

The Junior League of Hampton Roads

WISE

Women's Initiative for Success and Empowerment

Resource Guide

The WISE Resource Guide was created by the Junior League of Hampton Roads in order to provide knowledge and resource access. To stay current, the JLHR welcomes additions, feedback, comments and questions about the WISE Resource Guide. Contact us at volunteer@jlhr.org.

Last Revised: 4/3/2015

THE JUNIOR LEAGUE OF HAMPTON ROADS

The Junior League of Hampton Roads, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

WISE

Continuing a 59-year legacy of service in our community, in 2013 the Junior League of Hampton Roads (JLHR) announced the Women's Initiative for Success and Empowerment (WISE). This initiative was designed to empower women confronting economic uncertainty and adversity. The WISE mission focuses on filling gaps in education and offering services for women and children, designed to empower these individuals to improve their lives and those of future generations. The JLHR's goal is to fill needs not currently being met and to focus on sustainable projects with a lasting impact.

The JLHR has two committees dedicated to achieving the WISE Mission:

LifeWISE

Promotes access to GED programs and vocational opportunities. Community outreach includes:

- Raising awareness about GED resources
- Providing scholarships for GED fees to assist women facing economic adversity
- Group mentorship opportunities
- Hosting educational and career fairs for local GED centers

Provides and promotes resources to help women gain positive, productive financial and life skills. Community outreach includes:

- Providing financial and life skills workshops to local shelters and community organizations
- Establishing community gardens in under-served communities along with healthy and economical cooking workshops
- Group mentorship that focuses on productive and healthy habits

TeenWISE

Provides and promotes positive opportunities for female teenagers. Community outreach includes:

- Career Launch Programs for teens seeking employment
- Teen Center mentorship programs that focus on educational, cultural, financial and physical development, increasing self-esteem and developing potential for young women

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SECTION A. BENEFITS AND NECESSITIES (FOOD, SHELTER, CLOTHING)

The Commonwealth of Virginia and federal government each provide assistance through benefits programs. Your Community Services Board (CSB) can help determine which benefits you may be eligible to receive. The CSB is your gateway to services. You can meet with an intake coordinator at the CSB to get started.

The CSBs offers a wide variety of services such as:

- Emergency Psychiatric & Crisis Management Services
- Medical, Nursing, and Medication Management
- Housing and Complete Residential Support
- Counseling, Anger Management and Substance Abuse Groups
- School Based Services
- Parent Skill Development Workshops & Education Groups
- Jail Based Services
- Alcohol and Drug Free Counseling and Prevention Services
- Community-Wide Youth Initiatives

Your CSB can be contacted as follows:

Hampton-Newport News Community Services Board
200 Medical Drive
Hampton, VA 23666
(tel) 757-788-0600

Colonial Behavioral Health (Williamsburg, James City County, York County, Poquoson)
1657 Merrimac Trail
Williamsburg, VA 23185
(tel) 757-220-3200

Western Tidewater Community Services Board (Suffolk, Smithfield, Isle of Wight, Southampton)
4373 Pruden Boulevard
Suffolk, VA 23434
(tel) 757-804-4540

Middle Peninsula-Northern Neck Community Services Board (Gloucester)
9228 George Washington Memorial Highway
Gloucester, VA 23061
(tel) 804-693-5057

ELDERLY/DISABLED OPTIONS

Supplemental Security Income (SSI) is a monthly payment to a person for food, clothing, and housing. You may qualify if you:

- Are 65 years or older or disabled
- Have limited income and resources.

To apply for SSI you can apply online by visiting the Social Security website at <http://www.socialsecurity.gov/applyonline/>. You can also call the toll free number 1-800-772-1213 (TTY 1-800-325-0778) or make an appointment to visit any Social Security office to apply in person. Below are the addresses to the local Social Security Offices:

**Social Security Office (Newport News,
Gloucester County, York County)**

**11706 Jefferson Avenue
Newport News, VA 23606
(tel) 1-866-331-9169**

Social Security Office (Isle of Wight)

**17100 Monument Circle
Windsor, VA 23487
(tel) 757-365-0880**

Social Security Office (Hampton)

**1521 Hardy Cash Drive
Hampton, VA 23666
(tel) 1-866-592-2669**

Social Security Office (Suffolk)

**502 Hillpoint Road
Suffolk, VA 23434
(tel) 1-866-835-7769**

Social Security Office (James City County)

**5249 Olde Town Road
Williamsburg, VA 23188
(tel) 757-259-3100**

If you have SSI and want to go back to work with your SSI benefits intact, contact the Work Incentives Planning and Assistance (WIPA) Program. This program offers more information about keeping your benefits while you work. To find out more, visit <http://www.socialsecurity.gov/work/> or call 1-866-968-7842.

FOOD/NUTRITION RESOURCES

If you find that you are unable to provide food for yourself or your family, there are a variety of benefits in the Hampton Roads area that may be available to assist you. These resources may be temporary and/or require an annual recertification.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

Supplemental Nutrition Assistance Program (SNAP)

SNAP, commonly known as food stamps, offers assistance to eligible, low-income individuals and families. The SNAP program provides a debit card that is loaded once per month with a set amount of cash based on the individual's income. This service is for food purchases only. To apply for this benefit you can visit your local office:

Hampton Department of Social Services

1320 LaSalle Avenue
Hampton, VA 23669
(tel) 757-727-1800
(fax) 757-727-1835

Gloucester County Social Services

6641 Short Lane
P.O. Box 1390
Gloucester, VA 23061
(tel) 804-693-2671
(fax) 804-693-5511

Newport News Department of Human Services

Rouse Tower
6060 Jefferson Avenue
Newport News, VA 23605
(tel) 757-926-6300
(fax) 757-926-6118

Isle of Wight Department of Social Services

17100 Monument Circle
P.O. Box 102
Isle of Wight, VA 23397
(tel) 757-365-0880
(fax) 757-365-0886

York/Poquoson Department of Social Services

301 Goodwin Neck Road
Yorktown, VA 23692
(tel) 757-890-3787
(fax) 757-890-3934

Food Bank of the Virginia Peninsula

2401 Aluminum Avenue
Hampton, VA 23661
(tel) 757-595-7188
www.hrfoodbank.org

Williamsburg Human Services

401 Lafayette Street
Williamsburg, VA 23185
(tel) 757-220-6161
(fax) 757-220-6113

Mobile Pantry Locations

www.foodbankonline.org/howwework

The Church Guide Website

The Church Guide is a website that collects data about local food banks or pantries provided by churches, organizations, or not-for-profit agencies. The website links you to additional resources in your surrounding area: <http://thechurchguide.com/you-are-not-alone-5.htm>.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

Women, Infants, and Children (WIC)

Women, Infants and Children (WIC) is a program designed to help women during pregnancy and after birth. This program offers vouchers for nutritional foods necessary to maintain a healthy lifestyle. It is a benefit-based program that requires commitments by the mother, such as attending monthly meetings, providing income requirements, and giving personal interviews. For more information on this program you must contact your local WIC agency:

Hampton Community Services Center
1320 LaSalle Avenue
Hampton, VA 23661
(tel) 757-727-1140 (press option 4)

Williamsburg Area Office
1126 Professional Drive
Williamsburg, VA 23185
(tel) 757-253-4813

York/Denbigh WIC Office
710 Denbigh Boulevard, Suite 2-D
Newport News, VA 23608
(tel) 757-886-2810

Gloucester County Health Department
6882 Main Street Ste C-F
Gloucester, VA 23061
(tel) 804-693-2445

Peninsula Health Center
416 J. Clyde Morris Boulevard
Newport News, VA 23601
(tel) 757-594-7305

Isle of Wight County Health Department
402 Grace Street
Smithfield, VA 23430
(tel) 757-357-4177

EMERGENCY HOUSING/SHELTER

If you need emergency housing or shelter, there are organizations able to provide shelter for eligible persons and/or to help find a place to fulfill temporary housing needs. Remember that you can also contact your local CSB intake coordinator for additional information.

Menchville House
Newport News, VA 23606
(tel) 757-833-5950

<http://www.menchvillehouse.com/index.html>

The Menchville House is an organization providing temporary shelter to women and children. In addition to housing relief for women and their children, they provide budgeting resources and case management. 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.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

Avalon

P.O. Box 6805

Williamsburg, VA 23188

(tel) 757-258-5022

24-Hour Helpline: 757-258-5051

<http://avaloncenter.org/>

Avalon is a center for women and children that provides emergency shelter to women experiencing domestic violence or sexual abuse. It has a limited amount of space but offers transitional housing as well as emergency services. Avalon offers assistance with lifestyle education and legal concerns as well as support with daily living skills. It provides for basic needs such as food, clothing, and transportation.

NATASHA House

124 Goodwin Neck Road

Yorktown, VA 23692

(tel) 757-898-1993

www.natashahouse.org

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

For additional resources contact the city of Newport News at 757-594-4636 (referral by CSB) or at <http://www.nngov.com/city-manager/homelessness%20initiative/shelters-new-version>.

SECTION B. EDUCATIONAL/VOCATIONAL RESOURCES

Below are some useful resources if you are in search of employment and/or job training:

Virginia Employment Commission (Hampton/Newport News/Poquoson)

606 Butler Farm Road

Hampton, VA 23666

(tel) 757-865-5800

Department of Rehabilitative Services

303 Butler Farm Road, Suite 105

Hampton, VA 23666

(tel) 757-865-4863

Step Up

7510 Granby Street, Suite 203

Norfolk, VA 23505

Peninsula Worklink – Peninsula Council for Workforce Development
Hampton One-Stop Resource Center
600 Butler Farm Road
Hampton, VA 23666
(tel) 757-766-4900
www.pcfwd.org

SECTION C. PARENTING RESOURCES

Parenting classes are excellent resources for first-time parents or for refresher courses to learn the latest parenting methods. Below you will find a list of resources for a wide variety of parenting classes.

BON SECOURS MARY IMMACULATE HOSPITAL HEALTH RESOURCE CENTER

Bon Secours offers various parenting workshops. To find out more, call 757-886-6511. Two classes offered by Bon Secours are Active Parenting 1-2-3-4 and Co-Parenting: In the Child's Best Interest:

- **Active Parenting 1-2-3-4** is a research-based video and discussion workshop. This program is perfect for new parents and parents with children ages 1-4. Parents learn the four stages of child development and how to enhance the child's learning at each stage. They learn about parenting styles and discover how to build lifelong bonds with their children. Parents learn nonviolent discipline skills and how to set rules young children understand and follow. Parents discover how the power of encouragement helps children learn positive behavior at an early age. They also learn the importance of taking care of themselves, as well as their child.
- **Co-Parenting: In the Child's Best Interest** is a four-hour custody and visitation parent education workshop devoted to teaching families how to overcome obstacles. Parents learn how to build a parenting plan (designed to meet the needs of children) and discuss the impact of family disruption. They learn techniques for reducing conflicts and strategies for improving communication. The workshop teaches parents how to guide their children through the process of recovery, while establishing a positive, long-term relationship with the child's other parent. Parents learn to recognize the importance of two parents for every child and to facilitate their efforts in co-parenting. This workshop helps parents comply with the requirements of the *Code of Virginia* to meet court requirements. Certificates are given to participants completing a session.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

BUILDING BRIGHTER FUTURES

(tel) 757-645-5846 or 757-903-7304

info@bbfutures.net

Building Brighter Futures specializes in Applied Behavior Analysis (ABA) and Behavior Intervention Plans (BIP) for individuals with autism spectrum disorders.

CHILDREN'S HOSPITAL OF THE KINGS DAUGHTERS

CHKD Health & Surgery Center at Oyster Point

11783 Rock Landing Drive

Newport News, VA 23606

(tel) 757-668-7500 or 800-395-2453

<http://www.chkd.org/Classes/Events.aspx>

CHKD offers classes for kids, teens, parents and grandparents. Most are free, but registration is required. You may not be able to register for all classes online; please call to register or for more information.

HAMPTON ROADS CARE CONNECTION FOR CHILDREN

Children's Hospital of the King's Daughters

601 Children's Lane

Norfolk, VA 23507

(tel) 757-668-7132

www.chkd.org/services/careconnection

Hampton Roads Care Connection for Children is sponsored by the Virginia Department of Health. This regional program uses a team-based approach to provide coordination of health care services, community support and resources to children with special health care needs.

HEALTHY FAMILIES NEWPORT NEWS

6060 Jefferson Avenue

Newport News, VA 23605

(tel) 757-926-6009

NNHF@nngov.com

<http://www.nngov.com/305/Healthy-Families>

Newport News Healthy Families Initiative is a part of the Healthy Families Virginia Network, a division of the City of Newport News Department of Human Services. This program offers home visiting and parenting support for pregnant families or families with newborns. Community partners help achieve the mission of child abuse and neglect prevention by providing resources, advocacy, public education and a connection to a variety of family support programs.

HEALTHY FAMILIES PARTNERSHIP OF HAMPTON

**100 Old Hampton Lane
Hampton, VA 23669
(tel) 757-727-1300**

<http://hampton.gov/index.aspx?nid=246>

Healthy Families Partnership of Hampton offers numerous programs for parents and children including playgroups, effective parenting classes, 123 Magic, and programs for fathers.

MARY IMMACULATE FAMILY FOCUS

**2 Bernardine Drive
Newport News, VA 23602
(tel) 757-886-6511
(fax) 757-886-6881**

Mary Immaculate Family Focus offers classes for parents and parent/child playgroups in both English and Spanish. Family Focus provides on-site professional parent educators and special activities for families. They also offer a Nurturing Fathers Program.

NEWPORT NEWS DEPARTMENT OF HUMAN SERVICES PARENTING COURSES & SERVICES

**6060 Jefferson Avenue
Newport News, VA 23605
(tel) 757-926-6649**

The Birth to Five Parenting class helps parents recognize and understand developmental stages. Parents learn nurturing routines, behavior management, and coping skills. Additional classes for parenting older children, as well as court-approved classes in co-parenting and anger management, are available.

PUBLIC LIBRARIES

**Hampton: 757-727-1154
Newport News: 757-247-8875
Williamsburg: 757-259-7777
Poquoson: 757-868-3060**

**York: 757-890-5100
Gloucester: 804-693-2998
Isle of Wight: 757-653-0298**

Parents and caregivers help children learn to read by enjoying books together, beginning in infancy. The libraries offer story times for babies and toddlers and free resources on child development.

VIRGINIA COOPERATIVE EXTENSION

<http://www.ext.vt.edu/>

The Extension Service offers classes & resources to support parents and family life.

SECTION D. FAMILY COUNSELING RESOURCES

Counseling is a useful tool when dealing with family disruptions or when dealing with emotions or mental health. The right counselor can help you determine how to cope with depression, anxiety or other issues.

Programs provide a variety of services and resources aimed at family development and establishing life skills. The outreach programs serve most communities in Hampton Roads and provide free services to help individuals and children with basic needs, life coaching, skills development, spiritual counseling, and emergency relief. Seeking assistance is a great first step in finding guidance to create a more positive lifestyle or to overcoming a specific circumstance.

ARC OF THE VIRGINIA PENINSULA

Early Prevention and Intervention for Children (E.P.I.C.)

2520 58th Street

Hampton, VA 23661

(tel) 757-896-8464

(fax) 757-896-8470

Office Hours: Mon-Fri, 8 AM - 4:30PM

ARC of the Virginia Peninsula provides services in the child's home, daycare or community center.

ARC accepts most insurance and is a non-profit organization. ARC specializes in:

Children under 3 Developmental Evaluations
Speech-language Therapy
Occupational Therapy
Physical Therapy

Case Management
Service Planning & Coordination
Parent Support Groups
School Transition Referral

ASSOCIATED COUNSELORS OF TIDEWATER

**2019 Cunningham Drive Suite 220
Hampton, VA 23666
(tel) 757-490-6960**

Office Hours: Mon-Fri, 9 AM - 5 PM

Associated Counselors of Tidewater accepts most insurance, including FAMIS and Medicaid. It offers counseling for individuals, couples, families, and/or group therapy sessions. Associated Counselors of Tidewater specializes in:

Play therapy	Physical/Emotional/Sexual Abuse	Anxiety
Treatment for trauma	Relationship/Family Issues	ADHD
Expression		

CATHOLIC CHARITIES OF EASTERN VIRGINIA

**5361-A Virginia Beach Boulevard
Virginia Beach, VA 23462**

www.cceva.org

Catholic Charities is a multi-service agency providing clinical counseling, pregnancy/new parent counseling, foster care, adoption services, family life education, financial and housing counseling, and senior services. Payment is based on a sliding scale.

CENTER FOR CHILD AND FAMILY SERVICES

**2021 Cunningham Drive, Suite 400
Hampton, VA 23666
(tel) 757-838-1960 Ext 311
(fax) 757-838-3280**

Office Hours: Mon-Thurs, 9 AM - 8 PM; Fri 9 AM - 5 PM

Center for Child and Family Services accepts most insurance and serves uninsured persons on a sliding scale. They are an accredited, non-profit organization. The Center for Child and Family Services offers English-speaking and Spanish-speaking counselors for:

Child therapy	Anger control	Anxiety
Grief	Attachment/bonding	Trauma
Divorce	Defiance	
Adoption	Depression	

CHILD AND FAMILY CONNECTION

348 McLaws Circle, Unit 3

Williamsburg, VA 23185

(tel) 757-229-7940 Ext 201

(fax) 757-229-8081

Office Hours: Flexible hours by appointment

Child and Family Connection provides English-speaking and Spanish-speaking behavioral health specialists who work with families and children of all ages. It accepts most insurance.

CHILDREN'S SPECIALTY GROUP CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS

2021 Concert Drive, Suite 203

Virginia Beach, VA 23456

(tel) 757-668-2840

Office Hours: Mon-Fri, 8 AM - 4:30 PM

Children's Specialty Group accepts most insurance, but may have a significant wait time for an appointment. It specializes in evaluation, diagnosis and management of children with developmental disabilities including:

Developmental delay

Autism

Cerebral palsy

Learning disabilities

Birth defects

Speech and language disorder

CLINICAL ASSOCIATES OF TIDEWATER

12965 McManus Boulevard, Bldg. 8

Newport News, VA 23602

(tel) 757-877-7700

(fax) 757-872-7211

Office Hours: Mon-Thurs, 9 AM - 7 PM; Fri 9 AM - 4 PM

Clinical Associates of Tidewater accepts most insurance and specializes in:

Therapy with children, adolescents, and adults

Individual and family therapy

Psychological testing, with intellectual, educational and personality components

Consultations with schools, physicians, courts and social service agencies

COLONIAL PSYCHIATRIC ASSOCIATES, LLC

**708 Mobjack Place
Newport News, VA 23606
(tel) 757-873-1958**

Office Hours: Mon-Fri, 8 AM - 4 PM

Colonial Psychiatric Associates accepts most insurance and employs English-speaking and Spanish-speaking psychologists. It provides assessment and therapy for children, adolescents and adults, including treatment for:

Depression
Anxiety

Parenting issues
Military families

ADHD

CONNECTED COUNSELING SERVICES

**101 Nat Turner Boulevard
Newport News, VA 23606
(tel) 757-753-8401
(fax) 757-223-9783**

Office Hours: day and evening appointments

Connected Counseling Services accepts most insurance and specializes in:

Counseling and therapy work with couples and families
Specializing in parenting, child and adolescent issues
Help available for military families, foster care, blended and adoptive families

CREATIVE COUNSELING CENTER, INC.

**706 Todds Lane
Hampton, VA 23666
(tel) 757-876-7194
(fax) 757-262-1544**

jenn811@msn.com

Office Hours: Flexible; some evening/Saturday appointments

Creative Counseling Center accepts most insurance and specializes in utilizing “talk” therapy as well as art therapy, play therapy, and other creative techniques to work with kids. It works with children, teenagers, and families for:

Trauma
Anxiety

Depression
School issues

Asperger’s

EMERGENCY SERVICES

Professional crisis counselors provide 24 hour immediate intervention and counseling. For emergency assistance, call: **757-788-0011**.

HAMPTON/NEWPORT NEWS COMMUNITY SERVICES BOARD

**300 Medical Drive
Hampton, VA 23666
(tel) 757-788-0300
(fax) 757-788-0973**

Hampton/Newport News Community Services Board specializes in intensive in-home services to help children and their families reduce the level of emotional disturbance, resolve family problems and build more stable families.

PENINSULA PASTORAL COUNSELING CENTER

**707 Gum Rock Court
Newport News, VA 23606
(tel) 757-873-2273
Office Hours: Mon-Thurs, 8:30 AM - 8 PM; Fri 8:30 AM - 3 PM**

Peninsula Pastoral Counseling Center accepts most insurance and offers client assistance for those who lack insurance or the means to pay. It specializes in:

Parenting
Anxiety
Anger

Depression
Women's Issues
Self-Care

Spirituality
Loss and Bereavement
Forgiveness

ROCK LANDING PSYCHOLOGICAL GROUP, PLC

**The James Building
11825 Rock Landing Drive
Newport News, VA 23606
(tel) 757-873-1736
(fax) 757-873-1028**

Office Hours: day and evening appointments

Rock Landing Psychological Group accepts most insurance. It is a private practice of psychiatrists, psychologists, clinical social workers, licensed marriage and family therapists and licensed professional counselors providing services to children, teens, adults, couples and families.

STATEWIDE INTERVENTION NETWORK

The Statewide Intervention Network provides support for children with developmental delays. Under federal law, the Individuals with Disabilities Education Act (IDEA) requires early intervention services to be available to every child with significant developmental delays. There is no charge for the evaluation process to determine eligibility for early intervention or special education services.

For children birth through age 2:

- **Living in Newport News or Hampton: Call Infant Toddler Connection 757-726-4012**
- **Living in York County, Williamsburg, Poquoson, James City County: Call Child Development Resources 757-566-8687**

For children 2 and older, contact early intervention specialists at the local school system:

- **Newport News Public Schools 757-591-4963**
- **Hampton City Schools 757-727-2405**
- **York County Schools 757-898-0455**
- **Poquoson City Schools 757-868-3050**
- **Williamsburg/ James City Schools 757-564-8721**
- **Isle of Wight County Schools 757-365-1616**
- **Gloucester County Schools 804-693-7880**

TRANSITIONS FAMILY VIOLENCE SERVICES

Hampton, VA

Children's Services 757-728-2639

24 hour hotline 757-723-7774

www.transitionsfvs.org

Transitions Family Violence Services provides counseling, outreach, children's services, shelter assistance, and support groups. Bilingual counselors are available. It offers a Protect Our Kids program for children who have witnessed violence. For more information call 757-727-0651.

WILLIAMSBURG PSYCHIATRY

1101 Professional Drive, Suite C

Williamsburg, VA 23185

(tel) 757-645-3795

(fax) 757-645-3796

Office Hours: Mon-Thurs, 8 AM - 5 PM; Sat, 8 AM - 12 PM

Williamsburg Psychiatry accepts most insurance and has English-speaking and Spanish-speaking psychologists to counsel parents, children and adolescents.

SECTION E. SHORT TERM CRISIS RESOURCES

Below are some resources to contact if you need immediate help with shelter, domestic violence, or other similar situations.

LINK OF HAMPTON ROADS

10413 Warwick Boulevard
Newport News, VA 23601
(tel) 757-595-1953
(fax) 757-595-3428
www.linkhr.org

Link serves our most vulnerable children and adults who strive to survive by providing a holistic approach. To those in need, a homeless shelter, permanent housing, food, clothing, and medical assistances are offered.

SALVATION ARMY, PENINSULA COMMAND

1033 Big Bethel Road
Hampton, VA 23666
(tel) 757-838-4875
(fax) 757-827-8467
Mailing Address: P.O. Box 7529, Hampton, VA 23666

The Salvation Army provides short-term crisis intervention. It assists with families' and individuals' basic needs by meeting a financial need and/or providing food, clothing, shelter, medicine and counseling.

SECTION F. HEALTH CARE RESOURCES

A variety of free or low cost healthcare services are available for the residents of Hampton Roads. Eligibility often depends on the city or county of residence, age, medical history, and financial circumstances. Most programs are income-based and require you to complete paperwork to establish eligibility. Through these organizations, a wide range of services and programs can be accessed, including:

- Medicaid
- Emergency Medicaid
- Family Planning & Birth Control
- Female Exams
- Prenatal Care
- Routine Exams
- Adult Dental Care
- Optometry & Hearing
- Basic Prescriptions

ACTIVE LIFESTYLES PROGRAM

15198 Warwick Boulevard

Newport News, VA 23608

(tel) 757-812-7900

Newport News Parks, Recreation & Tourism 757-926-1400

Office Hours: Mon-Fri, 9 AM – 4 PM

The Active Lifestyles Program is offered at the Denbigh Community Center. A variety of fitness classes are available for the older adult including Strength and Balance Fusion, Yoga, Fit Chicks, and Tai Chi. Participants can also sign up for beginner and advanced computer classes, line dancing, AARP Defensive Driving classes, and more. The center also hosts special events such as periodic health screenings, speaker's bureau events, cultural enrichment programs, and educational seminars. Clubs include Pinochle, Bridge, Book Club, and the Socrates Café discussion group. Open recreation in the gym is offered Thursdays and Fridays from 1-4pm, and includes pickleball, badminton, shuffleboard, and basketball.

LIONS CLUB - CONSERVATION OF HEARING AND SIGHT

13629 Warwick Boulevard

Newport News, VA 23602

(tel) 757-594-0082

The Lions Club's program provides eyeglasses, hearing aids, medical and surgical care, and other specific medical services dealing with sight and hearing for eligible individuals.

PENINSULA HEALTH DEPARTMENT

416 J. Clyde Morris Boulevard

Newport News, VA 23601

(tel) 757-594-7300

Environmental Health: 594-7340 or 594-7341

The Peninsula Health Department offers services including family planning and birth control, basic female exams, and some adult immunizations. Depending on health risk and family history, patients may be referred for additional services including mammogram and breast cancer screenings. Testing and treatment for sexually transmitted infections are free. Dental services are also available to Newport News residents only.

Fees vary according to family income and number of dependents, based on statewide sliding fee scale. Other services may include:

- Acute adult care
- Dental care
- Environmental protection and sanitary inspections

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

- Issuance of Food Handler's Cards
- Family planning
- Health clinics
- Immunizations for childhood diseases and overseas travel
- Public health nurse (only in clinics)
- Testing and counseling for pregnancy
- Tuberculosis
- Sickle cell anemia
- Vital statistics information
- Child development evaluations
- Venereal disease treatment and follow-up
- WIC vouchers and nutrition counseling

PENINSULA INSTITUTE FOR COMMUNITY HEALTH, INC. (PICH)

**4714 Marshall Avenue
Newport News, VA 23607
(tel) 757-380-8709**

PICH provides family practice, pediatrics and OB/GYN health care services; as well as laboratory, nutritional and family planning counseling. Medicare/Medicaid based on a sliding fee and other insurance accepted.

RIVERSIDE HEALTH SYSTEM

Riverside Health System: (757) 989-8830, option 3 or (800) 675-6368, option 3

Riverside Medical Group: (757) 534-6970

http://www.riversideonline.com/patients_guests/financial-assistance.cfm

Riverside's Financial Assistance Program offers assistance programs for uninsured patients and Riverside will help you apply. For more information on the Financial Assistance Program, please call the Riverside Financial Counselors.

SOCIAL SERVICES

Hampton Department of Social Services

1320 LaSalle Avenue
P.O. Box 9346
Hampton, VA 23670
(tel) 757-727-1800
www.dss.state.va.us

Gloucester Department of Social Services

6641 Short Lane
P.O. Box 1390
Gloucester, VA 23061
(tel) 804-693-2671
www.dss.state.va.us

Newport News Department of Social Services

6060 Jefferson Avenue
Newport News, VA 23605
(tel) 757-926-6300
www.dss.state.va.us

Isle of Wight Department of Social Services

17100 Monument Circle, Suite A
Isle of Wight, VA 23397
(tel) 757-365-0880
www.dss.state.va.us

Newport News – Denbigh Department of Social Services

Municipal Annex
68 DeShazor Drive
Newport News, VA 23602
(tel) 757-369-3160
www.dss.state.va.us

York-Poquoson Social Services

Public Safety Building, Second floor
301 Goodwin Neck Road
Yorktown, VA 23692
(tel) 757-890-3787
<http://www.yorkcounty.gov/CountyGovernment/York-PoquosonSocialServices.aspx>

James City County Department of Social Services

5249 Old Towne Road
Williamsburg, VA 23188
(tel) 757-259-3100
www.dss.state.va.us

A variety of programs are available through Social Services including Family Access to Medical Insurance Security (FAMIS). Programs are free to those that meet income-based eligibility.

SOUTHEASTERN VIRGINIA HEALTH SYSTEM

4714 Marshall Avenue
Newport News, VA 23607
(tel) 757-380-8709

Southeastern Virginia Health System offers programs including general family medicine, family planning, pediatrics and OB/GYN services. Fees are based on several factors, including income.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

THE BON SECOURS CARE-A-VAN

For general Care-A-Van information, call 889-CARE (2273)

For existing and returning patients, call 889-5121

www.bshr.com/careavan

The Care-A-Van is a mobile medical service that provides free health care to uninsured adults and children of the Hampton Roads area. Services include general medical care, routine evaluations and treatments of common acute illnesses, sports physicals, children's health insurance enrollment, and health education services. It works with patients to ensure they obtain needed services. Patients in need of additional services will be referred to another care provider.

UNITED WAY OF THE VIRGINIA PENINSULA

First Call: 594-4636

<http://www.uwvp.org/first-call>

United Way offers services providing preventative healthcare to uninsured adults and children. First Call Information and Referral provides a telephone hotline where operators assist clients in locating the services they need.

SECTION G. FINANCIAL RESOURCES

Financial literacy and other financial resources can be helpful at any stage in life to address planning and budgeting needs. Debt management seminars can be helpful for establishing repayment plans and learning new, positive spending habits. Some programs offer financial support for temporary needs, and others can consolidate debts to make repayment more manageable. Do not hesitate to negotiate terms and rates with credit card companies, phone and cable services, and utilities. Sometimes they are willing to help based on your needs and situation. Always be sure to check bills and bank statements for accuracy and call quickly to dispute charges that are inaccurate on your statement.

The following organizations offer resources that can help you manage your finances.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

BAYPORT CREDIT UNION WORKSHOPS

**9308 Warwick Boulevard
Newport News, VA**

https://www.bayportcu.org/site/product_other_financial_workshops.html

BayPort Credit Union Financial Counseling hosts many free and informative workshops open to all BayPort Credit Union members. All members are encouraged to attend and may sign up online. Classes are held from 6:00 pm - 8:00 pm at the BayPort Credit Union Training Room. Classes that may be available include:

- Debt Free and Money for Me
- Build a Strong Credit Report
- Build a Basic Budget
- Set financial goals
- Prioritize and make better choices about the things that are most important to you
- Learn how to develop a spending and savings plan plus how to get out of debt

CENTER FOR CHILD & FAMILY SERVICES

**2021 Cunningham Drive, Suite 400
Hampton, VA 23666**

www.kidsandfamilies.com

The Center for Child and Family Services offers budget counseling for families or individuals having financial problems. Debt management programs may be able to establish repayment plans with creditors. Overspenders Anonymous is also available. Speakers are available for educational presentations. No fees are charged for these services.

CONSUMER CREDIT COUNSELING SERVICE OF HAMPTON ROADS

www.debtfreeonline.com

Services include:

- Budget Counseling - Free
- Debt Management Program (DMP) - varies
- Housing Counseling (HUD Approved) - Free
- First Time Home Buyer's Class - Free
- Representative Payee (Social Security Referrals) - \$29 per month
- Seminars – Free

DENBIGH UNITED CHRISTIAN OUTREACH, INC. (DUCO)

13813-E Warwick Boulevard
Newport News, VA 23602
(tel) 757-877-9079
www.duco1973.org

Through DUCO's Seeding New Attitudes & Planning for Self-sufficiency (SNAPS) program, this collaboration of churches offers comprehensive budget assessment/mentorship, employment/resource referrals, and emotional and spiritual nurturing to help alleviate a current crisis. It helps seed new attitudes and support transition to self-sufficiency. Applicants engaged in the budgeting services may apply for emergency financial assistance (i.e., aid with delinquent rents, utility turn-offs, food & other essential needs). The scope of ministry has been expanded to include all Newport News and York County zip codes. No fees are charged for these services.

GIRL SCOUTS FINANCIAL LITERACY PROGRAM

Old Point National Bank sponsors a Girl Scout financial education program. The curriculum satisfies requirements for the financial literacy badge. Bank staff leads the scouts through tailored activities to learn about money and wise spending. Curriculum is customized based on troop ranking. No fees are charged for these services.

SECTION H. LEGAL RESOURCES

If you find yourself in need of legal advice or an attorney to represent you, there are some low cost resources available. As a public service, many lawyers are willing to take cases pro bono (no charge for representation), although you will likely be required to pay your own court costs.

LEGAL AID SOCIETY OF EASTERN VIRGINIA, INC. (PENINSULA OFFICE)

30 West Queen's Way
Hampton, VA 23669
(tel) 757-275-0080

Legal Aid offers legal services in civil matters to low-income individuals and representation on various matters, including divorce, protective Orders, custody/visitation, child support, landlord/tenant matters, SSI appeals, contracts and warranties, collections, public benefit denials, education, and powers of attorney/wills. It does not offer legal assistance in criminal or traffic matters. Clients may be responsible for paying court costs, if any.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

VALEGALAID.ORG

<http://www.valegalaid.org/>

VAlegalaid.org provides background information on various legal topics and some do-it-yourself forms. There is a directory of lawyers available.

OTHER LEGAL RESOURCES

- Virginia State Bar's Lawyer Referral Service at (800) 552-7977
- Peninsula Legal Aid (Williamsburg Office) at (757) 220-6837
- Norfolk and Portsmouth Bar Association's Lawyer Referral Service at (757) 623-0132
- Your local Public Defender's Office

SECTION I. OTHER RESOURCE GUIDES

**Administration for Children and Families
U.S. Department of Health and Human Services
370 L'Enfant Promenade, S.W.
Washington, D.C. 20447**

<http://www.acf.hhs.gov/programs#topic-families>

NEWPORT NEWS/HAMPTON

**City of Newport News
311 Contact Center
(tel) 757-933-2311**

**Daily Press
7505 Warwick Boulevard
Newport News, VA 23607
(tel) 757-247-4600**

<http://www.dailypress.com/dp-cbp-resources,0,7698345.htmlstory>

**Newport News Public Schools
Youth Development Office
12465 Warwick Boulevard
Newport News, VA 23606
(tel) 757-595-2017**

http://sbo.nn.k12.va.us/sped/documents/sw_resource_list.pdf

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

Smart Beginnings Virginia Peninsula
321 Main Street, Suite A
Newport News, VA 23601
(tel) 757-240-2731
<http://www.smartbeginningsvp.org/index.html>

WILLIAMSBURG

Williamsburg Community Action Agency
312 Waller Mill Road, Suite 405
Williamsburg, VA 23185
(tel) 757-229-9332
<http://www.wjccactionagency.org/Forms/WJCC%20CAA%20Resource%20Guide.pdf>

GLOUCESTER

County of Gloucester
Building One
6467 Main Street
Gloucester, VA 23061
(tel) 804-693-5730
<http://www.gloucesterva.info/CommunityEducation/ResourceGuide.aspx>

ISLE OF WIGHT

Christian Outreach Program
402 Grace Street
Smithfield, VA 23431
(tel) 757-356-9267
<http://www.iowcop.org/>

FAQ (FREQUENTLY ASKED QUESTIONS)

I don't have anywhere to live/sleep tonight?

Your local CSB can be a first guide to emergency services. See the CSB listing and ask for the intake coordinator at your local CSB.

Can I continue to work and still receive Social Security Benefits?

Yes. If you have reached full retirement age your earnings will not reduce your Social Security benefits, no matter how much you earn. However, your Social Security benefits will be reduced if your earnings exceed certain limits the few months before reaching full retirement age. Calling in to submit pay stubs monthly may be required.

For the most recent version visit https://www.jlhr.org/?nd=community_impact.

What Programs are available if I have SSI?

If you have SSI, you are likely eligible for Medicaid as well. To apply for Medicaid, call your local Department of Social Services or visit Medicaid on the Virginia Easy Access website. You may also be eligible for Food Stamps, Fuel Assistance and other programs. To find out more about these services, visit the financial section on the Virginia Easy Access website at <http://www.easyaccess.virginia.gov/>.

How do I get to these organization or shelters if I don't have transportation?

One cost effective means of transportation is public transportation, such as the bus. To see if transportation assistance is provided, contact individual organizations or shelters directly.

What can I do if I am uninsured?

Contact Project CARE to see if you are eligible to participate in their programs. Project CARE is an organization of free clinics, sliding scale clinics, physicians, and hospital partners working together to help those without insurance and with an income at or below 200% of the Federal Poverty Level get the health care services they need.

Project CARE
416 J. Clyde Morris Boulevard
Newport News, VA 23601
(tel) 757-594-8413
www.projectcareva.org