



# THRIVE Peninsula Community Resource Guide

*Updated as of June 25, 2026*

Thank you for picking up **The THRIVE Peninsula Community Resource Guide.**

At THRIVE Peninsula, we understand that finding the right help can be challenging, especially during difficult times. We also know that no single organization can meet every need. That's why we created this guide: to connect individuals, families, and professionals with the many resources available throughout our community.

Whether you are seeking support for yourself, helping a friend or family member, or assisting clients and neighbors in need, we hope this guide becomes a trusted tool that you return to again and again.

The THRIVE Community Resource Guide is truly a community effort, created by the community, for the community. While we update the guide twice each year, resources can change at any time. If you notice information that needs to be added, updated, or corrected, please let us know. Your feedback helps ensure that everyone who relies on this guide has access to the most accurate information possible.

This guide is compiled by THRIVE Peninsula staff and volunteers and focuses on resources available to residents of the Virginia Peninsula, including Newport News, Hampton, York County, Poquoson, James City County, and Williamsburg.

Thank you for being part of a community that cares for and supports one another.

To provide updates or corrections for future editions, please contact  
**Barbara at [barbara@thrivepeninsula.org](mailto:barbara@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 Yorktown. We offer The Market at THRIVE - the Peninsula's free grocery store, emergency financial assistance, financial and job coaching services, vital records support, benefits support, resource connections and more. Learn more and support our work at:

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

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## 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.

**Spanish speakers available**

### **24-Hour Crisis Hotline**

(757) 251-0144

24-Hour crisis counseling to anyone affected by sexual assault, domestic violence, stalking, or human trafficking. Our trained crisis counselors provide emotional support and assist callers with coping skills, safety planning, and appropriate information and referrals to community resources.

**Spanish speakers available**

### **24-Hour State Adult Protective Services Hotline**

(888) 832-3858

### **24-Hour State Child Abuse Hotline**

(800) 552-7096

### **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.

**Spanish speakers available**

### **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.

**Spanish speakers available**

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

[www.uwvp.org/help](http://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.

**Spanish speakers available**

### **The Center for Sexual Assault Survivors**

[www.VisitTheCenter.org](http://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.

**Spanish speakers available**

### **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 including 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.

**Spanish speakers available**

### **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.

**Spanish speakers available**

### **Human Trafficking Hotline**

[www.humantraffickinghotline.org](http://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.

**Spanish speakers available**

### **National Domestic Violence Hotline**

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

24/7/365 the National Domestic Violence Hotline provides essential tools & support to help survivors of domestic violence. Contacts can expect highly trained, expert advocates to offer free, confidential, & compassionate support, crisis intervention information, education, & referral services in over 200 languages.

**Spanish speakers available**

### **Newport News Department of Human Services**

[www.nnva.gov/human-services](http://www.nnva.gov/human-services) (757) 926-6300

6060 Jefferson Ave, Newport News, VA (Rouse Tower)

368 DeShazor Drive (Denbigh office)

Human services offered: Adoption Information (757-926-6329); SNAP, Medicaid, TANF (757-926-6300); Child Abuse Hotline (757-926-6600); Child Care Benefits (757-926-6050); Clothing Department at Four Oaks (757-975-5201); Employment Services (757-926-6551); Energy/Fuel Assistance (757-926-6601); Foster Parenting information (757-926-6283); Fraud Reporting (757-926-6080); Healthy Families Newport News (757-926-6009); Homelessness Services at Four Oaks (757-975-5200); Parenting Education Classes (757-926-6472); Parents as Teachers (757-926-6009); Regional Housing Crises Line (757-587-4202); Safe Sleep (757-926-6009); Services Intake (757-926-6161) Youth Services (757-926-6458); Volunteer Services (757-926-6064)

### **Transitions Domestic/Sexual Violence Hotline**

[www.transitionsfvs.org](http://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.

**Spanish speakers available**

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

[www.dvs.virginia.gov](http://www.dvs.virginia.gov) – 988 (veterans press 1)

Crisis intervention for military veterans and their families.

**Spanish speakers available**

### **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.

**Spanish speakers available**

### **Virginia Adult Protective Services**

[www.dars.virginia.gov/aps/aps](http://www.dars.virginia.gov/aps/aps) (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](http://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 Resources**

## Childcare/After School Programs

# NEED HELP WITH *Child Care Costs?*

**You may qualify for financial assistance through Virginia's Child Care Subsidy Program.**



**Families can choose from a wide range of child care providers, including centers, family day homes, and faith-based programs.**

**Eligibility**

- Family eligibility is based on two key factors:
  - a. Parental activity: Parents must be working, looking for work, or participating in training or education.
  - b. Household Income: Families with a young child (not yet in kindergarten) are eligible if their income is up to 85% of the State Median Income (approximately \$113,000 annually for a family of 4). Assistance is also available for other children in the family under age 13.
- Families must also meet other basic eligibility requirements.
- Once approved, families typically receive care for at least 12 months.

**Family Copayments**


- You may be required to pay a monthly copayment to your child care provider.
- A family's copayment amount is determined during the eligibility process and is based on household income.
- Your local caseworker will explain your copayment as part of your application review.

Maximum INCOME ELIGIBILITY LIMITS (85% State Median Income)		
Household Size	Monthly Income	Annual Income
2	\$6,455	\$77,455
3	\$7,973	\$95,680
4	\$9,492	\$113,904
5	\$11,011	\$132,129
6	\$12,529	\$150,354
7	\$12,814	\$153,771
8	\$13,099	\$157,188

**HOW TO APPLY**

**Scan this QR code to learn more!**



Waitlists May Apply: Some localities have waitlists for subsidy slots. Families are encouraged to apply and will be notified if placed on a waitlist.

Be ready to provide proof of income, activity, and your child's documentation.

**Alternatives, Inc.**

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

(757) 838-2330

2101 Executive Drive, Suite 350 Hampton, VA 23666

Alternatives provides afterschool programs for middle and high school age youth; also, programs focusing on art and creativity, youth leadership, civic engagement, and workforce development. Programs for families help to support health and wellness, stress reduction and financial literacy. Hours are Monday-Friday from 9 am- 5 pm with some services for youth and families offered in the evenings and on weekends.

### **Boys and Girls Club of the Virginia Peninsula**

[www.bagclub.com](http://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. FREE Annual Membership is offered to military families (Active duty, Reserves & National Guard).

### **Care.com**

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

A website to help find childcare needs. (daycare vs.in-home, nights, weekends, etc.)

### **Childcare Aware**

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

14321 Winter Breeze Dr., Ste 152, Midlothian, VA 23113

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.

### **C. Waldo Scott Center for H.O.P.E.**

<https://scottcenter.org/> (757) 244-9223

2308 Roanoke Ave. Newport News, VA 23607

The mission of the C. Waldo Scott Center for H.O.P.E (Helping Our People Emerge) is to provide HOPE to families, while developing the WHOLE CHILD. This is achieved by providing comprehensive services to educate and foster the growth and development of youth and families.

### **Department of Social Services**

[www.dss.virginia.gov/](http://www.dss.virginia.gov/) OR [www.commonhelp.virginia.gov](http://www.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.

**Spanish speakers available**

### **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. Open Mondays – Thursdays, 9 am – 5 pm; Closed on Fridays.

**Kids, Kin ‘N Caregivers, Inc.**

[www.kids-kin-care.org](http://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**

[Head Start Program – Early Learning for Bright Futures](#) (757) 246-9170; (757) 283-7850  
(NNPS Academic Services Dept).

610 Hampton Ave, Newport News, VA 23607

This program for 3- and 4-year-old children offers 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. ESL available.

**The Legacy of HOPE Foundation, Inc.**

<https://www.thelegacyofhopefoundation.com> - (757) 741-6111

239 Buxton Avenue, Newport News, VA 23607

Legacy Learning Academy held every 2<sup>nd</sup> and 4<sup>th</sup> Saturdays from 12-2 pm. Helps to teach children self-esteem, confidence, courage, & character through Biblical principles and healthy lifestyles. Sign up online.

**Park A Kid**

<https://www.parkakid-diverse-exceptional-non-traditional-childcare.com/> (415) 742-1822

Home-based childcare service offering 24/7/365, inclusive, and non-traditional care for children aged 6 weeks to 8 years.

**Peake Childhood Center**

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

Hampton location: 1306 Thomas St.

Newport News location: 1500 Jefferson Ave.

Provides high quality and affordable early childhood care and education for children aged six weeks to age five. Peake provides affordability through the Virginia Childcare Subsidy Program, the Mixed Delivery Grant, and a sliding scale tuition based on income.

**Stepping Stones Child Development Center (Early AM, Late PM, & Weekend Hours)**

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

Denbigh: 12946 Jefferson Ave. Newport News (757) 369-2528

Warwick Village: 11006 Warwick Blvd. Newport News (757) 595-9096

**Tender Hearts (through care.com)**

100 Tricia Lane Newport News

In-home provider offering days, nights, and weekends.

**YMCA Child Development Center**

[www.Ymcavp.org](http://www.Ymcavp.org) (757) 245-0047

7827 Warwick Boulevard, Newport News, VA 23607

Provides preschool and before and after school care at various locations. Care is 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.

**Free Formula Exchange**

[www.freeformula.exchange/home](http://www.freeformula.exchange/home)

Connects families in need of formula with others who are donating formula. Application is online.

Multiple languages offered on the website

**THRIVE Peninsula**

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

12749 Nettles Drive, Newport News, VA 23606

THRIVE has 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.

**Diaper Depot (an HRCAP program)**

[www.twogen@hrcapinc.org](http://www.twogen@hrcapinc.org) (757) 734-4627

Income restrictions apply and participants must complete a monthly survey. Every 4<sup>th</sup> Saturday- pickup at Whole Family Innovation Lab- 1919 Commerce Dr. Hampton, VA 23666

**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. Need to be referred by an agency (Thrive Peninsula is one of the referring agencies)

**Emmanuel Baptist Church**

[www.ebcnn.org/local-missions](http://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

[glowwcenter2@gmail.com](mailto:glowwcenter2@gmail.com) (call or email for appointments)

321 Grafton Drive, Yorktown 23692

Diaper bank available for women in need with children from newborn through 4 years of age. Open Tuesdays & Thursdays 10 am- 2 pm

**Spanish speakers available**

**Greater Hampton Roads Diaper Bank**

[www.ghrdiaperbank.org](http://www.ghrdiaperbank.org) phone number not listed for public use.

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) 595-1953

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. Open M-F 10 am- 2 pm.

**Our Lady of Mount Carmel Catholic Church**

<https://www.olmc.org/music-ministry> - (757) 596-1727

100 Harpersville Road, Newport News, VA 23601

This program offers formula, baby clothes, and diapers.

## Children/Youth – Other

### **Alcove Health/Care Net Peninsula**

[www.alcovehealth.org](http://www.alcovehealth.org) - (757) 591-8141

11101 Warwick Boulevard, Newport News 23601

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. Mon-Wed 8 am- 5 pm, Thurs 8 am-7:30 pm, Fri 9 am-2 pm

### **Spanish resources available online**

### **Big Brothers Big Sisters**

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

Greater VA Peninsula Office

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 25<sup>th</sup> Street, 1<sup>st</sup> 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)

### **Center for Child & Family Services**

<https://www.kidsandfamilies.com/>

739 Thimble Shoals Blvd. Suite 400 Newport News, VA 23606 (757) 838-1960

Open M-Th 9 am-8 pm, F closed, Sat 10 am- 1 pm by appt. only.

### **Child Development Resources (CDR) - Fatherhood program**

[www.cdrfatherhood.com](http://www.cdrfatherhood.com) - (757) 345-3180

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

6 W. County Street, Hampton, VA 23663

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

### **Infant & Toddler Connection of Virginia**

<https://itcva.online/>

This is Virginia's early intervention system for infants and toddlers (age 0-36 months) with disabilities and their families.

### **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.

### **Museums for All**

<https://museums4all.org/>

Participating museums in our area offer admission for \$5 or less (for up to four people) for those people with an EBT/SNAP benefit card.

### **Newport News Healthy Families**

<https://www.nnva.gov/345/Prevention-Self-Sufficiency-Services> - (757)-926-6009

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.

### **Quality of Life**

<https://www.qualitylifematters.org/> (757) 998-2100

Provides mental housing, mentoring, life skills, workforce development, truancy reduction, and gun violence reduction programs for youth.

### **Seton Youth Shelters**

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

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).

### **Soundscapes**

[www.soundscapes.org](http://www.soundscapes.org) 757-273-6178

11712 Jefferson Avenue, Suite C, 473, Newport News, VA 23606

Youth development organization that uses music as a powerful tool to help children thrive in school, work, and life. After-school programs are provided for families at Discovery STEM Academy, Carver Elementary School, and Greenwood Elementary School. All after-school programs are FREE for families. Visit website for more information.

### **The HEB Foundation**

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

<https://www.vdh.virginia.gov/wic/> (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](http://www.allnationschurch.org/outreach) (757) 699-1500

853 Cloverleaf Lane, Newport News, VA 23601

Distributes clothes every Thursday at 1:00 pm at Eggleston Wellness Center (Corner of J Clyde and Woods Rd (NN))

#### **Bethel Church**

[www.betheltemple.com](http://www.betheltemple.com) (757) 826-1426

1705 Todds Lane, Hampton, VA 23666

Clothing closets are open on Tuesdays and Thursdays from 11:00 am to 1:00 pm

#### **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 (quarterly).

#### **Dreams of Hope Foundation**

[www.dreamsofhopefoundation.org](http://www.dreamsofhopefoundation.org) - (757) 806-6339

7320 Warwick Blvd, Newport News, VA 23607

Contact to book an appointment. 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.

#### **First Baptist Church Denbigh**

13656 Warwick Blvd. Newport News 23602 757-877-5808

Open Wednesdays from 9:30-11:45 am & Fridays from 9:30 am-12:00 pm

Children and adult sizes (closed on holidays and special events)

#### **Geraldine's Closet**

[thelegacyofhopefoundation.com](http://thelegacyofhopefoundation.com) - (757) 741-6111

239 Buxton Avenue, Newport News, VA 23607

Free clothing offered on Wednesday's from 3pm-5pm, Thursdays from 2 pm – 5 pm and every 2<sup>nd</sup> & 4<sup>th</sup> Saturday from 12pm-2pm.

**Lend a Second Hand**

<https://www.lendasecondhand.com/about-us> 757-377-2134

Provides new and gently used clothing and footwear to families in need.

**LINK of Hampton Roads**

[www.linkhr.org](http://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.

**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 and other supplies. Families are eligible to receive items once a month.

**Parents in Need, Inc.**

<https://pinofthepeninsula.org/> 757-310-9242

Call for appointment; clothing, shoes, school supplies (seasonal), toys (seasonal), diapers, food

**Safehaven Empowerment Center**

(757) 969-5613

429 Thorncliff Drive Newport News, VA 23608

Community closet is open on Wednesdays from 10 am-12 pm and from 5-7 pm. Clothes, shoes, and outerwear are available for all ages.

**St. Vincent de Paul Catholic Church**

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

230 33rd St., Newport News, VA

The 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

Offers items for work, school, and daily life. Open Tuesdays and Thursdays from 10am-2pm.

**The Legacy of HOPE Foundation, Inc.**

<https://www.thelegacyofhopefoundation.com> - (757) 741-6111

239 Buxton Avenue, Newport News, VA 23607

Legacy Learning Academy held every 2<sup>nd</sup> and 4<sup>th</sup> Saturdays from 12-2 pm. Helps to teach children self-esteem, confidence, courage, & character through Biblical principles and healthy lifestyles. Sign up online.

**The Needs Network**

<http://theneedsnetwork.com/services.htm> 1-877-745-5421

95 Tyler Avenue, Newport News, VA 23601

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 opens on the 3<sup>rd</sup> Tuesday of the month from 11-1pm. We serve those in need of food and clothing in partnership with the USDA. 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 closets are available from 10:00 am-2:00 pm on the 4<sup>th</sup> Monday and 4<sup>th</sup> Friday of each month.

**Hampton****Messiah Center**

[www.messiah-center.org](http://www.messiah-center.org) – (757) 727-0919

1421 W. Pembroke Ave, Hampton, VA

Open to the public on the 2<sup>nd</sup> and 3<sup>rd</sup> 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.

**West Hampton Baptist Church**

<https://whbcnow.org/missions.html> 757-826-5772

631 Aberdeen Road, Hampton VA 23661

Clothing closets open every Thursday from 11 am until 12:30 pm

## 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

Provides clean, gently used clothing for women. Each woman can select a combination of clothing from the Clothing Closet. Open Tuesdays and Thursdays 10am-2pm.

**Spanish speakers available**

### **York County Volunteer Association (The Bargain Box)**

<https://thebargainbox.org/> – (757) 898-8688

222 Dare Road, Yorktown, VA 23692

Call for an appointment.

# **Domestic Violence/Human Trafficking/Victims of Violent Crime**

## Domestic Violence / Human Trafficking

### **AAYA CASA**

[www.aayacasadv.org](http://www.aayacasadv.org) – (757) 528-2258

Aaya Casa is a 501©3 non-profit organization for domestic violence. Their goal is to provide awareness & resources to victims of abuse. They offer a variety of activities that are aimed at training, providing resources & education through community outreach services.

**Spanish speaker available**

### **Amazine Amazon Inc.**

[www.amazineamazon.org](http://www.amazineamazon.org) - (948) 202-8843 or email:  
[info@amazineamazon@gmail.com](mailto:info@amazineamazon@gmail.com) for resources.

### **Amber R.I.S.E.**

[www.amberrisedv.com](http://www.amberrisedv.com) (757) 720-2353

National Domestic Violence Specialist, Certified Victim Advocate  
Email Katrina D. Foster, MA at: [Katrina4AmberRise@gmail.com](mailto:Katrina4AmberRise@gmail.com)

### **Avalon Center**

[www.avaloncenter.org](http://www.avaloncenter.org) - (757) 258-5022 (office); 24/7 Hotline (757) 258-5051

**Translator service available**

Avalon Center provides a range of services—including prevention, education, emergency shelter, transitional housing, counseling, youth services, advocacy, and community outreach—to help break the cycle of abuse and empower individuals toward safety and self-sufficiency. Avalon Center offers confidential help 24 hours a day through its helpline and supporting people across multiple counties in Virginia.

### **Center for Child & Family Services**

[www.kidsandfamilies.com](http://www.kidsandfamilies.com) (757) 838-1960

**Spanish speakers available**

### **Center for Sexual Assault Survivors**

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

11838 Rock Landing Drive, 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.

### **FreeKind (formerly called Virginia Beach Justice Initiative)**

[www.freekindva.org](http://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 have 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**

<https://www.nnva.gov/2494/Domestic-Violence-Awareness>

Dr. Cheryl Chavers - (757) 928-4646

### **Office of the Attorney General's Victim's Services Unit**

[domestic.violence@oag.state.va.us](mailto:domestic.violence@oag.state.va.us)

Virginians impacted by domestic violence, stalking, sexual violence, human trafficking, and child abduction can apply for the Address Confidentiality Program (ACP) offered by the Office of the Attorney General's Victim Services Unit. The ACP provides a legal substitute address, ensuring a survivor's actual physical location is shielded from public records and inaccessible to their abuser. Participants in the ACP are assigned a confidential mailing address to use for all first-class mail, legal matters, and government interactions. The Office of the Attorney General securely forwards mail to the participant's actual address, preventing any direct connection to their new location. This protection extends to both adults and minors whose parent or guardian is enrolled in the program.

### **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 opens 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.

### **Virginia Victims Fund**

<https://virginiavictimsfund.org> 1-800-552-4007

A state program created to help victims of violent crime with out-of-pocket expenses. These can include medical bills, prescriptions, funeral expenses, etc.

**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 Workforce Development programs.

### **Brooks Crossing Opportunity Center**

<https://www.nnva.gov/2510/Workforce-Development> (757) 975-5316

550 30th Street, Suites 101 and 102 Newport News, VA 23607

Centralized hub for customized, flexible, comprehensive, and innovative approaches to career awareness, skills development, wealth building, support services, and case management.

### **Catholic Charities of Eastern Virginia**

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

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**

[Head Start Program – Early Learning for Bright Futures](#)

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

Provides services to multiple locations throughout the Hampton Roads region.

Head Start early childhood & preschool programs are for children up to age 4 & provide comprehensive services to children & families. 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](http://www.jobcorps.gov) - (800) 733- 5627

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.

### **Literacy for Life**

[www.literacyforlife.org](http://www.literacyforlife.org) (757) 221-3325

1209 Country Club Road, Newport News, VA

Literacy for Life (LFL) provides one-to-one tutor and classroom instruction to adults in reading, writing, math, and English language. LFL also has health, financial, and computer literacy classes to help adult learners obtain the skills they need to navigate the demands of everyday life. A career coach is available to support learners to complete resumes preparing for a job interview, performing a job search or pursuing a workforce certification. Call or email to set up an intake appointment

[literacyforlife@wm.edu](mailto:literacyforlife@wm.edu). Contact person: Frances Falcon

### **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 did not 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) 766-1100

520 Butler Farm Road, Hampton, VA 23666

We provide quality, short-term, affordable training to adults seeking apprenticeships 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/>

Katherine Johnson Elementary-17346 Warwick Blvd. Newport News 23603 (757) 283-7830

Discovery STEM Academy- 1712 Chestnut Ave. Newport News 23607 (757) 928-6838 Ext. 38900

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/](http://www.peninsulaed.com/) (757)283-7830

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

### **Saylor Academy**

<https://www.saylor.org/>

Saylor Academy is a nonprofit initiative working since 2008 to offer free and open online courses to all who want to learn. We offer over 150 full-length courses at the college and professional levels, each of which is available right now — at your pace, on your schedule, and free of cost.

### **The C. Waldo Scott Center**

<https://scottcenter.org/> - (757) 244-9223

2308 Roanoke Avenue, Newport News, VA 23607

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

### **The Gloww Center Education and Training Center**

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

321 Grafton Drive, Yorktown 23692

Classes for single mothers will be coming soon. Call for more information

**Spanish speakers available**

### **Trades Builder**

<https://tradesbuilder.org/> (757) 255-8778

204 Wildwood Drive Yorktown VA 23692

We help young people (ages 16-26) and jobseekers to:

- Learn about skilled trades (e.g., carpentry, electrical work, plumbing, welding, HVAC, masonry)
- Obtain needs-based funds for tuition, certifications, tools, and other upfront costs
- Get ready for work, through support and mentoring
- Connect with companies offering jobs and apprenticeships

## Employment

### **AARP Foundation Senior Employment**

[www.aarp.org/aarp-foundation/our-work/income/scsep/](http://www.aarp.org/aarp-foundation/our-work/income/scsep/)

To see if you're eligible and get assistance applying, call our Work Resources Helpline at 1-855-976-4416. AARP Foundation team members are available Monday–Friday, 9 a.m.–6 p.m., Eastern Time. 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 30<sup>th</sup> St., Suites 101 & 102 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 – <https://www.nnva.gov/193/Apply-for-a-Job> - (757) 926-1800
- Hampton – [www.hampton.gov/hire](http://www.hampton.gov/hire) - (757) 727-6407
- Williamsburg – [www.williamsburgva.gov](http://www.williamsburgva.gov) – (757) 220-6100
- York County – [www.yorkcounty.gov](http://www.yorkcounty.gov) – (757) 890-3687
- Poquoson – [www.ci.poquoson.va.us](http://www.ci.poquoson.va.us) – (757) 868-3000

### **Goodwill Industries International, Inc.**

<https://goodwillvirginia.org/get-job-ready> (757) 248-9405

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.

### **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](http://www.theworkforcecouncil.org) (757) 461-7537

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-development/> (757) 825-4070

Provides employment training, and career education services at sites in Hampton, Newport News, Williamsburg, and James City County.

### **VIEW – Newport News Department of Human Services**

[www.nnva.gov/345/Prevention-Self-Sufficiency-Services](http://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](http://www.vec.virginia.gov) - (866) 832-2363

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

### **Workforce Council – Women in Skilled Careers**

<https://www.theworkforcecouncil.org/about-us/> (757) 461-7537

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/> (757) 247-0379

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](http://www.voachesapeake.org/YouthBuild) (757)748-4209

809 Omni Blvd Newport News, Newport News, VA 23606

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, 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/](http://www.egglestonservices.org/eggleston-job-listing/) (757) 858-8011

5145 East Virginia Beach Blvd., Norfolk, VA 23502

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

## **Goodwill Industries of Central & Coastal Virginia**

<https://goodwillvirginia.org/get-job-ready/> (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/> - (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](http://www.versability.org) - (757) 896-6461

2520 58<sup>th</sup> 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 VA SNAP Employment and Training Pilot Program**

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

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

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](http://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 training.

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

<https://k18034.site.kiwanis.org/owen-wade-scholarship/>

Scholarships for courses in professional and technical fields. Please go to the website and fill out the form for information.

### **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](http://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.

## Virginia Technical Academy

[www.vtacademy.com](http://www.vtacademy.com) (757) 651-1007

809 Omni Blvd. Newport News, VA 23606

Training in HVAC, electrical, plumbing, appliance repair, and facilities maintenance.  
Financial aid is available for those who qualify.

## What's Next

[www.whatsnextva.com](http://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

<https://arvon.com> (757) 595-5551

Call or apply online. **Job Placement** for Medical, Human Services, Hospitality, Administrative, Customer Service, Accounting & Finance, Light Industrial, Warehouse & Production, General & Skilled Labor, and Drivers

### Express Personnel Services

[www.expresspros.com](http://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.

[www.gillmannservices.com](http://www.gillmannservices.com) – (757) 750-3456

4634 Haygood Rd. Virginia Beach VA 23455 (757) 686-2086

**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.

### 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](http://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](http://www.peopleshareworks.com) - (757) 873-6644  
11820 Fountain Way, Suite 599 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.

## 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.

### **JVSG Veteran Services**

[www.vec.virginia.gov/veterans](http://www.vec.virginia.gov/veterans) (veterans' services website)

[www.vaworkconnect.com](http://www.vaworkconnect.com) (Virginia Workforce Connection Website)

- Hampton office: 600 Butler Farm Road, Suite B (757) 865-5800
- Newport News office: 600 Thimble Shoals Blvd. Suite 210B (804) 382-4189

### **Veteran Pathways Home**

<https://veteranpathwayshome.org/> - (804) 915-8881

Provides workforce training and peer support services.

### **Virginia Employment Commission**

[www.vec.virginia.gov/hampton](http://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.

## **Ex-Offender Resources**

## Ex-Offenders Resources

### Newport News

#### **Bridging the Gap Youth Program Inc.**

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

(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.

#### **Life Launch Inc**

<https://lifelaunchinc.org/> 757-979-3445

Programs, resources, and employment opportunities for persons transitioning back into their community.

#### **Probation and Parole**

247 – 28<sup>th</sup> 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.

#### **VA Works**

<https://virginiaworks.gov/im-a-job-seeker/relief-assistance-and-support-programs/ex-offender-assistance/> 1-804-486-2500

Resources on federal bonding, Virginia civil rights restoration, and public assistance available to ex-offenders.

## 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](http://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**

<https://cceva.org/services/financial-housing-counseling/> (757) 875-0060

12829 Jefferson Ave, Suite 101, Newport News 23608

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

### **Commonwealth Catholic Charities**

<https://www.cccofva.org/> (757) 247-3600

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

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

### **THRIVE Peninsula Level Up Program**

[www.thrivepeninsula.org/financialcoaching](http://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> - 757-596-7188

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

### **All Nations Church**

[www.allnationschurch.org](http://www.allnationschurch.org) – (757) 941-5111

853 Cloverleaf Lane, Newport News, VA 23601

- Wednesdays 4-5 pm in the Family Life Center Building (food distribution)
- Thursdays 1 pm at the Eggleston Wellness Center (Woods Rd & J Clyde Morris NN (food distribution)

### **Be Blessed, Be A Blessing Organization**

Community Center, 605 South Avenue Newport News

Contact Ann Jordan at (757) 591-4850

USDA and Food Bank (Bagged Food Distribution)

3<sup>rd</sup> Wednesday of the month 11am-2 pm

Must complete paperwork and registration; must have transportation.

### **Bethel Church**

[www.betheltemple.com](http://www.betheltemple.com) - (757) 826-1426

1705 Todds Lane, Hampton, VA 23666

Non-perishable food pantry Tuesdays 11 am-1 pm

Community dinner Wednesdays at 4 pm

### **Chestnut Memorial United Methodist Church Food Pantry**

1024 Harpersville Road, Newport News, VA 23601 - (757) 595-6531

Tuesdays & Fridays 10 am – noon; Wednesdays 1 pm – 3 pm; Thursdays 4 pm – 6 pm

### **Disabled Veterans National Foundation**

<https://www.dvnf.org/veteran-food-assistance-program> -

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry. Once approved, the DVNF program team will handle the shopping for you.

### **Ebenezer Baptist Church**

Stone of Help Ministries, Inc. (757) 865-1480

171 Semple Farm Rd. Hampton, VA 23666

Every 4<sup>th</sup> Saturday from 8:30-10:30 am; food is distributed while supplies last.

**Emmanuel Baptist Church**

[www.ebcnn.org/local-missions](http://www.ebcnn.org/local-missions) (757) 926-5974

521 North Ave., Newport News, VA

Emergency Food Pantry: Mondays and Fridays 11am-1pm

Bread Ministry (bread plus additional food items) Wednesdays 1-2:30 pm

**First Baptist East End**

<https://myfbcee.org> - (757) 380-5327

3000 Jefferson Ave, Newport News, VA 23607

Wednesday at 4:00 pm until gone (parking lot in back).

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

[www.helphampton.org/](http://www.helphampton.org/) - (757) 727-2577

329 Buckroe Ave. Hampton VA 23664

Food pantry M-F 9 am-3 pm

**Lasagna Love**

<https://lasagnalove.org>

Feed families, spread kindness, and strengthen communities. Request lasagna or nominate a friend. Feeding families who are struggling financially or emotionally.

**LINK of Hampton Roads**

<https://www.linkhr.org/> (757) 595-1953

10413 Warwick Blvd., Newport News, VA 23601

Open M-F 10 am- 2 pm.

**Meals On Wheels**

<https://paainc.org/nutrition> - (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 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.

## Newport News Public Schools Family and Community Engagement

Sidewalk Pantries (1<sup>st</sup> come, 1<sup>st</sup> served, while supplies last)

<b>1<sup>st</sup> Thursday</b>		
9-10 am	Hines Middle School	61 McLawhorne Drive NN
1-2 pm	Stoney Run Elementary	855 Lucas Creek Rd. NN
<b>2<sup>nd</sup> Thursday</b>		
9-10 am	Greenwood Elementary	13460 Woodside Lane NN
1:30-2:30 pm	Heritage High School	5800 Marshall Ave. NN
<b>3<sup>rd</sup> Thursday</b>		
1-2 pm	Jenkins Elementary	80 Menchville Rd. NN
1-2 pm	Discovery STEM Academy	1712 Chestnut Ave. NN
<b>4<sup>th</sup> Thursday</b>		
9:30-10:30 am	Crittenden Middle School	6158 Jefferson Ave. NN
1-2 pm	Saunders Elementary	853 Harpersville Rd. NN

### Performance Kitchen

[www.performancekitchen.com](http://www.performancekitchen.com) 1-844-607-0676

Medically tailored meals delivered to your home. Some insurance companies pay for meals; check on the website to see if you qualify.

### Providence Mennonite Church

13101 Warwick Blvd. Newport News, VA 23602

Food pantry open 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays from 10 am-12 pm

For more information, contact the pastor, Mark Marvuglio at 757-876-1785

### Safehaven Empowerment Center

<https://www.safehavenempowermentcenter.org/> (757) 969-5613

429 Thorncliff Drive, Newport News, VA 23608

Through a partnership with Thrive Peninsula, this community resource center offers a food pantry to those in need. Thursdays from 4-6 pm

### St. Mark's United Methodist Church

<https://www.stmarksmethodistchurch.org/> – (757) 851-3367

99 East Mercury Blvd, Hampton, VA

Dinner Church every Monday at 6:00 pm

Food pantry open on Tuesdays & Thursdays 11:00 am – 12:30 pm

### St. Jerome Catholic Church

<https://stjeromennva.org/ministries/community-outreach/food-pantry/>

116 Denbigh Blvd., Newport News, VA 23608

Parish food pantry is open from Monday through Thursday, 9:00 AM to 4:00PM. Provide a bag of non-perishable goods once a week to residents of Newport News, focusing on the Zip Codes 23602, 23603, 23606, and 23608.

It's highly advised calling before dropping by to make sure we have food ready and available. Our parish phone number is (757) 877-5021.

**The Legacy of HOPE Foundation, Inc.**

<https://www.thelegacyofhopefoundation.com> - (757) 741-6111

239 Buxton Avenue, Newport News, VA 23607

Legacy Learning Academy held every 2<sup>nd</sup> and 4<sup>th</sup> Saturdays from 12-2 pm. Helps to teach children self-esteem, confidence, courage, & character through Biblical principles and healthy lifestyles. Sign up online.

**THRIVE Peninsula**

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

12749 Nettles Drive, Newport News, VA 23606

Visit our website to request food assistance.

**The Gloww Center**

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

321 Grafton Drive, Yorktown 23692

Food assistance consists of non-perishable canned/boxed foods. Must call for an appointment & fill out an intake form on the first visit. Can be served bi-weekly.

**Spanish speakers available**

**Virginia Peninsula Foodbank Food Hub**

[www.HRfoodbank.org/what-we-do/food-hub](http://www.HRfoodbank.org/what-we-do/food-hub) (757)596-7188

3509 Chestnut Avenue, Newport News

Operation Hours: Tues 1-4 pm, Wed. 9-2 pm, Thurs 1-5:30pm, Fri 9am-12pm, Sat 9-11:30 am, closed Sun and Mon.

Appointment is required.

**World Outreach Worship Center (WOW)**

<https://wowcenter.org/ministries/community-outreach>

1233 Shields Road NN 23608

757-874-1223

Provide food for anyone in need. Shoppers can select from bread, desserts, produce, meat, dairy, and dry goods. Distribution days and times: (Mon, Tues, Wed, Fri, Sat. at 1 pm). Shoppers are permitted one shopping trip per week.

Call Debbie Lefebvre with questions at 757-874-1223.

**Hot meals**

(Call first to confirm services)

**Newport News**

**All Generations Church**

<https://allgenchurch.com> or Email: [info@allgenchurch.com](mailto: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](http://www.allnationschurch.org) – (757) 941-5111

853 Cloverleaf Lane, Newport News, VA 23601

- Tuesdays 6:00 pm for hot meal & food distribution (30<sup>th</sup> St. & Jefferson Ave in the parking lot of First Baptist East End (NN))
- Sundays 9 am for hot meals & food distribution, showers and clothing (Family Life Center at the church)

### **First Baptist Church Morrison**

<https://fbcmorrison.org> (757) 886-5301

12720 Patrick Henry Dr., Newport News, VA

Wednesdays 12:00 pm – 1:00 pm.

### **First Church of Newport News (Baptist)**

<https://www.fcnnb.com> (757) 247-3033

2300 Wickham Ave., Newport News, VA 23607

Thursdays 12:00 pm - 1:30 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 1st Tuesday of each month for USDA foods & meat. 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-6:30pm.

### **New Beech Grove Baptist Church**

[www.newbeechgrove.org](http://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**

(757) 245-4613

2515 Marshall Ave. Newport News, VA 236087

3<sup>rd</sup> and 4<sup>th</sup> Saturday 12:00 pm-1:30 pm

### **St. James Miracle Temple**

1151 22<sup>nd</sup> St., Newport News, VA 23607 - (757) 380-0510

The first Wednesday of each month 6:00 pm - 7:00 pm.

**St. Vincent de Paul Catholic Church**  
[www.stvincentnn.org](http://www.stvincentnn.org) - (757) 245-4234  
230 33<sup>rd</sup> St., Newport News, VA 23607  
Monday – Friday 11:00 am -11:45 am.

**Trinity United Methodist**  
[www.trinityumc.org](http://www.trinityumc.org) – (757) 244-4045  
228 29<sup>th</sup> 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](http://www.bethelhampton.com) - (757) 826-1426  
1705 Todds Ln, Hampton, VA 23666  
Wednesdays at 6:00 pm – Community Dinner (hot meal).  
Food Pantry, Tuesdays 11:00 am – 1:00 pm; Third Thursday of each month – USDA  
Food Distribution

**First Baptist Church of Hampton**  
[www.thefbch.org](http://www.thefbch.org) – (757) 723-0988  
229 North King St., Hampton, VA 23669  
Tuesdays 11:30am –1:00pm.

**First Christian Church**  
<https://firstchristianhampton.org/> (757) 826-0711  
1458 Todds Lane, Hampton, VA 23666  
Tuesdays 6:00 – 7:00 pm.

**First Friends Church**  
[www.ffchampton.com](http://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](http://www.icchampton.org) – (757) 826-0393  
2150 Cunningham Dr., Hampton, VA 23666  
The 2<sup>nd</sup> & 4<sup>th</sup> Sundays 1:00 pm  
Food pantry Tu-Th 10 am-2 pm; Food drive-by 2<sup>nd</sup> Saturday each month 9:30-10:30 am

**Queen Street Baptist Church**

[www.queenstreetbaptistchurch.com](http://www.queenstreetbaptistchurch.com) – (757) 723-6630

190 West Queens Way, Hampton, VA 23669

Friday 4:00–5:00pm and Saturday 12:00-1:00 pm

Meals at given out at the back of the church and are to go meals.

**St. Joseph Church**

[www.stjosephcatholic.org](http://www.stjosephcatholic.org) – (757) 851-8800

512 Buckroe Ave., Hampton, VA

Tuesdays at 8:30am breakfast and bagged lunch.

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

[www.hamptonbaptist.org/same](http://www.hamptonbaptist.org/same) - (757) 723-0707

40 Kings Way, Hampton, VA 23666 (entrance on Wine Street)

Mondays 11:30am – 12:30pm.

**VA Department of Social Services Hot Meal Program**

SNAP customers are eligible if they are:

- Age 60 or older
- Living with a disability
- Experiencing homelessness
- The spouse of an eligible customer

757 Philly Cheesesteak Cafe	4311 E. Claiborne Square, Hampton, VA 23666	Mon-Fri 11 am-8:30 pm, Sat Noon-8 pm, Sun Noon-8 pm
Jing Jing Asian Restaurant	562 Denbigh Blvd., Ste. A, Newport News, VA 23608	Mon, Wed & Th 11 am-9 pm; Fri 11 am-10 pm; Sat Noon-10 pm; Sun Noon-9 pm, Closed Tue
Juicing LIFE Bar & Cafe	706 Town Center Drive, Ste. 102 & 100, Newport News, VA 23606	Mon-Sat 9 am to 8 pm & Sun 11am to 4pm
KFC	15496 Warwick Blvd., Newport News, VA 23608-1516	M-F 10 am to 10:30 pm
KFC	12104 Jefferson Ave., Newport News, VA 23602-6908	M-F 10 am to 10:30 pm
KFC	12630 Warwick Blvd., Newport News, VA 23606-2521	M-F 10 am to 10:30 pm

KFC	1101 W. Pembroke Ave., Hampton, VA 23661-1156	M-F 10 am to 10:30 pm
KFC	1603 E. Pembroke Ave., Hampton, VA 23663-1319	M-F 10 am to 10:30 pm
KFC	746 J Clyde Morris Blvd., Newport News, VA 23601-1512	M-F 10 am to 10:30 pm
KFC	207 W. Mercury Blvd., Hampton, VA 23669-2512	M-F 10 am to 10:30 pm
KFC	5010 Mercury Blvd., Newport News, VA 23605-1402	M-F 10 am to 10:30 pm
Subway	1114 Big Bethel Road, Hampton, VA 23666	M-Sun 9am-2am
Subway	12368 Warwick Blvd., Newport News, VA 23606	M-Sun 9 am-2 am
Subway	14501 Warwick Blvd., Ste H, Newport News, VA 23608	M-Sun 9am-11pm
Subway	320-3 29th St., Newport News, VA 23607	M-F 6:30 am-10 pm, Sat-Sun 9 am-9 pm
Subway	13175 Jefferson Ave., Ste. 11, Newport News, VA 23608-1480	M-Sun 9am-10 pm
Subway	758 J Clyde Morris Blvd., Newport News, VA 23601	M-S 9am to 10:30pm Sun 9am to 10pm
Subway	3301 Washington Ave., Newport News, VA 23607	M-F 8am to 10:30pm Sat 8am to 9:30pm Sun 9:30am to 9:30pm
Subway	320 Oyster Point Road, Newport News, VA 23602-6902	M-Sun 9 am-10 pm

## **Furniture/Household Resources**

## Furniture/Household Items

### **A Hope to Dream –Ashley Home Store**

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

Nominate a low-income child between the ages of 3-16 to receive a bed. Nominations must be from a school social worker, church leader or charitable organization.

### **LINK of Hampton Roads**

[www.linkhr.org](http://www.linkhr.org) (757) 595-1953

LINK maintains a distribution center to help individuals and families access household necessities when moving from homelessness, or in the event of eviction or fire.

### **Messiah Center**

[www.messiah-center.org](http://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.

### **Peninsula Rescue Mission Thrift Shop**

<https://www.prm.info/> (757) 380-6909

6200 Jefferson Avenue, Newport News, VA 23605

Provides collection, pick up, and distribution of food, clothing, accessories and household furnishings to those in need of emergency assistance. Also sells items with the proceeds going to the mission.

### **Sixth Mt Zion Baptist Temple**

(757) 896-6050

3100 Butternut Dr, Hampton, VA 23666

Distribute 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](http://www.shpbeds.org/chapter/va-hampton) (844) 432-2337 ext. 5923

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

### **St. Mark’s United Methodist Church**

<https://www.stmarksmethodistchurch.org/> (757) 851-3367

99 East Mercury Blvd. Hampton, VA 23669

Call to see what is available.

**The Heart of Giving**

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

Email: [theheartofgivingva@gmail.com](mailto: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.

**The Needs Network**

<http://theneedsnetwork.com/services.htm>

1-877-745-5421

9905 Warwick Blvd., Newport News, VA 23605

Furniture, kitchen appliances, bedding

## Grief Resources

## General Bereavement

### **Heartland Hospice**

41 Old Oyster Point Rd, Newport News, VA 23602 (1-888-436-8482)  
Grief support groups, virtual support groups and one-on-one grief support.

### **Geneva Hospice**

11835 Fishing Point Dr., Newport News, VA 23606 (1-888-436-8482)  
Grief support groups, virtual support groups and one-on-one grief support.

### **Legacy Hospice**

11848 Rock Landing Drive Suite 202, Newport News, VA 23606  
(757) 240-5775 or call (877) 970-7776 for more information  
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**

707 Gum Rock Court, Newport News, VA 23606  
<https://peninsulapastoral.org/> (757) 873-2273  
individual and family counseling is available.

### **Riverside Grief Support Group**

<https://www.riversideonline.com/medical-services/neurological-and-spine-institute/memory-care-program/caregiver-support-groups>  
(800) 675-6368  
Offers multiple in-person or virtual support groups.

### **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.

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

(757) 244-0913 or email: [csdatears@calvaryadventisist.org](mailto: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](mailto: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, costs, and schedule.

[Find a Group - GriefShare](#)

### **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](mailto: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.

### **Liberty Live (Hampton Campus)**

(757) 826-2110  
1021 Big Bethel Road, Hampton, VA 23666

### **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](mailto:ebaker@wowcenter.org) for more information  
1233 Shields Road, Newport News, VA 23608

### Grieving Children

#### **Camp Beacon (formerly Camp Lighthouse)**

(757) 736-0709 – call or email [campbeacon@sentara.com](mailto:campbeacon@sentara.com) for more information  
Camp Beacon 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  
Sibling grief support for children and teens ages 6 to 18 years old.

#### **Comfort Zone Camp**

<https://comfortzonecamp.org>

Comfort Zone Camp 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](mailto: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) 928-4201  
9710 Jefferson Ave., Newport News, VA 23605  
Meets on the 2<sup>nd</sup> Wednesday of each month at NNPD Headquarters.

#### **Virginia Victim Assistance Network**

(757) 926-7257 – call for information and to pre-register to participate.  
[https://vanetwork.org/wp-content/uploads/2024/09/HSG\\_Map\\_All\\_Programs.pdf](https://vanetwork.org/wp-content/uploads/2024/09/HSG_Map_All_Programs.pdf) (listing of support group locations)

## Loss of a Spouse

### **Healing After the Loss of a Spouse**

(757) 826-1426 ext. 248 or Email [bethellife@betheltemple.com](mailto: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](mailto: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 of Williamsburg**

Contact Sharon at (757) 947-4510

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

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.

### **Perinatal Loss Grief Support**

(757) 947-3614 or email [jamey\\_kagey@bshsi.org](mailto:jamey_kagey@bshsi.org) for more information.

### **Share Support Group**

Mary Immaculate Hospital, 2 Bernadine Dr., Newport News, VA 23602.

Contact Sister Bernard at 886-6790.

Meets on the 3rd Thursday of each month at 7:00pm in the Ruth Belle Room of the hospital conference center.

Email: [Bernard\\_marie\\_magillatbshsi.com](mailto:Bernard_marie_magillatbshsi.com)

Serves those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life.

### **Star Legacy Free Support for Pregnancy/Infant Loss**

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

[www.starlegacyfoundation.org/support-groups](http://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) 975-5201

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 skills 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, 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**

<https://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.

### **Call Center for Homeless Veterans**

1-877-424-3838

The call center is available 24 hours a day, 7 days a week and offers support to veterans who are homeless or at risk of homelessness.

### **Newport News Department of Social Services**

<https://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.

### **X-Seeds, Inc.**

<https://www.xseeds.org/> (757)392-9555

Provides comprehensive life skills for unhoused men that promote growth and enable them to be equipped mentally, physically, financially, socially, and spiritually - so that they may become productive in our communities.

## Eviction

### **Eviction Defense Center**

[www.evictiondefensecenter.org](http://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](http://www.cccofva.org/homeless-services) - (804) 285-5900

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

### **Compassion House**

<https://compassionhouseva.org/> (757) 529-1502

Their mission is to provide safe, stable housing and essential support services to individuals with specialized needs. They are committed to helping those served build stability, regain independence, and move forward with confidence.

### **Embrace Home Housing**

<https://embracehomehousing.wixsite.com/housing> (757) 828-2274

Assists with fully furnished living spaces, and private and semi-private rooms including utilities, Wi-Fi and laundry & hygiene services.

### **GenaShaes House**

<https://www.genashaeshouseva.org/> (757) 774-6601

Works with pregnant mothers and/or mothers with small children to provide resources. There is a physical house coming soon!

### **Habitat for Humanity: Peninsula and Greater Williamsburg Area**

[www.habitatpgw.org/](http://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/](http://www.hamptonrha.com/) – (757) 727-6337

1 Franklin Street Suite 603, Hampton, VA 23669

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**

<https://hdcofhr.org/> (757) 886-6025

2 Bernadine Rd. Hampton, VA

Provides affordable housing on the Peninsula.

### **Lighthouse Pathways Communities**

<https://lhpcommunities.org/> 757-504-0821

Clean, safe, dependable housing. Must have stable source of income.

### **Menchville House**

<https://menchvillehouse.com/> (757) 833-5980

To help homeless families return to self-sufficiency by providing a temporary home and supportive services.

### **Natasha House**

<https://www.natashahouse.org/> (757) 898-1993

Offers transitional housing to single moms and their children and equips and empowers them with skills to achieve and maintain self-sufficiency.

### **Newport News Redevelopment and Housing Authority Headquarters**

[www.nnrha.com/](http://www.nnrha.com/) - (757) 928-2620

227 27<sup>th</sup> 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 aids very low-income families, elderly, handicapped, disabled person or other single person seeking to rent affordable housing in the private market.

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

Newport News (757) 928-6060

York County (757) 890-3885

### **Privately owned subsidized apartments in Newport News**

The following subsidized apartments are not owned or operated by NNRHA. Note: There is a Wait List for most apartments, please contact directly on how to apply

Denbigh Trace-13211 Ridgeview Drive-- (757) 874-4844  
North Jefferson Square-13189 Jefferson Ave-- (757) 872-0789  
Stuart Gardens-1326-C Garden Drive-- (757) 245-5266  
The Towers- 530 Ivy Avenue-- (757) 380-0851  
Newport Harbor Apartments- 2325 Madison Avenue-- (757) 247-0303  
Pear Tree Townhomes-174 Alan Drive-- (757) 874-6066  
Wendwood Square (Section 1)-100 Radcliff Lane, Apt 2-- (757) 249-0816  
City Line Apartments- 155 A Mytilene Dr-- (757) 838-5553  
Campbell Rd Apartments- 4002 Campbell Rd (603)-223-0003

### **Privately owned subsidized apartments with accessible units Newport News**

Lexington Commons- 14534 Old Courthouse Way-- (757) 989-5108  
Great Oaks/Phoenix Village I & II- 1 Great Oak Circle-- (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  
Cypress Terrace- 25 Tear Drop Lane-- (757) 833-5720  
Lassiter Courts- 811 C Taylor Ave-- (757) 928-2690  
Orcutt Townhomes III- 900 36th Street--(757) 928-6187  
Oyster Point/Brighton Apartments- 550 Blue Point Terrace--(757) 269-4307  
Wellesley Commons- 51 Wellesley Drive--(757) 930-1566  
Saddler Road Group Home- 208 Saddler Dr-- (757) 874-3302  
Nettles Drive Apartments- 12750 Nettles Dr-- (757) 930-8721

### **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

### **Virginia Housing**

<https://virginiahousing.com> - (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.

### **Websites to search for affordable housing.**

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

<http://virginiahousingsearch.com/>

## Shelters

For individuals seeking shelter, please use the following guide to obtain a shelter referral.



### Greater Virginia Peninsula Homelessness Consortium Access Points

	Organization	Population	How to Access
<b>Regional Phone Directory</b>	Hampton	Callers seeking services in the specific localities that are experiencing literal homelessness will be referred to this phone number.	757-268-7042
	James City County		757-259-5340
	Newport News		757-975-5201
	Williamsburg		757-220-6161
	York County		757-890-3885
<b>Access Only</b>	3E Restorations Be the Change	All literally homeless households and At imminent risk households in City of Williamsburg	Data not Collected
<b>Access &amp; Assessment</b>	Avaton	All literally homeless households fleeing DV in city of Williamsburg, James City County, Upper York	757-258-5051
	HELP Hampton	All literally homeless households in city of Hampton and Poquoson enrolled in shelter program	Only for people in shelter. No walk in services available. Households are connected through agency service determination
	Hampton Dept. of Human Services	All literally homeless households and At imminent risk households in City of Hampton and Poquoson	Walk ins welcome. Outreach services on Tuesday and Thursdays, canvassing. Services included: Canvassing in Coordination with HNNCSB. Hampton city Library Outreach. Frequent Locations: Always through Riverdale area/Coliseum. Outreach availability subject to staff capacity and hours. Might coordinate a specific time.
	HNNCSB	Single Adult Households with co-occurring SMI (PATH)	Walk ins Welcome. Operation Hours: 5 days a week for housing 8:30 am - 4:00 pm Walk in Wednesday at HNNCSB. Services Included Outreach canvassing.
	HVAMC		Walk ins Welcome. National call center for homeless vets 1-877-4AIDVET. Call center must respond in 24 hrs. Services Included: Outreach at Four Oaks Day Center and HELP Day Center once a month.
	JCC Office of Housing	All literally homeless households and At imminent risk households in City of Williamsburg, James City County and Upper York County	Walk ins welcome, Designated phone number for housing office to be used by households located in JCC.
	LGBT Life Center	All literally homeless households and At imminent risk households.	Walk ins welcome Designated phone - office hours.
	LINK SSVF	All literally homeless Veteran households, At imminent risk Veteran households	Walk ins welcome Designated phone calls Operation hours: M- F 9:00 am -5:30 pm
	Newport News Dept. Of Human Services	All literally homeless households, At imminent risk households within the City limits of Newport News	Walk ins welcome at Four Oaks Day Service Center. Population Preference: Newport News residents. Operation hours: Open 7 days a week for households that are literally homeless (7am-5pm) Services Included: Outreach canvassing and serving as assessment team and connection for families with children. Working to add positions. HMIS referrals and city calls.
	Transitions	All literally homeless households fleeing DV in city of Hampton, Newport News, Poquoson	757-723-774
	Williamsburg Dept. of Human Services	All literally homeless households and At imminent risk households in City of Williamsburg	Data not Collected
	York County Housing	All literally homeless households and At imminent risk households in York County	Data not Collected

Prepared by The Planning Council  
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**\*indicates agency requires a shelter referral**

**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](http://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](http://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.

**Natasha House**

<https://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](http://www.prm.info) - (757) 380-6909

3700 Huntington Ave, Newport News, VA 23607 (men's ministry)

9308 Warwick Blvd, Newport News, VA 23601 (women's ministry)

Temporary shelters for men and women.

**Salvation Army \***

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

Provides 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).

### **Samaritan House**

<https://samaritanhouseva.org/> Housing Hotline: 24/7 (757) 430-2120

Samaritan House helps people free themselves from domestic and sexual violence, human trafficking, and homelessness.

### **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 with 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

20 Settlers Landing Road, Hampton, VA

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

### **Bon Secours Care-A-Van**

[www.bonsecours.com/locations/community-services/hampton-roads/care-a-van](http://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.

**Spanish available**

### **CommonShare Rx**

[www.commonsharerx.org](http://www.commonsharerx.org) (804) 416-6255, Text (804) 369-9275

Based in Richmond but will provide/ship free medications to those who qualify. Hours are M-F 8:30 am- 6 pm

### **Community Free Clinic of NN**

727 25th Street Newport News, VA 23607

(757) 594-4060

Must be between the ages of 19-64 and be a resident of Newport News, Hampton, or York County. Cannot have any form of health insurance to include Medicaid, Medicare, or The Affordable Care act.

### **Cover Virginia (Medicaid)**

(833) 522-5582

**Spanish Available**

### **DentaQuest**

[www.dentaquest.com](http://www.dentaquest.com) 1-888-912-3456

Offers dental plans.

**Spanish Available**

### **Dreams of Hope Foundation**

[www.dreamsofhopefoundation.org/book-online](http://www.dreamsofhopefoundation.org/book-online) – (757) 806-6339

7320 Warwick Blvd, Newport News, VA 23607

**Dollar For**

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

Got a hospital bill? Most hospitals are required to have programs that discount or completely forgive bills for some patients. But they don't make it easy. We're a nonprofit organization and we help you apply. It's quick, easy, and free.

**Hampton Health Department**

[hampton.gov/1537/Health-Department](http://hampton.gov/1537/Health-Department) – (757) 727-1172

3130 Victoria Blvd., Hampton, VA 23669

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/](http://www.helphampton.org/) - (757) 586-5107

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. Clinic is open M-Th 8:30 am -4:30 pm

**JenCare Senior Medical Center**

(757) 825-8030

48 Newmarket Square Newport News, VA 23605

Primary care provider, on-site medications, and transportation

**Lackey Free Clinic and Virtual Clinic**

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

**Spanish translation available.**

**Love The Tree of Life Clinic**

<https://lovethetreeoflife.org> - (757) 317-4500

2016 25<sup>th</sup> 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.

**Moms' CAN**

[https://www.uwvp.org/Moms\\_CAN](https://www.uwvp.org/Moms_CAN) (757) 229-2222 Option 3

This connects expectant moms to caring support from the start. Can help expectant moms connect with programs for breastfeeding support, car seats, childcare, food/other assistance, infant supplies, parent education, mental health support, and one-on-one support.

**Newport News Warwick Lions Club**

[newportnewswarwicklionsclub@gmail.com](mailto:newportnewswarwicklionsclub@gmail.com)

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

**Newport News Department of Social Services**

[www.dss.virginia.gov/benefit/](http://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.

**Spanish available**

**Patient Advocate Foundation, Inc.**

[www.patientadvocate.org/](http://www.patientadvocate.org/) (800) 532-5274

421 Butler Farm Road, Hampton, VA 23666

Patient Advocate Foundation aids 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.

**Spanish available**

**Peninsula Agency on Aging (PAA)**

[www.paa-inc.org](http://www.paa-inc.org) - (757) 873-0541

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

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. It also offers care services, veteran directed services and veteran transportation.

**Peninsula Health Center**

<https://www.vdh.virginia.gov/hampton-peninsula/> - (757) 594-7300

836-A 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/](http://www.nnscottishrite.org/) (757) 599-6617

65 Saunders Rd, Newport News, VA 23601

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

### **Southeastern Virginia Health System**

[www.sevhs.org/](http://www.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.

### **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 Hearing Aid Loan Bank**

<https://www.vdh.virginia.gov/early-hearing-detection-and-intervention/>

(866) 596-9367 or (434) 924-0222

Care Connection for Children

The Virginia Hearing Aid Loan Bank is open to children under the age of 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 Health Care**

[www.healthcare.gov](http://www.healthcare.gov) 1-800-318-2596

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

**Spanish Available**

### **Certified Application Counselors for Health Insurance Marketplace**

1033 28<sup>th</sup> St., Newport News, VA 23607 - (757) 380-8709

To speak with a certified representative for application assistance with Marketplace insurance:

Southeastern Virginia Health System

### **CoverVirginia**

<https://coverva.dmas.virginia.gov/learn/coverage-for-children/medicaid-for-children-and-famis/> 1-833-5CALLVA (1-833-522-5582)

Offers information on eligibility and insurance for children, adults and pregnant individuals and assists with starting an application.

**Spanish Available**

## Prescription Medication Assistance

### **Co-Pay Relief at Patient Advocate Foundation**

[www.patientadvocate.org/connect-with-services/copay-relief/](http://www.patientadvocate.org/connect-with-services/copay-relief/) (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. Apply Online

**Spanish available**

### **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.

### **NeedyMeds**

[www.needy meds.org](http://www.needy meds.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.

### **NiceRx**

[help@nicerx.com](mailto:help@nicerx.com) (866) 407-0777

Helps Americans access affordable prescription medications through patient assistance programs.

### **Patient Assistance Programs**

Visit the website of your prescription manufacturer to see PAP information. You may also ask your doctor to assist you with this option to determine whether you qualify.

### **Prescription Discount Cards**

Good RX (855)268-2822

Optum Perks (866) 407-8901

RxSaver (855) 569-6337

ScriptSave WellRx (800) 407-8156

SingleCare (844) 234-3057

**Rx Outreach**

(888) 796-1234

Rx Outreach is a charitable nonprofit patient assistance program. The program provides access to affordable generic and brand-name medications for qualified individuals and their families based on income.

**SCBN Prescription Advocacy**

<https://www.scbn.org/> (866) 326-4099

SCBN works with uninsured or underinsured Americans who cannot afford their prescribed medications.

**SingleCare**

[www.singlecare.com](http://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.

**Walmart \$4 Prescription Program**

Offers discounted generic medications in 30-day and 90-day supplies, with prices ranging from \$4 to \$40. No membership, insurance or sign-up is needed.

## **Mental Health/Disabilities Resources**

## Mental Health/Disabilities

### Mental Health

#### **\*\*National Suicide Prevention Lifeline: Dial 988**

#### **Agape Therapeutic Counseling**

[www.recovered.org](http://www.recovered.org) - (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.

#### **Catholic Charities**

[www.cceva.org/need-help/mental-health-counselors/](http://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**

<https://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/](http://www.colonialbh.org/) - 24/7 Crisis Line (757) 378-5555 (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.hnnscsb.org](http://www.hnnscsb.org) (757) 788-0300 - Emergency: (757) 380-9024

300 Medical Drive, Hampton, VA 23666

Provide a comprehensive continuum of services & supports promoting prevention, recovery, & self-determination for people affected by mental illness, substance use, & intellectual & developmental disabilities, & advancing the well-being of the communities we serve. Offers Rapid Access walk-in same-day service, adult services providing emergency response & crisis intervention, youth & family services providing youth & family counseling, crisis services, case management, & therapeutic mentoring.

### **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.

### **Dreams of Hope Foundation**

[www.dreamsofhopefoundation.org](http://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.

### **Governor's Access Plan (GAP)**

<https://www.nrvcs.org/governors-access-plan-gap/>

Email: [BridgetheGap@dmas.virginia.gov](mailto: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](http://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 various locations, including Richmond, Colonial Heights, Newport News, and Norfolk.

### **National Counseling Group, Inc.**

[www.ncgcommunity.com/](http://www.ncgcommunity.com/) (757) 240-5595

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

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.

### **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).

### **Peninsula Pastoral Counseling Center**

[peninsulapastoral.org/](http://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](http://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](http://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

## **Virginia Telemental Health Initiative**

<https://virginiatelementalhealth.org/patients/>

Provides telemental health services to un- and under-insured patients by collaborating with Virginia's free and charitable clinics and pre-licensed mental health providers in the process of completing licensure.

## **Disabilities**

### **Able Now**

[www.able-now.com/](http://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.

### **Access Virginia**

<https://www.accessvirginia.info/>

Provides listing of resources in local performance venues for hard of hearing/hearing impaired, blind/visually impaired, sensory needs, and mobility needs.

### **Beyond Excellence**

[www.beyondexcellenceva.com](http://www.beyondexcellenceva.com) (757) 320-2974

Provides services to adult individuals diagnosed with intellectual and developmental disabilities, autism, emotional disorders and other challenging behaviors to help with placement into caring and supportive home environments.

### **Children's Assistive Technology Service**

<https://atdevicesforkids.org/> (757) 763-8905

ATN: Linda Dew

900 Granby Street, Suite 138 Norfolk, VA 23510

### **Cole's Horse Autism Therapy Station**

[www.chats757.com](http://www.chats757.com)

100 Old Pond Road, Yorktown, VA

C.H.A.T.S offers horse therapy for families with children on the autism spectrum & other special needs.

### **Community Knights**

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

11817 Canon Blvd, Suite 402 Newport News, VA 23606

Community Knights works to build a truly inclusive community through individualized skill-building experiences for people living with disabilities.

### **DARS (Department for Aging and Rehabilitative Services)**

[www.vadars.org](http://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 help make disability claims.

### **The Denbigh House**

[www.communitybraininjury.org](http://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](http://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.

### **Eggleston Services**

<https://www.egglestonservices.org/services/> (757) 858-8011

Provides individual and group-based day services to those with intellectual disabilities; provides services to persons with brain injuries; provides residential services to those with intellectual or developmental disabilities.

### **FREE: Foundation for Rehabilitation Equipment & Endowment**

<https://www.free-foundation.org/> or Email: [Williamsburg@free-foundation.org](mailto: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.

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

[www.hvacil.org/](http://www.hvacil.org/) or Email: [iepcil@hvacil.org](mailto: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.

### **Newport News Redevelopment and Housing Authority**

[www.nnrha.com/](http://www.nnrha.com/) - (757) 928-2620

227 27<sup>th</sup> 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/](http://www.nnscottishrite.org/) - (757) 599-6617

65 Saunders Rd., Newport News, VA 23601

Offers medical supplies: wheelchairs, hospital beds, crutches, motorized wheelchairs.

### **Paratransit Services**

[www.gohrt.com/paratransit/](http://www.gohrt.com/paratransit/) (757) 222-6087

Ride On Bus Program for individuals with disabilities.

### **PEATC**

[www.partners@peatc.org](http://www.partners@peatc.org) (703) 923-0010

Provides tools and information to empower Virginia students with disabilities (birth- age 26) and their families.

### **Versability Resources**

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

2520 58<sup>th</sup> 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](mailto: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](http://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

### **AARP – Home Modifications Benefits Guide**

<https://aarp.org> (once on the site, use the search bar to search for Home Modifications ...) AARP has created a guide connecting veterans and military families with financial assistance programs to modify their homes based on age and/or disability.

### **AFNET Heroes**

[www.heroes.afnet.com](http://www.heroes.afnet.com) 470-222-3965

Low-cost phones and service for veterans aged 60 and up. The only requirement is to provide proof of your veteran status.

This program will also assist homeless veterans in specific circumstances. Call for more information.

### **American Red Cross**

[www.redcross.org/get-help/military-families/financial-assistance](http://www.redcross.org/get-help/military-families/financial-assistance)

1-877-272-7337

American Red Cross works in partnership with military aid societies provides 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/](http://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**

[www.kidsandfamilies.com/substance-abuse](http://www.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](http://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.

**COSIG, Inc.**

<https://cosig.org/> (804) 255-7374

COSIG helps, houses, and trains homeless veterans.

**Disabled American Veterans (DAV)**

[www.dav.org/find-your-local-office](http://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

**Final Salute, Inc.**

[www.finalsaluteinc.org](http://www.finalsaluteinc.org) 1-703-224-8845

Final salute provides support for female veterans who are dealing with homelessness, financial hardships, and transition from military work to civilian work.

**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**

[www.hrcapinc.org](http://www.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 aids 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](http://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](http://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**

[www.va.gov/HOMELESS/LSv.asp](http://www.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](http://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](mailto:ssve@linkhr.org)

### **Mission United**

[www.uwvp.org](http://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.nmcrs.org](http://www.nmcrs.org) (800) 654-8364

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**

<https://virginiapeninsula.salvationarmypotomac.org/> (757) 838-4875

1033 Big Bethel Road, Hampton, VA 23666

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

### **Social Security**

[www.ssa.gov/people/veterans](http://www.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.

### **SSG Fox Veteran Support Services**

[SSGFoxSMVF@wtcsb.org](mailto:SSGFoxSMVF@wtcsb.org) – (757) 966-2805 ext. 1455; emergency services: (757)925-2484

5268 Godwin Blvd., Suffolk, VA 23434

Available services for veterans and their families include veteran recovery coordination, job coaching, vocational/educational services and case management.

### **Stand Up Wireless**

[www.standupwireless.com](http://www.standupwireless.com) (757) 506-1101

Veterans can qualify based on income or with government benefits for monthly service and smartphone.

### **Supportive Services for Veterans' Families (SSVF)**

Peninsula SSVF Office (757) 947-5880

SSVF works to improve and promote housing stability among very low-income veteran families. They provide outreach and case management services for deposit and/or rental assistance, utility payment assistance, purchase of emergency household supplies, transportation assistance or car repairs, childcare assistance, and moving costs.

### **Tidewater Fleet & Family Support Center**

<https://ffr.cnmc.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](http://www.tricare.mil) 1(800)444-5445

Health care programs 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](http://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 Department of Veterans Services**

<https://www.dvs.virginia.gov/> 757-825-7893

2101 Executive Drive, Suite 420; Tower Box 48 Hampton, VA 23666

Serves service members, veterans, and their families.

**VA Medical Center (and Homeless Outreach)**

[www.va.gov/hampton-health-care/](http://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](http://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](http://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 Resources**

Christmas Gift Assistance

College Dorm Assistance

Emergency Home Repair Services

Hispanic Resources

Hygiene

Identification Assistance

Immigrants/Refugees

Legal Assistance

LGBTQ

Natural Disaster

Pet Resources

Phone/Internet

## Christmas Gift Assistance

### **Adopt A Family**

Call 211 for Human Services in your local area.  
Newport News Social Services (757) 926-6300  
Hampton Social Services (757) 727-1800  
York County/Poquoson Social Services (757) 890-3787

### **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.

### **Peninsula Rescue Mission**

Email [Tiffany@prm.info](mailto:Tiffany@prm.info)

### **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. Child must be registered – call for registration information.

### **Samaritan House**

Call (757) 805-3501

### **Toys for Tots**

[Virginia.beach.va@toysfortots.org](mailto:Virginia.beach.va@toysfortots.org) (757)276-1126

Visit the local website to fill out an application by November 15, 2025.  
Local Campaign Coordinator- Faith Green

### **USPS Operation Santa**

<https://www.uspsoperationsanta.com>

Send a letter asking to be adopted by the USPS Santa site. Letter deadline is December 6, 2025.

## College Dorm Assistance

### **Dorm Fairies**

<https://www.dormfairies.org/> (757) 250-7180

Dorm Fairies provide dorm room essentials to selected students to help them have a successful transition to college.

## Emergency Home Repair Services

### **Home Repair Program – Habitat for Humanity**

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

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

11011 Warwick Blvd, Newport News VA 23601or

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](http://www.nnrha.com) (757) 928-2620

227 27<sup>th</sup> 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.

### **Project Homes**

[www.projecthomes.org/weatherization](http://www.projecthomes.org/weatherization)

(804) 612-3360 Hotline number

Provides home weatherization services to families who qualify.

### **Serve the City**

[www.STCpeninsula.com](http://www.STCpeninsula.com) (757) 918-8090

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](mailto:info@stcpeninsula.com).

### **USDA Rural Development**

<https://go.usa.gov/xzcdM>

Provides loans to very low-income homeowners to repair, improve, or modernize their homes, or provides grants to elderly, very low-income homeowners to remove health and safety hazards.

### **Virginia DHCD Weatherization Assistance Program**

[wap@dhcd.virginia.gov](mailto:wap@dhcd.virginia.gov) (804)-233-2827

Reduces household energy use through the installation of cost-effective energy savings measures. Common measures include sealing air leaks, adding insulation, and repairing heating and cooling systems.

## Hispanic Resources

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

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

Coastal Church: 101 Village Ave. Yorktown, VA 23693

For interest or questions, please contact [joey.harris@gocoastal.org](mailto: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/](http://www.facebook.com/hrccova/) - 757-344-6168

2236 Todds Lane, Suite A, Hampton, VA

HRC focuses on 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 Crisis Hotline: (888) 969-1825

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

### **Literacy for Life**

[www.literacyforlife.org/english-as-second-language](http://www.literacyforlife.org/english-as-second-language) - (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.

## Recursos Legales de Inmigracion

- Legal Aid Justice Center: Richmond Office: Offers free legal services to low-income families, including immigrant workers. Contact: 804-643-1086
- International Rescue Committee (IRC): Provides affordable immigration legal services, including adjustment of status, naturalization, and family-based petitions. Contact: 804-308-9144
- Commonwealth Catholic Charities (CCC): Offers low-cost legal assistance for citizenship, family petitions, asylum, and more. Contact: [www.agency@cccofva.org](mailto:www.agency@cccofva.org)
- Central Virginia Legal Aid Society: Provides free civil legal advice to low-income individuals. Contact: 804-648-1012
- Virginia Poverty Law Center: 919 East Main Street, Suite 610, Richmond, VA 23219 Contact: 804-351-5256 Website: <http://www.vplc.org> Email: [lavida@vplc.org](mailto:lavida@vplc.org)

## Hygiene

*See homeless day centers*

### **Bethel Church**

[www.betheltemple.com](http://www.betheltemple.com) - (757) 826-1426

1705 Todds Lane, Hampton, VA 23666

Haircuts on Wednesday evenings from 5:00pm-6:30pm.

### **The Gloww Center**

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

321 Grafton Drive, Yorktown 23692

Toiletries and hygiene items for single mothers.

### **Her Padded Truth**

Hampton, VA [www.herpaddedtruth.org/contact](http://www.herpaddedtruth.org/contact)

Supplies menstrual supplies to those in need.

## Identification Assistance

### **THRIVE Peninsula**

[www.thrivepeninsula.org](http://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.

## Immigration/Refugees

### **Commonwealth Catholic Charities**

[Immigration Services | Commonwealth Catholic Charities](#)

[cccovfva.ohhttps://www.vba.org/rq](https://www.vba.org/rq)) - (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)**

[www.hr3va.org](http://www.hr3va.org) (757)817-2124

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

Assist with transportation, education, and more.

**Multiple language services available**

### **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 refugees with services, assist with transportation and errands.

- Legal Aid Justice Center: Richmond Office: Offers free legal services to low-income families, including immigrant workers. Contact: 804-643-1086
- International Rescue Committee (IRC): Provides affordable immigration legal services, including adjustment of status, naturalization, and family-based petitions. Contact: 804-308-9144
- Commonwealth Catholic Charities (CCC): Offers low-cost legal assistance for citizenship, family petitions, asylum, and more. Contact: [www.agency@cccovfva.org](mailto:www.agency@cccovfva.org)
- Central Virginia Legal Aid Society: Provides free civil legal advice to low-income individuals. Contact: 804-648-1012
- Virginia Poverty Law Center: 919 East Main Street, Suite 610, Richmond, VA 23219. Contact: 804-351-5256 Website: <http://www.vplc.org> Email: [lavida@vplc.org](mailto:lavida@vplc.org)

## 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](http://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.

### **Services for Spanish speakers**

### **Free Legal Answers**

<https://virginia.freelegalanswers.org/>

Virtual legal advice clinic. Visit website for qualification for services.

### **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**

[www.va.gov/HOMELESS/LSv.asp](http://www.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.

**Other language services available 1-800-698-2411 ext. 0**

### **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.

### **Salvation Army/Legal Aid Society of Eastern Virginia**

14425 Old Courthouse Way, Newport News, VA 23608

On the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month, from 10 am to 12 pm, a fully qualified attorney will be present to assist walk-in clients with certain legal matters at no cost.

### **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://guides.valawhelp2go.org/wages> (866) 534-5243

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

**Spanish services available on the website**

### **Virginia Bar Association**

(804) 644-0041 <https://www.vba.org/>

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/> 1-800-838-8238 or text to (804) 793-9999

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.

## LGBTQIA+

### **Hampton Roads PRIDE**

<https://hamptonroadspride.org/>

Provides resources for persons in the LGBTQIA+ community. A resource directory on the website has connections for advocacy, legal aid, support and services.

### **LGBT Life Center**

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

20 Settlers Landing Road, Hampton, VA 23669

5360 Robin Hood Road, Norfolk, VA 23513

Services include housing, HIV services, counseling services, transgender & gender non-conforming services, support groups, senior services, Pride pantry, Intimate partner violence & all health services.

### **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 <sup>[1]</sup><sub>SEP</sub> young people 24/7, all year round.

## 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/>

### **Spanish services available online**

### **Virginia Department of Emergency Management**

<https://www.vaemergency.gov/prepare/> – (804) 267-7600

9711 Farrar 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.

### **Emergency Boarding Program**

Chesapeake Humane Society

[www.chesapeakehumane.org](http://www.chesapeakehumane.org) (757) 546-5355

Contact Nicole Harrig (Crisis Boarding and Outreach Manager)

Provides 30-45 days of boarding for families in temporary crisis. Must apply and complete intake requirements.

## Phones/Internet

### **PCs for People**

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

This is a national nonprofit social enterprise working to get low-cost quality computers and internet into the homes of individuals, families, and nonprofits with low income.

### **SafeLink**

<https://www.safelinkwireless.com> or Email: [Digitaleguide1@gmail.com](mailto:Digitaleguide1@gmail.com) 1-800-378-1684

Provides households that are eligible access to prepaid cellphones. No bills, no contracts.

**Spanish available online**

### **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 National School Lunch Program's Free Lunch Program, or other state programs.

**Spanish available online**

## **Rent/Mortgage and Utility Assistance Resources**

### **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.

### **Catholic Charities of Eastern Virginia**

[https://cceva.org/services/financial-housing-counseling/?blm\\_aid=108157952](https://cceva.org/services/financial-housing-counseling/?blm_aid=108157952)

(757) 875-0060

Provides rent, mortgage and/or utility assistance.

### **Dominion Energy**

<https://www.dominionenergy.com/virginia/paying-my-bill/energy-assistance>

1-866-366-4357

Provides bill payment assistance and Percent of Income Payment Program (PIPP) for those who qualify.

### **First Baptist Church Denbigh**

<https://www.fbcdenbigh.org/resources> 757-877-5808

Click on FBCD Assistance Application Form to apply.

### **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. (Clean Comfort Program)**

[www.hrcapinc.org/programs-and-services-offered](http://www.hrcapinc.org/programs-and-services-offered)

(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.

### **House Me Hampton Roads**

<https://housemehamptonroads.org> (757)-660-9047

Assists with rent and utilities as well as IDs. Call for an appointment or further information.

### **Newport News Department of Human Services**

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

855-635-4370 Enterprise Call Center for assistance

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 through August 15. **Spanish available**

### **Parish Thrift Shop**

(757) 868-0357

487 Wythe Creek Rd, Poquoson, VA 23662 Assists lower York County and Poquoson (Zip Codes 23693, 23692, 23696, 23662) with utility and rent. For assistance with bills, please fax copy of bill with your phone number to 757-659-0732.

### **Salvation Army, Virginia Peninsula**

<https://virginiapeninsula.salvationarmypotomac.org/virginia-peninsula/emergency-assistance>

(757) 838-4875

1033 Big Bethel Road, Hampton, VA 23666

*Moving to **14425 Old Courthouse Way, Newport News 23602 (March 2026)***

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

### **St. Kateri Tekakwitha Catholic Church**

<https://stkateri.cc/social-ministries> (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**

<https://www.stlukesyorktown.org/good-samaritan-fund>

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

### **The CoLink Foundation**

<https://colinkfoundation.org/> (757) 255-8233

Provide financial assistance to working families that have hit a speedbump financially and are at risk of having their utilities shut off or are facing eviction. CoLink Works directly with the utility company or rental agency to help remove the debt with a financial award.

### **THRIVE Peninsula**

[www.thrivepeninsula.org/help](http://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.

### **United Way**

[www.211.org](http://www.211.org) or call 211

By calling 211, you can speak with specialists who help locate aid for housing, utilities, and mortgage payments.

### **U.S Department of Housing and Urban Development**

<https://www.hud.gov/helping-americans/avoiding-foreclosure>

Guides homeowners who are facing foreclosure with steps to take.

### **VA Housing**

<https://www.virginiahousing.com/> (800) 235-6938

Can provide guidance on mortgage assistance.

### **Virginia Natural Gas**

<https://www.virginianaturalgas.com/> 1-866-229-3578

Programs for assistance include the Low-Income Home Energy Assistance Program (LIHEAP), Energy Share Program and Crisis Assistance for those who qualify.

### **Water Assistance (LIHWAP)**

[www.virginialihwap.com](http://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 1<sup>st</sup> or until funds are depleted.

**Spanish available online**

### **York/Poquoson Department of Social Services**

[www.yorkcounty.gov/239/emergency-assistance](http://www.yorkcounty.gov/239/emergency-assistance)

(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**

<https://www.yorkminsterpc.org/local-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.

## Down Payment Assistance

### **Virginia Housing's Community Heroes Grant**

Ameris Bank

804 Omni Blvd. Suite 103 Newport News, VA 23606

757-810-3628

Provides \$10,000 toward down payment and closing costs for eligible homebuyers in service-oriented professions (educators, first responders, healthcare workers, and more).

## Senior Resources

## Senior Resources

### **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](http://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.

### **Affinity Health Management**

<https://affinityhealthmanagement.com/> (888) 517-8100

714 Thimble Shoals Blvd, Suite C Newport News, VA 23606 (757) 330-8050

At Affinity Health Management, we believe that every person deserves dignity and compassion when faced with a life-limiting illness. The unique combination of hospice and residential services that we offer allow for a seamless transition for your loved ones as their needs shift and change.

### **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 rigor's of 24/7 caregiving. Guardianship Services provide care for those deemed unable to care for themselves.

### **Cheerful Hands**

(757) 703-2283 [Cheerfulhandsinc.net](http://Cheerfulhandsinc.net) or Email:

[shaunyafreeman@cheerfulhandsinc.com](mailto:shaunyafreeman@cheerfulhandsinc.com)

115 Roane Drive, Hampton, VA 23669

Cheerful Hands focuses on providing the elderly with daily essentials.

### **Family First Care Program**

[www.paainc.org](http://www.paainc.org) (757) 873-0541

Assistance for caregivers including personal care assistance and caregiver training, home safety tools, and emotional support.

### **F.R.E.E. Foundation**

[www.free-foundation.org](http://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](http://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.

### **Moving Assistance through Kirkwood Presbyterian Church**

[www.kirkwoodpcusa.org](http://www.kirkwoodpcusa.org) (757) 766-0343

1209 Hampton Highway, Yorktown, VA 23693

Will help seniors who need assistance with moving.

### **Peninsula Agency on Aging (PAA)**

[www.paainc.org](http://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.

### **Riverside Health, Martha W. Goodson Center**

[www.riversideonline.com](http://www.riversideonline.com) (757) 220-4751

460 McLaws Circle, Suite 110 Williamsburg, VA 23185

Provides dementia care coordination and memory care navigation. There is no cost for these services.

### **Safety for Our Seniors**

[www.nnva.gov/366/Sheriffs-Office](http://www.nnva.gov/366/Sheriffs-Office) or Email: [sherrif@nngov.com](mailto:sherrif@nngov.com)

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://seniorsmobility.org/>

Website dedicated to helping seniors remain fit and active. Free resources and activities available.

**Serve the City**

[www.STCpeninsula.com](http://www.STCpeninsula.com) – [info@STCpeninsula.com](mailto: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](mailto:info@stcpeninsula.com).

**Social Security Office**

[www.ssa.gov/](http://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/](http://www.easyaccess.virginia.gov/) (1-888) 992-0959

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.

## **Substance Abuse Resources**

## Substance Abuse Resources

### **Al-Anon**

[al-anon.org/al-anon-meetings/find-an-al-anon-meeting/](http://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/](http://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.

### **Celebrate Recovery**

A recovery program aimed at all "hurts, habits, and hang-ups", including but not exclusive to high anxiety, co-dependency, compulsive behaviors, sex addiction, financial dysfunction, drug and alcohol addictions, and eating disorders. It is a biblically based approach to help achieve long-lasting recovery by healing hurts, guiding toward new healthy truths and developing life-giving habits.

Local groups:

Manna Church  
401 Lucas Creek Road  
Newport News, VA 23602  
(804) 815-4163  
Contact: Heath Hudnall  
Meeting time: Monday 7pm

Northside Christian Church  
1300 George Washington Mem. Hwy.  
Yorktown, VA 23693  
(757) 817-5059  
Contact: Aulsie Hojnicky  
Meeting time: Friday 7 pm

### **Center for Child and Family Services**

[kidsandfamilies.com/substance-abuse--](http://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](http://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.

### **Comprehensive Harm Reduction (CHR)**

Provided by the Peninsula Health District

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

Offering compassionate, no-judgement support for people navigating substance use. On-site services include syringe exchange services, harm reduction kits (with hygiene and wound care supplies) & harm reduction counseling and assessment. A recovery specialist is available to support participants in exploring recovery options, setting goals, or just talking through next steps. Open Mondays-Thursdays 9:00 am- 3:00 pm

### **Faith Recovery**

[faithrecoveryhope.org/](http://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](mailto: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.hnncsb.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/](http://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/](http://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.

**Phoenix Wellness and Community Services**

[www.phoenixwcs.org](http://www.phoenixwcs.org) (757)550-5242

Wellness program with a supportive housing program for individuals recovering from substance use and mental disorders.

**Pinnacle Treatment Services of Newport News**

606 Denbigh Blvd. Suite 400, Newport News, VA 23608 (757) 269-3313

Comprehensive treatment for drug and alcohol addiction

**Recovery Consulting**

[info@recoveryconsulting.org](mailto:info@recoveryconsulting.org) (757) 231-3345

106 Shady Bluff Pt. Williamsburg, VA 23188

With a multidisciplinary team of experts, Recovery Consulting provides modern, evidence-based services to clients and families with substance use disorders.

**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 include 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](http://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.

**VA Department of Health (Project LEAD)**

Email [projectLEAD@vdh.virginia.gov](mailto:projectLEAD@vdh.virginia.gov) (757) 594-7320

Free Naloxone, Sterilized needles and resource referrals for food, shelter, clothing, rent and utility assistance, job training, child services, counseling, and emotional support.

## Tax Resources

## Tax Resources

### **AARP Tax-Aide**

[www.aarp.org/taxaide](http://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/](http://www.ebcnn.org/)

Free tax preparation from January through April. Also provides notary services.

### **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 Resources

## Transportation

### **Angel Wheels (AngelBus)**

[www.mercymedical.org/request-assistance](http://www.mercymedical.org/request-assistance)

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.

### **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**

[www.dreamsofhopefoundation.org/book-online](http://www.dreamsofhopefoundation.org/book-online) (757) 806-6339

7320 Warwick Blvd, Newport News, VA 23607

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 (HRT)**

[www.gohrt.com](http://www.gohrt.com) (757) 222-6100

3400 Victoria Blvd., Hampton, VA 23661

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**

[gohrt.com/programs/student-freedom-pass/](http://gohrt.com/programs/student-freedom-pass/) (757) 926-1400

700 Town Center Dr. Suite 320, Newport News, VA 23607

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 head office at City Center, Denbigh Recreation Center, Doris Miller Community Center, Newport News Public Libraries, Career Café at Patrick Henry Mall.

### **HRT Paratransit Services**

[www.gohrt.com/paratransit](http://www.gohrt.com/paratransit) or [www.gohrt.com/OnDemand](http://www.gohrt.com/OnDemand) - (757) 455-8010

Paratransit - Ride On Bus Program for individuals with disabilities. **OnDemand Ride Sharing Service** offers paratransit riders and Student Freedom Pass holders free rides for free by first registering their account through the app and showing a physical pass. Anyone other than paratransit riders & Student Freedom Pass holders using the service must pay the fare. Customers can book on the HRT OnDemand mobile app (available in the [Apple Store](#) and on [Google Play](#)) or by calling (757) 859-8294. A minivan will pick customers up and drop them off within the operating zone. Wheelchair-accessible vehicles are available upon request. Customers who want to go beyond the zone are dropped off at or near an HRT bus stop.

### **Peninsula Agency on Aging**

739 Thimble Shoals Boulevard Suite 1006 Newport News, VA 23606 – (757) 873-0541  
[paainc.org/transportation-services.html](http://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.

### **So All May Eat – Hampton Baptist Church**

40 Kings Way, Hampton, VA 23669 (757) 508-1772

Offers food delivery in Hampton and downtown Newport News.

### **St. Mark's UMC**

99 E Mercury Blvd, Hampton, VA 23669 - (757) 851-3367

[www.stmarksumcva.org/contact](http://www.stmarksumcva.org/contact)

Offers car repairs on the 3<sup>rd</sup> Saturday of the month.

### **THRIVE Peninsula**

[www.thrivepeninsula.org/help](http://www.thrivepeninsula.org/help)

12749 Nettles Drive, Newport News, VA 23606

Offers grocery delivery to families with significant transportation barriers.

### **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](http://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.