This booklet contains resources to help students with situations that may arise in their everyday lives.

*Please note: Agency contact information and a brief description of services are provided so students may know about and choose to use the services. The listing of any agency or service does not constitute an endorsement or recommendation by Paul D. Camp Community College, nor do services described herein necessarily reflect the values of the College. This is not an all-inclusive directory. We encourage organizations that wish to be listed to contact us at (757) 569-6724 or (757) 925-6326.*
# Table of Contents

**Emergency First Responders** .......................................................................................................................... 1

- 911 Police, Ambulance/Emergency Services .......................................................... 1
- Sheriff’s Office-Isle of Wight .............................................................................. 1
- Sheriff’s Office-Southampton County ................................................................. 1
- Fire Department-Franklin ................................................................................... 1
- Fire Department-Isle of Wight .......................................................................... 1
- Fire Department-Southampton .......................................................................... 1
- Fire Department-Suffolk .................................................................................... 1
- Police Department-Franklin ................................................................................ 1
- Police Department-Suffolk ................................................................................ 1

**Helplines** .................................................................................................................. 1

- Suicide Prevention Lifeline.................................................................................. 1
- 24-Hour State Hotline (Adult/Child Abuse Reporting) ....................................... 2
- Alcohol Abuse and Treatment ............................................................................. 2
- Alcohol and Drug Helpline .................................................................................. 2
- American SIDS Institute ..................................................................................... 2
- Cancer Information Services ............................................................................... 2
- Children’s Rights Foundation National Hotline .................................................. 2
- Children's Health Line-Isle of Wight ................................................................. 2
- Children's Health Line-Suffolk .......................................................................... 2
- Cocaine Abuse Crisis & Treatment ................................................................. 2
- Crime Line (Tidewater Area) ............................................................................. 2
- Crisis Hotline ...................................................................................................... 2
- Cystic Fibrosis Foundation ............................................................................... 2
- Department of the Rights of Disabled ............................................................... 2
- Division of Child Support Enforcement ............................................................ 2
- Drug Activity Reporting Hotline ....................................................................... 2
- Epilepsy Foundation ......................................................................................... 2
- FBI ..................................................................................................................... 2
- FEMA (National) .............................................................................................. 2
Highway Helpline ...................................................................................................................................... 2
Home Runaway Switchboard.................................................................................................................... 2
Narcotics Anonymous ............................................................................................................................... 2
National Center for Disease Control (CDC)...............................................................................................2
National Center for Missing & Exploited Children ....................................................................................2
National Child Abuse Hotline .................................................................................................................... 3
National Children’s Rights Foundation Hotline .......................................................................................3
National Runaway Switchboard................................................................................................................ 3
National Suicide Prevention Lifeline .........................................................................................................3
Physician Referral ...................................................................................................................................... 3
Suicide Prevention Lifeline ........................................................................................................................ 3
VA Poison Center ...................................................................................................................................... 3
VA Sexual & Domestic Violence Hotline ...................................................................................................3
Vanished Children’s Alliance 24-Hour Sighting ....................................................................................... 3

**Assistance Facility** .................................................................................................................................... 3

Adult Services & CPS Intake ...................................................................................................................... 3
City of Franklin and Southampton County Redevelopment and Housing Authority ....... 3
Common Help ........................................................................................................................................... 4
Department of Social Services-Franklin City ............................................................................................ 4
Department of Social Services-Isle of Wight County .............................................................................. 4
Department of Social Services-Southampton County ............................................................................ 4
Department of Social Services-Suffolk ..................................................................................................... 4
Endependence Center ................................................................................................................................ 4
Family Centered Resources (Newport News) ............................................................................................ 4
Healthy Families Program .......................................................................................................................... 5
Isle of Wight Christian Outreach Program Inc. ......................................................................................... 5
Red Cross .................................................................................................................................................. 5
Salvation Army .......................................................................................................................................... 5
Smart Beginnings Western Tidewater ........................................................................................................ 5
Suffolk Redevelopment and Housing Authority ....................................................................................... 5
United Way ............................................................................................................................................... 5
Victim and Witness Assistance Service of Isle of Wight County ............................................................... 6
Wounded Warrior Program ............................................................................................................................. 6

**Child Care ........................................................................................................................................... 6**

East End Baptist Child Development-Suffolk ............................................................................................. 6
Gingerbread House Day Care Center-Franklin ............................................................................................. 6
Kids Come First .......................................................................................................................................... 6
Li'lFolks Learning Center ............................................................................................................................. 6
Little Hearts/Big Minds ............................................................................................................................... 6
Main Street Day Care-Suffolk ...................................................................................................................... 6
Main Street Learning Center ....................................................................................................................... 7
Quality Time Child Care Center-Isle of Wight ............................................................................................ 7
Quality Time Child Care Center-Suffolk ..................................................................................................... 7
Windsor Baptist Church Weekday Education Ministry .............................................................................. 7

**Education........................................................................................................................................... 7**

Adult Education and Pre-GED Classes ....................................................................................................... 7
Early Childhood Development Commission-Suffolk .................................................................................. 7
Educational Opportunity Center (EOC) Main Office .................................................................................. 8
Family and Consumer Sciences .................................................................................................................. 8
Family Services Unit .................................................................................................................................. 8
GED–Franklin Services ................................................................................................................................. 8
Infant/Child CPR ......................................................................................................................................... 8
Job Corps ..................................................................................................................................................... 8
Old Dominion Job Corps .............................................................................................................................. 8
Pruden Center .............................................................................................................................................. 8
Redevelopment and Housing Authority-Suffolk ......................................................................................... 9
S.T.O.P-Southeastern Tidewater Opportunity Project ............................................................................... 9
Smart Choice Nutrition Education Program and Expanded Food and Nutrition Education Program ...... 9
Southampton Technical Career Center ......................................................................................................... 9
Suffolk Literacy Council .............................................................................................................................. 9
Suffolk Public Schools-Special Programs for High School Students 16+ .................................................... 9
The Children's Center ................................................................................................................................. 10
Virginia Cooperative Extension Services .................................................................................................. 10
Workforce Development Center .................................................................................................................. 10

**Employment** ....................................................................................................................................... 10

- AARP Representative .......................................................................................................................... 10
- AARP Representative .......................................................................................................................... 10
- AARP Representative-Workforce Center ............................................................................................ 10
- AmeriCorps ............................................................................................................................................ 11
- Job Club ................................................................................................................................................. 11
- Labor Ready .......................................................................................................................................... 11
- Opportunity, Inc. ................................................................................................................................. 11
- Reliance Staffing ................................................................................................................................. 11
- S.T.E.P.–U.P. Inc. ................................................................................................................................. 11
- SelecSource Staffing Services ............................................................................................................. 11
- Senior Station ...................................................................................................................................... 11
- VEC Job Services on-site .................................................................................................................... 11

Virginia Employment Commission-Chesapeake .................................................................................... 12
Virginia Employment Commission-Norfolk ............................................................................................. 12

**Family Resources and Counseling** .................................................................................................. 12

- Barry Robinson Center ....................................................................................................................... 12
- Bereavement Support Group through Sentara Obici Hospital ............................................................ 12
- Catholic Charities ............................................................................................................................... 12
- Domestic and Family Violence ............................................................................................................ 12
- Family First ....................................................................................................................................... 12
- Family Services of Tidewater, Inc. ...................................................................................................... 13
- Genieve Shelter ................................................................................................................................. 13
- New Outlook .................................................................................................................................... 13
- Response ......................................................................................................................................... 13
- Smithfield Christian Counseling ....................................................................................................... 13
- Southside Counseling Center ........................................................................................................... 13
- Suffolk Family and Assessment and Planning Team .......................................................................... 13
- The Keim Center ............................................................................................................................... 13
Tidewater House
UP Center, formerly Family Services
Victim/Witness Services
Virginia Department of Aging and Rehabilitation Services
Western Tidewater Mental Health Center-Smithfield
Western Tidewater Mental Health Center-Suffolk

Food, Clothing, Household Items, and Assistance

Bethlehem Christian Church
Capernaum 7th Day Adventist Church
CHKD Thrift Store-Franklin
CHKD Thrift Store-Smithfield
DAV Thrift Store-Smithfield
East End Baptist Church
Family Thrift Store and Distribution Center
Federal Summer Lunch Program
First Baptist Church
Foodbank of Southeastern Virginia and the Eastern Shore
Gates of Heaven C.O.G.I.C. (Forever Free Outreach) Ministry
Goodwill Stores
Kids Café
Lakeview Missionary Baptist Church
Magnolia United Methodist Church
Mission Day Star @ Liberty Baptist Church
Oak Grove Baptist Church
Open Door Church
Oxford United Methodist Church
Saint Paul’s Episcopal Church
Second Tyme Around Consignment Shop-Franklin
Southside Baptist Church
St. Timothy Baptist Church
Suffolk Christian Church
Suffolk Christian Fellowship Center........................................................................................................17
Suffolk Meals-On-Wheels ..............................................................................................................................17
Suited For Success.......................................................................................................................................17
Tabernacle Christian Church .......................................................................................................................17
West End Baptist Church ..............................................................................................................................17

**Governmental**.......................................................................................................................................17

DCSE-Division of Child Support Enforcement ............................................................................................17
Social Security Administration .....................................................................................................................18
VA Employment Commission .....................................................................................................................18

**Health**..................................................................................................................................................18

"Smiles for Children" Dental Services .........................................................................................................18
ACCESS ....................................................................................................................................................18
CARE-A-VAN ............................................................................................................................................18
Children’s Hospital of the King’s Daughters-Norfolk ..................................................................................18
DNA Testing American Association of Blood Banks (AABB) ...................................................................18
Health Department-Franklin .......................................................................................................................19
Health Department-Isle of Wight County ....................................................................................................19
Health Department-Southampton County ..................................................................................................19
Health Department-Suffolk .......................................................................................................................19
IVOR MEDICAL CENTER ..........................................................................................................................19
Kool Smiles ...............................................................................................................................................19
Lakeview Medical Center-Franklin ...............................................................................................................19
Lakeview Medical Center-Isle of Wight ......................................................................................................19
Lakeview Medical Center-Suffolk ...............................................................................................................20
Main St. Physicians ....................................................................................................................................20
Medication Assistance Program ..................................................................................................................20
Operation Blessing International ...............................................................................................................20
Planned Parenthood ...................................................................................................................................20
Sentara Obici Hospital-Suffolk ....................................................................................................................20
Sickle Cell Association ...............................................................................................................................20
Southampton Memorial Hospital ..................................................................................................................20
<table>
<thead>
<tr>
<th>Recreation</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Clubs-Isle of Wight</td>
<td>25</td>
</tr>
<tr>
<td>4-H Clubs-Southampton</td>
<td>25</td>
</tr>
<tr>
<td>4-H Clubs-Suffolk</td>
<td>25</td>
</tr>
<tr>
<td>East Suffolk Recreation Center</td>
<td>25</td>
</tr>
<tr>
<td>Information and Referral 211</td>
<td>25</td>
</tr>
<tr>
<td>James L. Camp Jr. Family YMCA</td>
<td>25</td>
</tr>
<tr>
<td>Liberty Baptist Church</td>
<td>25</td>
</tr>
<tr>
<td>Luter Family YMCA</td>
<td>26</td>
</tr>
<tr>
<td>Suffolk Family YMCA</td>
<td>26</td>
</tr>
<tr>
<td>Suffolk Museum and Art League</td>
<td>26</td>
</tr>
<tr>
<td>Suffolk Parks and Recreation</td>
<td>26</td>
</tr>
<tr>
<td>Support Groups</td>
<td>26</td>
</tr>
<tr>
<td>Al-Anon</td>
<td>26</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>26</td>
</tr>
<tr>
<td>Transportation</td>
<td>26</td>
</tr>
<tr>
<td>Cottles Taxi Service</td>
<td>26</td>
</tr>
<tr>
<td>I-Ride Corporate</td>
<td>27</td>
</tr>
<tr>
<td>I-Ride-Franklin</td>
<td>27</td>
</tr>
<tr>
<td>Lifestar Ambulance Inc</td>
<td>27</td>
</tr>
<tr>
<td>Transportation-Medicaid</td>
<td>27</td>
</tr>
<tr>
<td>United Taxi Services</td>
<td>27</td>
</tr>
<tr>
<td>Yellow Cab of Suffolk</td>
<td>27</td>
</tr>
<tr>
<td>Volunteer</td>
<td>27</td>
</tr>
<tr>
<td>Senior Services RSVP</td>
<td>27</td>
</tr>
<tr>
<td>Websites</td>
<td>27</td>
</tr>
<tr>
<td>Career Builder</td>
<td>27</td>
</tr>
<tr>
<td>Franklin Resource Guide</td>
<td>27</td>
</tr>
<tr>
<td>Hot Jobs</td>
<td>28</td>
</tr>
<tr>
<td>Indeed</td>
<td>28</td>
</tr>
<tr>
<td>Monster</td>
<td>28</td>
</tr>
</tbody>
</table>
**Emergency First Responders**

911 Police, Ambulance/Emergency Services
Services: Provides services to keep the community safe.
SHOULD BE THE VERY FIRST CALL DURING AND EMERGENCY

Sheriff's Office-Isle of Wight
17110 Monument Cir.
Isle of Wight, VA 23397
Phone Number: (757) 357-2151
http://www.isleofwightsheriffsoffice.com/
Services: Call for non-emergency related questions
CALL 911 IN CASE OF EMERGENCY

Sheriff's Office-Southampton County
22336 Main St.
Courtland, VA 23837
Phone Number: (757) 653-2100
www.shso.org
Services: Call for non-emergency related questions
CALL 911 IN CASE OF EMERGENCY

Fire Department-Franklin
100 S. Main St.
Franklin, VA 23851
Phone Number: (757) 562-8581
http://www.franklinva.com
Services: Responds in fire related emergencies
CALL 911 IN CASE OF EMERGENCY

Fire Department-Isle of Wight
Phone Number: (757) 357-6231
http://www.co.isle-of-wight.va.us/emergency-services
Services: Responds in fire related emergencies
CALL 911 IN CASE OF EMERGENCY

Fire Department-Southampton
Phone Number: (757) 653-2100
http://www.southamptoncounty.org/fire.aspx
Services: Responds in fire related emergencies
CALL 911 IN CASE OF EMERGENCY

Fire Department-Suffolk
300 Kings Fork Rd.
Suffolk, VA 23434
Phone Number: (757) 514-4550
fire@suffolkva.us
http://www.suffolkva.us/fire/
Services: Responds in fire related emergencies
CALL 911 IN CASE OF EMERGENCY

Police Department-Franklin
1018 Pretlow St.
Franklin, VA 23851
Phone Number: (757) 562-8575
www.franklinpolice.org
Services: Call for non-emergency related questions
CALL 911 IN CASE OF EMERGENCY

Police Department-Suffolk
111 Henley Place
Suffolk, VA 23434
Phone Number: (757) 514-7915
http://www.suffolkva.us/spd/
Services: Call for non-emergency related questions
CALL 911 IN CASE OF EMERGENCY

**Helplines**

Suicide Prevention Lifeline
Phone Number: 1-800-SUICIDE
1-800-784-2433
24-Hour State Hotline (Adult/Child Abuse Reporting)
Phone Number: 1-800-552-7096

Alcohol Abuse and Treatment
Phone Number: 1-800-333-2294
1-800-234-1253

Alcohol and Drug Helpline
Phone Number: 1-877-217-3447

American SIDS Institute
Phone Number: 1-800-232-SIDS
1-800-843-5678

Cancer Information Services
Phone Number: 1-800-422-6237

Children’s Rights Foundation
National Hotline
Phone Number: 1-800-329-KIDS
1-800-329-5437

Children's Health Line-Isle of Wight
Phone Number: (757) 668-7500
Services: Physician referral services, information About upcoming lectures and eligibility for children’s medical insurance.

Children's Health Line-Suffolk
Phone Number: (757) 539-6217
Services: Physician referral services, information About upcoming lectures and eligibility for children’s medical insurance.

Cocaine Abuse Crisis & Treatment
Phone Number: 1-877-335-4673

Crime Line (Tidewater Area)
Phone Number: 1-888-LOCK-U-UP

Crisis Hotline
Phone Number: (757) 622-4300

Cystic Fibrosis Foundation
Phone Number: 1-888-233-4682

Department of the Rights of Disabled
Phone Number: 1-800-552-3962

Division of Child Support Enforcement
Phone Number: 1-800-468-8894

Drug Activity Reporting Hotline
Phone Number: 1-800-553-3673

Epilepsy Foundation
Phone Number: 1-800-332-1000

FBI
Phone Number: (757) 455-0100

FEMA (National)
Phone Number: 1-800-621-3362

Highway Helpline
Phone Number: 1-800-367-7623

Home Runaway Switchboard
Phone Number: 1-800-621-4000

Narcotics Anonymous
Phone Number: 1-800-777-1515

National Center for Disease Control (CDC)
Phone Number: 1-800-232-4636
Contact: Franklin and Southampton- (757) 569-8929

National Center for Missing & Exploited Children
Phone Number: 1-800-THE-LOST
1-800-843-5678
National Child Abuse Hotline
Phone Number: 1-800-422-6237

National Children’s Rights Foundation Hotline
Phone Number: 1-800-329-KIDS (5437)

National Runaway Switchboard
Phone Number: 1-800-621-4000

National Suicide Prevention Lifeline
Phone Number: 1-800-273-TALK
1-800-273-8255

Physician Referral
Phone Number: 1-800-736-8272

Suicide Prevention Lifeline
Phone Number: 1-800-SUICIDE
1-800-784-2433

VA Poison Center
Phone Number: 1-800-222-1222

VA Sexual & Domestic Violence Hotline
Phone Number: 1-800-838-8238

Vanished Children’s Alliance 24-Hour Sighting
Phone Number: 1-800-VANISHED
1-800-826-4743

Assistance Facility

Adult Services & CPS Intake
Department of Social Services
135 Hall Ave
Suffolk, VA 23434
Phone Number: (757) 514-7458
DSS Main (757) 514-7450
www.dss.virginia.gov/
Mon.-Fri. 8:30 a.m.-5:00 p.m.
Services: Provides the following to adults over 59 or disabled adults 18 & older. Companion Services, Screenings for LTC, CBC or AG, General Case Management, Tax Relief and Water/Sewer Hook-up Fee Discount, Emergency payment from Services & Emergency Fund and Protective Services in cases of abuse, neglect or financial exploitation.

City of Franklin and Southampton
County Redevelopment and Housing Authority
601 Campbell Ave.
Franklin, VA 23851
Phone Number: (757) 562-0384
Fax: (757) 562-0267
http://www.frhaonline.org/Programs/Section8
Services: Helps provide safe housing to low to moderate income families, elderly, and individuals with disabilities. Call, email, or visit their website for more information.
Common Help
Virginia Department of Social Services
Phone Number: 1-855-635-4370
(757) 514-7430
commonhelp@dss.virginia.gov
www.commonhelp.virginia.gov
Services: Provides assistance applying of or SNAP, Medicaid, TANF, Child Care Services, and Energy Assistance (Fuel, CRISIS or Cooling)

Department of Social Services-
Franklin City
306 N. Main St.
Franklin, VA 23851
Phone Number: (757) 562-8515
http://www.franklinva.com
Services: Provides a variety of services to help the citizens of Franklin. Visit their website for information on the services that they offer.

Department of Social Services-Isle of Wight County
17100 Monument Cir.
Isle of Wight, VA 23397
Phone Number: (757) 365-0880
Fax: (757) 365-0886
http://www.co.isle-of-wight.va.us/social-services/
Mon.–Fri. 8:30 a.m.-5:00 p.m.
Services: Provides a variety of services to help the citizens of Isle of Wight County. Visit their website for information on the services that they offer. Please call for an appointment.

Department of Social Services-
Southampton County
26022 Administration Center Dr.
Courtland, VA 23837
Phone Number: (757) 653-3080
Services: Uses a variety of services to help the citizens of Southampton County lead safe and productive lives.

Department of Social Services-
Suffolk
135 Hall Ave.
Suffolk, VA 23434
Phone Number: (757) 514-7450
http://www.suffolkva.us/ss
Services: Provides a variety of services to help those suffering from economic hardships. Visit their website to view the different services they offer and to see whether or not you qualify for those services.

Endependence Center
6300 East Virginia Beach Blvd.
Norfolk, VA 23502
Phone Number: (757) 461-8007
(757) 461-7527
Contact: Brenda Estes
Services: The purposes of ECI are two-fold; to prepare individuals, and prepare the community for full integration of persons with disabilities into society. (1.) The provision of direct services to individuals with severe disabilities, that result in a greater level of independence and community integration. Functioning (2.) the provision of services and advocacy in the community that result in a greater awareness of disability issues, physical and programmatic accessibility and systems change.
Appointments available in Suffolk Office.

Family Centered Resources
(Newport News)
12482 Warwick Blvd.
Newport News, VA 23606
Phone Number: (757) 596-3941
Services: Provides assisted living at low prices.
Call for more information
Healthy Families Program
2211 Dickens Rd., Suite 204
Richmond, VA 23230
Phone Number: (757) 514-4700
www.preventchildabuseva.org
Services: Home visiting, parent education, developmental screenings, and referrals for first-time parents.

Isle of Wight Christian Outreach Program Inc.
Isle of Wight Industrial park
Smithfield, VA 23430
Phone Number: (757) 357-5354
www.iowcop.org
Services: Volunteer group that helps those that are in need and provides assistance to Isle of Wight youths so that they are able to grow and develop as productive members of society.

Red Cross
611 W. Brambleton Ave.
Norfolk, VA 23510
Phone Number: (757) 446-7700
(757) 539-6645
Services: Disaster Relief Program - provides assistance to families that have had property loss as a result of a manmade or natural disaster.

Salvation Army
400 Bank St.
Suffolk, VA 23434
Phone Number: (757) 539-5201
Contact: Jim Evans at Thrift Store: (757) 934-6173
157 W. Washington Street Suffolk, VA 23434
http://www.salvationarmyusa.org
Services: Emergency clothing, food, shelter, and fuel needs and Energy Share program. Referrals are needed for food and clothing.

Smart Beginnings Western Tidewater
601 N. Mechanic St., Suite 203
Franklin, VA 23851
Phone Number: (757) 562-8511
www.smartbeginningswt.org
Services: Helps in identifying and supporting programs that promote helping children and their families; some of these programs include FAMIS, Medicaid, etc. For more information visit their website or give them a call.

Suffolk Redevelopment and Housing Authority
530 E. Pinner St.
Suffolk, VA 23434
Phone Number: (757) 539-2100
Fax: (757) 539-5184
srha@suffolkrha.org
http://www.suffolkrha.org/hcvabout.php
Services: Helps provide safe housing to low to moderate income families, elderly, and individuals with disabilities. Call, email, or visit their website for more information.

United Way
707 Gittings St., Ste. 160
Suffolk, VA 23434
Phone Number: (757) 853-8500
Services: Provides public with referrals to various member organizations for supportive services.
Victim and Witness Assistance
Service of Isle of Wight County
17000 Josiah Parker Cir.
Isle of Wight, VA 23397
Phone Number: (757) 357-7403
Fax: (757) 357-4247
Contact: Carol Rhodes – Director of
Victim/Witness Assistance Program
crhodes@isleofwightus.net
Services: This program supports and aids
victims, families, and witnesses throughout the
court process by: informing individuals of their
rights, making sure the individuals are treated
with respect, etc.

Wounded Warrior Program
Phone Number: (757) 942-1069
Cell - (757) 633-0988
Contact: Daphne Eaton
https://wearevirginiaeveterans.org
Hours Vary
Services: Provides resources for Veterans of all
eras and their families, while representing them
from a wide range of VA Veteran friendly
organizations that provide services to VA heroes
and those who love them.
Call contact for more information and address.

Child Care

East End Baptist Child Development-
Suffolk
608 E Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-3619
Services: Provides Child Care.
Call for more information.

Gingerbread House Day Care Center-
Franklin
305 Crescent Dr.
Franklin, VA 23851
Phone Number: (757) 569-8658
Services: Provides Child Care.
Call for more information.

Kids Come First
1605 South Church St.
Smithfield, VA 23430
Phone Number: (757) 357-2006
Services: A child care center. Accepts children
one month-twelve years, eleven months old.
Call for more information.

Lil’Folks Learning Center
15012 Omera Dr.
Carrollton, VA 23314
Phone Number: (757) 238-8278
http://www.lilfolkslearningcenter.com/
Services: Offers childcare and preschool for
ages two to five years. Virginia State Licensed.

Little Hearts/Big Minds
179 Commerce Park Rd.
Franklin, VA 23851
Phone Number: (757) 562-1000
http://www.littleheartsbigminds.com/index.html
Services: Provides childcare services. Different
price packages are available, visit their website
for more information on the packages.

Main Street Day Care-Suffolk
202 North Main St.
Suffolk, VA 23434
Phone Number: (757) 539-3431
http://mainstreetdaycare.org/
Services: Provides child care for children six
weeks of age to Pre-K.
Call or visit their website for more information.
Main Street Learning Center
PO Box 159
Smithfield, VA 23431
Phone Number: (757) 357-2604
http://www.mainstreetbaptistva.org/MS_LEARNING_CENTER.html
Services: Provides a variety of child care services.
Call or visit their website for more information.

Quality Time Child Care Center-Isle of Wight
201 Wimbledon Lane
Smithfield, VA 23430
Phone Number: (757) 365-9570
http://www.qualitytimechildcareva.com/
Services: Provides Child care as well as a functional preschool.
Call or visit their website for more information.

Quality Time Child Care Center-Suffolk
2008 Meade Pkwy.
Suffolk, VA 23434
Phone Number: (757) 934-0187
http://www.qualitytimechildcareva.com/
Services: Provides Child care as well as a functional preschool.
Call or visit their website for more information.

Windsor Baptist Church Weekday Education Ministry
7 North Court St.
Windsor, VA 23487
Phone Number: (757) 242-3134
(757) 925-4365
http://www.windsorbaptistva.org
Services: Provides a variety of child care services
Call or visit their website for more information.

Education

Adult Education and Pre-GED Classes
Work Force Development Center
157 N. Main St.
Suffolk, VA 23434
Phone Number: (757) 514-7729
WFC Mon.-Thurs. 9:00 a.m.-12:00 p.m. Summer Hours: Tues. and Wed. 9:00 a.m.-Noon
Services: Pre GED classes for students 18 years or older. Held at the Work Force Development Center. Additional night time pre-GED classes are held at Faith Temple and P.D. Pruden. Placement Testing is held at P.D. Pruden.

Early Childhood Development Commission-Suffolk
P.O. Box 1818
Suffolk, VA 23439
Phone Number: (757) 514-7457
Fax: (757) 514-4868
Contact: Brenda O'Donnell
bodonnell@suffolkva.us
www.suffolkcdc.com
Services: Its mission is to ensure that every child in the City of Suffolk develops to his/her fullest potential socially, physically, emotionally, and cognitively. Services provided include: Parenting Workshops, In-Service Workshop for Childcare Worker, Resource and Referral Services for Families and Children, and a library of Early Childhood, Parenting and Educational Materials.
Educational Opportunity Center (EOC) Main Office
350 Granby St.
Stanley Walker Building, 1st Floor
Norfolk, VA 23510
Phone Number: (757) 683-2312
Fax: (757) 683-2315
Contact: Dr. Tyrone Davis
eoc@edufind.org
www.edufind.org
By appt. Mon.-Fri. Suffolk - Wed. Only
Services: Educational & career planning, Financial Aid application assistance and planning for those interested in attending college. On-site representative available, adult basic education and GED classes, computerized scholarship search, and references to community agencies.

Family and Consumer Sciences
Virginia Cooperative Extension
Suffolk 440 Market St.
Suffolk, VA 23243
Phone Number: (757) 923-2050
Services: Provides childhood nutrition resources, cooking and meal planning, food guide pyramid, food safety, food science, etc.

Family Services Unit
Department of Social Services
135 Hall Ave.
Suffolk, VA 23434
Phone Number: (757) 514-7355
DSS Main (757) 514-7450
Contact: Latonya Brown
www.dss.virginia.gov/
Mon. - Fri. 8:30 am - 5:00pm
Services: Provides many services to help families in the local areas.

GED–Franklin Services
Phone Number: (757) 562-4631
Contact: Vanessa Collins
Services: Offers GED classes and testing. Contact for more information.

Infant/Child CPR
Sentara Obici Hospital Woman's Center
2800 Godwin Blvd.
Suffolk, VA 23434
Phone Number: (757) 934-4999
Services: Offers classes demonstrating CPR on Infants and Children
Cost: $20.00 per person/ $35 per couple.

Job Corps
Phone Number: (757) 466-3202
Contact: Ms. Lundy - Admission Office
Services: Residential vocational training program with GED classes for 16-24 year olds. Provides career technical training, job placement assistance upon completion of program training. Call for more information.

Old Dominion Job Corps
5900 E. Virginia Beach Blvd. Suite 215
Norfolk, VA 23502
Phone Number: (757) 466-3202
Contact: Ms. Lundy - Admission Office
Services: Residential vocational training program with GED classes for 16-24 year olds. Provides career technical training, job placement assistance upon completion of program training.

Pruden Center
4169 Pruden Blvd.
Suffolk, VA 23434
Phone Number: (757) 926-5611
Contact: Ms. Robin Rose Email: robrose@prudencenter.net
Services: Provides Adult Vocational Education, GED prep classes (free), ABE and GED classes are offered at various sites & times in the Suffolk area. Free placement testing for GED classes. Full practice GED tests offered for $7.00. Adult Ed personnel are available after 2:00 pm (Mon. - Thurs.) Some fees may apply.
Redevelopment and Housing Authority-Suffolk

530 East Pinner St.
Suffolk, VA 23434
Phone Number: (757) 539-2100
TDD: (757) 538-2886
Fax: (757) 539-5184
srha@suffolkrha.org
Mon., Tues., Thurs., and Fri., 8:00 a.m.-5:30 p.m.
Services: GED Training, Home Maintenance Program, AmeriCorps after school tutoring for elementary school children, food bank, nutrition program, photography program for teens, home based business program.

S.T.O.P-Southeastern Tidewater Opportunity Project

2551 Almeda Ave.
Norfolk, VA 23513
Phone Number: (757) 858-1360
Fax: (757) 852-9953
info@stopinc.org
Services: STOP’s target population encompasses households at or below 125-percent of the poverty level as identified by the Federal Government. STOP focuses its efforts on areas impeding the achievement of self-sufficiency among hard-working, low-income wage earners. Services include Child Care, Crisis Intervention, Education, Employment, Health, Housing, Nutrition, and Youth Services. Call for more information.

Smart Choice Nutrition Education Program and Expanded Food and Nutrition Education Program

Suffolk Department of Social Services
135 Hall Ave.
Suffolk, VA 23434
Phone Number: (757) 514-7450
Services: Teaches eligible clients how to feed their families a nutritious diet with limited resources.

Southampton Technical Career Center

23450 Southampton Pkwy.
Courtland, VA 23837
Phone Number: (757) 653-9170
Contact: Ms. Linda Adams
LAdams@southampton.k12.va.us
Services: Offers GED classes and testing. Contact for more information.

Suffolk Literacy Council

Workforce Development Center
157 North Main St. (2nd Floor)
Suffolk, VA 23434
Phone Number: (757) 514-7733
suffolkliteracy@live.com
www.literacy4suffolk.org
Services: Tutoring to non-reading adults and those with limited reading skills, adult basic education, and remedial reading with free one-on-one tutoring sessions.

Suffolk Public Schools-Special Programs for High School Students 16+

Phone Number: Phones: LHS - (757) 925-5790 or NRHS - (757) 923-4101
Contact: Guidance Dept. at LHS or NRHS are contacts
Services: Special programs for High School students age 16 and up who are experiencing problems with attendance, performance, behavior, etc. are as follows: Work + at P.D. Pruden. Students spend 1/2 day on Vocational programs and 1/2 day on GED prep. Students may ride school buses. This is a 2 year program. Contact the school’s Guidance Department for more information.
The Children's Center
700 Campbell Ave.
Franklin, VA 23851
(757) 562-6806
300 Executive Court, Suffolk, VA 23434
(757) 538-2523
www.childrenscenterva.com
Services: Community Childcare/ Early Head Start and Head Start services for children ages birth – 5 years living in Franklin, Southampton, Isle of Wight and Suffolk.

Virginia Cooperative Extension
Services
Southampton: 21300 Plank Rd.
Courtland, VA 23837
Southampton Office: (757) 653-2572
Southampton Fax: (757) 653-2849
Southampton Hours: Mon.– Fri. 8:00 a.m. to 5:00 p.m.
Suffolk: 440 Market St.
P.O. Box 218
Suffolk, VA 23434
Suffolk Office: (757) 514-4330
Suffolk Fax: (757) 514-4350
Suffolk Hours: Mon.– Fri. 8:30 a.m. to 5:00 p.m.
Isle of Wight: Public Services Center
17100 Monument Cir., Suite B
Isle of Wight, VA 23397-0074
Isle of Wight Office: (757) 365-6261
Isle of Wight Fax: (757) 357-9610
Isle of Wight Hours: Mon.– Fri. 8:30 a.m. to 5:00 p.m.
Services: A variety of educational programs are offered for families including: parenting, childcare provider training, programs for older adults, nutrition education, and money management; 4H program for youth including summer camp; and programs for specific audiences – TANF childcare training program and EFNEP and SCNEP programs (nutrition education for limited resource families).

Workforce Development Center
157 North Main St.
Suffolk, VA 23434
Phone Number: (757) 514-7730
Mon.-Fri. 8:30 a.m.- 4:45 p.m.
Services: Designed to address the education and training needs of the local workforce. The Center will offer one stop career services; initial skills assessment, job search and placement assistance, career counseling and workshops, access to short and long term training designed to enhance an individual’s employment opportunities. AARP rep. available.

Employment
AARP Representative
201 Granby St. Suite 424
Norfolk, VA
Phone Number: (757) 625-7001
Mon.- Fri, 9:00 a.m.-4:00 p.m.
Services: Job openings for those 55 and older. Help with resumes, job applications, interviewing techniques.

AARP Representative
Housed at Workforce Center
Suffolk, VA 23434
Phone Number: (757) 541-7735
Mon.- Fri, 9:00 a.m.-4:00 p.m.
Services: Job openings for those 55 and older. Help with resumes, job applications, interviewing techniques.

AARP Representative-Workforce Center
157 N Main St. #D
Suffolk, VA 23434
Phone Number: (757) 514-7735
Mon.- Fri, 9:00 a.m.-4:00 p.m.
Services: Job openings for those 55 and older. Help with resumes, job applications, interviewing techniques.
AmeriCorps
801 E Main St., 15th Floor
Richmond, VA 23219
Phone Number: 1-800-638-3839
Services: A national service that provides opportunities for people of all ages. Any earnings are not counted as income in benefit programs. After a year of service, members can receive up to $4,725 for school or to pay back student loans.

Job Club
Suffolk: Workforce Development Center
Suffolk, VA/ Training Room A
Suffolk: Thurs.- 1:00 p.m. to 3:00 p.m.
Franklin: Ruth Camp Campbell Memorial Library
280 N. College Dr. Franklin, VA
Franklin: Thurs.- 9:00 a.m. to 11:00 a.m.
Services: Helps individuals prepare resumes and cover letters; also helps with finding job opportunities based on the individuals job skills. No registration is required, walk-ins are welcome.

Labor Ready
839 W. Constance Rd.
Suffolk, VA 23434
Phone Number: (757) 539-0045
Fax: (757) 539-5807
1261-br@laborready.com
www.laborready.com/
Services: Helps individuals find work in a variety of industries.

Opportunity, Inc.
Phone Number: (757) 514-7737
Norfolk (757) 461-7537
Services: Workforce Development - Through contractors funded by the WIA, provides OJT certifications, Vocational Training and Pre - Apprenticeship Training, CAN Training, and GED Training.

Reliance Staffing
424 Market St. Suite 100
Suffolk, VA 23434
Phone Number: (757) 925-0400
Fax: (757) 925-0792
www.reliancestaffing.com/suffolk
Services: Helps individuals find full-time and part-time work in a variety of industries.

S.T.E.P.– U.P. Inc.
5900 E Virginia Beach Blvd
J.A.N.A.F. Shopping Yard,
Norfolk, VA 23502
Phone Number: (757) 588-3151 (Norfolk)
(757) 514-7730 (Tuesdays; Suffolk)
Contact: Michelle Gooden
Tues. by Appt
Services: Primarily provides services to offenders and ex-offenders; provides training, employment and follow-up services. Meets customers at Workforce Center Suffolk. Walk-in customers will be seen as time permits.

SelecSource Staffing Services
127 E. Washington St. Suite 100
Suffolk, VA 23434
Phone Number: (757) 925-1235
Fax: (757) 925-2037
Services: Helps individuals find work in a variety of industries.

Senior Station
3500 Clifford St.
Portsmouth, VA 23701
Phone Number: (757) 391-3241
Services: AARP rep available.

VEC Job Services on-site
Work Force Development Center
157 N. Main St.
Suffolk, VA 23434
Phone Number: (757) 514-7743
8:30 a.m.-5:00 p.m.
Services: Job referral service, job matching, computer job search, unemployment insurance. Veteran and Employer Services.
Virginia Employment Commission-
Chesapeake
504 Cedar Rd. 
Chesapeake, VA 23320 
Phone Number: (757) 547-9717 
Services: AARP rep available; helps individuals seeking jobs.

Virginia Employment Commission-
Norfolk
5145 East Virginia Beach Blvd. 
Norfolk, VA 23500 
Phone Number: (757) 455-3900 
Services: Helps individuals seeking jobs.

Family Resources and Counseling
Barry Robinson Center
443 Kempsville Rd. 
Norfolk, VA 23502 
Phone Number: (757)562-6222 
Services: Provides counseling services children and adolescents that are emotionally and behaviorally disturbed. Residential and in-home services are available.

Bereavement Support Group
through Sentara Obici Hospital
2800 Godwin Blvd. 
Suffolk, VA 23434 
Phone Number: (757) 934-4961 
Services: Support group for those who have experienced a loss. Individuals may share feelings and receive group counseling. Call for more information.

Catholic Charities
3804 Poplar Hill Road Suite A 
Chesapeake, VA 23321 
Phone Number: (757) 484-0703 
Fax: (757) 484-1096 
Services: Counseling, child welfare, family life enrichment, community outreach, advocacy, older adults, debt and credit counseling. Emergency Services include: help with utilities, rent and mortgage - 1 time in a 12 month period; must provide proof of emergency. Grandparents Support Group: (757) 875-0060.

Domestic and Family Violence
5008 Monument Ave. Suite A 
Richmond, VA 23230 
Phone Number: (804) 377-0335 
(800) 838-8238 
Fax: (804) 377-0339 
www.vsdvalliance.org 
Services: Use this resource when dealing with someone who has been abused and who needs help. Referrals, written materials, and technical assistance are available to professionals working with victims or abuse. For more information visit the above website or call.

Family First
157 N. Main St. Suite R - 2 
Suffolk, VA 23434 
Phone Number: (757) 539-0716 
(757) 338-3334 
Fax: (757) 539-0717 
Familyfirsthomecare9@gmail.com 
In Home Care 24 hrs. a day, 7 days a week 
In Home Respite 8:45am - 4:45 pm 
Services: Personal services include: companionship, personal monitoring, medication reminder, fall detectors, arrange and remind appointments, grocery shopping, picking up prescriptions, escorting to religious services, restaurants, and appointments, home cooked meals, household chores, dressing and grooming, mailing bills and letters, and family communication.
**Family Services of Tidewater, Inc.**  
Main Office: 222 West 19th St.  
Norfolk, VA 23517  
Main Office Phone Number: (757) 622-7017  
Franklin Office: 217 North College Dr.  
Franklin VA 23851  
Franklin Office Phone Number: (757) 562-3306  
Suffolk Office: 707 Gittings St., Suite 170  
Suffolk, VA 23434  
Suffolk Office Phone Number: (757) 539-8616  
Services: Provides counseling services.

**Genieve Shelter**  
1548 Holland Rd. #C  
Suffolk, VA 23434  
Phone Number: (757) 925-4365  
Fax: (757) 925-2053  
Services: Offers a safe and supportive environment to victims of domestic violence; provides information, education, and training services which focus on ending domestic violence.

**New Outlook**  
1350 North High St.  
Franklin, VA 23851  
Phone Number: (757)-5626895  
1800-253-6387  
Services: Provides Consultation Services, Counseling Services, Substance Abuse Services, and Free Support Services. Does accept: Commercial, Blue Cross/Blue Shield, Champus, Medicare, and Medicaid; also, deferred payment plans are available.

**Response**  
253 W. Freemason St.  
Norfolk, VA 23510  
Phone Number: (757) 623-2115  
(757) 622-4300 for 24-hour Assistance  
Services: Provides support, advocacy, and crisis intervention counseling to individuals who have been traumatized by sexual assault or sexual abuse. Call Norfolk office to arrange meeting at Suffolk Christian Church 216 N. Main Street.

**Smithfield Christian Counseling**  
341 Main St.  
Smithfield, VA 23430  
Phone Number: (757) 356-1813  
http://smithfieldchristiancounseling.com/  
Services: Provides professional therapy to a varity of individuals.

**Southside Counseling Center**  
6072 Godwin Blvd.  
Suffolk, VA 2432  
http://www.southsidecounseling.net  
Services: Provides a variety of services to help individuals cope with personal and family problems. Visit the website for more information.

**Suffolk Family and Assessment and Planning Team**  
Suffolk, VA 23434  
Phone Number: (757) 514-7335  
Contact: Rachel Lewis  
Services: Provides interagency team assessment and intervention assistance for at risk and troubled children and youth. Funds are available for purchase of treatment resources. Funded through the Comprehensive Services Act - CSA.  
Call for address and more information.

**The Keim Center**  
302 North Main St., #A  
Suffolk, VA 23434  
Phone Number: (757) 925-6596  
Hotline: 499-4444  
Services: Provides educational information, emotional support and practical help to better prepare young women and men for the wonders of pregnancy and parenthood. Formerly known as Crisis Pregnancy Center.
Tidewater House
2465 Pruden Blvd.
Suffolk, VA 23434
Phone Number: (757) 934-1946
Services: Provides psychological/social rehabilitative services.

UP Center, formerly Family Services
Phone Number: (757) 562-3306
Fax: (757) 562-7670
By appt. only at Suffolk WFC
Services: Counseling center for college enrollment, career planning, testing and financial aid information.
Located are the Suffolk Workforce Development Center

Victim/Witness Services
150 N Main St
Godwin Courts Building
Suffolk, VA 23434
Phone Number: (757) 514-4366
Fax: (757) 514-4400
Services: Provides services to victims of or witnesses to a crime. Types of services are: medical health counseling, medical bill assistance, and financial assistance for reimbursement of time loss from work.

Virginia Department of Aging and Rehabilitation Services
101 South College Dr.
Franklin, VA 23851
Phone Number: (757) 562-6151
Contact: Ms. Mundy, Clinical Psychologist
Services: Psychological services, counseling, and other services are provided. Contact for more information.

Western Tidewater Mental Health Center-Smithfield
1801 South Church St.
Smithfield, VA 23430
Phone Number: (757) 357-7458
Services: Provides mental health services and counseling.

Western Tidewater Mental Health Center-Suffolk
157 North Main St.
Suffolk, VA 23434
Phone Number: (757) 925-2484
Services: Provides mental health services and counseling.

Food, Clothing, Household Items, and Assistance

Bethlehem Christian Church
1546 Holland Rd.
Suffolk, VA 23434
Phone Number: (757)539-4274
Hours Vary
Services: Food pantry 10:00 a.m.-12:0 p.m., except the 1st Tuesday of the month.
Provides food to individuals in need. Individuals must have Suffolk ID. SE VA Food Bank participant.

Capernaum 7th Day Adventist Church
314 York St.
Suffolk, VA 23434
Phone Number: (757) 934-3518
(757) 934-2724
Contact: Ms. Mondesir
Services: Distribute fresh food and can goods to needy families every Wednesday 12:00 p.m.-2:00 p.m. and Friday from 3:00 p.m.-5:00 p.m. at the church. If a family is in need of emergency food and/or clothing you may call any of the contacts. They will make arrangements to meet the family and provide them with these items any day of the week. Additional contacts are Ms. Lillie Bonner at (757) 539-3941 or Michael Dyson at (757) 923-1688.
CHKD Thrift Store-Franklin
1100 Armory Dr.
Franklin, VA 23851
Phone Number: (757) 562-4000
Services: Offers secondhand items at low prices.

CHKD Thrift Store-Smithfield
1288 Smithfield Shopping Plz.
Smithfield, VA 23430
Phone Number: (757) 356-9080
Services: Offers secondhand items at low prices.

DAV Thrift Store-Smithfield
1937 S. Church St.
Smithfield, VA 23430
Phone Number: (757) 365-9555
http://davthrift.org/locations.html
Services: Offers secondhand items at low prices.

East End Baptist Church
523 E. Washington St.
Suffolk, VA
Phone Number: (757) 539-3324
Hours Vary
Services: Vary Food Pantry 10:00 am – 12:00 pm the 2nd and 4th Tuesdays of the month. Provides food to individuals in need. Emergency food is offered any day except holidays.

Family Thrift Store and Distribution Center
157 W. Washington St.
Suffolk, VA 23434
Phone Number: (757) 934-6173
Services: Offers secondhand items at low prices.

Federal Summer Lunch Program
Suffolk Department of Parks and Recreation
301 N. Main St.
Suffolk, VA 23434
Phone Number: (757) 923-2360
Services: The U.S. Department of Agriculture-funded summer lunch program for children from income eligible households.

First Baptist Church
112 W. Mahan St.
Suffolk, VA 23432
Phone Number: (757) 539-6623
Food Pantry 10:00 a.m.-noon
Services: Provides food to individuals in need.

Foodbank of Southeastern Virginia and the Eastern Shore
800 Tidewater Dr.
Norfolk, VA 23504
Phone Number: (757) 627-6599
http://www.foodbankonline.org
Services: Provides food to those individuals that are in need. Visit their web site to find the closest location near you. They do service Isle of Wight County, Suffolk, Sussex County, and Southampton County.

Gates of Heaven C.O.G.I.C. (Forever Free Outreach) Ministry
112 Beech St.
Suffolk, VA 23434
Phone Number: (757) 539-3856
Hours Vary
Services: Food Pantry 4:00 p.m. on the 3rd Wednesday of the month. Provides food to individuals in need.

Goodwill Stores
940 N. Main St.
Suffolk, VA 23434
Phone Number: (757) 538-0182
Services: Offers secondhand items at low prices.

Kids Café
Phone Number: (757) 314-4549
Contact: Macy McDevitt
Services: Provides children with a daily meal in the evening.
Lakeview Missionary Baptist Church
635 Brook Ave.
Suffolk, VA 23434
Phone Number: (757) 934-1047
Hours Vary
Services: USDA boxed food 2:00 p.m. on the 3rd Friday of the month. Provides food to individuals in need.

Magnolia United Methodist Church
1764 Wilroy Rd.
Suffolk, VA 23434
Phone Number: (757) 538-8552
Hours Vary
Services: Food Pantry 10:00 a.m.-2:00 p.m.; the 3rd Tuesday of the month. Provides food to individuals in need. Individuals must have Suffolk ID.

Mission Day Star @ Liberty Baptist Church
1021 Big Bethel Rd.
Hampton, VA 23666
Phone Number: (757) 826-2110
Fax: (757) 826-8141
Thurs and Sat., 9:30 a.m.-11:30 a.m.
Services: Provides a wide assortment of household items, i.e. furniture, appliances, etc. A referral from Social services on agency letterhead is required.

Oak Grove Baptist Church
2635 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-8012
Hours Vary
Services: Hot Meal 11:00 a.m.; Food pantry when available with referral form Social Services (call the church). Provides food to individuals in need.

Open Door Church
816 Kings Fork Rd.
Suffolk, VA 23434
Phone Number: (757) 934-2671
Hours Vary
Services: Food Pantry 6:30 p.m. the 4th Saturday of the month. Provides food to individuals in need. Individuals must call ahead in order to participate.

Oxford United Methodist Church
601 W. Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-8253
Hours Vary
Services: Food Pantry 9:00 a.m.-12:00 p.m. except on the 1st and 5th Wednesdays of the month. Provides food to individuals in need.

Saint Paul’s Episcopal Church
213 N. Main St.
Suffolk, VA 23434
Phone Number: (757) 539-2478
Hours Vary
Services: Vary Food Pantry 5:00 p.m.-6:00 p.m. on Monday except on Monday Holidays. Provides food to those that are in need. SE VA Food Bank participant.

Second Tyme Around Consignment Shop-Franklin
1100 Armory Dr. #144
Franklin, VA 23851
Phone Number: (757) 562-3805
Services: Provides a variety of secondhand items.

Southside Baptist Church
917 Carolina Rd.
Suffolk, VA 23434
Phone Number: (757) 539-6629
Hours Vary
Services: Food Pantry 6:00 p.m.–7:00 p.m. 1st and 3rd Wednesdays of the month. Provides food to individuals in need.
St. Timothy Baptist Church
1703 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 934-1742
(757) 934-6186
Hours Vary
Services: USDA boxed food 10:00 a.m.-1:00 p.m.
on the 3rd Thursday only; Hot meal noon-2:00 p.m. on the 2nd Thursday only. Provides food to individuals in need.

Suffolk Christian Church
216 N Main St.
Suffolk, VA 23434
Phone Number: (757) 539-9182
Hours Vary
Services: Food Pantry 3:00 p.m.-5:00 p.m.
extcept on the first Tuesday of the month.
Provides food to individuals in need. SE VA Food Bank Participant.

Suffolk Christian Fellowship Center
201 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-2600
Hours Vary
Services: Vary Fresh Food/ Produce 10:00 a.m.-
11:00 a.m and 1:30 p.m.-2:30 p.m., Emergency
pantry 1:30 p.m.-2:30 p.m.; 3rd Wednesday of
the month USDA boxed food for seniors and
disabled 4:00 p.m.-7:00 p.m., Emergency Pantry
not available on 3rd Wednesday of the month;
3rd Tuesday of the month USDA boxed food
for non-seniors and non-disabled 4:00 p.m.-
7:00 p.m., Emergency Pantry not available
on 3rd Thursday of the month; Saturdays fresh
food/produce and Emergency pantry 10:00 a.m.-
noon; Sundays meal 2:00 p.m.-4:00 p.m..
Provides food to individuals in need.

Suffolk Meals-On-Wheels
2800 Godwin Blvd
Suffolk, VA 23434
Phone Number: (757) 934-4911
Services: Provides meals to those that are in need.

Suited For Success
353 Mt. Vernon Ave.
Portsmouth, VA 23707
Phone Number: (757) 484-0829
Services: Provides business attire to those of
low income who are entering/ reentering the
workforce.
A Referral is Required

Tabernacle Christian Church
2500 E. Washington
Suffolk VA, VA 23434
Phone Number: (757)539-7257
Hours Vary
Services: Food pantry 11:00 a.m. 2nd, 3rd, and
4th Tuesdays of the month. Provides food to
individuals in need. Individuals must have ID.

West End Baptist Church
105 St. James Ave.
Suffolk, VA 23434
Phone Number: (757)539-8771
Hours Vary
Services: Food Pantry 3rd Friday of the month
10:00 a.m.-12:00 p.m. Provides food to
individuals in need.

Governmental

DCSE-Division of Child Support
Enforcement
2000 Hillpoint Blvd. N.
Suffolk, VA 23434
Phone Number: (800) 468-8894
Services: The Child Support Enforcement
Program is a Federal/State/Local partnership to
collect Child support. Their goals are to ensure
that children have the financial support of both
of their parents, to foster responsible behavior
towards children, and to reduce welfare costs.
Serves Franklin, Isle of Wight, Southampton,
and Suffolk.
Social Security Administration
502 Hillpoint Blvd.
Suffolk, VA 23434
Phone Number: (757) 934-0131
1-800-772-1213
http://www.socialsecurity.gov/
Services: Provides information pertaining to your social security.
Call or visit their website for more information.

VA Employment Commission
703 E. Main St.
Richmond, VA 23219
Phone Number: 1-866-832-2363
http://www.vec.virginia.gov/
Services: Helps individuals with a variety of employment services
Call or visit their website for more information

Health
"Smiles for Children" Dental Services
Phone Number: (888) 912-3456
(804) 264-9009
Services: Provides dental coverage for children enrolled in Medicaid, FAMIS. Donated dental for disabled persons with out insurance call 804-264-9010.
For addresses call the above phone number or visit your local Department of Social Services.

ACCESS
Phone Number: (757) 640-6170
Services: Provides programs and services to individuals and families effected by HIV/AIDS in Hampton Roads.
Offers HIV Testing. Call for more information.

CARE-A-VAN
Salvation Army - 400 Bank St.
Suffolk, VA 23434
Presbyterian Church - 410 North Broad St.
Suffolk, VA 23434
Tues. - Salvation Army 9:30 a.m. until full. Fri.-
9:30 a.m. till full.
Services: No cost medical care for uninsured adults and children. The cost is free. Donations are welcome. Services include routine evaluation and treatment of common acute illnesses including: respiratory infections; headaches, ear aches and ink eye; urinary tract and blader infections; gastritis and heartburn; minor skin rashes; minor musculoskeletal pains and chronic conditions such as diabetes and hypertension. Physicals are also provided. Medical Care provided by Bon Secours Care-A-van Staff.

Children’s Hospital of the King’s Daughters-Norfolk
601 Children’s Ln.
Norfolk, VA 23507
Phone Number: (757) 668-7000
Services: Provides a variety of Health care services to children.

DNA Testing American Association of Blood Banks (AABB)
Phone Number: (800) 613-5768
www.dnacenter.com
Services: A nationally recognized provider of DNA Parentage Testing; fully accredited by the AABB; uses the highest form of DNA typing technology to deliver the most accurate results possible for its clients.
For an address visit the above website or call the phone number listed above.
**Health Department-Franklin**
200 Fairview Dr.
Franklin, VA 23851
Phone Number: (757) 562-6109
Fax: (757) 562-2630
Monday- Friday 8:00 a.m. to 4:30 p.m.
Services: Helps by providing a variety of health care services.

**Health Department-Isle of Wight County**
402 Grace St.
Smithfield, VA 23430
Phone Number: (757) 357-4177
Monday- Friday 8:00 a.m. to 4:30 p.m.
Services: Helps by providing a variety of health care services.

**Health Department-Southampton County**
260022 Administration Center Dr.
Courtland, VA 23837
Phone Number: (757)-653-3040
Fax: (757) 653-0834
Monday- Friday 8:00 a.m. to 4:30 p.m.
Services: Helps by providing a variety of health care services.

**Health Department-Suffolk**
135 Hall Ave.
Suffolk, VA 23434
Phone Number: (757) 514-4700
Monday- Friday 8:00 a.m. to 4:30 p.m.
Services: Family planning, immunizations, TB testing, health cards, prevention information, HIV testing, healthy family’s, resource mothers programs, family support workers, home health and personal services, Nursing home screenings, monthly cholesterol and blood pressure screening. Free child safety seats for Medicaid or income eligible children ages three and under.

**IVOR MEDICAL CENTER**
8575 Ivor Rd.
Ivor, VA 23866
Phone Number: (757) 859-6161
Services: Health care center funded by the federal government. It covers those that do not have insurance and those that meet the income requirements. Services include: checkup, treatment, pregnancy care, immunizations, child care (where applicable), prescription medication, and mental/substance abuse (where applicable).

**Kool Smiles**
4072 Victory Blvd.
Portsmouth, VA 23701
Phone Number: (757) 465-3834
Services: Provides dental services to children who do not have insurance or are covered by Medicaid, Smiles for Children (through FAMIS), or Tricare.

**Lakeview Medical Center-Franklin**
1301 Armory Dr.
Franklin, VA 23851
Phone Number: (757) 562-0085
http://www.bayviewphysicians.com
Services: Provides a multitude of medical services.
Visit the website for more information.

**Lakeview Medical Center-Isle of Wight**
20209 Sentara Way, Suite 104
Carrollton, VA 23314
Phone Number: (757) 357-5307
http://www.bayviewphysicians.com/
Services: Provides a multitude of medical services.
Visit the website for more information.
Lakeview Medical Center-Suffolk
2000 Meade Pkwy.
Suffolk, VA 23434
Phone Number: (757) 539-0251
http://www.bayviewphysicians.com/
Services: Provides a multitude of medical services.
Visit the website for more information.

Main St. Physicians
157 North Main St., Suite A
Suffolk, VA 23434
Phone Number: (757) 925-1866
Services: Provides primary and preventive health and medical services for a reduced fee to all regardless of their ability to pay. Pediatric services also offered. They also administer drug testing for employers.

Medication Assistance Program
Franklin City Health Department
200 Fairview Dr.
Franklin, VA 23851
Phone Number: (757) 562-2487
Fax: (757) 562-2630
Contact: Debbie Ramirez, RN
debbie.ramirez@vdh.va.gov
Mon.-Fri., 8:30 a.m.-4:30 p.m.
Services: Helps individuals receive assistance for prescribed medications in order to help preserve health and avoid any unnecessary health issues. For more information on your eligibility contact the Health Department.

Operation Blessing International
Phone Number: (757) 226-2660
Services: Operates a mobile dental clinic for uninsured residents of South Hampton Roads. Call for more information.

Planned Parenthood
425 West 20th St.
Norfolk, VA 23517
Phone Number: (757) 624-9224
(757) 624-9556
Services: Clinical services include OB/GYN, access to birth control, pap smears, breast exams, pregnancy testing, STD/HIV testing for men and women, vasectomies, and educational services.
Income based fees.

Sentara Obici Hospital-Suffolk
2800 Godwin Blvd
Suffolk, VA 23434
Phone Number: 1-800-736-8272
http://www.sentara.com/
Services: Provides a variety of health care services.
Call or visit their website for more information.

Sickle Cell Association
140 West Washington St.
Suffolk, VA 23434
Phone Number: (757) 934-2347
Fax: (757) 934-8057
Services: Outreach office for individual and community education services.
Main Office: 870 N. Military Hwy. Suite 316
Norfolk, VA 23502 (757) 466-0322

Southampton Memorial Hospital
11 Fairview Dr.
Franklin, VA 23851
Phone Number: (757) 569-6100
Services: Provides many services in the Health care industry.
A free program offered through this hospital is the Tiny Toes Program, this program is offered to help new and “old” moms when they are expecting. For a full list of services offered by this program please visit the following website: http://www.smhfranklin.com/Our%20Services/Pages/Tiny%20Toes.aspx
Substance Abuse Program
1218 Holland Rd.
Suffolk, VA 23434
Phone Number: (757) 925-1540
Services: Provides emergency outpatient, residential (primary and halfway house/contractual), social detox (contractual), hospital detox (contractual), jail/probation/parole services, family/concerned other, ACOA groups.

Suffolk Free Clinic
2809 Meade Pkwy
Suffolk, VA 23434
Phone Number: (757) 923-1060
Services: Ages 19 to 64 without insurance. Must provide ID, SSN#, income verification and residency.

Surry Area Free Clinic Inc.
474 Colonial Trail W.
Surry, VA 23883
Phone Number: (757) 294-3185
Fax: (757) 294-3756
Services: Provides Medical assistance to those that are in need.

Western Tidewater Free Clinic
2019 Meade Pkwy
Suffolk, VA 23434
Phone Number: (757) 923-1060
Fax: (757) 923-1068
http://www.wtfreeclinic.org/
Services: Provides quality, non-emergency Healthcare to residents of Western Tidewater that cannot afford it. Serves those between the ages of 19 and 64 with no medical insurance who live at or below the 200% federal poverty level.

Western Tidewater Mental Health Center
518 North Main St.
Franklin, VA 23851
Phone Number: (757) 562-2208
Services: Provides intake and outpatient services for mental health including suicide prevention, crisis intervention, spousal abuse, rape/incest, drug (alcohol) abuse treatment. Cost is provided on a sliding scale basis bases upon ability to pay and medical insurance coverage.

WIC
Suffolk Health Department
135 Hall Ave
Suffolk, VA 23434
Phone Number: (757) 514-4724
Services: Women, Infants, and Children Program - USDA supplemental food and nutrition program for pregnant women, nursing women, and children under age 6.

WTCSB-Western Tidewater Community Services Board Care Coordination Services
Care Coordination Services -
1000 Commercial Ln.
Suffolk, VA 23434
Outpatient Services –
135 South Saratoga St.
Suffolk, VA 23434
Phone Number: CSB: 255-7100 MH: 925-2484
Outpatient Services: 925-2222  (757) 942-1069
Services: Provides free initial assessment, counseling, chemotherapy, case management and advocacy services to customers with mental illnesses and their families; child and family services for youth under 18; substance abuse services including residential treatment; prevention services including parenting classes and community based youth program.
**Housing/Assisted Living/Rehabilitation Facility**

**Baker's Home**  
204 Morton St.  
Franklin, VA 23851  
Phone Number: (757) 569-9005  
Fax: (757) 569-0052  
www.bakershomeinc.com  
Mon. - Fri. 9 am - 5:00 pm  
Services: Assisted living facility. Three home cooked meals along with snacks during the day. Linens and clothes are washed every week. All residents have 24 hour available assistance with bathing, dressing, eating and walking.

**Barry Robinson Center for Independent Living**  
443 Kempsville Rd.  
Norfolk, VA 23502  
Phone Number: (757) 455-6100  
Services: A residential facility for women and their babies. The program offers several apartments for women and one for men. Parenting skills, health education, and other case management services are offered. Must be at least 16. Clients do not have to be mentally challenged but do need a referral from a social services agency.

**Estelle's Place**  
230 Bracey St.  
Franklin, VA 23851  
Phone Number: (757) 516-6100  
www.bakershomeinc.com  
Mon. - Fri. 9 am - 5:00 pm  
Services: Estelle's Place is a psychosocial rehabilitation center for adults diagnosed with a serious mental illness. During the time spent here at Estelle's Place clients will embark on relearning and retooling of the basic needs for a more independent lifestyle. Clients who attend exp. one on one teaching and group teaching through out each day. Daily classroom activities include current events, financial budgeting, music and arts/crafts, and hygine. They have nature walks and attend city events.

**Faith House of Refuge**  
1401 E. Washington St.  
Suffolk, VA 23434  
Phone Number: (757) 499-7990  
Contact: Pastor Laverne Shaw  
Services: Provides goods for those that are in need.

**DRS-Department of Rehabilitative Services**  
Phone Number: (757) 686-5004  
Contact: Julie Welch  
Mon. - Fri. 8:15 am - 5:00 pm  
Services: Provides services to assist persons with physical, mental, and emotional disabilities to enter employment. Refer those who score 12 or more on the Learning Needs Assessment or customers who score very low on the TABE or Texas Test, those with obvious emotional or physical problems and those with a documented disability (PA-9). Contact Julie Welch for more information.
For-Kids Shelter for Homeless Families
400 Finney Ave.
Suffolk, VA 23434
Phone Number: (757) 934-1353
Norfolk: (757) 622-6400
Fax: (757) 622-3837
Services: Daily classroom activities include current events, financial budgeting, music & arts/ crafts, and hygiene.
Main Office: 4200 Colley Avenue Norfolk, VA

Heritage Acres X
1015 Nansemond Pkwy.
Suffolk, VA 23434
Phone Number: (757) 934-3460 (Blue Ridge Real Estate)
Services: Federally Subsidized Housing for Families.

Nansemond Square Apartments
114 Nancy Dr.
Suffolk, VA 23434
Phone Number: (757) 220-2874
(W.H.H. Trice & Co)
Services: Federally Subsidized Housing for Families.

Planning Council-Homeless Prevention
Phone Number: (757) 625-2855
(800) 252-0949
By appt only
Services: Prevents people from becoming homeless or helps them regain housing by paying rent, mortgage, utility payments or deposits. Focus is on those in temporary, unavoidable financial crisis. Those served must have a history of self-sufficiency and give evidence they will again be selfsufficient in the future. calls are taken: Monday, Tuesday, Thursday, and Friday. Clients must call 1-800-252-0949 prior to appt.
This is provided through the Department Of Human Services In Suffolk. Call for more information and the location.

Samaritan House
2620 Southern Blvd.
Virginia Beach, VA 23450
Phone Number: (757) 631-0710
(757) 430-2120
Services: Provides shelter for homeless families, victims of domestic abuse and children of abuse. Services include a Transitional housing program.

Suffolk Shelter-The Homeless
400 Finney Ave.
Suffolk, VA 23434
Phone Number: (757) 934-8853
Services: Provides shelter for those that are in need.

Wilson Pines Apartments
2525 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 934-0333
(W.H.H. Trice & Co)
Services: Federally Subsidized Housing for Families.

Insurance

FAMIS (Family Access to Medical Insurance Security)
Phone Number: 1-866-873-2647
www.famis.org
Mon.- Fri. 8:00 a.m. to 7:00 p.m. Sat. 9:00 a.m. to 12:00 p.m.
Services: FAMIS is a Virginia Health insurance program geared toward helping families provide Health insurance for children and pregnant women. Contact them directly or contact your local Department of Social Services for more information.
VICAP-VA Insurance Counseling and Assistance Program
Senior Services of Southeastern Virginia
Phone Number: (757) 461-9481
www.vda.virginia.gov
Services: Provides assistance to older adults, individuals with disabilities, family members, and care providers who have insurance-related questions or problems.

Legal

Juvenile & Domestic Court Services-Suffolk
135 Hall Ave., Suite B
Suffolk, VA 23434
Phone Number: (757) 514-7450
http://www.suffolkva.us/ss/social-work-services/family-and-court-services/
Services: Conducts services such as court-ordered family supervision, home studies and assessments.
Call for more information.

Juvenile and Domestic Relations Court Services-Isle of Wight
17000 Josiah Parker Cir.
Isle of Wight, VA 23397
Phone Number: (757) 365-6237
Fax: (757) 357-9086
http://www.courts.state.va.us/courts/jdr/isle_of_wight/home.html
Services: Handles various cases involving children and adults.
Call or visit their website to obtain more information.

Juvenile and Domestic Relations Court Services-Southampton
22350 Main St.
Courtland, VA 23837
Phone Number: (757) 653-2673
Fax: (757) 653-2656
http://www.courts.state.va.us/courts/combined/southampton/home.html
Services: Handles various cases involving children and adults.
Call or visit their website to obtain more information.

Juvenile Court Services
Franklin: 32470 John Beverly Rose Dr.
Franklin, VA 23851
Franklin Phone Number: (757) 562-8555
Suffolk: Godwin Courts Complex
150 N. Main St. in Downtown
Suffolk Phone Number: (757) 514-4311
Services: Offers limited legal services to citizens.
Services are limited to: assisting citizens, victims, and law enforcement officers file petitions for matters which fall under the jurisdiction of the Juvenile and Domestic Relations Court.

Legal Aid Society
155 East Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-3441
1-866-534-5243- toll free
Fax: (757) 539-5142
www.vlas.org
Services: Provides legal advice and representation for low-income households.

Tidewater Legal Aid Society
155 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-3441
Contact: Amy Disel Allman, Managing Attorney
http://www.vlas.org/
Services: Serves Suffolk and Franklin and the counties of Isle of Wight, Southampton, Greenville and Sussex by providing free legal services.
Call or visit their website for more information.

**Virginia Lawyer Referral Service**
Phone Number: (800) 552-7977
Services: Provides legal services to all citizens of the Commonwealth of Virginia. There is a $35 fee for an initial consultation. There are no eligibility requirements.

**Recreation**

**4-H Clubs-Isle of Wight**
Phone Number: (757) 365-6261
Contact: Celia Brockway-(757) 365-6258
Services: Provides a variety of activities for children to participate in. Call for more information and address.

**4-H Clubs-Southampton**
Phone Number: (757) 653-2572
Contact: Celia Brockway-(757) 365-6257
Services: Provides a variety of activities for children to participate in. Call for more information and address.

**4-H Clubs-Suffolk**
Phone Number: (757) 514-4331
Contact: Danielle Jones-(757) 514-4337
Services: Provides a variety of activities for children to participate in. Call for more information and address.

**East Suffolk Recreation Center**
138 S. 6th St.
Suffolk, VA 23434
Phone Number: (757) 514-4500
Services: Offers a full-size gym, commercial kitchen, multi-purpose room, and fitness facility, as well as a game room. Recreation classes for preschoolers and activities for seniors such as bridge and aerobics are also available.

**Information and Referral 211**
Phone Number: 1-800-230-6977
www.211virginia.org or www.Vaiandr.net
Services: Our seasonal programs include nature walks and City sponsored public events.

**James L. Camp Jr. Family YMCA**
300 Crescent Dr.
Franklin, VA 23851
Phone Number: (757) 562-3491
http://www.ymcashr.org/james-l
Monday - Thursday
5 a.m.-9 p.m.
Friday
5 a.m.-8 p.m.
Saturday
8 a.m.-5 p.m.
Sunday
1 p.m.-6 p.m.
Services: Provides programs like Before- and After-School Child Care, Preschool, Day Camps, Swimming and Swim Lessons, Family Activities, Sports for adults and children, Art programs, Health and Exercise, specialty programs for teens and older adults, and many more programs.

**Liberty Baptist Church**
116 Romans Rd.
Suffolk, VA 23434
Phone Number: (757) 539-3511
Wed. 6:30 p.m. Sun. 9:15 a.m., 10:30 a.m. and 6:30 p.m.
Services: 1st Saturday of every month seniors meeting - "Forever Young" 11:00 am - 1:00 pm lunch served. Child day care ages 6wks - kindergarten.
Luter Family YMCA
259 James St.
Smithfield, VA 23430
Phone Number: (757) 365-4060
Fax: (757) 365-0602
luter@peninsulaymca.org
http://www.peninsulaymca.org/branches/luter/
Monday- Thursday 5:30 a.m.-10:00 p.m.; Friday: 5:30 a.m.-9:00 p.m.; Saturday: 8:00 a.m.-5:00 p.m.; Sunday: 1:00 a.m.- 6:00 p.m.
Services: Provides programs like Before- and After-School Child Care, Preschool, Day Camps, Swimming and Swim Lessons, Family Activities, Sports for adults and children, Art programs, Health and Exercise, specialty programs for teens and older adults, and many more programs.

Suffolk Family YMCA
2769 Godwin Blvd.
Suffolk, VA 23434
Phone Number: (757) 934-9622
http://www.ymcashr.org/suffolk/
Monday - Friday 5 a.m.-10 p.m.
Saturday 8 a.m.-6 p.m.
Sunday 11 a.m.-6 p.m.
Services: Provides programs like Before- and After-School Child Care, Preschool, Day Camps, Swimming and Swim Lessons, Family Activities, Sports for adults and children, Art programs, Health and Exercise, specialty programs for teens and older adults, and many more programs.

Suffolk Museum and Art League
118 Bosley Ave
Suffolk, VA 23434
Phone Number: (757) 514-7284
Services: Offers lectures and trips; also a variety of art classes for adults and children.
For rates and schedules call (757) 925-0448.

Suffolk Parks and Recreation
2809 Meade Pkwy
Suffolk, VA 23434
Phone Number: (757) 514-7250
Services: After school recreation program and summer programs at a variety of centers and school around the city.

Support Groups

Al-Anon
Phone Number: (757) 875-9429
http://www.va-al-anon.org/index.htm
Services: Helps families of alcoholics. Visit the web site for more information and to find a meeting near you.

Alcoholics Anonymous
Phone Number: (757) 595-1212
http://www.aavirginia.org/hp/
Services: Sponsor meetings where individuals that have a common problem can help each other solve the problem and help one another recover from alcoholism.
Call for more information.

Transportation

Cottles Taxi Service
908 Freeney Ave
Suffolk, VA 23434
Phone Number: (757) 539-0333
Services: Provides Taxi Services
I-Ride Corporate
Norfolk Main Office 6350 Center Dr.,
Building 5 Suite 101
Norfolk, VA 23502
Phone Number: (757) 461-9481
(757) 516-8556
services@sseva.org
www.ssseva.org
Mon.-Fri., 8:30 a.m.-4:00 p.m.
Services: $1.00 A Ride 12 and under Free w/ Adult Operates Mon.-Fri. 7:00 a.m.-5:30 p.m. (except Holidays).

I-Ride-Franklin
100 West 4th Ave.
Franklin, VA 23851
Phone Number: (757) 514-8556
Contact: Barbara (On Demand Response)
757-556-4284
services@sseva.org
www.ssseva.org
Mon.-Fri., 8:30am - 4:00pm
Services: $1.00 A Ride 12 and under Free w/ Adult Operates Mon.-Fri. 7:00 a.m.-5:30 p.m. (except Holidays).

Lifestar Ambulance Inc.
23208 Main St.
Courtland, VA 23837
Phone Number: (757) 653-2873
Services: Provides medical transportation
Call for more information

Transportation-Medicaid
Phone Number: 1-866-386-8331
Services: Medicaid Card Holders: All nonemergency medical transportation must be requested thought he Logistic Care Reservation Line. Call 1-866-386-8331 and request service from a Suffolk Provider. Logistic Care will request the Medicaid card number. Be sure to spell out Suffolk as the y. It has been confused with Sussex.

United Taxi Services
401 Market St.
Suffolk, VA 23434
Phone Number: (757) 539-3311
Services: Provides Taxi Services.

Yellow Cab of Suffolk
366 E. Washington St.
Suffolk, VA 23434
Phone Number: (757) 539-5688
Services: Provides Taxi Services.

Volunteer
Senior Services RSVP
Senior Services of South Eastern VA
1226 White Marsh Rd. Suite 210
Suffolk, VA 23434
Phone Number: (757) 925-1449
VA Department for the Aging 866-461-8485
Contact: Sarah Walden (757) 925-4255
services@sseva.org
Services: Provides volunteer opportunities in public or private non profit organizational for individuals who are 55 years of age or older. The volunteer are reimbursed for mileage or bus fare.

Websites
Career Builder
www.careerbuilder.com
Services: Helps individuals find jobs in their area.

Franklin Resource Guide
Services: Gives reliable information regarding the community and it’s resources.
Hot Jobs
http://www.hotjobs.com/
Services: Helps individuals find jobs in their area.

Indeed
www.indeed.com
Services: Helps individuals find jobs in their area.

Monster
www.monster.com
Services: Helps individuals find jobs in their area.

Suffolk Resource Guide
http://norfolkhomelessconsortium.org/cmc/resourc\nguide/Suffolk_Guide_Sep09.pdf
Services: Gives reliable information regarding the community and it's resources.

We Connect Now
http://weconnectnow.wordpress.com/
Services: Helps college students with disabilities to voice important issues with access to higher education and employment.