


THRIVE Peninsula Community Resource Guide

Updated as of May 2024

NAVIGATING THE RESOURCE GUIDE

If using Adobe PDF, click the  symbol to view the bookmark pane and click the magnifying glass to search by keyword. If using a web browser, find the guide's menu on the sidebar or use "ctrl f" to search by keyword.

ABOUT THIS GUIDE

The THRIVE Community Resource Guide is compiled by volunteers and staff to be used to benefit the community. The guide is focused on listing resources available to people who live on the lower Peninsula. If you find a resource that needs to be added or changed, or you'd like to be on the list to receive guides when they are updated, email: contact@thrivepeninsula.org

ABOUT THRIVE PENINSULA

THRIVE Peninsula is a faith-based 501c-3 non-profit organization that serves families facing economic hardship in Newport News, Hampton, Poquoson and Lower York County. Learn more and support our work at: www.thrivepeninsula.org

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COVID-19 Resources

Funeral Assistance

www.fema.gov/disasters/coronavirus/economic/funeral-assistance - 844-684-6333

FEMA is providing up to \$9,000 in financial assistance for COVID-19 related funeral expenses, through September 30, 2025.

Vaccinate Virginia

www.vaccinate.virginia.gov - 1-877-VAX-IN-VA (877-829-4682)

State-wide site to get a vaccination

Virginia Department of Health

www.vdh.virginia.gov/coronavirus/

See the latest COVID-19 guidelines and recommendations

Information and Referral / Hotlines

2-1-1 Statewide information and resource referrals

<https://211virginia.org> - 2-1-1

211 provides information regarding community services available throughout Virginia.

24-Hour Crisis Hotline

(757) 251-0144

24-Hour crisis counseling is available to anyone affected by sexual assault, domestic violence, stalking, or human trafficking. Through our Coordinated Crisis Response (a collaborative project between The Genieve Shelter, The HER Shelter, Samaritan House, and the YWCA South Hampton Roads), trained crisis counselors provide emotional support and assist callers with coping skills, safety planning, and appropriate information and referrals to community resources.

9-1-1 Police

Non-Emergency - Newport News (757) 247-2500; Non-Emergency – Hampton (757) 727-6111; Non-Emergency – York County (757) 890-3621; Peninsula Crime Line (888) 562-5887 covers Newport News, Hampton, Poquoson, Williamsburg, York County & James City County.

9-8-8 Suicide & Crisis Lifeline

<https://988lifeline.org> Text or call 9-8-8

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

CAN - Community Assistance Network (United Way of the Virginia Peninsula)

www.uwvp.org/help (757) 229-2222

101 York Crossing Road, Yorktown, VA 23692

United Way's Community Assistance Network (CAN) is a help line connected to a robust network of diverse community partners working together to keep our neighbors housed, healthy, and thriving. CAN consists of frontline direct-service organizations, providing the critical programs and services our at-risk neighbors need to overcome the cycle of poverty.

The Center for Sexual Assault Survivors

www.VisitTheCenter.org (757) 599-9844 / 24-Hour Hotline (757) 236-5260

11838 Rock Landing Dr., Suite 220, Newport News, VA 23606

The Center is a resource for sexual assault survivors. Free services include advocacy, 1-on-1 crisis counseling, support groups, professional training, educational curriculum, special events, and more.

Child Protective Services

<https://www.dss.virginia.gov/family/cps/index.cgi> Virginia (804) 786-8536

Anyone who suspects that children are being abused or neglected may call anonymously the local or state hotline, which is answerable 24 hours a day, 7 days a week.

Common Help

<https://commonhelp.virginia.gov/access/> (855) 635-4370

Through CommonHelp, Virginia residents can be screened for eligibility, apply for and renew benefits, and report changes for multiple services include childcare, energy assistance, SNAP (food stamps), health care covered, TANF (temporary assistance for needy families). The portal also allows citizens to easily access other service web sites such as the Virginia Department for Aging and Rehabilitative Services, the Department of Health, 2-1-1 Virginia, Social Security and other agencies and partners.

HER Shelter (Help and Emergency Response)

<https://hershelter.com/> (757) 485-3384

Domestic Violence crisis hotline for all of Hampton Roads; they also operate emergency housing, located in Portsmouth & Chesapeake, for women & children.

Housing Crisis Hotline

<https://theplanningcouncil.org/homeless-solutions/housing-crisis-hotline/>

(757) 587-4202 - Newport News, Hampton, York County, Poquoson, James City County & Williamsburg; (757) 966-2107 - Portsmouth; (757) 227-5932 - Virginia Beach

Monday – Friday: 8am-7pm or leave a message.

The Housing Crisis Hotline is the starting point for anyone who is experiencing a housing crisis throughout Greater Hampton Roads and in need of shelter, case management, and related services and/or community resources. For individuals or families experiencing homelessness or on the verge of homelessness. **This central help line provides referrals to area shelters.**

Human Trafficking Hotline

www.humantraffickinghotline.org (888)-373-7888

Connects victims and survivors of sex and labor trafficking with services and support to get help and stay safe.

National Domestic Violence Hotline

<https://www.thehotline.org/> 800-799-7233 or Text START to 88788

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Regional Housing Crises Hotline

(757) 587-4202

Operates Monday – Friday, 8 am – 5 pm

Transitions Domestic/Sexual Violence Hotline

www.transitionsfvs.org (757) 723-7774

Transitions offers emergency, short-term and transitional shelter facilities for victims of domestic violence and human trafficking. They provide a safe environment for clients to end abuse, develop short and long-term goals, and increase independence and well-being.

U.S Department of Veteran Affairs (VA) 24/7 Suicide & Crisis Hotline

www.dvs.virginia.gov – 988 (veterans press 1)

Crisis intervention for military veterans and their families.

U.S. Department of Veteran Affairs - Burial Benefits

<http://www.va.gov/plan-ahead>

Burial benefits to help with end-of-life burial expenses for veterans. The VA provides burial benefits for all legal burial types, including cremation, burial at sea, and donation of remains to a medical school. Eligible individuals include a surviving spouse or legal partner, surviving child, parent, or executor of the veteran's estate.

Virginia Adult Protective Services

www.dars.virginia.gov/aps/AdultProtServ (888) 832-3858

Adult Protective Services (APS) receives and investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older and incapacitated adults aged 18 or older. If protective services are needed and accepted by the individual, local APS workers may arrange for a wide variety of health, housing, social and legal services to stop mistreatment or prevent further mistreatment. Services offered may include home-based care, transportation, adult day services, adult foster care, nutrition services and legal intervention to protect the adult. Services may also be arranged for individuals in emergency situations who lack the capacity to consent to services.

Virginia Relay

www.varelay.org 7-1-1

A free public service, Virginia Relay enables people who are Deaf, Hard of Hearing, and Deaf Blind or have difficulty speaking to communicate with standard telephone users. The conversation is relayed between the two by a specially trained Virginia Relay Communication Assistant (CA). Relay services are available 24 hours a day, 365 days per year by calling 7-1-1. By law, every call is handled with the strictest confidentiality. Special features are available for individuals who have difficulty speaking, as well as Spanish-speaking and sign language users.

Children/Youth

Childcare/After School Programs

Boys and Girls Club of the Virginia Peninsula

www.bagclub.com - 757-223-7204

11825 Rock Landing Drive - Chesapeake Building, Newport News, VA 23606

Providing after school and summer programs for youth aged 6 – 18 at various location across the Peninsula. Youth not only enjoy participating in Club programming but develop positive relationships with peers, adult staff, and volunteers.

Childcare Aware

<https://vachildcare.com> - (804) 285-0846

Call referral line (1-866-KID-STLC) to specify the level of care required and desired location for services. Their website has information on accessing financial assistance for childcare services and other parenting resources.

Codeswitch Ministries

www.codeswitchministries.com - (757) 392-4865

Post Office Box 3731, Hampton, VA 23663

Provides baby necessities, diapers, community baby showers, and educational classes for single parents. Resources are distributed seasonally and on an as-needed basis.

Department of Social Services

www.dss.virginia.gov/ or commonhelp.virginia.gov

6060 Jefferson Ave., Newport News, VA 23605 - (757) 926-6300

1320 Lasalle Ave # 136, Hampton, VA 23669 - (757) 727-1996

301 Goodwin Neck Road, 2nd Floor, Public Safety Bldg., Yorktown, VA 23692 – (757) 890-3787

Offers a variety of human services programs.

Family Focus

<https://www.yorkcounty.gov/2718/Family-and-Consumer-Sciences> – (757) 564-2173

118 Old York-Hampton Hwy, Yorktown, VA, 23692

Play group series invites children, birth to five, and caregivers to play and learn together. Open to children in and outside of JCC and York County. Scholarships are available upon request.

First Spark (formerly Smart Beginnings)

<https://www.firstsparkva.org/> - (757) 240-2731

11832 Canon Blvd., Suite F, Newport News, VA 23606

Provide referrals for low-cost and free prenatal services, childcare services, and other resources for parents.

Kids, Kin ‘N Caregivers, Inc.

www.kids-kin-care.org - (757) 434-5162

6300 E. Virginia Beach Blvd, Norfolk, VA 23502

Promotes health and well-being through a broad range of services to kinship families (grandparents raising a grandchild or relatives caring for another relative’s child). Organization dedicated to the provision of compassionate service to families in the Hampton Roads Community. Services include educational sessions, parenting workshops, youth activity groups, and mental/physical health support.

HRCAP Head Start

<https://hrcapinc.org/head-start-enrollment> (757) 283-7850

610 Hampton Ave, Newport News, VA 23607

This program for 3- and 4-year-old children offers a free, high quality, early childhood experience in preparation for kindergarten readiness and beyond. It is a state and federally funded program, designed to give eligible children opportunities to develop skills and build a strong foundation for learning.

Legacy of HOPE Foundation

<https://legacyofhopefoundation.org/> - (757) 927-7685

239 Buxton Avenue, Newport News, VA 23607

Legacy Learning Academy held every 2nd and 4th Saturdays. Helps to teach children self-esteem, confidence, courage, & character through Biblical principles and healthy lifestyles. Sign up online.

Peake Childhood Center

<https://peakecc.org/> - (757) 825-6200

1306 Thomas St, Hampton, VA 23669 / Newport News location coming in 2024.

Provides income-based early childhood education to children from 6 months old up to 5 years.

YMCA Child Development Center

Ymcavp.org - (757) 245-0047

7827 Warwick Boulevard, Newport News, VA 23607

Provides preschool and before and after school care at various locations. Care available on a sliding scale through their Guardian Program.

Baby Supplies

Catholic Charities of Eastern Virginia

<https://cceva.org/services/family-engagement-services/#pregnancy-parent-support> - (757) 875-0060

12829 Jefferson Ave. #101, Newport News, VA 23608

Free baby supplies including diapers and clothing for families in need.

THRIVE Peninsula

<https://www.thrivepeninsula.org/help> - (757) 877-6211

12749 Nettles Drive, Newport News, VA 23606

THRIVE has boy and girl baby baskets for clients who are close to their due date or have just given birth.

Diaper Resources

Catholic Charities of Eastern Virginia

<https://cceva.org/services/family-engagement-services/> - (757) 875-0060

12829 Jefferson Ave. #101, Newport News, VA 23608

Free baby supplies including diapers and clothing for families in need.

ECHO Family Care Partners

<https://www.wearetheecho.org/programs/diaper-distribution> - (757)-684-3246

Hosts a monthly diaper distribution. Eligible families live in Hampton or Newport News.

EHouse

www.ebcnn.org/local-missions - (757) 926-5974

521 North Ave., Newport News, VA

Offers diaper bank, baby food, and formula.

The Gloww Center

<https://www.theglowwcenter.org/> – (757) 837-8663

321 Grafton Drive, Yorktown 23692

Diaper bank available for women in need with children from newborn through 4 years of age.

Greater Hampton Roads Diaper Bank

ghrdiaperbank.org - (843) 991-7731

1600 Elbow Rd., Chesapeake, VA 23320

The Greater Hampton Roads Diaper Bank is a nonprofit organization created to provide emergency diaper supplies to those in need. They connect those in need of diapers to community partners for their area.

LINK of Hampton Roads

<https://www.linkhr.org/> – (757) 947-5880

10413 Warwick Blvd., Newport News, VA 23601

Diapers are available through the emergency services program for those dealing with immediate financial or basic living and essential needs.

Our Lady of Mount Carmel Catholic Church

<https://www.olmc.org/music-ministry> - (757) 595-0385

100 Harpersville Road, Newport News, VA 23601

This program offers formula, baby clothes, and diapers.

Children – Other

Alcove Health/Care Net Peninsula

cnpeninsula.org - (757) 591-0303

11101 Warwick Boulevard, Newport News

Alcove Health provides crisis intervention including counseling, adoption, medical referrals, medical services (pregnancy confirmation by ultrasound, lab quality pregnancy verification), parent equipping (parenting education, baby and material needs), support and healing for abortion recovery. This is a pro-life agency that does not provide abortions.

Bacon Street: Youth and Family Services

<https://baconstreet.org/youth-prevention> - Multiple locations on Peninsula (757) 253-0111

Bacon Street's school and community-based prevention programs helps educate young men and women about the risks and realities of drugs, alcohol, and nicotine use; teaches them how to make healthy choices; and provide the tools needed to show resilience amid stress and trauma. They also provide mental health counseling, case management for youth that are homeless or housing insecure, substance use counseling, and group therapy.

Big Brothers Big Sisters

<https://www.bbbs.org> - (757) 253-0676

746 Adams Drive, Room 10, Newport News, VA 23601

Big Brothers Big Sisters is a non-profit organization that creates and supports one-to-one mentoring relationships between adult volunteers and children from ages 5 to 18 years of age.

CASA (Court Appointed Special Advocates)

<https://nncasa.org/> – (757) 926-3642

230 25th Street, 1st Floor, Newport News, VA 23607

The Newport News CASA program is a non-profit organization committed to advocating for the best interests of children involved in the Juvenile and Domestic Relations District Court process. The program promotes safe, permanent homes for all children.

Catholic Charities of Eastern Virginia

<https://cceva.org/services/family-engagement-services> - (757) 533-5217

12829 Jefferson Ave, Suite 101, Newport News, VA 23608

Family Life Education – Parenting classes, 24/7 Dad classes, Children’s Clothing Closet (sizes: newborn through 5T)

Child Development Resources (CDR) - Fatherhood program

www.cdrfatherhood.com - (757) 561-4174

Offers free workshops and services to dads and father figures on the Peninsula.

Cole’s Horse Autism Therapy Station: Treating Autism Successfully

www.chats757.com

100 Old Pond Rd., Yorktown VA 23692

C.H.A.T.S is a 501 (c) (3) nonprofit organization that hosts sensory events and provides horse therapy to children on the autism spectrum and their families. This method provides therapy for psychiatric conditions such as autism, ADHD, depression, anxiety, trauma, PTSD, eating disorders, learning disabilities and other conditions that affect the nervous system and brain by creating a no pressure environment.

Hampton Healthy Families Partnership

hampton.gov/3378/Healthy-Families - (757) 727-1300

100 Old Hampton Lane, Hampton, VA 23669

Offer a variety of parenting classes, before and after school programs, playgroups, and special events.

Ketchmore Kids

<https://www.ketchmorekids.org/> - (757)706-0929

Offers the Triple P Parenting Program to help parents manage different child and teen behaviors, with free support for parents and children. Their Think Tank Conflict Resolution Program is a 6-week program dedicated to teaching young people how their actions impact their behaviors. In addition, they offer Healing with Hip-Hop, utilizing music and art to promote healing from the trauma and grief they experience when someone they know, or love is hurt or killed by gun violence.

Low-Income Safety Seat Program – Virginia Health Department

<https://www.vdh.virginia.gov/child-passenger-safety/low-income-safety-seat-program/>

(757) 594-7411 - James City County, Newport News, Poquoson, Williamsburg, York County. Hampton residents call (757) 727-1172.

Free child safety seats and booster seats are available for income eligible children. Parents, foster parents and legal guardians of children who reside in Virginia may apply.

Newport News Healthy Families

<https://www.nnva.gov/345/Prevention-Self-Sufficiency-Services> - (757)-926-6300

6060 Jefferson Ave, Newport News, VA 23605

Healthy Families America is a signature home visiting program that promotes child well-being & prevents the abuse & neglect of children in communities around the world through family-focused & empathic support provided in the home. Healthy Families America has worked toward a singular vision: all children receive nurturing care from their family that leads to a healthy, long, and successful life. Our family support and resource specialists work with families to strengthen parent-child relationships, promote healthy child development and enhance family well-being.

Seton Youth Shelters

<http://setonyouthshelters.org> - 24-Hour Hotline: 757-498-HELP (4357) / Girls Shelter: 757-306-1843

Provides 24-hour emergency shelter for youth ages 9-17. Serves runaway & homeless youth & youth in crisis within their family, school, and/or community. Operates 2 shelters in Virginia Beach where residents are provided youth advocacy & individual/family crisis counseling. We also offer Mentoring, Street Outreach, Teen Anger Management, Parent Education Services, and Helping Youth Pursue Excellence (H.Y.P.E).

The HEB Foundation

www.thehebfoundation.org (888) 440-0133

Provides resources, clinics/classes and hosts events for youth aged 18-24 who have been a victim or witnessed gun violence: employment resources, education resources, mental health resources, and mentors. Clinics/classes include sports clinics, school supply distribution, coat distribution and holiday baskets.

THRIVE Peninsula

www.thrivepeninsula.org/help (757) 877-6211

Assists with financial requests that pertain to a family's economic sustainability, such as childcare. Apply online.

WIC Program (Wholesome Informed Choices for Women, Infants & Children)

wicva.com (Various Locations) - 1-888-942-3663

This program offers breastfeeding support, nutrition education, healthy food support, health screenings, and referrals to other resources.

Clothing

Clothing

Newport News

All Nations Church

www.allnationschurch.org/outreach - (757) 941-5111
853 Cloverleaf Lane, Newport News, VA 23601
Distributes clothes every Sunday morning at 9am.

Catholic Charities

www.cceva.org/need-help - (757) 875-0060
12829 Jefferson Ave. #101, Newport News, VA 23608
Children's clothing closet hours are Monday-Friday 8:30am-5:00pm. Sizes include newborn-5T.

Colossian Baptist Church

<https://www.colossianbaptistchurch.org/> - (757) 874-0627
856 Old Fort Eustis Blvd, Newport News, VA 23608
By appointment only.

Denbigh United Presbyterian Church

<https://www.denbighunitedpres.org/> - (757) 877-2048
302 Denbigh Blvd., Newport News, VA 23608
Call for clothing distribution dates.

Dreams of Hope Foundation

www.dreamsofhopefoundation.org - (757) 806-6339
7320 Warwick Blvd, Newport News, VA 23607
Open on Wednesdays 10am-2pm. Items include women, men's, children and baby clothing items and some household goods. An application must be completed, as well as providing a picture ID.

Geraldine's Closet

thelegacyofhopefoundation.com - (757) 927-7685
239 Buxton Avenue, Newport News, VA 23607
Free clothing offered on Wednesday's from 3pm-5pm and Saturday's from 12pm-2pm

LINK of Hampton Roads

www.linkhr.org - (757) 595-1953
10413 Warwick Blvd., Newport News, VA
LINK assists individuals with professional and casual clothing to help them get on their feet. The Clothing Closet assists with men, women, and baby/children's clothing items. Items are free and limited to five outfits per month. Inventory ranges from underwear and socks to professional suits.

New Beech Grove Baptist Church

<https://www.newbeechgrove.org/outreach> - (757) 877-4114
361 Beechmont Drive, Newport News, VA
Come to the church annex (yellow house next to the church) and select what you need. Men, women, youth, children and toddler sizes. Wednesdays – 9:00 a.m. - 11:00 a.m.

Orcutt Baptist Church

<http://obcnn.org/> (757) 249-1280

653 Baxter Ln, Newport News, VA 23602 -
Call for an appointment.

Our Lady of Mount Carmel Catholic Church

<https://www.olmc.org/> (757) 870-3131

100 Harpersville Road, Newport News, VA 23601

Provides baby clothes for up to 24 months (about 2 years) and other supplies. Families are eligible to receive items once a month.

St. Vincent de Paul Catholic Church

<https://stvincentnn.org/> - (757) 245-4234

230 33rd St., Newport News, VA

Clothes closet is open on Wednesdays from 10:00am-12:00pm.

The Heart of Giving inside Four Oaks Community Day Center

(757) 975-5260

7401 Warwick Blvd., Newport News, VA 23607

The largest clothing closet in Virginia offers items for work, school, and daily life and is operated by Newport News Department of Human Services and the Women's Club of Newport News. Open Tuesdays and Thursdays from 10am-2pm.

The Needs Network

theneedsnetwork.com - (757) 371-4734

9905 Warwick Blvd., Newport News, VA 23605

Clothing closet that has infant blankets and clothing, coats, business dress apparel, and general use clothing.

Triumph Christian Center

<https://triumphchristian.org/> - (757) 325-8533 for the Pastor's number; (757) 325-8534 for the Reception Desk

5501 Huntington Ave., Newport News, VA 23607

Closet open on the 2nd Wednesday of the month from 12-2pm. We serve those in need of food and clothing in partnership with the USDA. The service is open to the public - you only need to bring bags (grocery or otherwise) to carry your materials home if you are able.

True Vine Baptist Church Helping Hands Ministry

<https://www.facebook.com/truvevinebc93/> - (757) 591-0942

695 J. Clyde Morris Blvd, Newport News, VA 23601

Clothing closet available 10:00 am-2:00 pm on the 4th Monday and 4th Friday of each month.

World Outreach Worship Center

<https://wowcenter.org/free-resources> (757) 874-1223

1233 Shields Rd., Newport News, VA

1st Saturday of the month from 11am – 2pm

Hampton

Bethel Temple

<https://www.bethelhampton.com/> - (757) 826-1426

1705 Todds Lane, Hampton, VA 23666

Closet open Wednesdays 4pm-7pm and Thursdays 11am-1pm. Haircuts are offered on Wednesdays, as volunteers are available.

Messiah Center

www.messiah-center.org – (757) 727-0919

1421 W. Pembroke Ave, Hampton, VA

Open to the public on the 2nd and 3rd Saturday of each month between 11am-1pm or by appointment (leave a message)

So All May Eat @ Hampton Baptist Church

<https://networkpeninsula.org/directory/listing/so-all-may-eat-same> - (757)-723-0707

40 Kings Way, Hampton, VA 23669

Open every Monday from 11:30am-12:30pm. Includes a hot lunch, toiletries, and Take2Pantry.

York County

FISH

<https://fishwilliamsburg.org/>– (757) 220-9379

312 Second Street, Williamsburg, VA 23185

Assists Bruton District of York County, James City County, and Williamsburg area (23185 and 23188). Call FISH to make an appointment.

The Gloww Center

<https://www.theglowwcenter.org/>– (757) 837-8663

321 Grafton Drive, Yorktown 23692

The GLOWW Center provides clean, gently used clothing for women. Each woman can select a combination of clothing from the Clothing Closet with a volunteer as follows: Tops (Blouses, Sweaters, tanks, tees, etc.), Bottoms (slacks, jeans, skirts, etc.), Dresses, Women's Suits, Accessories (shoe, purse etc. as available). Open Tuesdays and Thursdays 10am-2pm.

York County Volunteer Association (The Bargain Box)

<https://thebargainbox.org/> – (757) 886-1520

222 Dare Road, Yorktown, VA 23692

Call for an appointment.

Domestic Violence / Human Trafficking

Domestic Violence / Human Trafficking

Amazine Amazon Inc.

www.amazineamazon.org - (948) 202-8843 or email: info@amazineamazon@gmail.com for resources.

Amber R.I.S.E.

(757) 532-2742

National Domestic Violence Specialist, Certified Victim Advocate

Email Katrina D. Foster, MA at: Katirina4AmberRise@gmail.com

Avalon Center

www.avaloncenter.org - (757) 378-5825 (office); 24/7 Hotline (757) 258-5051

Aya Casa –Ella M. House

www.aayacasadva.org - (757) 528-2258

Center for Child & Family Services

Lgonzalez@kidsabdfamilies.com - (757) 838-1960 ext. 201

Center for Sexual Assault Survivors

www.VisitTheCenter.org- (757) 599-9844 / 24-Hour Hotline (757) 236-5260

718 J. Clyde Morris Blvd, Newport News, VA 23601

The Center is a resource for sexual assault survivors. Free services include advocacy, 1-on-1 crisis counseling, support groups, professional training, educational curriculum, special events, and more.

FreeKind (formerly called Virginia Beach Justice Initiative)

www.freekindva.org – (877)227-2321

1705 Todds Lane, Hampton, VA 23666

Freekind provides survivors of human trafficking the support they need to recover from the trauma they've experienced. Offers services for prevention, awareness, and survivor support.

HER Shelter (Help and Emergency Response)

<https://hershelter.com/what-we-do/services> 24-Hour Hotline (757) 485-3384

Domestic Violence crisis hotline for Portsmouth and Chesapeake (will accept people in other parts of Hampton Roads).

Newport News Commonwealth Attorney's Office – Victim Services Unit

(757) 926-7443

Newport News Police Department – Domestic Violence Specialist

Dr. Cheryl Chavers - (757) 928-4337

Samaritan House

<https://samaritanhouseva.org/> (757) 631-0710 / 24-Hour Hotline (757) 430-2120

The Patricia and Douglas Perry Safe Harbor Center 2620 Southern Blvd., Virginia Beach, VA 23452

A domestic violence shelter open to all areas that offers support services for human trafficking, sexual assault, victim advocacy, and other support programs like children's programs, emergency housing, and more.

Transitions Family Violence Services

<https://www.transitionsfvs.org> - 24-Hour Hotline (757) 723-7774; Office: (757) 722-2261

Transitions offers emergency, short-term and transitional shelter facilities for victims of domestic violence and human trafficking. They provide a safe environment for clients to end abuse, develop short and long-term goals, and increase independence and well-being.

YWCA 24 Hour Crisis Helpline – 24 Hour Domestic Violence Line

<https://www.ywca-shr.org/> - (757) 625-4248 / 24-Hour Hotline: (757) 251-0144

YWCA Hampton Roads & Peninsula

500 E. Plume Street, Suite 700, Norfolk, VA 23510

The YWCA's 24-Hour Crisis Hotline provides comprehensive, wrap-around crisis services to victims of domestic violence, sexual assault, stalking, and human trafficking. They also offer services for emergency shelter, hospital accompaniment, victim advocacy, and more.

Education and Employment Resources

Education

Boys and Girls Club of the Virginia Peninsula

<https://www.bagclub.com/programs/education/>- (757) 223-7204

11825 Rock Landing Dr., Newport News, VA 23606

Serves Children ages 6-18. Every member participates in Power Hour; a daily time set aside to complete schoolwork and receive help from tutors. Teens can participate in our Workforce Development programs.

#CAP (College Admissions Process)

[#CAP | Alpha Kappa Alpha Sorority, Inc.®, Rho Eta Omega Chapter \(reoaka.org\)](#) home or Email: info@reoaka.org - (773) 684-1282

#CAP assists students in their efforts to enter college by providing a hands-on approach that includes all the steps from researching various colleges to completing the application process and exploring funding options. We host monthly workshops for juniors and seniors attending high school in Newport News, VA. The workshops guide students and parents through the college admissions process from start to finding funding.

Catholic Charities of Eastern Virginia

<https://cceva.org/>- (757) 875-0060

12829 Jefferson Ave, Suite 101, Newport News, VA 23608

Family Life Education – Parenting classes, strengthening family's program, 24/7 Dad classes, teen anger management, domestic violence intervention.

GED and Adult Basic Education (Hampton Public Schools)

<https://www.hampton.k12.va.us/departments/adulted/adulted.html> – (757) 727-1328 or (757) 727-2150

1646 Briarfield Road, Hampton, VA 23669

Offers adult GED day and evening classes, GED testing, ESL classes, and the Credit Class Program. Classes are offered in-person, virtual, and online.

Goodwill Community Foundation Global (GCF Global)

<https://edu.gcfglobal.org/en/>

Free online learning courses. GCFLearnFree.org offers more than 200 topics, including more than 2,000 lessons, 800+ videos, and 55+ interactives and games, completely free and online.

HRCAP Head Start

<https://hrcapinc.org/directory/listing/head-start-early-head-start-early-childhood-development-and-preschool/>

Newport News (757) 246-9170 and Hampton (757) 224-6056

Provides services to multiple locations throughout the Hampton Roads region.

The Head Start early childhood and preschool programs are for children up to age four and provide comprehensive services to children and families including health, education, nutrition, family services, mental health, disabilities, parent involvement, community-family partnerships, and transportation for children in specific areas. The Early Head Start program also provides specialized services to at-risk infants and toddlers (6 weeks to 3 years) of teens and women residents of southeast Newport News.

Job Corp

www.jobcorps.gov - (800) 733- 5687

Job Corps' mission is to educate and train highly motivated young people for successful careers in the nation's fastest-growing industries. Job Corps prepares individuals with hands-on training to start their career. You pick your career path and are given the tools to succeed while also preparing you for a career after graduation.

National External Diploma Program

<http://www.peninsulaed.com/national-external-diploma-program-nedp> (757) 727-2150

17346 Warwick Blvd, Newport News, VA 23603

A program designed for adults who didn't complete high school and could benefit from additional job training. Graduates earn a HS diploma & a career certification through an accredited high school.

New Horizons Center for Apprenticeship & Adult Training & Youth Workforce Center

<https://nhrec.org/> - (757) 766-1101

520 Butler Farm Road, Hampton, VA 23666

We provide quality, short-term, affordable training to adults seeking apprenticeship and other training opportunities. The Youth Workforce Center housed at New Horizons Regional Education Center (NHREC) since 2000 prepares youth for post-secondary educational opportunities and employment linking academic and occupational learning.

Newport News Public Schools Adult Education and High School GED

<https://sbo.nn.k12.va.us/adult-ed/> - (757) 928-6765

746 Adams Dr., Newport News, VA 23601

The Adult and Continuing Education program offers a variety of classes, including classes for those seeking a high school diploma or its equivalent (GED®), and the External Diploma Program (for adults 21 and older). We offer English for Speakers of Other Languages (ESOL) classes at various levels.

Peninsula Regional Education Program

www.peninsulaed.com/ (757)283-7830

Denbigh Learning Center: 14302 Old Courthouse Way, Newport News, VA 23602 -

Offer GED, ESL, CAN & HVAC programs. Contact for class information; Locations in Newport News, Hampton, York County, Williamsburg-James City County, and Poquoson.

The C. Waldo Scott Center

<https://scottcenter.org/> - (757) 933-2311

2308 Roanoke Avenue, Newport News, VA 23607

Provides education, training, and support needed to develop necessary skills.

Employment

AARP Foundation Senior Employment

www.aarp.org/aarp-foundation/our-work/income/scsep/

11834 Canon Blvd. Suite 100, Newport News, VA 23606 - (757) 595-8726

The Senior Community Service Employment Program is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work.

Brooks Crossing Innovation and Opportunity

<https://www.nnva.gov/2506/Brooks-Crossing> - (757) 975-5316

550 30th St., Newport News, VA 23607

Provides career awareness skill development, wealth building, training and employment, and support services. It also serves as a resource for learning about digital technologies used in design and fabrication.

Center for Child and Family Services

<https://kidsandfamilies.com/fresh-start> - (757) 838-1960

739 Thimble Shoals Blvd., Suite 400, Newport News, VA 23606

The Fresh Start Job Readiness program is specifically designed to service the adult job seeker with identifiable barriers. Participants are assisted and taught skills in finding and keeping employment.

City Employment Websites:

- Newport News – www.nngov.com/human-resources/services/employmentpage - (757) 926-1800
- Hampton – www.hampton.gov/hire - (757) 727-6407
- James City County – www.james-city.va.us – (757) 253-6680
- Williamsburg – www.williamsburgva.gov – (757) 220-6105
- York County – www.yorkcounty.gov – (757) 890-3687
- Poquoson – www.ci.poquoson.va.us – (757) 868-3000

Commonwealth Catholic Charities

<https://www.cccofva.org/workforcedevelopment> - (757) 301-0704

12284 Warwick Boulevard, Suite 1-A Newport News, VA 23602

Offers a comprehensive intake process, creation of an individualized services plan, workplace excellence training, role play exercise, meet-the-manager and controlling the interview training, and resume and cover letter development. Direct employer connection will also be provided.

Goodwill Industries International, Inc.

<https://goodwillvirginia.org/get-job-ready/community-employment-centers/> (757) 951-4200 Ext. 1376

Community Employment Center

1911 Saville Row, Hampton, VA 23666

This organization assists in finding employment for people with disabilities, veterans, older adults, youth, and people with criminal backgrounds.

Hampton Roads Jobs for Life

www.hamptonroadsiflnetwork.org/ (757) 602-9196

207 Tappan Avenue, Hampton, VA 23664

By training, equipping, and connecting churches, ministries, and businesses in communities all over the world, JFL helps prepare men and women for meaningful work through honest relationships, mentoring, work-force development training, and an ongoing community of support.

Job Corps

<https://www.jobcorps.gov/> - (800) 733-5627

The program helps eligible young people ages 16 through 24 complete their high school education, trains them for meaningful careers, and assists them with obtaining employment. Students have access to room and board while they learn skills in specific training areas for up to three years. Helps students complete their education, obtain career technical skills and gain employment, and provides help finding employment, housing, childcare, and transportation.

Hampton Roads Workforce Council

www.theworkforcecouncil.org

600 Butler Farm Road, Hampton, VA 23666 - (757) 766-4912

The Hampton Roads Workforce Council provides strategic workforce development solutions designed to assist businesses in accessing qualified workers and job seekers in search of suitable job openings and training opportunities to bolster their earning potential.

Peninsula Workforce Development Center

<https://www.vpcc.edu/workforce/about.html> (757) 825-4070

600 Butler Farm Road, Room 1015, Hampton, VA 23666

Provides employment training, and career education services.

VIEW – Newport News Department of Human Services

www.nnva.gov/345/Prevention-Self-Sufficiency-Services - (757) 926-6300

6060 Jefferson Ave, Newport News, VA 23605

The program administers the state's Welfare to Work program known as VIEW (Virginia's Initiative for Education and Work) and Supplemental Nutrition Assistance Program - Employment and Training (SNAP E&T). VIEW promotes employment and provides work support to recipients of TANF (Temporary Assistance to Needy Families), a cash benefits program for eligible families.

Virginia Employment Commission

www.vec.virginia.gov - (757) 865-5824

600 Butler Farm Road, Suite B, Hampton, VA 23666

Your online source to connect with potential employers, search for jobs, find training opportunities, and research wage data along with industry and occupational trends.

Wage Theft Resources

<https://wagetheftva.org/> - (804) 821-1768

A resource website for workers who want to know their rights regarding wages, workplace safety standards, or as independent contractors. Legal resources available.

Workforce Council – Women in Skilled Careers

(757) 818-5558 or email smcaulley@theworkforcecouncil.org

Employment support program for women 18 years of age and older. Industries that participate include maritime, construction, advanced manufacturing, logistics, engineering, and cybersecurity. Priority of service will be given to the following: veterans and qualifying military spouses, women transitioning out of homelessness, domestic violence, and/or human trafficking, and women earning at or below the federal poverty line. Participants receive support with childcare, transportation costs, be eligible for performance-based incentives and will interview with industry employers.

Workforce Development Services

<https://hrcapinc.org/directory/listing/workforce-development-services/> (757) 247-0379

2410 Wickam Ave, Newport News, VA 23607

Tuition scholarships are provided for training in high-demand employment areas such as welding, medical billing and coding, and nursing. The program covers training costs at community colleges, vocational and technical schools so that you can pursue a new career. Call for eligibility and entrance requirements.

Virginia Career Works

<https://virginiacareerworks.com/> - (757) 766-4900

600 Butler Farm Rd, Hampton, VA 23666

Refers individuals to programs that help them advance their career paths and financial independence through training, certification, education, and employment services. Includes options for people with varying skills and abilities.

YouthBuild

www.voachesapeake.org/YouthBuild (301)459-2020

A pre-apprenticeship program that engages young men and women, aged 16-24 in job readiness training, financial literacy classes, and career exploration activities. The goal is to help young people obtain employment in construction and other in-demand industries, including carpentry, maintenance, plumbing, heating, and air conditioning, and more.

Employment Information for Individuals with Special Needs

Community Knights COACH Program

<https://communityknights.org/coach/> (757) 884-8097

Corporate Offices: 11817 Canon Blvd., Suite 402, Newport News, VA 23606

Supporting and including adults with intellectual and developmental disabilities in our community through facilitating access to volunteer opportunities and providing job coaching services. Open to DARS eligible high schools students.

Community Knights READY Program

<https://communityknights.org/coach/> (757) 884-8097

Corporate Offices: 11817 Canon Blvd., Suite 402, Newport News, VA 23606

Supporting and including high school students with intellectual and development disabilities in our community through facilitating access to work experience by providing a skills trainer.

Eggleston

www.egglestonservices.org/eggleston-job-listing/ (757) 858-8011 or (866) 386-GIVE

5145 East Virginia Beach Blvd., Norfolk, VA 23502

Eggleston is a non-profit organization providing education, training, and employment for persons with disabilities.

Goodwill Industries of Central & Coastal Virginia

goodwillvirginia.org/get-job-ready/community-employment-centers/ (757) 951-4200 Ext. 1376

1911 Saville Row, Hampton, VA 23666

This organization assists in finding employment for people with disabilities, veterans, older adults, youth, and people with criminal backgrounds.

PORTCO, Inc.

<https://portco.org/> or Email: info@portco.org- (757) 399-2444

7025 Harbour View Blvd., Suite 116, Suffolk VA 23435

Helping individuals with disabilities through employment opportunities and the development of individualized goals and support.

VersAbility Resources

www.versability.org - (757) 896-6461

2520 58th St., Hampton, VA 23661

Versability serves people with disabilities and their families each year in early childhood, student services, day support, residential, and diverse employment programs. Services range from coordinating developmental therapies for children to building successful business partnerships that provide staffing solutions for employers and provide jobs in Hampton Roads and beyond for people with disabilities.

Grant Programs for Certification/Training

EleVate SNAP Employment and Training Pilot Program

Participating DSS offices near us - Hampton (757) 869-9442; Newport News (757) 926-6206

<https://elevatevirginia.org/career-seekers/snap-employment-training-pilot-program/>

The program could help you receive free or low-cost training, gain employment skills, and/or work toward your GED if you are receiving SNAP (Food Stamps).

Hampton Roads Workforce Council

www.theworkforcecouncil.org

600 Butler Farm Road, Hampton, VA 23666 - (757) 766-4912

The Hampton Roads Workforce Council provides strategic workforce development solutions designed to assist businesses in accessing qualified workers and job seekers in search of suitable job openings and training opportunities to bolster their earning potential. Connects job seekers to grant programs for certifications and trainings.

John Gray Professional/Technical Scholarships from The Kiwanis Club of Greater Hilton

Email: plash5656@gmail.com.

They offer two scholarships per year for courses in professional and technical fields. Scholarships will provide up to \$1,000. For an application and requirements, please email.

Peninsula Plumbing Training Program at New Horizons

<https://nhrec.org/> (757) 766-1100

New Horizons Regional Education Center: 520 Butler Farm Road, Hampton, VA 23666 -

Free training program — nine weeks or 72 hours. Students completing the training will get an OSHA training certificate and a National Center for Construction Education & Research Core Curriculum certificate.

Virginia Peninsula Foodbank Culinary Training

www.hrfoodbank.org - (757) 596-7188

2401 Aluminum Ave., Hampton, VA 23661

12-week free training program for eligible adults; hands-on training; receive ServSafe Manager Certification and job readiness training.

What's Next

www.whatsnextva.com – (757) 310-7228

The WHAT'S NEXT initiative connects residents in underserved communities with job training and future planning support to advance career preparation, job attainment, and financial stability. Including but not limited to Fast Forward, G3 and VCPP programs.

Temporary Employment Agencies

Arvon

714 J Clyde Morris Blvd. #130, Newport News, VA 23601 - (757) 595-5551

<https://arvon.com> or Email: nnrecruiter@arvon.com

Call or apply online.

Job Placement: Accounting, Administrative, Clerical, Customer Service, Data Entry, Dental, Driver, Forklift operators, General labor, Hospitality, Human services, Industrial, Janitorial, Legal, Medical (Clerical and Clinical), Restaurant/Food service, Sales/Marketing, Technical & Warehouse.

Express Personnel Services

www.expresspros.com (757) 596-8888

736A Thimble Shoals Blvd, Newport News, VA 23606

Call or apply online.

Benefits: Medical, dental, and vision plan, life insurance, 401 (k), vacation pay, prescription drug reimbursement, scholarship program, and referral bonuses. **Job Placement:** Accounting, Administrative, Assembly, Clerical, Construction, Customer Service, Data Entry, Engineering, General labor, Industrial, Marketing, Manufacturing, Sales & Warehouse.

Gillmann Services Inc.

gillmannservices.com – (757) 750-3456

11832 Rock Landing Dr. Suite 106, Newport News, VA 23606

Benefits: 401k options, medical & dental benefits, travel opportunities, safety assurance, direct deposits, or company-issued cash cards. **Job Placement:** Commercial, industrial, and marine construction; manufacturing; mining.

Headway Workforce Solutions

www.headwaywfs.com - (757) 827-7890

22 Enterprise Parkway, Suite 100 Hampton, VA 23666

Job Placement: Architecture & Engineering; Arts, design, entertainment & sports media; building & grounds cleaning & maintenance; community & social service; educational instruction & library; food preparation & serving related; healthcare support; installation, maintenance & repair; life, physical & social science; production; retail.

HireQuest Inc.

<https://hirequestdirect.com> - (757) 247-23607

7822 Warwick Blvd, Newport News, VA 23607

Job Placement: Construction, manufacturing, warehousing, cleaning companies.

Integrity Staffing Solutions

<https://www.integritystaffing.com/> - (757) 826-3066

11835 Canon Blvd., Suite 105 B, Newport News, VA 23606

Benefits: Medical, dental, and vision plan, financial tools, personal time off, educational programs, and employee assistance program. **Job Placement:** Warehouse & light industrial, clerical & administrative, professional, skilled trades, and internal career opportunities

Kelly Services

<https://www.kellyservices.com> - (757) 873-8739 Fax: (757) 873-7618

813 Diligence Dr. #121D, Newport News, VA 23606

Benefits: Medical and Dental **Job Placement:** Accounting, Automotive, Clerical, Construction, Engineering, Financial, Healthcare, Hospitality, IT, Legal, Maintenance, Marketing, Restaurant/Food service, Sales, Scientific, Skilled labor & Security.

Labor Finders

www.laborfinders.com (757) 245-0351

9924 Jefferson Ave, Newport News, VA 23605

Call, apply online, or in person.

Specialty: Day labor begins at the office prior to 6 am. Workers are paid for work at the end of each day. **Job Placement:** Carpentry, Childcare, Construction, Distribution, electrical, General Labor, Hospitality, Landscaping, Light Industrial, Manufacturing, Office/Clerical, Skilled labor & Warehouse.

Manpower

<https://www.manpowergroupusa.com/> (757) 873-2260 Fax: (757) 873-9726

601 Thimble Shoal Blvd., Suite 160, Newport News, VA 23606

Apply online.

Benefits: Full benefits and online skills training offered. **Job Placement:** Administration, Engineering, Executive, Finance, IT, Scientific.

PeopleReady

<https://www.peopleready.com/locations/newport-news-va-1259> (757) 595-7495

10868 Warwick Blvd, Newport News, VA 23601

Benefits: Offers medical insurance, 401(k), life insurance, college tuition assistance program, Employee discounts at local merchants and phone services. **Job Placement:** Clean-up, construction, Factory, Food processing, Hospitality, Industrial, Janitorial, Maintenance, Manufacturing, Retail & Warehouse.

PeopleShare

www.peopleshareworks.com - (757) 873-6644

1090 Loftis Blvd., Newport News, VA 23606

Job Placement: Administrative, accounting, call center, clerical, industrial, warehouse.

PSS Production Support Service

<http://www.pssinc.net/> - (757) 599-5959

11834 Canon Blvd, Suite M, Newport News, VA 23606

Job Placement: Office/clerical, call center, accounting & finance, general labor, manufacturing, warehouse & distribution.

The Lee Group

<https://theleegroup.com/> - (757) 873-0792

11838 Rock Landing Dr Suite 150, Newport News, VA 23606

Call or apply online.

Benefits: Offers insurance, paid vacation and holidays, skill training, & career clinics.

Job Placement: Administrative, Clerical, Customer service, Data Entry, Engineering, Industrial, Maintenance, Mechanical, Sales, Skilled labor & Warehouse.

Tidewater Staffing

<https://www.tidewaterstaffing.com/newport-news-va-staffing/> - (757) 247-0100

3800 Huntington Ave., Newport News, VA 23607

Benefits: weekly pay, insurance benefits, full-time employment, training for all positions. **Job**

Placements: Shipyard/Ship repair, warehouse & logistics, manufacturing.

Veteran Services/Employment**Hampton Roads Veterans Employment Center**

[Veterans Services \(theworkforcecouncil.org\)](http://theworkforcecouncil.org) – (757) 807-0423 or (757)782-4531

600 Thimble Shoals Blvd, Ste 210, Newport News, VA 23606

Aids military spouses, student veterans, transitioning service members, and those who have served in the U.S. military identify and apply for jobs that align with backgrounds and interests.

Virginia Employment Commission

www.vec.virginia.gov/hampton - (757)-865-5800

600 Butler Farm Road, Suite B, Hampton, VA 23666

Veterans from all periods of military service are eligible for job referrals, job training, and job placement assistance.

Warrior Way Wellness Center

<https://veteranpathwayshome.org/> - (804) 384-9325

469 McLaws Circle; Williamsburg, VA 23185

Provides workforce training and peer support services.

Ex-Offender Resources

Ex-Offenders Resources

Newport News

Bridging the Gap Youth Program Inc.

www.btgyp.org (757) 256-2459

3710 Washington Ave., Newport News, VA 23607

Our mission is to empower formerly incarcerated persons, veterans, at-risk youth, substance abusers and those suffering from homelessness by helping them overcome barriers that hinder their effective transition following military duty, recovery and/or incarceration into mainstream society.

Freedom Outreach Center, Newport News

(757) 380-6126 Call for an appointment

1705 Jefferson Ave., Newport News, VA 23605

Services offered: Food Pantry Clothing Closet Job Referrals Job Training Counseling for incarcerated adults and former inmates. Ex-Offender Counseling, Ex-Offender Employment Programs, Ex-Offender Reentry Programs

Hampton Road Community Action Program, Inc. (HRCAP)

hrcapinc.org/directory/listing/virginia-cares-re-entry-program/ - (757) 245-2103 or (757) 245-1205

2708 Chestnut Avenue, Newport News, VA 23607

Virginia CARES provides one-on-one counseling with ex-offenders and their families to help ex-offenders transition back into their communities.

Probation and Parole

247 – 28th St., Newport News, VA 23607 - (757) 247-8000

Virginia Cares

<http://vacares.org/> - (757) 928-3204

2708 Chestnut Ave., Newport News, VA 23607

Offers mentorships, job readiness and job search for re-entry, pre-release and post-release services, and career counseling.

Hampton

Sheriff's Office

[Sheriff's Office | Hampton, VA - Official Website](#) - (757) 926-2540

135 High Court Lane, Hampton, VA 23669

Post release re-entry services.

Financial Coaching and Credit Counseling Resources

Financial Coaching/Credit Counseling

Balance Track

www.balancepro.org - (888)-456-2227

Provides a free personal financial educational program on-line through education modules that will guide you through the core aspects of personal financial management.

Catholic Charities of Eastern Virginia

[\(Financial & Housing Counseling Services | Catholic Charities of Eastern Virginia \(cceva.org\) – \(757\) 484-0703](http://Financial & Housing Counseling Services | Catholic Charities of Eastern Virginia (cceva.org))

5361-A Virginia Beach Blvd. Virginia Beach, VA 23462

Let our certified counselors help you discover how to build good credit, address any delinquencies, and help increase your credit score.

Commonwealth Catholic Charities

[\(Housing & Financial Counseling Services | Commonwealth Catholic Charities \(cccofva.org\) \(757\) 337-6951](http://Housing & Financial Counseling Services | Commonwealth Catholic Charities (cccofva.org))

12284 Warwick Blvd., Suite 1A, Newport News, VA 23606 -

Individual Financial Coaching: personal financial management, credit counseling, debt reduction counseling, and payee services.

Consumer Credit Counseling of Hampton Roads

debtfreeonline.com - (757) 826-2227

2021 Cunningham Dr. 4th Floor, Hampton, VA 23666

Debt management, bankruptcy, housing programs and education, and payee program.

THRIVE Peninsula Level Up Program

www.thrivepeninsula.org/financialcoaching - (757) 877-6211

12749 Nettles Drive, Newport News, VA 23606

One-on-one financial coaching to include budgeting, debt management, credit score improvement, and more. Earn rewards by reaching financial milestones alongside your financial coach.

Virginia Cooperative Extension

<https://ext.vt.edu/family/financial-management.html> - (757) 591-4838

739 Thimble Shoals Blvd., Suite 1009, Newport News, VA

Our family financial management programs help secure healthy financial futures for Virginia families. We work with people of all ages, from children through the elderly to promote sound practices.

Food Resources

Food

See transportation for food delivery info.

Virginia Peninsula Foodbank Partner Agency Directory

<https://hrfoodbank.org/need-food/> 757-596-7188

Comprehensive directory of Foodbank partner agencies (food pantries, hot meals, USDA sites).

THRIVE Peninsula

<https://www.thrivepeninsula.org/help> - (757) 877-6211

12749 Nettles Drive, Newport News, VA 23606

Visit our website to request food assistance.

Lasagna Love

<https://lasagnalove.org>

What we do is simple: feed families, spread kindness, and strengthen communities. Request lasagna or nominate a friend. Feeding families who are struggling financially or emotionally.

Meals On Wheels

<https://paa-inc.org/nutrition-services.html> - (757) 873-0541

739 Thimble Shoals Blvd. Suite-1006, Newport News, VA 23606

Peninsula Agency on Aging: Any person who is eligible for home delivered meals must meet the following criteria: 1) 60 years of age and over 2) Functionally home bound 3) Cannot regularly prepare a meal and does not have regular help at home to secure a meal.

Hot meals

(Call first to confirm services)

Newport News

All Generations Church

<https://allgenchurch.com> or Email: info@allgenchurch.com - (757) 291-9675

28 Harpersville Road, Newport News, VA 23601

Every Monday 6:00pm-7:00pm.

All Nations Church

www.allnationschurch.org – (757) 941-5111

853 Cloverleaf Lane, Newport News, VA 23601

Wednesdays 4:00 – 5:00 pm and Sundays at 9:00 am

Pick up at the Farmers Market on Sunday mornings, 8:00-8:30 am at 29th Street & Jefferson

Dominion Outreach Ministries

<https://dow.church/ministries> - (757) 782-4800

119 29th St., Newport News, VA

Saturdays 8:00 – 11:30 am and Wednesdays 11:30 am – 12:30 pm.

First Baptist Church Morrison

<https://fbc Morrison.org> - (757) 886-5301
12720 Patrick Henry Dr., Newport News, VA
Wednesdays 12:00 pm – 1:00 pm.

First Baptist East End

<https://mf bcee.org> - (757) 380-5327
3000 Jefferson Ave, Newport News, VA 23607
Wednesday 6:00 pm until gone (parking lot in back).

First Church of Newport News

<https://fc ministries.com> - (757) 247-3033
2300 Wickham Ave., Newport News, VA 23607
Thursdays 12:00 pm - 1:00 pm (Except June-August).

Five Loaves

<https://fiveloavesfoodpantry.org> - (757) 775-4211
13813 Warwick Blvd, Building E, Newport News, VA 23602
Hot meals on Tuesdays at 5:30 pm. Food distribution is the first Tuesday of each month for USDA foods and meat. If you do not make the first Tuesday of the month, all clients will receive USDA their first time visiting us until we run out of USDA foods. After the USDA distribution, you will receive dry and canned foods and meat to help with three meals. Closed the Fifth Tuesday of the month.

Hilton Baptist Church

<https://hiltonbaptistchurch.org> - (757) 595-3300
101 Main St., Newport News, VA
Food distribution every Thursday at 1:00 pm. You need to call First Call United Way 757-229-2222 and get a referral for food. Hot meal the last Friday of every month 5:30pm-6:45pm.

Ivy Baptist Church

www.ivybaptistchurch.org - (757) 244-8165
50 Maple Ave., Newport News, VA 23607
The 2nd and 4th Wednesdays of the Month at 2:00 pm – 4:00 pm.

Nehemiah's Nook

www.hamptonroadschurch.com/community-outreach/nehemiahs-nook - (757) 775-1135
Dominion Outreach Center: 119 29th St., Newport News, VA
Breakfast served every Saturday beginning at 9:00 am

New Beech Grove Baptist Church

www.newbeechgrove.org – (757) 877-4114
361 Beechmont Ave, Newport News, VA 23602
Monday and Friday 5:00 pm - 6:00 pm in the yellow house next to the annex.

St. Augustine's Episcopal Church

www.stagustinesnn.org - (757) 245-4613
2515 Marshall Ave. Newport News, VA 236087
3rd and 4th Saturday 12:00 pm-1:30 pm

St. James Miracle Temple

1151 22nd St., Newport News, VA 23607 - (757) 380-0510
First Wednesday of each month 6:00 pm - 7:00 pm.

St. Vincent de Paul Catholic Church

www.stvincentnn.org - (757) 245-4234
230 33rd St., Newport News, VA 23607
Monday – Friday 11:00 am -11:30 am.

Trinity United Methodist

www.trinityumc.org – (757) 244-4045
228 29th St., Newport News, VA
First Sunday of the month 1:30pm-3:00pm.

Hampton

AIM Center – Antioch Improvement Ministries, Inc.

(757) 851-5682
1563 Old Buckroe Rd., Hampton, VA 23664 -
Wednesdays (Except in July and August) 11:00am–1:00pm.

Bethel Temple

www.bethelhampton.com - (757) 826-1426
1705 Todds Ln, Hampton, VA 23666
Wednesdays at 6:00 pm.
Food Pantry, Tuesdays & Thursdays 11:00 am – 1:00 pm

Central United Methodist

www.centralfaith@centralumchampton.org - (757) 723-3112
225 Chapel Rd., Hampton, VA 23669
Tuesdays 9:00 am–11:30am.

First Baptist Church of Hampton

www.thefbch.org – (757) 723-0988
229 North King St., Hampton, VA 23669
Tuesdays 11:30am –1:00pm.

First Christian Church

www.firstchristianhampton.org - (757) 826-0711
1458 Todds Lane, Hampton, VA 23666
Tuesdays 6:00 – 7:00 pm.

First Friends Church

www.ffchampton.com – (757) 827-7685
1062 Big Bethel Rd., Hampton, VA 23666
Third Saturday of the month 12:00-1:00 pm.

Immaculate Conception Catholic Church

www.icchampton.org – (757) 826-0393
2150 Cunningham Dr., Hampton, VA 23666
The 2nd & 4th Sundays 2:00-3:30 pm.

Queen Street Baptist Church

www.queenstreetbaptistchurch.com – (757) 723-6630
190 West Queens Way, Hampton, VA 23669
Friday - Saturday 4:00–5:00pm.

St. Joseph Church

www.stjosephcatholic.org – (757) 851-8800
512 Buckroe Ave., Hampton, VA
Tuesdays 8:30am breakfast and bagged lunch.

St. Mark's Episcopal Church

www.stmarksmewport.org – (757) 826-3515
2605 Cunningham Drive, Hampton, VA
Fourth Wednesday of the month 5:30pm-6:30pm.

St. Mark's United Methodist Church

www.stmarksumva.org – (757) 851-3367
99 East Mercury Blvd, Hampton, VA
Every Monday at 6:00 pm; Food pantry open on Tuesdays & Thursdays 11:00 am – 12:30 pm

So All May Eat (S.A.M.E.) at Hampton Baptist Church

www.hamptonbaptist.org/same - (757) 723-0707
40 Kings Way, Hampton, VA 23666 (entrance on Wine Street)
Mondays 11:30am – 12:30pm.

Furniture/Household Resources

Furniture/Household Items

A Hope to Dream –Ashley Homestore

www.ahopetodream.com/

Nominate a low-income child between the ages of 3-16 to receive a bed.

Messiah Center

www.messiah-center.org – (757) 727-0919

1421 Pembroke Ave, Hampton, VA 23661

Furniture, household, or appliances, as available. By appointment only, leave a message.

Sixth Mt Zion Baptist Temple

www.smzbt.org – (757) 896-6065

3100 Butternut Dr, Hampton, VA 23666

Distributes household items every second Saturday from 12pm-2pm in partnership with The Heart of Giving.

Sleep in Heavenly Peace

www.shpbeds.org/chapter/va-hampton (844) 432-2337

Organization that will help provide beds for children. “No kid sleeps on the floor in our town.”

St. Mark’s United Methodist Church

www.stmarksumcva.org/ (757) 851-3367

99 East Mercury Blvd. Hampton, VA 23669

Call to see what is available.

The Heart of Giving

Theheartofgiving.org or Email: theheartofgivingva@gmail.com - (757) 975-5260

Four Oaks Day Service & Training Center, 7401 Warwick Blvd, Newport News, VA 23607

The Heart of Giving is an outreach organization, with the sole purpose of helping meet community needs. We are connecting families to one another by bridging the gap in their needs through limitless acts of giving.

Grief Resources

General Bereavement

Heartland Hospice

(757) 621-5684 – contact the Bereavement Coordinator for more information.
Grief support groups, virtual support groups and one-on-one grief support.

Hiddenwood Retirement Community

(757) 930-1075 – call for details
50 Wellesley Drive, Newport News, VA 23606

Legacy Hospice

(757) 937-5063 – call or email DeanNowotny@legacy-hospice.com
Various groups/activities offered for families in hospice care and those grieving in the community.
Serving all Hampton Roads. Support offered virtually and in-person.

Peninsula Pastoral Counseling Services

(757) 873-2273 - call for more information or email: office@peninsulapastoral.org
No grief support groups are currently offered; however, individual counseling is available.

Riverside Grief Support Group

<https://www.riversideonline.com/health-resources/events/programs/support-groups>
(757) 789-5000 or Mary.Jimenez@rivhs.com
For parents or anyone who has experienced a loss due to death or other significant life changing loss.

Riverside Regional Hospice – Bereavement Support Groups

(757) 594-2745 - call the Bereavement Counselor for more details
Open to anyone suffering a loss. Offers workshops throughout the year such as Journaling, Art, and Holidays & Grief.

St. Jerome Catholic Church – Bereavement Ministry

(757) 254-3874 – call to learn about groups and sign-up or email griefwork@cox.net
116 Denbigh Blvd., Newport News, VA 23608

T.E.A.R.S. Grief & Loss Support Group

(757) 244-0913 or email: csdatears@calvaryadventisist.org for more information
Virtual group offered by Calvary Seventh Adventist Church

Traditions Health and Hospice

(757) 594-0288 – call or email: marlenapassante@traditionshealth.com
In person group meetings. No registration needed.
Stevens Memorial Baptist Church, 224 Richneck Rd., Newport News, VA 23608
Meets at the church on the second Thursday of every month at 6:00 pm.

GriefShare Groups

GriefShare is a 13-session weekly support group based in Christianity that meets in some 12,000 churches nationwide. Please contact the site you are interested in attending sessions at to receive more details about the program, possible costs, and schedule.

All Nations Church

(757) 941-5111 - call for more information
853 Cloverleaf Lane, Newport News, VA 23601

Bethel Temple

(757) 826-1426 ext. 248 or contact bethellife@betheltemple.com
1705 Todds Lane, Hampton, VA 23666

First Baptist Church of Hampton

(757) 7223-0988
Registration is required. Call for more information and to register.

New Beech Grove Baptist Church

(757) 877-4114 – call for in-person schedule
361 Beechmont Drive, Newport News, VA 23608

New Covenant Church

(757) 838-8700 ext. 18
1079 Big Bethel Road, Hampton, VA 23454

Northside Christian Church

(757) 595-5890 call for information
1300 George Washington Memorial Highway, Yorktown, VA 23693

Parkview Baptist Church

(757) 247-0491 call for schedule
604 Hilton Blvd., Newport News VA 23605

St. Mark's United Methodist Church

(757) 518-9774 – call for more information
99 E. Mercury Blvd., Hampton, VA 23669

Tabernacle United Methodist Church

(757) 871-6965 - call for more information
831 Poquoson Ave., Poquoson, VA 23662

World Outreach Center

(757) 874-1223 or email ebaker@wowcenter.org for more information
1233 Shields Road, Newport News, VA 23608

Grieving Children

Camp Lighthouse

(757) 736-0709 – call or email camplighthouse@sentara.com for more information

Camp Lighthouse is a 2-day camp for children and teens dealing with the loss of a loved one. Trained professionals and volunteers help children, and their families explore issues related to grief, walking beside them as they take the steps needed to heal.

CHKD Sibling Grief Support Group

(757) 668-9661 or (757) 668-8246 for more information

Siblings grief support for children and teens ages 6 to 18 years old.

Comfort Zone Camp

<https://comfortzonecamp.org>

Comfort Zone Cap is a nonprofit 501(c)3 bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person. Our programs are **free of charge** and include trust-building activities and age-based support groups that break the emotional isolation grief often brings. Comfort Zone's programs are offered to children ages 7-17, young adults for 18-25-year-olds, and separate parent and guardian programs.

Kidz'NGrief and Mikey's Camp

(757) 947-3420 or email ariane.Walter@bshsi.org for more information.

Offered by Bon Secours, children participate in age-appropriate groups: 3- to 5-year-olds, 6- to 8-year-olds, 9- to 10-year-olds, middle school children, and high school youth. Sessions are in-person during the school year. Mikey's Camp is an overnight camp that is held once per year.

Homicide Survivor Support Groups

Newport News Police Department Homicide Support Group

(757) 928-4202 or schmittmj@nnva.gov to register.

9710 Jefferson Ave., Newport News, VA 23605

Virginia Victim Assistance Network

(757) 926-7257 – call for information and to pre-register to participate.

Newport News Justice Building

501 Washington Ave., Newport News, VA 23608

Loss of a Spouse

Healing After the Loss of a Spouse

(757) 826-1426 ext. 248 or Email bethellife@betheltemple.com for more information

This group holds a 1-day workshop twice per year.

Parents Who Have Lost a Child

American Guild for Infant Survival (AGIS) Support Group

(757) 463-3845 or (757) 499-0658 or email agis@sids-supportguild.org for more information.
For parents who have experienced the death of a child through Sudden Infant Death Syndrome (SIDS).

CHKD Grief Support Group

(757) 668-9661 or (757) 668-8246

For parents who have experienced the death of a child. Call for more information.

Compassionate Friends – Peninsula Chapter

(757) 879-0700 or (757) 879-0024 or email peninsulacf@live.com

<https://www.compassionatefriends.org/find-support>

St. Luke's United Methodist Church, 300 Ella Taylor Road, Yorktown VA 23692

Serving families who have had a child die (at any age, from any cause) or those trying to help those who have gone through this life altering experience.

Forget Me Not

(757) 369-7294 or (757) 612-7693 or email rita_hefner@rivhs.com or linda_hudson@rivhs.com

12100 Warwick Blvd., Newport News, VA 23601

This is a Perinatal Bereavement Support Group that meets at the Riverside Cancer Care Center Conference Room.

Perinatal Loss Grief Support

(757) 947-3614 or email jamey_kagey@bshsi.org for more information.

Share Support Group

www.nationalshare.org

Mission of Share Pregnancy and Infant Loss Support is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. Resources and virtual support are offered on the website.

Star Legacy Free Support for Pregnancy/Infant Loss

(952) 715-7731 ext. 1 (Support Line)

www.starlegacyfoundation.org/support-groups

Online support as well as virtual groups are available. Visit the website or call the support line.

Housing and Homeless Resources

Homeless Day Centers

Four Oaks Day Service Center

<https://www.nnva.gov/2811/Homelessness-and-Community-Initiatives> - (757) 975-5200

7401 Warwick Blvd., Newport News, VA 23607

Open 7 days/week from 7:00 am-5:00 pm.

One stop service and assistance center for those experiencing homelessness. Services include job skill and workforce development classes, medical, mental health and substance abuse treatment services and resources, counseling on permanent housing solutions, and an on-site computer lab. Assistance securing personal documents needed to obtain housing, ID's, and employment and benefits, Budgeting and financial literacy classes. Transportation to and from appointments, interviews, and pre-approved locations. Showers, restrooms, laundry facilities, mailing address/pickup, haircuts, telephone access, resting areas, and snacks twice a day are also provided.

H.E.L.P. Day Center

www.helphampton.org – (757) 723-2242

329 Buckroe Ave, Hampton, VA 23664

Open Monday – Thursday 9am – 3pm, Friday 9am – 1pm.

Showers and laundry Monday – Friday 9am – 12noon.

Provide breakfast & lunch daily, Internet access & Physical Mailing Address.

Homeless Support

All Nations Church

<https://www.allnationschurch.org/> - (757) 941-5111

853 Cloverleaf Lane, Newport News, VA 23601

They offer hot showers and personal care products to those in need on Sunday mornings.

Bacon Street Youth and Family Services

<https://baconstreet.org/journey-home-project/> (757) 253-0111

Multiple Locations – see website for details.

The Journey Home Project serves youth and families who are struggling with housing insecurity or homelessness and substance abuse (including tobacco and alcohol). Free Substance Use Counseling, Free Mental Health Counseling, Case Management/Referral Services for housing assistance, please note that Bacon Street does not provide housing or shelter, Assistance with applying for SNAP, Medicaid, etc. Referrals to employment services or vocational training, Bus passes for transportation (for clients returning for an appointment), Day center for families who need access to food, computers, laundry, and showers (Hampton location only, by appointment)

Newport News Department of Social Services

<https://www.dss.virginia.gov/benefit/> - (757) 926-6300

Rouse Tower: 6060 Jefferson Ave., Newport News, VA 23605

Fuel assistance: (757) 926-6601

Financial Assistance Programs include money, coupons, or authorization cards to obtain food, clothing and shelter, medical care, etc.

Eviction

Eviction Defense Center

www.evictiondefensecenter.org - (804) 782-9430

The Center provides general legal information about eviction. Legal advice is not provided. Visit the website for more information.

Housing

See Shelters

See Domestic Violence/Human Trafficking

Commonwealth Catholic Charities

www.cccofva.org/homeless-services - (757) 337-6951

12284 Warwick Blvd., Suite 1A Newport News, VA 23606

Housing Counseling – renter/ tenant issue, homebuyer/ pre-purchase, homeownership, mortgage delinquency, and advocacy/ Fair Housing.

Habitat for Humanity: Peninsula and Greater Williamsburg Area

www.habitatpgw.org/ (757)-596-5553

11011 Warwick Blvd, Newport News, VA 23601

Habitat for Humanity builds homes, communities, and hope in the cities of Hampton, Newport News, Poquoson, and Williamsburg, plus the counties of Charles City, James City, New Kent and York, Virginia. They also have a home repair program that addresses exterior renovations.

Hampton Redevelopment and Housing Authority

www.hamptonrha.com/ – (757) 727-6337

1 Franklin Street Suite 603, Hampton, VA 23669

Housing Crisis Hotline - (757) 587- 4202

Hampton RHA offers section 8 vouchers, housing counseling, homeownership education classes, and general housing rehab to include accessibility modifications, energy efficiency measures, and deferred, forgivable loans (for those who qualify).

Housing Development Corporation of Hampton Roads

hdcofhr.org/ - (757) 886-6025

2 Bernadine Rd. Hampton, VA

Provides affordable housing on the Peninsula. For current housing availability, please call (757) 873-2111.

Newport News Redevelopment and Housing Authority Headquarters

www.nnrha.com/ - (757) 928-2620

227 27th St., Newport News, VA 23607

Assisted Housing Office: - (757) 928-6060

2709 Jefferson Ave. Newport News, VA 23607

The primary provider of new homebuyer opportunities and affordable housing for lower and moderate-income families on the Virginia Peninsula.

Public Housing / Housing Choice Voucher (Section 8)

Housing Authorities Section 8/Occupancy

The Section 8 Housing Assistance Payments Program (HAP) is a federally funded program that provides assistance to very low-income families, elderly, handicapped, disabled person or other single person seeking to rent affordable housing in the private market.

Chesapeake (757) 523-0401

Gloucester (757) 693-2571

Hampton (757) 727-1111 or (757) 727-6337

Isle of Wight (757) 365-0800

James City County (757) 259-5340

Newport News (757) 928-6060

Norfolk (757) 623-1111

Suffolk (757) 539-2100

Virginia Beach (757) 426-5752

Williamsburg (757) 220-2477

York County (757) 890-3885

Privately owned subsidized apartments in Newport News

Aqua vista Apartments – 664-6th St. – (757) 247-0312

Denbigh Trace – 13211 Ridgeview Dr. – (757) 874-4877

North Jefferson Square – 13189 Jefferson Ave. – (757) 872-0789

Great Oak/Phoenix Village – 750 Thimble Shoals Blvd. – (757) 591-3292

Stuart Gardens – 1326-C Garden Dr. – (757) 245-5266

The Towers – 530 Ivy Ave. – (757) 380-0851

Newport News Harbor Apartments – 2325 Madison Ave. – (757) 247-0303

Pear Tree Townhouses – 174 Alan Dr. – (757) 874-6066

Cedar Hill Apartments – 400 Hilltop Dr. – (757) 887-1177

Timberwoods Townhomes – 152-F Jenness Lane – (757) 874-4454

Wellesley Commons – 51 Wellesley Dr. – (757) 930-1566

Wendwood Square Section 1 – 100 Radcliff Lane, Apt. 2 – (757) 249-0816

City Line Apartments – 155 A Mytilene Dr. – (757) 838-5553

Privately owned subsidized apartments with accessible units Newport News

Lexington Commons – 14534 Old Courthouse Way – (757) 989-5108

Great Oaks – 750 Thimble Shoals Blvd. – (757) 591-3282

Berkley Village & Berkley West – 900 Daphia Circle – (757) 599-6169

Berkley South Apartments – 6161 Jefferson Ave. – (757) 826-5175

Christian Village of Eastern VA – 600 Arbor Court – (757) 599-6610

Privately owned subsidized apartments in Hampton

Century Plaza – 135 Lassiter Dr. – (757) 838-1816

Diggs Drive Group Home – 117 Diggs Dr. – 603-223-0003 (Senior and Disabled)

Seaton Manor – 215 Marcella Rd. – (757) 827-6512

Tidewater Senior Apartments – 4616 Queen St. – (757) 266-1472

Langley Sq. Apartments – 130 Doolittle Rd. Apt. 12 – (757) 722-4894

Horizon Plaza – 611 B Michigan Dr. – (757) 723-8737

Paula Maria Apartments – 100 Martha Lee Dr. – (757) 826-8925

Shelter to Shutters

<http://shelterstoshutters.org/> - (703) 634-5679

1921 Gallows Rd, Suite 700, Vienna, VA 22182

Services the Peninsula by helping with housing and employment.

Virginia Housing

<https://virginiahousing.com/individuals-families/learn> - (804) 782-1986

They support renters, homebuyers and homeowners across Virginia with specialty programs designed to help attain quality, affordable housing through financing options, tools and resources.

Virginia Housing Development Authority

<https://www.vhda.com/Homebuyers> 1-877-VHDA-123

VHDA Down Payment Assistance grant contributes to the down payment for eligible first-time homebuyers, and no repayment is required. VHDA's FHA-Plus Loan is for first-time and repeat homebuyers with at least a 620-credit score. Other programs include the VHDA Loan Combo, USDA Loans and VA Loans, which may be eligible for Mortgage Credit Certificate, a down-payment assistance grant, or both.

Websites to search for affordable housing.

<http://www.gosection8.com/>

<http://virginiahousingsearch.com/>

Shelters

Housing Crisis Hotline

For individuals seeking shelter, please contact the Housing Crisis Hotline first. They make the referral to most of the shelters in the area.

*** Indicates shelters that require a referral**

(757) 587-4202 (Newport News, York County, Poquoson, Southside, and Western Tidewater)

1-866-750-4431 (Williamsburg and James City County)

Monday – Friday 8am-7pm or leave a message.

H.E.L.P., Inc.*

<https://helphampton.org/> – (757) 723-2242

1320 Lasalle Ave., Hampton, VA 23669

329 Buckroe Ave., Hampton, VA 23664

HELP serves the homeless and those in crisis by providing food, financial assistance, and dental care. (Provides A Night's Welcome winter shelter).

LINK of Hampton Roads*

www.linkhr.org - (757) 595-1953

10413 Warwick Blvd., Newport News, VA 23601

LINK protects children/adults with and without disabilities; promotes self-sufficiency, provides shelter for homeless, permanent supportive housing, basic needs, food, clothing, and advocacy. (Provides the winter PORT shelter).

Menchville House*

www.menchvillehouse.com - (757) 833-5980

13658 Warwick Blvd, Newport News, VA 23602

The Menchville House is an organization providing temporary shelter, budgeting resources, and case management to single women and women with children. Due to limited space in the shelter, the Menchville House may not be able to assist you with shelter; however, you may still use them as a resource for other offered services. Must receive a referral from the Housing Crisis Hotline to stay in shelter.

Natasha House

www.natashahouse.org - (757) 898-1993

P.O. Box 2392, Yorktown, VA 23692

124 Goodwin Neck Rd, Yorktown, VA 23692

Natasha House is a transitional home for homeless women and children that empowers and equips them to achieve and maintain self-sufficiency.

Península Rescue Mission

www.prm.info - (757) 380-6909

3700 Huntington Ave, Newport News, VA 23607

Temporary shelter for sober men, 18-years o only. Check in is between 4:00pm – 9:00pm, first come, first-served. 2 small pieces of luggage allowed.

Salvation Army *

www.salvationarmyusa.org/usn/provide-shelter/ (757) 622-3471; Hampton (757) 838-4875; Richmond (804) 225-7470

In partnership with the Housing Crisis Hotline, they provide emergency accommodation for those with an immediate need for shelter.

Love and Caring Ministries

<https://lovecaringministries.wordpress.com/about/> (757) 430-4101

A homeless shelter for women and children. They serve all areas of Hampton Roads. (Clients must have a car and job. They are required to pay a portion of the utilities and save 25% of their income. They are also required to attend Bridge Church on Sundays and Thursday).

Seton Youth Shelters

<http://setonyouthshelters.org> - 24-Hour Hotline: 757-498-HELP (4357) / Toll Free: 866-751-7640 / Girls Shelter: 757-306-1843

Seton Youth Shelters provides 24-hour emergency shelter for youth ages 9-17 years old. This program serves runaway and homeless youth and youth in crisis within their family, school, and/or community. Seton Youth Shelters operates two gender-specific shelters in Virginia Beach, one for boys and girls. In our shelters, residents are provided youth advocacy and individual/family crisis counseling. We also offer Mentoring, Street Outreach, Teen Anger Management, Parent Education Services, and Helping Youth Pursue Excellence (H.Y.P.E).

Medical and Dental Resources

Medical/ Dental

Access Aids Care

<https://lgbtlifecenter.org/wellness/hiv-services/> (757) 640-0929

5360 Robin Hood Road, Norfolk, VA 23513

Primary services include HIV medical case management, medication assistance, transportation services, permanent supportive housing and HIV prevention through education and testing.

Angel Wheels (AngelBus)

www.mercymedical.org/request-assistance - (757) 318-9174

4620 Haygood Road, Suite 3, Virginia Beach, VA 23455

Non-profit charity providing transportation to non-emergency medical visits up to 300 miles away for financially disadvantaged patients.

Care-A-Van

www.bonsecours.com/locations/community-services/hampton-roads/care-a-van - (757) 889-5121 or (757) 889-2273 (New patients) or (757) 889-5121 (Returning patients)

4700 George Washington Hwy, Portsmouth, VA 23702

The Bon Secours Care-A-Van is a free medical service that provides general medical care to uninsured adults and children in Hampton Roads communities on the Southside and the Peninsula.

CommonShare Rx

www.commonsharerx.org New Patients: (804) 352-1993 Returning: (804) 416-6255

Based in Richmond but will provide/ship free medications to those who qualify.

Co-Pay Relief at Patient Advocate Foundation

patientadvocate.org/connect-with-services/copay-relief/ - 866-512-3861 or (800) 532-5274

421 Butler Farm Rd, Hampton, VA 23666

Offers direct financial assistance to qualified individuals for out-of-pocket medication copayment and coinsurance expenses. In ten of our CPR disease funds, we can also cover health insurance premiums.

Community Dental Services

www.freeclinics.com/det/va/Community_Dental_Services - (757) 928-3810

1033 28th St, Newport News, VA 23607

Call for information.

Cost Plus Drug Company

<https://costplusdrugs.com>

We offer hundreds of safe and affordable medicines at the lowest possible price. Cost Plus is making medication more accessible for people with or without health insurance.

Dreams of Hope Foundation

www.dreamsofhopefoundation.org/book-online – (757) 806-6339

7320 Warwick Blvd, Newport News, VA 23607

Offers assistance with medication management.

FREE: Foundation for Rehabilitation Equipment & Endowment

www.free-foundation.org/request-equipment or Email: Williamsburg@free-foundation.org (757) 707-4741

701 Sentara Circle, Williamsburg, VA 23188

Provides mobility rehabilitation equipment to Peninsula residents.

Hampton Health Department

hampton.gov/1537/Health-Department – (757) 757-1172

3130 Victoria Blvd., Hampton, VA 23661

The Hampton Health Department provides medical, environmental, and public health services to promote, protect and preserve the health of the citizens of Hampton.

H.E.L.P. Inc. (Hampton Roads Ecumenical Lodgings and Provisions)

www.helphampton.org/ - (757) 727-2577

1320 Lasalle Ave, Hampton, VA 23669

Dental assistance for a minimal fee for Virginia residents. Provide low-cost dentures, crowns and nightguards, based on a sliding scale.

Immaculate Conception Catholic Church

www.icchampton.org/ - (757) 826-0393 (Monday and Thursday)

2150 Cunningham Dr., Hampton, VA 23666

They will help pay for medication for Hampton residents (must have a Hampton I.D.).

Lackey Free Clinic and Virtual Clinic

www.lackeyclinic.org - (757) 886-0608

1620 Old Williamsburg Rd., Yorktown, VA 23690

The clinic provides primary care, specialty care, chronic care treatment, lab work, x-rays, dental care, medications, and now virtual care. Serves residents of James City County, Williamsburg and York County, Newport News, and Poquoson. 24/7 virtual clinic for urgent care needs for common ailments. Must have an email and apply online at www.lackeyclinic.org. Spanish translation available.

Lions-Oyster Point Mariner Club

(757) 880-3562

Provides the following services to low-income individuals in the community: eye exams/glasses, hearing exams/hearing aids, and local sight and hearing van.

Love The Tree of Life Clinic

<https://lovethetreeoflife.org> - (757) 726-7135

2016 25th St, Newport News, VA 23607

Love the Tree of Life Clinic is a faith-based organization which aims to provide temporary aid to those in need. Services include basic dental care, primary care medical services, spiritual support services, basic counseling, computer/phone/email/mail access, food bags and showers for enrolled clients.

NeedyMeds

www.needymeds.org (800) 503-6897

NeedyMeds is a national non-profit organization that maintains a website of free information on programs that help people who cannot afford medications and healthcare costs. NeedyMeds provides a free drug discount card that offers a discount of up to 80% at more than 63,000 pharmacies nationwide. Anyone can use the card regardless of income level or insurance status and no registration is required.

Newport News Department of Social Services

www.dss.virginia.gov/benefit/ - (757) 926-6300

Rouse Tower: 6060 Jefferson Ave., Newport News, VA 23605

Financial Assistance Programs include money, coupons, or authorization cards to obtain food, clothing and shelter, medical care, etc.

Our Lady of Mount Carmel (OLMC)

<https://www.olmc-school.com/> - Call 595-0385 ext., 125

52 Harpersville Rd, Newport News, VA 23601

Wednesday 9-10 a.m. OLMC offers prescription assistance for Newport News residents on a fixed income and without prescription insurance.

Partnership for Prescription Assistance (PPA)

www.pparx.org

PPA offers a free service of assisting people in finding information about programs that provide prescription medicines for free or nearly free.

Patient Advocate Foundation, Inc.

www.patientadvocate.org/ - (800) 532-5274

421 Butler Farm Road, Hampton, VA 23666

Patient Advocate Foundation offers assistance to patients with specific issues they are facing with their insurer, employer and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis of life threatening or debilitating diseases.

Peninsula Agency on Aging (PAA)

www.paa-inc.org - (757) 873-0541

739 Thimble Shoals Blvd., Suite 1006, Newport News, VA 23606

Contact Susie Castle (lead SOS worker at PAA) Email: sw5@paa-inc.org

Free eyeglasses for disabled individuals (do not need to be 60 or older, just disabled) who are uninsured or have regular Medicare. Must have a prescription written within the last calendar year.

Peninsula Health Center

<https://www.vdh.virginia.gov/hampton-peninsula/> - (757) 594-7305

836 J. Clyde Morris Blvd., 23601 (former Stratford University building)

Two health districts serving the residents of the Cities of Hampton, Newport News, Poquoson, Williamsburg, and the Counties of James City and York.

Scottish Rite of Freemasonry

www.nnscottishrite.org/ - (757) 599-6617

65 Saunders Rd, Newport News, VA 23601

Provide free medical equipment (open Monday-Thursday– 9-11)

Southeastern Virginia Health System

sevhs.org/ - (757) 380-8709

Numerous locations throughout Hampton Roads

(SEVHS) is the community-based health care initiative in Hampton Roads for the insured, uninsured, and underinsured. The 501(c)3 operates fifteen community health care centers, providing primary care and dental services to individuals and families. SEVHS physicians are board-certified and provide services in family practice, internal medicine, pediatrics, and obstetrics/gynecology.

SingleCare

www.singlecare.com (844) 234-3057

FamilyWize prescription drug savings program is now known as SingleCare. SingleCare works directly with pharmacies to negotiate up to 80% off prescription prices and then passes these savings onto members, free of charge. SingleCare prices are often lower than insurance copays and they do not sell data to third-party companies.

Social Butterflies Foundation

<https://socialbutterfliesfoundation.org> - 757-791-3026

P.O Box 1652, Newport News, VA 23601

The Mission of the Social Butterflies Foundation is to provide direct assistance, education, support services, advocacy, and encouragement to empower and uplift those living with lupus and fibromyalgia in an effort to help them, and their families, face the challenges of these debilitating illnesses.

Virginia Department of Health

www.medicinoprogram.com (757) 933-2369

416 J Clyde Morris Blvd. Newport News, VA 23601

Health (757) 594-7400 and Dental

The Medicine Program is a patient advocacy organization helping individuals and families across America get access to up to 2,500 prescription medications available today for free or nearly free through Patient Assistance Programs (PAPs).

Virginia Hearing Aid Loan Bank

<https://www.vdh.virginia.gov/> (866) 596-9367 or (434) 924-0222

Care Connection for Children

The Virginia Hearing Aid Loan Bank is open to children under age 18 whose hearing loss is confirmed by an audiologist. The bank lends hearing aids and FM systems for up to six months.

Health Insurance

Affordable Care Act

www.healthcare.gov - 1-800-318-2596

The comprehensive health care reform law enacted in March 2010 (sometimes known as ACA, PPACA, or “Obamacare”)

Certified Application Counselors for Health Insurance Marketplace

1033 28th St., Newport News, VA 23607 - (757) 952-1344

To speak with a certified representative for application assistance with Marketplace insurance:
Southeastern Virginia Health System

FAMIS

www.famis.org Contact local Social Services office: 866-873-2647

FAMIS is a Virginia health insurance program that offers coverage for low to moderate income children in the Commonwealth. Financial eligibility is based on a comparison of family income to the Federal Poverty Level guidelines.

Virginia Medicaid: Cardinal Care

<https://dmas.virginia.gov> – 1-888-242-8282

Mental Health/Disabilities Resources

Mental Health/Disabilities

Able Now

www.able-now.com/ (1-844-669-2253)

ABLEnow is a tax-advantaged savings account for eligible individuals with disabilities. To open an ABLEnow account, the ABLE Act requires an “Eligible Individual” to have a qualifying disability that started before the age of 26. In addition, the individual must meet at least one of the following criteria: 1) Entitlement to benefits such as Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) based on blindness or disability; 2) Self-certification of a qualifying disability.

Agape Therapeutic Counseling

www.agapecounselingva.com - (757) 244-3500

3221 Commander Shepard Blvd., Hampton, VA 23666

Offer services like art therapy, day treatment, outpatient and intensive in-home care, mental health mentoring, and psychological testing. They also offer Mental Health Skill-Building Services (MHSS), which is a training service for individuals with significant mental illness. The service is designed to train individuals in functional skills and appropriate behaviors related to the individual’s health and safety, activities of daily living, and use of community resources. In addition, assistance with medication management and monitoring health, nutrition, and physical condition is provided.

Alpha Counselors Service, Inc.

www.alphacounselors.com/ – (757) 262-2094

4410 E. Claiborne Square Suite 334, Hampton, VA 23666

Alpha Counsellors Service, Inc. (ACSI) is a minority owned Christian-based mental health agency that provides community and outpatient services to youth-at-risk and adults.

Bacon Street Youth and Family Services

baconstreet.org (757) 253-0111

Multiple Locations across the Peninsula

Bacon Street Youth and Family Services offers outpatient clinical behavioral health services primarily to youth ages 10-26 and their families. We have offices in Williamsburg, Yorktown, Hampton, and Gloucester and offer virtual sessions. We offer individual and family counseling for mental health, individual and family counseling for co-occurring mental health and substance use disorders, in-person and tele-health appointments, and case management. Accepts Medicaid and Commercial Insurance.

Catholic Charities

www.cceva.org/need-help/mental-health-counselors/ - (757) 875- 0060

Catholic Charities offers individual (children and adult), couples and family counseling, depression screenings, 24-hour emergency on-call coverage for existing clients and offers Telehealth and bilingual counseling services. Catholic Charities does not currently take payments from health insurers. Often, our fee is equal to or lower than insurance co-payments. For those who qualify for financial assistance, a sliding fee scale is offered.

Center for Child and Family Services

www.kidsandfamilies.com - (757) 838-1960

739 Thimble Shoals Blvd., Suite 400, Newport News, Virginia 23606

Behavioral Health Services is a program of the Center for Child & Family Services in Newport News, Virginia. The Center, established in 1943, is a comprehensive provider of trauma informed counseling services to children, adults, and families. Specific services include individual, family, and marital counseling, child or youth therapy (ages 2 to 18), and trauma services. These programs offer therapy to treat a wide range of issues, including anxiety, depression, life transitions, coping with grief, ADHD/ADD, and other specializations. No one is turned away at the Center due to their inability to pay for services. The Center accepts most major health insurances and has a sliding fee scale for those individuals who do not have health insurance.

Colonial Behavioral Health

www.colonialbh.org/ - (757) 220-3200

Williamsburg, James City County, York County, Poquoson

1657 Merrimac Trail, Williamsburg, VA 23185

The mission of Colonial Behavioral Health, the local Community Services Board, is to facilitate opportunities for recovery, resiliency and wellness to individuals and families affected by mental illness, intellectual disabilities and substance use disorders. They offer both adult and childhood/adolescent services, including early intervention and prevention, emergency services, intensive in-patient and outpatient counseling, case management, and much more. All services are open and offer in-person and virtual visits via telephone or video conferencing (on your computer or smartphone). They may ask you for insurance information or explain what you need to bring to determine eligibility for reduced fees if you do not have insurance.

Community Service Board (CSB)

www.hnnCSB.org - (757) 788-0300 - Emergency: (757) 380-9024 Hampton-Newport News

300 Medical Drive, Hampton, VA 23666

Our mission is to provide a comprehensive continuum of services and supports promoting prevention, recovery, and self-determination for people affected by mental illness, substance use, and intellectual and developmental disabilities, and advancing the well-being of the communities we serve. HNNCSB offers Rapid Access walk-in same-day service, adult services providing emergency response and crisis intervention, youth and family services providing youth and family counseling, crisis services, case management, and therapeutic mentoring. Applicants will need proof of ID, an insurance card or Medicaid/Medicare (if no insurance, provide proof of income), other personal information.

Crisis Counseling from CrisisTextline.org

Text HOME to 741741

Crisis Text Line is here for any crisis anytime. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. Services provide help with anxiety, depression, eating disorders, and suicide.

DARS (Department for Aging and Rehabilitative Services)

www.vadars.org – (757) 686-4988

303 Butler Farm Road, Suite 105, Hampton, VA 23666

DARS works with aging Virginians and those who have disabilities to improve employment, quality of life, and independence. DARS offers autism services. They also offer disability determination services, which helps make disability claims.

The Denbigh House

www.communitybraininjury.org (757) 833-7845

12725 McManus Blvd, Suite 2E, Newport News, VA 23602

Helps brain injury survivors more fully recover by providing long-term, individualized services for their clubhouse or case management services. Will serve individuals regardless of their ability to pay.

Disability Navigator

disabilitynavigator.org

Provides direction for people with physical and intellectual disabilities. Mental health services provide help with a wide range of issues, including ADHD/ADD, anxiety, Asperger's syndrome, autism (ASD), depression, learning disabilities, and more.

Dreams of Hope Foundation

www.dreamsofhopefoundation.org - (757) 806-6339

7320 Warwick Blvd. Newport News, VA 23607

Free counseling for those in need of therapy. They also offer outpatient therapy and medication management.

Family Preservation Services of Virginia

[Peninsula Office - Family Preservation Services, LLC \(fpscorp.com\)](http://Peninsula Office - Family Preservation Services, LLC (fpscorp.com)) - (757) 873-0130

Virginia Statewide Referral Line: (540) 283-0486

739 Thimble Shoals Blvd., Suite 706, Newport News, VA 23606

Offers home-based and intensive in-home counseling services, outpatient services, mental health skill building services, family services, child and adolescent services, psychiatric medication services, and more.

FREE: Foundation for Rehabilitation Equipment & Endowment

<https://www.free-foundation.org/> or Email: Williamsburg@free-foundation.org - (757) 707-4741

701 Sentara Circle, Williamsburg, VA 23188

Provides mobility rehabilitation equipment to low income uninsured or underinsured adults in Virginia.

Genesis Counseling

<http://genesiscounselingcenter.com/counseling/> Various Locations - (757) 598-2244

Offers individual, family, marriage, and group counseling. They also specialize in many behavioral health issues, including anxiety, autism, bipolar disorder, depression, trauma recovery, and more.

Governor's Access Plan (GAP)

<https://www.nrvcs.org/governors-access-plan-gap/> Email: BridgetheGap@dmas.virginia.gov

Crisis: 540-961-8400 non-emergency: 540-961-8300

The Governor's Access Plan (GAP) is a new Medicaid plan that will provide limited medical and behavioral healthcare coverage for mental health and substance use disorder services, medical doctor visits, medications, access to a 24-hour crisis line, recovery navigation services, and case management. They provide basic medical and targeted behavioral health care to approximately 20,000 uninsured Virginians with severe mental illnesses.

The HUF Center

www.hufcenter.com/newport-news - (757) 877-6100

14102 Warwick Blvd., Newport News, VA 23602

The Hope Unity and Freedom Center is a diverse team of professionals providing psychosocial day support to male and female adults with a primary mental health diagnosis, dual diagnosis, and/or a coexisting disorder. Services are offered in multiple different locations, including Richmond, Colonial Heights, Newport News, and Norfolk.

Insight Enterprises, Inc. (Peninsula Center for Independent Living)

www.hvacil.org/ or Email: iepcil@hvacil.org - (757) 827- 0275

303 Butler Farm Road, Suite 104, Hampton VA 23666

The Peninsula Center serves the population of disabled persons in Hampton, Virginia, and strives to provide them with independent living skills and services to help with everyday life. We provide a variety of different services, including housing, counseling, advocacy, skill training, transition and more.

National Alliance for Mentally Ill (NAMI) Hampton/Newport News Chapter

[NAMI Hampton/Newport News Affiliate \(namihamptonnewportnews.com\)](http://namihamptonnewportnews.com) (757) 800-7443

PO Box 7191, Hampton, VA 23666

Provide education, advocacy, and resources to families and individuals struggling with a mental health disorder.

National Counseling Group, Inc.

www.ncgcommunity.com/ - (757) 240-5595

610 Thimble Shoals Blvd, #303B, Newport News, VA 23606

National Counseling Group provides behavioral health, substance use, and crisis services to those in our communities who need it most. It also offers therapeutic day treatment (TDT), child and family services, life skills services, outpatient services, and more.

National Suicide Prevention Hotline

suicidepreventionlifeline.org/ 1-800-273-8255

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. A web chat is also available through their website.

Newport News Redevelopment and Housing Authority

www.nnrha.com/ - (757) 928-2620

227 27th St., Newport News, VA 23607

The Open House Program increases accessibility for tenants who are disabled. This program also can be a loan, or a grant based on income. The homeowner would have to apply. They must show positive cash flow on the unit and owner insurance.

Newport News Scottish Rite

www.nnscottishrite.org/ - (757) 599-6617

65 Saunders Rd., Newport News, VA 23601

Offer Medical supplies: wheelchairs, hospital beds, crutches, motorized wheelchairs.

New Directions for Broken Families

<https://www.brokenfamilies.org/> – (757) 223-9901

739 Thimble Shoals Blvd. (Suite 1011-B), Newport News, VA

Offers mental health skill building (serving adults aged 18+), intensive in-home Services (ages 4-21), psychosocial rehabilitation services (ages 18+), crisis stabilization services (ages 4-70), and mentoring (ages 4-21). Benefits of the services also include an assessment by a licensed mental health professional, individual service plans, behavior modification, 24-hour on call assistance, weekly case coordination, social skills and coping skills development, health, safety, and financial management support, educational, vocational, and employment assistance support and monitoring, and medication education and support.

Odyssey Community Services

odyssey4u.com/ - (757) 240-2571

710 Mobjack Place, Newport News, V 23606

An independent mental health and wellness company that specializes in counseling for all behavioral health issues, chemical dependency diagnosis, and strengthens families. Services offered include in-home counseling, Tele-health counseling, depression, anxiety, and more.

Paratransit Services

gohrt.com/paratransit/ (757) 222-6087

Ride On Bus Program for individuals with disabilities.

Peninsula Pastoral Counseling Center

peninsulapastoral.org/ - (757) 873-2273

707 Gum Rock Ct, Newport News, VA 23606

PPCC is a non-profit organization that offers professional counseling and consultation in a faith context. Trained to integrate the gifts of behavioral science and of faith, we care for people who are struggling with marriage or family tensions, anxiety, depression, spiritual distress, and workplace issues. We treat adults, adolescents, and children and work within the financial means of our clients.

SAMHSA National Helpline

www.samhsa.gov/find-help/national-helpline 1(800) 622-4357

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

The Center for Sexual Assault Survivors

www.visitthecenter.org – (757) 599-9844

11838 Rock Landing Dr., Suite 220, Newport News, VA 23606

Monday-Friday 9:00am-5:00pm

Hotline: (757) 236-5260

Versability Resources

<https://versability.org/> – (757) 896-6461

2520 58th St., Hampton, VA 23661

Serves people with disabilities.

Virginia Easy Access

<https://easyaccess.virginia.gov/> (1-888) 992-0959

The Virginia Easy Access website connects older adults, adults with disabilities, veterans, and families to information about a wide range of public programs and support in a way that is accessible and easy to navigate. One site provides access to No Wrong Door, Virginia Navigator, Virginia 2-1-1.

Virginia Housing Development Authority

Email: vhdagrants@vhda.com – 1-877-VHDA-123

VHDA Rental Unit Accessibility Modification Grant - Tenants with disabilities who earn 80 percent or less of the area median income may be eligible for grant assistance up to \$6,000 to make their rental property accessible.

Virginia Relay

www.vddhh.virginia.gov/varelay.htm Call: 7-1-1

A free public service, Virginia Relay enables people who are Deaf, Hard of Hearing, Blind or have difficulty speaking to communicate with standard telephone users. Relay services are available 24 hours a day, 365 days per year by calling 7-1-1. By law, every call is handled with the strictest confidentiality. Special features are available for individuals who have difficulty speaking, as well as Spanish-speaking and sign language users.

Military and Veterans Resources

Military/Veterans

American Red Cross

redcross.org/get-help/military-families/financial-assistance 1-877-272-7337

The American Red Cross works in partnership with military aid societies to provide quality, reliable financial assistance to eligible applicants 24/7/365. Assistance can include funds for emergency travel, burial of a loved one, emergency food and shelter, etc.

Air Force Aid Society

<https://afas.org> Langley Air Force Base - (757) 764-3990

Joint Base Eustis – Langley

Can provide financial assistance to Active Duty, Retirees, or Guard/Reserve on orders.

Army Emergency Relief

www.armyemergencyrelief.org/ Ft. Eustis - (757) 878-3963

705 Washington Blvd., Room 240, Newport News, VA 23604 (Joint Base Eustis-Langley)

Provides financial relief to service members.

Center for Child and Family Services

kidsandfamilies.com/substance-abuse- (757) 838-1960

739 Thimble Shoals Blvd., Suite 400, Newport News, Virginia 23606

Offers PRISM (Prevention Recovery & Intervention for Suicide for Military) Program providing FREE mental health counseling and support services including outreach veterans, active-duty military, and their family members in the Hampton Roads area.

Coast Guard Mutual Assistance

www.cgmahq.org - 1-800-881-2462

1005 N. Glebe Rd., Suite 220, Arlington, VA 22201

CGMA strives to promote financial stability and the general well-being of the clients/customers it serves.

Disabled American Veterans (DAV)

www.dav.org/find-your-local-office

Hampton Chapter 6 – (757) 826-7530

Newport News Chapter 2 – (757) 875-0721

Yorktown Chapter 13 – (757) 596-0062

Williamsburg Chapter 34 – (757) 564-3916

Assists Disabled veterans and their families in various capacities.

Family Advocacy Programs

Army/Ft. Eustis: 2115 Pershing Ave., Ft. Eustis, VA - (757)878-0807

Monday-Friday 7:30am-4:30pm

Air Force/Langley AFB: 633rd Medical Group, Langley AFB, VA - (757)764-2427

Navy/7 bases/4 hospitals: (757)887-4948; contact Lisa Clark for referrals

Fleet and Family Support Centers of Hampton Roads

<https://www.navylifema.com/support-services/support-center-locations> Several locations throughout Hampton Roads. Call for the location closest to you. (757) 444-2102

Fleet and Family Support Center is your one-stop shop for free Parenting and Life Skill programs, financial programs, Deployment support, Transition and Employment assistance, Relocation assistance, Counseling and Victim Assistance, Exceptional Family Member Support, Information and Referral, and many more programs to promote quality of life for military personnel and their families.

Hampton Roads Community Action Program

hrcapinc.org - (757) 247-0379 Ext. 5

2410 Wickham Ave., Newport News, VA 23607

Supportive Services for Veteran Families: The Veterans Administration case management program provides short term temporary housing assistance for low-income veteran families residing in or transitioning to permanent housing. This program helps prevent homelessness in the veteran population and provides assistance with VA benefits, housing counseling, income support services, transportation services, childcare services, VA CARES program, financial counseling, emergency services, healthcare services and vocational rehabilitation.

Hampton Roads Veterans Employment Center

www.hrvetswork.org

600 Thimble Shoals Blvd, Ste 210, Newport News, VA 23606 – (757) 782-4531

Aids military spouses, student veterans, transitioning service members, and those who have served in the U.S. military identify and apply for jobs that align with backgrounds and interests.

Hope for the Warriors

www.hopeforthewarriors.org (910) 939-4572 or (877) 246-7349

3215 Henderson Dr, Jacksonville, NC 28546

Hope for the Warriors provides financial assistance for rent, utilities, groceries, mortgage, and rental deposits for military personnel who have combat-related injuries.

Legal Services for Veterans Programs

va.gov/HOMELESS/LSv.asp or call (1-877) 424-3838

The Legal Services for Veterans program aims to increase access to legal services to eligible Veterans through the award of grant funds and by promoting Medical Legal Partnerships and VA-affiliated legal clinics throughout the Veterans Health Administration.

LINK of Hampton Roads – Supportive Services for Veteran Families

www.linkhr.org 757-782-4485

716 E. Thimble Shoals Blvd, Newport News, VA

Provides outreach services, case management, assistance with applying for VA benefits, case management, employment and financial assistance, and housing placement for veterans and their families. To be eligible, the recipient must be a veteran or a member of a family which is the head of household, or the spouse of the veteran, have low income, and be homeless or on the verge of homelessness. Email for more information: ssve@linkhr.org

Mission United

www.uwvp.org – (757) 229-2222,

Virginia Peninsula, 101 York Crossing Road, Yorktown, VA 23692

Mission United coordinates community services for active-duty service members, veterans and their families, connecting them to affordable housing, job training, health care and other resources through a single-entry point to get the help they need.

National Guard Family Assistance

24 Hour Emergency Hotline: 1-800-542-4028

Assistance is provided but is not limited to: Tricare, DEERS, ID cards, Financial and Legal Assistance, Community Outreach/Referral, Crisis Intervention and Referral.

Navy Marine Corps Relief Services

www.nmcrrs.org (757) 688-6289

Naval Weapon Station Yorktown

3100 Huntington Ave Bldg. 633 Room/Ste 111, Newport News, VA 23607

Financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

Salvation Army Virginia Peninsula Veterans Housing

salvationarmypotomac.org/hamptonva/ – (757) 838-4875

1033 Big Bethel Road, Hampton, VA 23666

Up to a 3-month low income, transitional housing program.

Social Security

ssa.gov/people/veterans National Contact Number: (800)-772-1213

List of interlinks for active military and veterans to include Tricare, Medicare, and Disability Benefits for the Wounded Warrior.

Tidewater Fleet & Family Support Center

ffr.cnrc.navy.mil

2600 Washington Avenue, Suite 201, Newport News, VA 23607 (757) 688-6289

1949 Von Steuben Drive, Newport News, VA 23603 – (757) 887-4606

Parenting and life skill programs, financial programs, deployment support, transition and employment assistance, relocation assistance, counseling and victim assistance, exceptional family member support, information, and referral.

Tricare

www.tricare.mil 1(800)444-5445

Health care program for uniformed service members, retirees, and their families around the world.

U.S. Department of Veteran Affairs Crisis (VA) 24/7 Veterans Crisis Hotline

dvs.virginia.gov 9-8-8 / (800)273-8255

Veterans who are in crisis or having thoughts of suicide or those who know of a veteran in crisis. Direct assistance to needed services including medical, behavioral healthcare, veteran benefits, housing, and employment assistance. (Can help with furniture needs)

VA Medical Center (and Homeless Outreach)

www.va.gov/hampton-health-care/ - (757) 722-9961

100 Emancipation Dr, Hampton Roads, VA 23667

Hampton VAMC provides comprehensive primary and specialty care in medicine, surgery, and psychiatry.

Virginia Employment Commission

www.vec.virginia.gov/hampton - (757) 865-5800

600 Butler Farm Rd Ste B, Hampton, VA 23666

The VEC's Virginia Workforce Connection (VAWC) is your online source to connect with potential employers, search for jobs, find training opportunities, Veterans Assistance and Outreach (Resume assistance, job referrals, career coaching, and application assistance for VA benefits).

Veteran Pathways Home

www.veteranpathwayshome.org - (804) 384-9325

469 McLaws Circle; Williamsburg, VA 23185

Veteran Pathways Home is a faith-based non-profit organization that provides Peer Support Services to Service Members, Veterans, First Responders, and their families.

Other Agency Resources

Christmas Gift Assistance

Elf Patrol

<https://www.elfpatrol.org/home/> - (757) 724-HOHO

1254 Hatchland Place, Newport News, VA 23608

Our core mission is providing Christmas for at-risk children dealing with hospice, shelters, or homeless. We try to be there for any children that would otherwise not receive a visit from Santa.

Salvation Army, Virginia Peninsula

<https://salvationarmypotomac.org/hamptonva/programs/seasonal-assistance/> - (757) 838-4875

1033 Big Bethel Road, Hampton, VA 23666

Coordinates the Angel Tree program.

Emergency Home Repair Services

Home Repair Program – Habitat for Humanity

[Home Repair Program - Habitat for Humanity Peninsula and Greater Williamsburg \(habitatpgw.org\)](https://www.habitatpgw.org)

(757)727-8311 or (757)928-2657

11011 Warwick Blvd, Newport News VA 23601

The Habitat for Humanity has partnered with community resources and volunteers to help homeowners in Hampton, Newport News, and James City County neighborhoods make repairs to the exterior of their homes. This includes carpentry, outdoor painting, power washing and debris removal, minor outside repairs, and safety-related improvements.

Newport News Redevelopment and Housing Authority

www.nnrha.com (757) 928-2620

227 27th St., Newport News, VA 23607 -

Program for low-income Newport News residents who occupy and own their home to receive emergency repair services for their heater, roof, or other essential repairs – this can be in the form of a low-interest loan (0% - 1%) or a grant (based on income), valued up to \$8,000. To qualify, you must be current on your taxes, and have insurance on your home.

Serve the City

www.STCpeninsula.com – info@STCpeninsula.com

Performs minor home repairs and yard work and debris cleaning (one time) for free for qualifying homeowners. Applicant must reside in the home and must be 65 years or old and/or disabled or low-income. For more information and an application, please contact info@stcpeninsula.com.

Hygiene

See homeless day centers

Bethel Church

www.betheltemple.com - (757) 826-1426

1705 Todds Lane, Hampton, VA 23666

Wednesday evenings 5:00pm-6:30pm.

The Gloww Center

<https://www.theglowwcenter.org/> – (757) 837-8663
321 Grafton Drive, Yorktown 23692
Toiletries and hygiene items

Identification Assistance

THRIVE Peninsula

www.thrivepeninsula.org - 757-877-6211
12749 Nettles Drive, Newport News, VA 23606
Assist with obtaining I.D.'s, birth certificates, food stamps, social security, and Medicaid.

Legal Services

Emmanuel Baptist Church

<https://www.ebcnn.org/> - (757) 926-5974
521 North Ave., Newport News, VA 23601
Free notary services.

Eviction Defense Center

www.evictiondefensecenter.org - (804) 782-9430
The Center provides general legal information about eviction. Legal advice is not provided. Visit the website for more information.

Free Legal Answers

<https://virginia.freelegalanswers.org/>
Virtual legal advice clinic.

Legal Aid Society of Eastern Virginia

<https://www.laseva.org> - (757) 627-5423
Provides quality legal services to low- and no-income people with civil legal matters in the cities of Hampton and Newport News. People can apply for Legal Aid once they have been denied for disability twice.

Legal Services for Veterans Programs

va.gov/HOMELESS/LSv.asp or call (1-877) 424-3838
The Legal Services for Veterans program aims to increase access to legal services to eligible Veterans through the award of grant funds and by promoting Medical Legal Partnerships and VA-affiliated legal clinics throughout the Veterans Health Administration.

Newport News Public Library

<https://library.nnva.gov/>
Grissom Library-366 Deshazor Drive, Newport News, VA 23608
Main Street Library-110 Main St., Newport News, VA 23601
Pearl Bailey Library-2510 Wickham Ave., Newport News, VA 23607
Free notary services. Monday-Friday 8:00 am-11:30 am and 1:30 pm-4:30 pm. Call 757-926-8678 to schedule an appointment.

Statewide Senior Legal Helpline

(844) 802-5910

Hotline is a toll-free line offering legal assistance and Advice for Virginians aged 60 and older. Topics covered include long term care issues; public benefits such as Medicaid and SSI; guardianship and guardianship alternatives; age discrimination; financial exploitation; abuse and neglect; and some consumer issues.

Wage Theft Resources

<https://wagetheftva.org/> - (804) 821-1768

A resource website for workers who want to know their rights regarding wages, workplace safety standards, or as independent contractors. Legal resources available.

Virginia Bar Association

(804) 644-0041

Assists Virginia service members getting ready to deploy or returning from deployment find an attorney to assist with their legal services needs on a pro bono or reduced fee basis.

Virginia Poverty Law Center (Family & Sexual Violence)

<https://vplc.org/domestic-and-sexual-violence/> (804) 782-9430

919 East Main Street, Suite 610, Richmond, VA 23219

They help victims of Domestic and Sexual Violence with various issues including where to find help and obtaining protective orders. Their staff provides assistance, information-sharing, and engages in advocacy efforts to strengthen protections for victims.

LGBTQ

LGBT Life Center

<https://lgbtlifecenter.org/> - (757) 640-0929

5360 Robin Hood Road, Norfolk, VA 23513

Assist with rapid rehousing, transportation, HIV testing, etc.


Transgender Assistance Program of Virginia

<https://tapvirginia.org> – 757-563-4784

The Transgender Assistance Program of Virginia - TAP VA is an all-volunteer, trans led 501(c)(3) non-profit organization created to end homelessness within the transgender community in Virginia. Our goal is to offer safe emergency housing to homeless transgender adults in Virginia, and to help them find additional resources. Other services include transportation to housing, appointments, workplaces, and a clothing closet.

The Trevor Project

<https://www.thetrevorproject.org> – 866-488-7386

A crisis hotline providing information & support to LGBTQ  young people 24/7, all year round.

Immigration/Refugees

Commonwealth Catholic Charities

[Immigration Services | Commonwealth Catholic Charities \(cccofva.org\)](http://www.cccofva.org) - (757) 247-3600

740 Thimble Shoals Blvd, Suite F, Newport News VA, 23606

CCC offers legal assistance to immigrants and refugees living in the Hampton Roads areas. Our staff is accredited by the Department of Justice to practice immigration law, providing the community with a nonprofit alternative to immigration lawyers. We prepare applications for citizenship, family petitions, asylum, and more. We assist with: Citizenship; Family petitions (applying for your spouse, your parent, etc.), Permanent Resident status ("green card" applications), Temporary Protected Status, Asylum, Religious Worker Visas, Inadmissibility waivers, Violence Against Women Act (VAWA) & other victims of domestic violence, U-Visa & Human Trafficking cases, Informational workshops, Refugee and Asylee services include Permanent Resident petitions and family reunification.

Hampton Roads Refugee Relief (HR3)

<http://hr3va.org/> - (757)817-2124

763 J Clyde Morris Blvd Ste, 1A Newport News VA, 23601

Assist with transportation, education, and more.

Immigrants Control Enforcement

<https://www.ice.gov/> (866) 347-2423

Outreach Africa: Lost Boys Foundation

<https://www.lostboysus.org/> - (757) 749-3644

1024 Gates Ave, Unit 5-C, Norfolk, VA 23507

Helps connect refugee with services, assist with transportation and errands

Hispanic Resources

Coastal Church - English for Speakers of Other Languages (ESOL)

<https://www.gocoastal.org/yorktown/> - (757) 867-5683

Coastal Church: 101 Village Ave. Yorktown, VA 23693

For interest or questions, please contact joey.harris@gocoastal.org.

GED and Adult Basic Education (Hampton Public Schools)

<https://www.hampton.k12.va.us/departments/adulted/adulted.html> – (757) 727-1328

1646 Briarfield Road, Hampton, VA 23669

Offers ESL classes

Hispanic Resource Center

www.facebook.com/hrccova/ - 757-344-6168

2236 Todds Lane, Suite A, Hampton, VA

HRC focuses in the advancement of the socio-economic conditions of the community at large, with emphasis on Hispanics, through education, training, supportive services, leadership development, business development and advocacy.

Latinos in Virginia

<https://en.latinosenvirginia.org/> (757) 708-2812 24/7 Hotline: (888) 969-1825

To provide education, advocacy, and support to Spanish-speaking individuals affected by violence in Virginia in order to ensure that they can access services that empower them to become happy, healthy, and self-sufficient.

Literacy for Life

www.literacyforlife.org - (757) 766-5207

Literacy For Life offers one-on-one tutoring and group classes to help adults learn to speak English, improve reading, writing, and math skills, study for the GED exam, pass work certifications and prepare for citizenship. Call for an appointment.

Natural Disaster

American Red Cross

<http://www.redcross.org/get-help/military-families/financial-assistance> (877) 272-7337

Assist military families that have incurred emergencies from natural disasters and catastrophic events such as house fires, floods, etc.

Federal Emergency Management Agency

How to prepare for a hurricane:

<https://www.ready.gov/hurricanes> - (800) 462-7585

<https://www.fema.gov/blog/2020-05-08/preparing-hurricane-season-during-covid-pandemic>

<https://www.vdh.virginia.gov/news/toolkits/hurricane-preparedness/>

Virginia Department of Emergency Management

<https://www.vaemergency.gov/prepare/> – (804) 897-6500

10501 Trade Ct, North Chesterfield, VA 23236

National Weather Service

Track storms: <https://www.weather.gov/> – (757) 899-4200

10009 General Mahone Hwy, Wakefield, VA 23888

National Hurricane Center

Track storms: <https://www.nhc.noaa.gov/>

Pet Resources

Pet Pantry

<https://www.peninsulapetpantry.org/> - (757) 243-1170

PO Box 1763 Yorktown VA, 23692

The Pantry provides pet food distributions to clients monthly for up to 4 pets 6-times per year. Pets must be spayed or neutered.

Phones/Internet

SafeLink

<https://www.safelinkwireless.com> or Email: Digitaleguide1@gmail.com 1-800-378-1684
Provides households that are eligible access to prepaid cellphones. No bills, no contracts.

Assurance Wireless

<https://www.assurancewireless.com/> (888) 898-4888

Offers free phone services for qualifying participants. Participants may qualify if they are in one of the following assistance programs: Medicaid, Supplemental Nutrition Assistance Program (Food Stamps or SNAP), Supplemental Security Income (SSI), Federal Public Housing Assistance (Section 8), Low-Income Home Energy Assistance Program (LIHEAP), Temporary Assistance to Needy Families (TANF), The Nationals School Lunch Program's Free Lunch Program, or other state programs.

Affordable Connectivity Program

www.whitehouse.gov/getinternet/ 877-384-2575

This program has been launched by the Federal Communications Commission for people to access reasonably priced internet services. Any household with an individual who receives Supplemental Security Income (SSI), Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing Assistance, Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and Lifeline are eligible to participate.

Rent and Utilities

Rental and Utility Assistance

Bargain Box/York County Volunteer Association

222 Dare Rd., Yorktown, VA 23692 - (757) 886-1520 Financial Asst. or (757) 898-8688

Thrift Store

The York County Volunteer Association considers any bona fide request from York County and Poquoson residents for assistance including help with utilities, medical bills, rent, food, transportation, childcare assistance, tuition and scholarships and more. Most of this assistance is given on a one-time basis.

Bethel AME

www.bethelhame.com/contact (757) 723-7716

2521 N. Armistead Ave, Hampton, Virginia

Financial assistance available for Hampton and Newport News (Funds are limited each month).

Hampton Department of Human Services

<https://www.hamptonrha.com/housing/index.php> - (757) 727-1800

1320 LaSalle Avenue Hampton, VA 23669

The department works to ensure that all Hampton families become healthy and self-sufficient.

Hampton Roads Community Action Program, Inc.

hrcapinc.org/directory/listing/emergency-service-program (757) 244-6121 or (757) 247-0379

2410 Wickham Avenue, Newport News, VA 23607

This program provides food, clothing and shelter to people in emergency housing and homeless situations. It also serves as a safety net to prevent families from experiencing eviction, utility service interruptions and even foreclosure.

Immaculate Conception Catholic Church

<http://www.icchampton.org/> - (757) 826-0393 (Monday and Thursday)

2150 Cunningham Dr. Hampton, VA 23669

They assist with utilities and will pay the last \$75.00 owed. Applicants must have a valid Hampton I.D.

Insight Enterprises, Inc. (Peninsula Center for Independent Living)

www.hvacil.org/our-services or Email: iepcil@hvacil.org - (757) 827- 0275

303 Butler Farm Rd, Suite 104, Hampton, VA 23666

They can assist all Peninsula residents with electricity bills for individuals receiving disability (SSI, SSDI, and DAV).

Newport News Department of Human Services

Commonhelp.virginia.gov (757) 926-6300; Fuel assistance: (757) 926-6601

Rouse Tower: 6060 Jefferson Ave., Newport News, VA 23605

DHS takes applications for heating and cooling assistance through the VA Energy Assistance Program. Fuel Assistance applications are accepted from the second Tuesday in October until the second Friday in November. Cooling Assistance applications are accepted June 15 thru August 15.

Our Lady of Mount Carmel (OLMC)

<https://www.olmc-school.com/> - (757) 596-1727

52 Harpersville Rd, Newport News, VA 23601

They assist with utilities and forward rent only (not past-due).

Hours of operation: Monday, Wednesday, Thursday (12-2 p.m.); Tuesday & Friday (9-11 a.m.).

Parish Thrift Shop

the-parish-thrift-shop-inc.business.site/ - (757) 868-0357 Fax: (757) 659-0732

487 Wythe Creek Rd, Poquoson, VA 23662 Assist lower York County and Poquoson (Zip Codes 23693, 23692, 23696, 23662) with utility and rent. Requests must be faxed to Elaine Riley with a copy of the client's Driver's License, Telephone number and the bill (replies may take up to two weeks).

Peninsula Agency on Aging -

www.paainc.org/now-help.html – (757) 873-0541

739 Thimble Shoals Blvd #1006, Newport News, VA, 23606

Utility assistance for Senior (60yrs+).

Salvation Army, Virginia Peninsula

salvationarmypotomac.org/hamptonva/programs/emergency-assistance (757) 838-4875

1033 Big Bethel Road, Hampton, VA 23666

Salvation Army is a Christian ministry that assists with food, utilities; shelters homeless veterans and families with children.

St. Jerome's Catholic Church

www.stjeromennva.org/index.php/financial-assistance - (757) 877-5021

116 Denbigh Blvd., Newport News, VA 23608

Assists Denbigh area residents (area codes: 23602, 23606, and 23608).

St. Joan of Arc Catholic Church

www.stjoanofarcva.org – (757) 898-5570

315 Harris Grove Ln, Yorktown, VA 23692

Serves 1 time a year and 4 times for life. They assist with rent, utilities, and sometimes a car payment. They serve York County and Poquoson.

Open Tuesday, Thursday and Friday from 10am -12pm.

St. Kateri Tekakwitha Catholic Church

<https://stkateri.cc/> – (757) 846-5097

3800 Big Bethel Rd, Yorktown, VA 23693

Applicants can fax requests for assistance and will be considered individually.

St. Luke's United Methodist Church

www.stlukesyorktown.org/contact-us

300 Ella Taylor Rd, Yorktown, VA 23692 - (757) 898-3017

THRIVE Peninsula

www.thrivepeninsula.org/help (757) 877-6211

12749 Nettles Drive, Newport News, VA 23606

THRIVE Peninsula provides emergency financial aid to eligible individuals and families.

Water Assistance (LIHWAP)

www.virginialihwap.com (888) 373-9908

The Low-Income Household Water Assistance Program (LIHWAP) helps Virginia residents pay their water and wastewater bills through September 1st or until funds are depleted.

World Outreach Worship Center

<https://wowcenter.org/free-resources> (757) 874-1223

1233 Shields Rd., Newport News, VA 23608

Utility assistance

York/Poquoson Department of Social Services

www.yorkcounty.gov/630/Utility-Billing - (757) 890-3787

120 Alexander Hamilton Blvd., Yorktown, VA 23690

Financial Assistance Programs include money, coupons, or authorization cards to obtain food, clothing and shelter, medical care, etc.

Yorkminster Presbyterian Church

www.yorkminsterpc.org/special-ypc-missions - (757) 898-4972

6218 George Washington Memorial Hwy, Grafton, VA 23692

The Deacons' fund is used to help people in crisis in the community in York County or Poquoson. It is used to pay rent or utilities. A member of the Local Outreach Committee or a deacon meets with each person and interviews them. Contact the Yorkminster office at number listed above

Senior Resources

Seniors

AARP

<https://www.aarp.org/>
1(800) 687-2277

Assist in various capacities for Seniors 50+ with free tax preparation and employment.

Adult Services

www.vadars.org/aps/AdultServices.htm - (757) 926-6329

Adult Services includes the provision of case management, home-based companion services, screening for Medicaid community-based care and nursing home placement, screening for admission to assisted living facilities, and other activities to aid the adult and their family.

Catholic Charities of Eastern Virginia

<https://cceva.org/services/health-community-services/> - (757) 456-2366 (respite);
(757) 467-7707 (guardianship)

Catholic Charities of Eastern Virginia provides in-home respite care with a short-term, affordable minimum wage) break from the rigors of 24/7 caregiving. Guardianship Services provide care for those deemed unable to care for themselves.

Cheerful Hands

(757) 703-2283 Cheerfulhandsinc.net or Email: shaunyafreeman@cheerfulhandsinc.com
115 Roane Drive, Hampton, VA 23669

Cheerful Hands focuses on providing the elderly with daily essentials

F.R.E.E. Foundation

www.free-foundation.org – (540) 777-4929
1489 East Main Street, Salem, VA 24153

F.R.E.E. gifts mobility rehabilitation equipment to low-income uninsured or under-insured adults in Virginia

Habitat for Humanity/A Brush with Kindness

<https://www.habitatriverside.org/programs/a-brush-with-kindness/> - (757) 596-5553
11011 Warwick Blvd, Newport News, VA 23605

Habitat for Humanity constructs safe, decent affordable houses and repairs owner-occupied homes for qualified, low-income families. A Brush with Kindness is a home repair program serving low-income, elderly and disabled homeowners who have struggled to maintain the exterior of their homes.

Hospice of Virginia

hospiceofvirginia.com (804) 281-0451

Their mission is to provide exceptional physical, emotional, social, and spiritual support, enabling patients and their loved ones to have an end-of-life experience characterized by dignity, choice and comfort. Call to ask about getting help with care for your loved ones.

Peninsula Agency on Aging (PAA)

www.paainc.org - (757) 873-0541

739 Thimble Shoals Blvd., Suite 1006, Newport News, VA 23606

PAA supports independence/dignity of elderly by advocating, arranging, or providing services including home-delivered and congregate meals, in-home care, adult day-care, care coordination, transportation, companion visits, and resources.

Safety for Our Seniors

www.nnva.gov/366/Sheriffs-Office or Email: sherrif@nngov.com

Newport News Sheriff's Office

2501 Washington Ave., Newport News, VA 23607

Participants must live in Newport News, and they will receive phone calls from deputies and volunteers to ensure that they are not mistreated or isolated from the community. They will also be contacted during times of need, such as storms and natural disasters, to determine if assistance is needed or a referral to another community organization is required.

Seniors Mobility

<https://seniormobility.org/>

Website dedicated to helping seniors remain fit and active. Free resources and activities available.

Serve the City

www.STCpeninsula.com – info@STCpeninsula.com (757) 718-7231

Performs minor home repairs and yard work and debris cleaning (one time) for free for qualifying homeowners. Applicant must reside in the home and must be 65 years or old and/or disabled or low-income. For more information and an application, please contact info@stcpeninsula.com.

Social Security Office

www.ssa.gov/

11706 Jefferson Avenue, Newport News, VA 23606 - 866-331-9169

1521 Hardy Cash Dr. Hampton, VA 23666 – 866-592-2669

Virginia Easy Access

www.easyaccess.virginia.gov/ (1-888) 992-0959

The Virginia Easy Access website connects older adults, adults with disabilities, veterans, and families to information about a wide range of public programs and supports in a way that is accessible and easy to navigate. One site provides access to No Wrong Door, Virginia Navigator, Virginia 2-1-1.

Substance Abuse Resources

Substance Abuse

Al-Anon

al-anon.org/al-anon-meetings/find-an-al-anon-meeting/ Various Locations - 1-888-425-2666
Alcohol counseling, group support, and meetings for families of alcoholics are held worldwide.

Alcoholics Anonymous

www.aa.org/

Various Locations - (757) 595-1212 for the Newport News location
Alcohol counseling, group support and meetings for alcoholics. A.A.'s primary purpose is to help alcoholics to achieve sobriety.

Bacon Street Youth and Family Services

baconstreet.org – (757) 253-0111 Multiple Locations across the Peninsula

Bacon Street Youth and Family Services offers outpatient clinical behavioral health services primarily to youth ages 10-26 and their families. We have offices in Williamsburg, Yorktown, Hampton, and Gloucester and offer virtual sessions. We offer individual and family counseling for substance use, individual and family counseling for mental health, individual and family counseling for co-occurring mental health and substance use disorders, in-person and tele-health appointments, and case management. Accepts Medicaid and Commercial Insurance.

Center for Child and Family Services

kidsandfamilies.com/substance-abuse – (757) 838-1960

739 Thimble Shoals Blvd., Suite 400, Newport News, Virginia 23606

Offers substance abuse therapy and prevention, a New Start program, and sobriety and safety services.

Colonial Behavioral Health

www.colonialbh.org/adult-services/substance-use-disorder-services.aspx - (757) 220-3200 /

Emergency Service Number (757) 378-5555

1657 Merrimac Trail, Williamsburg, VA 23185

Colonial Behavioral Health offers various substance use disorder groups and individual, group, marital/family counseling. They provide services for relapse prevention, MAT recovery (Medicated-Assisted Treatment), and more.

Faith Recovery

faithrecoveryhope.org/ - (757)-244-1234

325 Ewell Road, Williamsburg, VA 23188

REBUILDING lives that have been devastated by drug addiction and alcoholism, RESTORING Hope in Families, and ESTABLISHING productive citizens back into the community. Serves men and women aged 18 or older.

Governor's Access Plan (GAP)

<https://www.nrvcs.org/governors-access-plan-gap/> Email: BridgetheGap@dmas.virginia.gov

Crisis: 540-961-8400; Non-Emergency: 540-961-8300

The Governor's Access Plan (GAP) will provide limited medical and behavioral healthcare coverage for mental health and substance use disorder services, medical doctor visits, medications, access to a 24-hour crisis line, recovery navigation services, and case management.

Hampton/Newport News Community Services Board

<https://www.hnnscsb.org/addiction-recovery-and-support-services> - (757) 245-0217

24/7 Crisis Line (757) 788-0011

300 Medical Dr., Hampton, VA 23666

Assessments related to substance abuse, mental health and co-occurring issues. They offer services like case management, peer recovery, Partners in Recovery (PIR), drug courts, methadone treatment (MAT), and more.

Mid-Atlantic Teen Challenge – temporarily closed

www.mateenchallenge.com/ (757) 255-8589

9302 Warwick Blvd Newport News, VA 23601 -

Offers assistance for boys aged 12-17, and provides support and education through centered solutions.

Narcotics Anonymous

www.na.org/meetingsearch/ Peninsula Area: <https://peninsulaareana.org/>

Various Locations (757) 303-4533

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

New Direction Service, Inc.

<https://rooms757.com/contact-us> (757) 358-8800

They provide a drug and alcohol clean living environment through Recovery, Responsibility, Training and Opportunity.

Oxford House

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

Various Locations across Virginia

Sober homes that provide housing and supportive services for individuals in recovery.

Riverside Behavioral Health Center

<https://www.riversideonline.com/medical-services/behavioral-health> - (757) 827-1001

2244 Executive Dr., Hampton, VA 23666

Substance abuse and mental health services including detoxification, inpatient treatment and partial hospitalization day treatment. They accept Medicare, Medicaid, military Tricare, private insurance and self-pay.

VA Medical Center

www.mentalhealth.va.gov/substance-abuse/index.asp

100 Emancipation Dr., Unit 116-A, Hampton, VA 23667 - (757) 722-9961, Ext. 3607

Substance abuse and mental health services for veterans, inpatient and outpatient settings. Detox is provided as well as halfway house opportunities and both long-term and short-term residential care. There are programs for dual-diagnosed veterans including women and DUI offenders.

Tax Resources

Taxes

AARP Tax-Aide

www.aarp.org/taxaide

(888) 227-7669

Go to the website for locations in your area.

Emmanuel Baptist Church

521 North Ave., Newport News, VA 23601 - (757) 926-5974

www.ebcnn.org/

Free tax preparation January through April.

VITA (Volunteer Income Tax Assistance program) or TCE (Tax Counseling for the Elderly)

<https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>

1(800) 906-9887

VITA volunteer sites help low-to-moderate income taxpayers regardless of age. TCE volunteer sites devote special attention to those taxpayers 60 years of age or older.

Transportation

Transportation

Angel Wheels (AngelBus)

4620 Haygood Road, Suite 3 Virginia Beach, VA 23455

www.mercymedical.org/request-assistance

Non-profit charity providing transportation to non-emergency medical visits up to 300 miles away for financially disadvantaged patients.

Community Knights - Knight Rides

<https://communityknights.org/coach/> (757) 884-8097

Corporate Offices: 11817 Canon Blvd., Suite 402, Newport News, VA 23606

Gives rides to people with disabilities, youth, and the elderly (coming soon)

Dreams of Hope

7320 Warwick Blvd, Newport News, VA 23607 - (757) 806-6339

www.dreamsofhopefoundation.org/book-online

They provide transportation to individuals who need to get to hospital, medical appointments, to pick up prescriptions, or to go to the grocery store. The individual must have Medicaid or Anthem insurance.

Hampton Roads Care-A-Van

<https://bonsecours.com/hampton-roads/our-services/care-a-van> : (757) 889-2273 or (757) 889-5121

This is a mobile health care program- a free clinic on wheels. They provide medical care to clients and prescription assistance.

Hampton Roads Transit

3400 Victoria Blvd., Hampton, VA 23661 -(757) 222-6100

gohrt.com/

Public transportation. We work passionately to deliver high-quality transit service that safely gets you where you need to go.

Newport News Parks and Recreation & Tourism

700 Town Center Dr. Suite 320, Newport News, VA 23607 - (757) 926-1400

gohrt.com/programs/student-freedom-pass/

Newport News youth must be age 17 and under and at least 38 inches tall to receive a bus card. To register the parent or legal guardian must verify residence and proof of age for the child. Registration is available at the following places: Dept. of Parks, Recreation and Tourism main office at City Center, Denbigh Recreation Center, Doris Miller Community Center, Newport News Public Libraries, Career Café at Patrick Henry Mall.

Paratransit Services

(757) 455-8010

gohrt.com/paratransit/

Ride On Bus Program for individuals with disabilities.

Peninsula Agency on Aging

739 Thimble Shoals Boulevard Suite 1006 Newport News, VA 23606 – (757) 873-0541

paainc.org/transportation-services.html

Provides non-emergency transportation for older adults and disabled individuals to routine medical appointments, adult day care centers, and other activities sponsored by the Peninsula Agency on Aging.

St. Mark's UMC

99 E Mercury Blvd, Hampton, VA 23669 - (757) 851-3367

www.stmarksumcva.org/contact

Offers car repairs on the 3rd Saturday of the month.

THRIVE Peninsula

www.thrivepeninsula.org/help

12749 Nettles Drive, Newport News, VA 23606

Offers grocery delivery to families with significant transportation barriers. Assists with financial requests that pertain to a family's economic sustainability, such as transportation costs (car repair or car insurance). Apply online.

VDOT Toll Relief

(877) 762-7824

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

Save up to 50% on tolls. The program is intended to help ease the financial burdens of tolls on Norfolk and Portsmouth residents hardest hit by the tolls at Elizabeth River Tunnels. Check eligibility online or by calling.

Virginia Peninsula Foodbank

2401 Aluminum Ave, Hampton, VA 23661 – (757) 596-7188

Hrfoodbank.org

Offers food delivery to seniors 60 years or older and any physically disabled person who is unable to travel to a mobile pantry.

World Outreach Worship Center

<https://wowcenter.org/free-resources> (757) 874-1223

1233 Shields Rd., Newport News, VA

Assists Newport News and York County residents with bus passes and gas vouchers.