Sciences

Offers Nutrition Education Programs to improve quality of life for individuals, families, and communities, and support economic self-sufficiency and family stability. Provides nutrition and food and health resources including nutrition for senior adults, cancer prevention, canning and preserving, childhood nutrition, cooking and meal planning, food guide pyramid, food safety, food science, health and exercise, heart disease, hypertension, home safety, kitchens, shopping, and weight management. No fee.

A program of Virginia Cooperative Extension, Suffolk
440 Market Street
Suffolk, VA 23439
(757) 923-2050

Parent Support/Parenting

Child Support

The Department of Child Support Enforcement (DCSE) is the state agency that establishes paternity and child support orders and collects support payments from noncustodial parents. Call (800) 828-1304.

Cooperative Co-Parenting

Offered in Suffolk by the Mediation Center of Hampton Roads, the class is designed for separated and divorcing parents as well as other family members who are experiencing conflict with one another. For further questions, cost, and meeting times call (757) 624-6666.

Family Stabilization and Preservation

Virginia Cooperative Extension (VCE) offers various education and other programs to improve the quality of life for individuals, families and support family stability.

Suffolk Department of Social Services
135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Healthy Families Program

Home visiting, parent education, developmental screenings, and referrals for first-time parents.

(757) 514-4700
www.preventchildabuseva.org

Mothers of Preschoolers

Meetings are weekly in Suffolk and other locations with different activities. For more information call (757) 686-1857.

Mothers of Preschoolers

Meetings are the 1st and 3rd Tuesday mornings of the month from 9 to 11:30 a.m. at Nansemond Baptist Church in Northern Suffolk. For more information contact Heather at (757) 638-5579.

Resource Mothers Program

Home visiting, parenting information, and referrals for teen mothers (serves children prenatal – 1 year).

(757) 562-6109

Temporary Assistance to Needy Families (TANF)

Provides temporary financial assistance to eligible families with children.

Suffolk Department of Social Services
135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Post Offices (by zip code)

Chuckatuck Station (23432)

109 King's Highway
(757) 255-0663

Crittenden Station (23433)

1605 Bridge Road
(757) 238-3574

Main Station (23434)

445 North Main Street
(757) 539-8693

Driver Station (23435)

4897 Bennett's Pasture Road
(757) 538-2694

Holland Station (23437)

6723 South Quay Road
(757) 657-2374

Whaleyville Station (23438)

6425 Whaleyville Boulevard
(757) 986-2758

Pregnancy/Prenatal Services

Barry Robinson Center for Independent Living

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.

443 Kempsville Road
Norfolk, VA 23502
(757) 455-6100

Birthright

Offers alternatives to abortion. Provides assistance to women who need help to carry their babies to term.

DePaul Hospital Clinic Building
150 Kingsley Lane 1st F
Norfolk, VA 23505
(757) 489-0222

Bon Secours Prenatal Classes

Classes include expectant parent classes, sibling classes, baby care classes, and breast-feeding classes. All are free of charge.

(757) 889-2273

Catholic Charities

Free, private, and confidential consultations. Also a licensed child-placing agency.

3757 Poplar Hill Road, Suite A
Chesapeake, VA 23321
(757) 484-0703

Healthy Heartbeats

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. For more information call (757) 461-0064.

Keim Centers

All services are free and include pregnancy and medical consultations, counseling, community referrals, education, adoption referrals, and maternity/infant clothing and equipment. Also offers free, limited ultrasound services.

302 N. Main Street Ste. A
Suffolk, VA 23434
(757) 499-4444

La Leche League

Provides education, information, support, and encouragement to women who want to breastfeed. Meeting Times: 3rd Wed. of each month at 10 AM.

Bethlehem Christian Church
1549 Holland Rd.
Suffolk, VA 23434
For more information contact Cindy at (757) 657-2476

Planned Parenthood

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.

425 West 20th Street
Norfolk, VA 23517
(757) 624-9224/9556

Suffolk Health Department

135 Hall Avenue, Suite A
Suffolk, VA 23434
(757) 514-4700

WIC: Suffolk Health Department

Provides for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and

*children up to age five who are found to be at nutritional risk. (*If anyone in the household is on a free or reduced lunch program, the household is eligible to receive WIC.)*

135 Hall Avenue, Suite A
Suffolk, VA 23434
(757) 514-4700

Safety

Free Smoke Detectors

Check with your local fire department to see if they offer free smoke detectors. The project will place smoke detectors in homes/apartments that are not already equipped with them.

400 Market St
Suffolk, VA 23434
(757) 539-8787

Security Assessment

Check with your local police department to see if they offer free security assessment. The police will come to your home and assess your house/apartment for safety by checking windows, locks, doors and identifying barriers to safety.

120 North Wellons Street
Suffolk, VA 23434
(757) 923-2350

Civic Associations

Contact your local civic organization to learn more about Neighborhood Watch and community initiatives.

Victim/Witness Assistance Program

The Victim/Witness Assistance Program may award compensation to victims of a crime who were physically injured and have no means of paying for their medical treatment. Surviving spouses, parents, siblings or children of homicide victims may be compensated for certain unreimbursed losses such as loss of earnings, medical expenses, or funeral expenses. For application or appointment with a counselor to complete the application, call (757) 923-2222.

Senior Citizen Services

A-Z Alpha Omega Home Health Care Services

Offers personal care services including assistance with bathing, toileting, dressing, ambulation. Certified Nursing Assistant and personal care aides are supervised by a Registered Nurse. A Dietician is also available.

707 Gittings Street Suite 170
Suffolk, VA 23434
(757) 934-3326

American Association of Retired Persons (AARP)

AARP is a national organization that provides services to adults 50 years old and older. AARP has annual membership dues of \$12.50.

Open Door Church
816 Kings Fork Rd.
Suffolk, VA 23434-7109
Meeting: 3rd Tuesday at 11:00 AM (closed July/August)

Fan Care Program

Fan Care provides fans to eligible seniors, for cooling assistance in the summer.

The Salvation Army
400 Bank Street
Suffolk, VA 23434
(757) 539-5201

Old American Legion Home

350 North Main Street
Suffolk, VA 23434
(757) 923-2372

Suffolk Senior Center

Seniors can enjoy a wide variety of recreational opportunities at the Suffolk Senior Center Monday-Friday. On-going activities include arts and crafts, chorus, day trips, and aerobic classes, which are held Tuesdays and Thursdays from 10-11 a.m. Blood pressure and diabetes screenings are provided by Health Care Professionals on the 3rd Wednesday of each month, along with nutritional counseling. Senior Services of Southeastern Virginia also provides nutritious lunches to seniors 60 and over at 12:00 noon Monday-Friday. For more information, call or stop by the Suffolk Senior Center.

110 Finney Ave
Suffolk, VA 23434
(757) 514-7270

Senior Services of Southeastern Virginia

Provides services including transportation and home-delivered meals to seniors.

110 West Finney Avenue
Suffolk, VA 23434
(757) 925-1449

Suffolk Meals-On-Wheels

2800 Godwin Blvd.
Suffolk, VA 23434
(757) 934-4911

Suffolk Social Security Administration Office

1262 Holland Road
Suffolk, VA 23434
1-800-772-1213

Temple Beth El

3927 Bridge Road
Suffolk, VA 23435
(757) 484-1161

Social Services

Suffolk Department of Social Services

135 Hall Avenue
Suffolk, VA 23434
(757) 514-7450

Special Needs/Disability Support Organizations

Alzheimer's Association - Southeastern Virginia Chapter

115 Bogart Street, P.O. Box 1224
Franklin, VA 23851
(757) 569-1650
24-hour Helpline: (800) 272-3900

Amputee Support Association of Hampton Roads

P.O. Box 14042
Norfolk, VA. 23518
(757) 587-5674
www.asahr.org

Bertha Snyder Children's Camp & Care Fund

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.

2515 Walmer Avenue Norfolk, VA 23513
(757) 852-9797

Brain Injury Association of Virginia

Provides information and support for individuals with brain injuries and their family members.

South Hampton Roads RRC
3808-C Virginia Beach Blvd.
Norfolk, VA 23452
(757) 816-1857

Cerebral Palsy of Virginia

5825 Arrowhead Drive, Suite 201
Virginia Beach, VA 23462
(757) 497-7474

Civitan Acres

Designed for disabled individuals who want a year-round day program or a summer day or residential camp program. Sliding scale available.

2210 Cedar Road
Chesapeake, VA 23323-6303
(757) 858-8011

Community Alternatives, Inc.

Services include help in finding housing and jobs as well as Medicaid Waiver Funded day placement and residential programs.

3133 Magic Hollow Blvd.
Virginia Beach, Virginia 23453
(757) 468-7000

Day Support Program (Developmental Disability)

Provides a planned day-program for individuals with mental retardation, developmental disabilities, and/or physical disabilities.

Circle of Friends, LLC
1520 Breezeport Way, Suite 500
Suffolk, VA 23704
(757) 638-4000

Down Syndrome Association of Hampton Roads

The Endependence Center
6300 East Virginia Beach Blvd.
Norfolk, VA 23502
(757) 466-3696

Eastern Virginia Medical School Neuropsychology

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, ADHA, etc. Fees on a sliding scale.

Hofheimer Hall, Suite 564
825 Fairfax Ave., Norfolk VA 23507
(757) 446-8400

Intermediate Care Facility Group Homes

Residential or long term care facility that has as its primary purpose the provision of health or rehabilitation services to individuals with intellectual disability (mental retardation) or related conditions. Care services may be funded by Medicaid.

Finney Avenue Residence

(757) 925-2408

Jay's Place

(757) 925-2360

The Wilkins (*18 and older only)

(757) 925-2343

Mea'Alofa Autism Support Center

Provides quality and empirically validated services to children with autism spectrum disorders in a clinical setting.

Mea'Alofa Autism Support Center

4016 Raintree Road, Suite 220B

Chesapeake, VA 23321

(757) 465-3933

Muscular Dystrophy Association, Inc.

1403 Greenbrier Parkway # 575

Chesapeake, VA 23320

(757) 420-3172

National Multiple Sclerosis Society Hampton Roads Chapter

760 Lynnhaven Pkwy, Suite 201

Virginia Beach, VA 23452

(757) 490-9627

Suffolk Public Schools

Part B Services: early childhood special education programs and services for children with developmental disabilities.

www.spsk12.va.us

Tidewater Association for Hearing Impaired Children, Inc.

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

1821 Old Donation Parkway, Suite 10

Virginia Beach, VA 23454

(757) 481-186 or www.tahic.org

Virginia Relay

Enables people who are deaf, hard of hearing, DeafBlind, or speech disabled to communicate by TTY (text telephone) or another assistive telephone device with anyone who uses a standard phone. Visit www.varelay.org or call 1-866-894-4116 (voice) or 1-866-246-9300 (TTY), 24 hours a day, seven days a week to learn more.

Western Tidewater Community Services Board

Provides mental retardation services to residents. Sliding scale fee.

157 N. Main Street, Suite D
Suffolk, VA 23438
(757) 925-2484

Substance Abuse

Al-Anon of Tidewater

Meetings that provide hope and support for friends and families of alcoholics. For more information and locations call (757) 499-1443.

Alcoholics Anonymous Tidewater Intergroup

No cost. For Suffolk locations call (757) 490-3980.

Bon Secours Maryview Behavioral Medicine Services

Offers Chemical Dependency Consultation and Intervention Services for adults who are abusing drugs and/or alcohol.

3636 High Street
Portsmouth, VA 23707
(757) 398-2367

Narcotics Anonymous of Tidewater

No cost. For Suffolk locations call (757) 459-8467.

Western Tidewater Community Services Board

Provides mental health, mental retardation, and substance abuse services to residents. The services are offered on a sliding scale fee.

157 N. Main Street, Suite D
Suffolk, VA 23438
(757) 925-2484

Support Groups

Bereavement

Bereavement Support Group

Through the concern and support of others who have experienced a loss, share feelings and receive group counseling.

Meeting Times: 1st and 3rd Thursday of every month from 5:30 to 7 PM
Sentara Obici Hospital Dining Room (behind cafeteria)
2800 Godwin Boulevard
Suffolk, VA 23434
(757) 934-4961

Empty Arms Support Group

A support group led by a certified grief counselor for those experiencing the loss of a baby due to miscarriage, stillbirth, or pregnancy loss and newborn loss.

Meeting Times: 2nd and 4th Monday, 7:00-8:30 p.m. each month.

Ann Prescott, Bereavement Counselor
Sentara Women's Health Source
713 Volvo Parkway, Chesapeake, VA 23320
(757) 545-2667

Hampton Roads Survivors of Suicide Support Group

Meeting Times: 3rd Wednesday of each month, 7-9 pm.

St. Andrew's Lutheran Church
4811 W. High St., Portsmouth, VA 23703
Contact Chris Gilchrist at (757) 483-5111 to register before meeting.

Young Widows or Widowers

For those who have lost their spouses early in life. YWOW offers structured workshops, structured and unstructured forums of support group chats, educational meetings, and social events. Regular meetings that provide education and support are mostly held in Virginia Beach.

(757) 468-2144

Breast-feeding: The La Leche League

Provides education, information, support, and encouragement to women who want to breastfeed. Meeting times: 3rd Wednesday of each month at 10 AM.

Bethlehem Christian Church
1549 Holland Rd.
Suffolk, VA 23434
For more information contact Cindy at (757) 657-2476

Cancer

Breast Cancer Support Group

Meeting Times: 4th Tuesday of every month from 6 to 7 PM

Sentara Obici Hospital, Classroom A on Garden Level
2800 Godwin Boulevard
Suffolk, VA 23434
For more information contact Carolyn Harris at (757) 934-4628

C.O.P.I.N.G. Cancer Support Group

Meeting Times: 2nd Monday of every month at 6:30 PM

Sentara Obici Hospital, Classroom A on Garden Level

2800 Godwin Boulevard

Suffolk, VA 23434

For more information contact Carolyn Harris at (757) 934-4628

I Can Cope/Maryview Medical Center

Multi-session cancer education program for patients and their families.

3636 High Street

Portsmouth, VA 23707

(757) 398-2452

Prostate Cancer Man-to-Man Support Group

Meeting Times: 4th Tuesday of every month from 6 to 7 PM

Sentara Obici Hospital

2800 Godwin Boulevard

Suffolk, VA 23434

(757) 934-4000

Lung Disease: Better Breathers Club

Meeting Times: 2nd Monday of every month from 2 to 3 PM

Obici Wellness Center (across from Obici Hospital and adjacent to YMCA)

2769 Godwin Blvd

Suffolk, VA 23434

(757) 934-8732

Stroke

Meeting Times: 2nd Thursday of every month from 11 AM to 12PM

Sentara Obici Hospital Garden Level Classrooms C&D

2800 Godwin Boulevard

Suffolk, VA 23434

(757) 934-4000

Transportation

Carolina Trailways (Formerly Greyhound Buses)

812 West Constance Road

Suffolk, VA 23434

(757) 934-8068

Hampton Roads Transit (HRT)

For information on routes, schedules, and fares, please visit the HRT website at www.gohrt.com or call (757) 222-6100.

Handi-Ride (HRT)

For disabled riders. To determine eligibility for membership call (757) 222-6005.

Taxi Services

Cottles Taxi Service
908 Freeney Avenue
Suffolk, VA 23434
(757) 539-0333

United Taxi Service
401 Market Street
(757) 539-3311
Suffolk, VA 23434

Yellow Cab of Suffolk
366 East Washington Street
Suffolk, VA 23432
(757) 539-5688

Youth

Boys & Girls Clubs of Southeast Virginia-Suffolk Unit

John F. Kennedy Middle School
2325 E. Washington Street
Suffolk, VA 23434
(757) 934-0349 or 934-6219

City of Suffolk Office on Youth

Suffolk Center for Cultural Arts
110 W. Finney Ave. (3rd Floor)
Suffolk, VA 23434
(757) 514-7250

Counselors in Training Program

Ages 14-17 can apply to be a youth volunteer summer camp counselor. Training begins May 1 and the program runs through August. Applications are available online at <http://www.suffolk.va.us/parks/siy/index.html> or at the Suffolk Office on Youth, located in the East Suffolk Recreation Center at 138 S. 6th Street. You may email, mail, drop off, or fax your application to 539-5179. For more information, contact Jennifer Branham at (757) 514-4503.

East Suffolk Recreation Center

Offers a full-size gym, commercial kitchen, multi-purpose room, and fitness facility, as well as a game room filled with air hockey, foosball, pool tables, and interactive video games. Membership is \$10 a year for youth 17 and under. Fitness memberships are available for teens ages 16-18 for \$7 a month.

138 S. 6th Street
Suffolk, VA 23434
(757) 514-4500

Future Leaders of Tomorrow (F.L.O.T.)

Offered through the Office on Youth, this program gives 11-14 year olds the chance to learn more skills and opportunities to grow. Career training, etiquette classes and college tours are just a few things available through the program. Workshops are held weekly. Limited transportation is available. For more information, contact Jennifer Branham at (757) 514-4503.

Girl Scout Council of Colonial Coast

To locate the council closest to you call (757) 547-4405.

Suffolk Community Service Initiative

Offered through the Office on Youth, this program is designed to show youth the benefits of community service and to build a connection among young people and their community. Youth ages 11 - 17 are paired with mentors to identify and complete community service projects. For more information, contact Jennifer Branham at (757) 514-4503. To download an application, visit: <http://www.suffolk.va.us/parks/siy/index.html>

Suffolk Youth Athletic Association

(757) 516-8779
(757) 328-3155

Veterans

Disabled American Veterans

139 S Saratoga St
Suffolk, VA 23434
(757) 934-2695

Veterans Affairs Medical Center

100 Emancipation Drive
Hampton, VA 23667
(757) 722-9961

Norfolk Veteran Center

1711 Church Street, Suites A&B
Norfolk, VA 23504
(757) 623-7584

The UP Center

Counseling for recent veterans.
109 Clay St
Suffolk, VA 23434
(757) 965-8663

Veterans of Foreign Wars

Post 2582 Joe Bagley Post
117 Causey Ave
Suffolk, VA 23434
(757) 539-0027

Volunteer Opportunities

Habitat for Humanity

Serves the seven cities of Hampton Roads. To find out more about volunteer opportunities call (757) 640-0590 or register at <http://www.shrhabitat.org>

Suffolk Parks and Recreation

School clubs, civic groups, scouts, and individuals are welcome. Volunteers receive valuable training and job experience, socialization, a great volunteer environment, career enhancement, city information, recognition, and the opportunity to meet and assist others. Opportunities include citywide special events, litter pickup at city parks, park entrance beautification, ball field clean-up and beautification, and Adopt-A-Park and Adopt-A-Trail. For more information please call Melanie Scoggins at (757) 514-7257.

Suffolk Family YMCA

As a YMCA volunteer, you can lead an exercise class, read to a preschool class, coach a basketball team, cook for a bake sale, design a program brochure, greet people at the front desk, find items for an auction, serve as a role model for young people, help out in the office or at a special event, or be part of a group or committee working on a neighborhood problem. Make a difference as you work with others to create a feeling of connectedness in your community.

2769 Godwin Blvd
Suffolk, Virginia 23434
(757) 934-9622

Volunteer Hampton Roads

Coordinate volunteer efforts for non-profits.

400 West Olney Road

Suite B

Norfolk, Virginia 23507

(757) 624-2400

www.volunteerhr.org

Western Tidewater Free Clinic

Serves individuals between the ages of 19 – 64 with no medical insurance who live at or below 200 percent of the Federal Poverty Level.

2019 Meade Parkway

Suffolk, Virginia 23434

(757) 923-1060

www.wtfreeclinic.org