Community Resources Toolkit

Franklin, Suffolk, Southampton, Isle of Wight

Developed by the Chancellor’s College Success Coach Initiative

S.T.E.P.S.

Students Transitioning through Education Programs Successfully

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

Paul D. Camp Community College

The Chancellor’s College Success Coach Initiative

S T E P S

Students Transitioning through Education Programs Successfully

Franklin Campus
100 North College Drive
Franklin, VA 23851
(757) 569-6700

Hobbs Suffolk Campus
271 Kenyon Road
Suffolk, VA 23434
(757) 925-6300

PDCCC at Smithfield
253 James Street
Smithfield, VA 23430
(757) 925-6340

*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. *
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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-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

IW Alert Emergency Notification System
https://member.everbridge.net/index/892807736722068#/login
Services: Sign Up and get alerts about emergencies and the community news happening in Isle of Wight County.

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

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

Helpline

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 & 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
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 Pro

City of Franklin and Southampton County Redevelopment and Housing Authority
100 East Fouth Avenue
Franklin, VA 23851
Phone Number: (757) 562-0384
Fax: (757) 562-0267
http://www.frhaonline.org/
Mon.- Fri. 8:30 a.m.- 5:00 p.m. Closed for Lunch 12:00 p.m- 1:00p.m.
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 for SNAP, Medicaid, TANF, Child Care Services, and Energy Assistance (Fuel, CRISIS or Cooling)

Department of Social Services-Franklin
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
http://www.endependence.org/
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/Appointments available in Suffolk Office.

Family Centered Resources-Newport News
12482 Warwick Blvd.
Newport News, VA 23606
Phone Number: (757) 596-3941
http://www.fcr-inc.org/
Mon. -Fri. 8:30 a.m. - 4:30 p.m.
Services: Provides assisted living at low prices.
Call for more information

Isle of Wight Christian Outreach Program Inc.
402 Grace Street
Smithfield, VA 23431
Phone Number: (757) 356-9267
info@iowcop.org
www.iowcop.org
Mon., Wed., Fri. 9:00 a.m. - 3:00 p.m.
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
http://www.redcross.org/
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
janet_cowan@uss.salvationarmy.org
http://www.salvationarmyusa.org
Services: Emergency clothing, food, shelter, fuel needs and Energy Share program, among other services. 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
Fax: (757) 562-0261
Contact: Hattie Francis, Executive Director
hfrancis@franklinva.com
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
(757) 538-2886
Fax: (757) 539-5184
srha@suffolkrha.org
http://www.suffolkrha.org
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- Franklin/ Southampton Area
PO Box 366 116 N. Main Street- 2nd Floor
Franklin, VA 23851
Phone Number: (757) 569-8929
Fax: (757) 569-1850
http://www.franklinunitedway.org/
Services: Provides public with referrals to various member organizations for supportive services.
United Way- Suffolk
2515 Walmer Avenue
Norfolk, VA 23513
Phone Number: (757) 853-8500
Fax: (757) 853-3900
http://www.unitedwayshr.org/content/
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
http://www.co.isle-of-wight.va.us/victim-and-witness-assistance/
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.

Victim and Witness Assistance Service of Suffolk
Godwin Courts Building 150 North Main Street
Suffolk, VA 23434
Phone Number: (757) 514-4366
Fax: (757) 514-4400
http://www.suffolkva.us/cwatty/vwp/
Mon.- Fri. 8:30 a.m.- 5:00 p.m. (Closed State Holidays)
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.

We Are Virginia Veterans Wounded Warrior Program
Phone Number: (757) 942-1069
Contact: Daphne Eaton
http://www.dvs.virginia.gov/virginia-wounded-warrior-program/
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
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.

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

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/#learning-center/c19uq
Hours Vary Based on need
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/
6:30 a.m.- 2:30 p.m.
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
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
http://www.prudencenter.net/ged_classes/
WFC Mon.-Thurs. 9:00 a.m.-12:00 p.m. Summer Hours: Tues. and Wed. 9:00 a.m.- 12:00 p.m.
Services: Pre GED classes for students 18 years or older. Held at the Workforce 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

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
http://vtec.odu.edu/outreach/
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 commun

Family and Consumer Sciences
Virginia Cooperative Extension, Suffolk 440 Market St.
Suffolk, VA 23243
Phone Number: (757) 514-4330
Fax: (757) 514-4350
http://offices.ext.vt.edu/suffolk/
Mon. - Fri. 8:30 a.m. - 5:00 p.m.
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 a.m. - 5:00 p.m.
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 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.

Old Dominion Job Corps
5900 E. Virginia Beach Blvd. Suite 215
Norfolk, VA 23502
Phone Number: (757) 466-3202
http://olddominion.jobcorps.gov/admissions.aspx
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.

Pruden Center
4169 Pruden Blvd.
Suffolk, VA 23434
Phone Number: (757) 925-5651
http://www.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 offers 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
http://www.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 earner
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  
tutorcoordinator@learn2readsuffolk.org  
http://www.learn2readsuffolk.org/contact-us  
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  
http://www.spsk12.net/  
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 contact the school’s Guidance Department for more information.

**Suffolk Workforce Development Center**
157 N. Main St. Second Floor  
Suffolk, VA 23434  
Phone Number: (757) 514-7730  
Services: Assists Suffolk citizens with the resources necessary to live a productive life. Their goals include: connecting potential students with training and education, schol grants, training, and tuition assistance.

**The Children's Center**
700 Campbell Ave. 23851 Franklin, VA  
300 Executive Court, Suffolk, VA 23434  
Phone Number: Phone Number(s): (757) 562-6806 (Franklin); (757) 538-2523 (Suffolk)  
www.childrensenterva.com  
Services: Community Childcare/ Early Head Start and Head Start services for children ages birth - 5 living in Franklin, Southampton, Isle of Wight and Suffolk.

**Virginia Cooperative Extension Services**
Southampton: 21300 Plank R. Courtland, VA 23837  
Suffolk: 440 Market St. P.O. Box 218 Suffolk, VA 23434  
Isle of Wight: Public Services Center 17100 Monument Cir., Suite B Isle of Wight, VA 23397-0074  
Phone Number:  
Southampton Office: (757) 653-2572  
Suffolk Office: (757) 514-4330  
Isle of Wight Office: (757) 365-6261  
Fax: Southampton Fax: (757) 653-2849  
Suffolk Fax: (757) 514-4350  
Isle of Wight Fax: (757) 357-9610  
Southampton Hours: Mon.– Fri. 8:00 a.m. to 5:00 p.m.  
Suffolk Hours: Mon.– Fri. 8:00 a.m. to 5:00 p.m.  
Isle of Wight Hours: Mon.– Fri. 8:00 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 audie

**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. Call for more information and other locations.
AmeriCorps
801 E Main St, 15th Floor
Richmond, VA 23219
Phone Number: 1-800-638-3839
http://www.nationalservice.gov/programs/americorps
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
Franklin: Ruth Camp Campbell Memorial Library 280 N. College Dr. Franklin, VA
Phone Number:
Suffolk: Thurs.- 1:00 p.m. to 3:00 p.m. 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
375 Kenyon Rd.
Suffolk, VA 23434
Phone Number: (757) 539-0779
Services: Helps individuals find work in a variety of industries.

Senior Station
3500 Clifford St.
Portsmouth, VA 23701
Phone Number: (757) 391-3241
Fax: (757) 391-3243
Services: Offers Activities for Senior Adults.

Virginia Employment Commission
4824 George Washington Highway
Portsmouth, VA 23702
Phone Number: (757) 558-4455
Fax: (757) 558-4460
http://www.vec.virginia.gov/
Mon., Tues., Thurs., and Fri., 8:30 a.m.-5:00 p.m.; Wed. 9:30 a.m. - 5:00 p.m.
Services: Helps individuals seeking jobs.

Virginia Employment Commission-Norfolk
5145 East Virginia Beach Blvd
Norfolk, VA 23500
Phone Number: (757) 455-3960
Fax: (757) 455-3900
Services: Helps individuals seeking jobs.
Family Resources and Counseling

Barry Robinson Center
443 Kempsville Rd.
Norfolk, VA 23502
Phone Number: 1-800-221-1995
http://www.barryrobinson.org/
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) 934-4504
http://www.sentara.com/classes/events/support-groups/bereavement-support-group-suffolk.aspx
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.

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 8:45 a.m. - 4:45 p.m.
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
Franklin Office: 217 North College Dr. Franklin VA 23851
Suffolk Office: 707 Gittings St., Suite 170 Suffolk, VA 23434
Phone Number: Main (757) 622-7017
Franklin (757) 562-3306; Suffolk (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 Street
Smithfield, VA 23430
Phone Number: (757) 356-1813
http://smithfieldchristiancounseling.com/
Services: Provides professional therapy to a variety of individuals.

Southside Counseling Center
6072 Godwin Blvd.
Suffolk, VA 2432
Phone Number: 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
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
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. Formerly known as Family Services. 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.
Virginia Sexual and Domestic Violence Action Alliance  
5008 Monument Ave. Suite A  
Richmond, VA 23230  
Phone Number: (804) 377-0335  
(800) 838-8238  
Fax: (804) 377-0339  
info@vsdvalliance.org  
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.

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.-12:00 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: Distributes 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 arran  
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 23434  
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.-12:00 p.m.
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.
Click on the "Get Help" link, type in your ZIP Code.
Information (dates and times) about local food banks, along with a map to the Foodbank.

Franklin Cooperative Ministry
511 N. Main St.
Franklin, VA 23851
Phone Number: (757) 516-6322
Mon.-Thurs. 9:00 a.m.-12:00 p.m., 1:00 p.m.-3:00 p.m. and Fri. 9:00 a.m.-12:00 p.m.
Services: Provides an Emergency Food Pantry. An application and ID are required.

Gates Emergency Ministries
Gates, NC 27937
Phone Number: (252) 357-6599
Services: Provides food to those individuals that are in need.

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. Individuals must have Suffolk ID.

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
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 12:00 p.m.-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. except 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 Thursday 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 Boulevard North
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
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

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 Presbyterian Church - 410 North Broad St.
Phone Number:
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 pink eye; urinary t
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
Mon.- Fri. 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
Mon.- Fri. 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
Mon.- Fri. 8:00 a.m. to 4:30 p.m.
Services: Helps by providing a variety of health care services.

Healthy Families Program
100 Old Hampton Ln.
Hampton, VA 23669
Phone Number: (757)-727-1300
Mon.- Fri. 8:00 a.m.- 4:30 p.m.
Services: Home visiting, parent education, developmental screenings, and referrals for first-time parents.

IVOR MEDICAL CENTER
8575 Ivor Rd.
Ivor, VA 23866
Phone Number: (757) 859-6161
Services: General Family Medicine.

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

"Smiles for Children" - Dental Services
Phone Number: (888) 912-3456
(804) 264-9009
Services: Provides dental coverage for children enrolled in Medicaid or 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.

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.smhfrankl

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 insura

WIC
Suffolk Health Department 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.
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 youths 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 a.m. - 5:00 p.m.
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.
**DRS-Department of Rehabilitative Services**

Phone Number: (757) 686-5004  
Contact: Julie Welch  
Mon. - Fri. 8:15 a.m. - 5:00 p.m.  
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 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.

**Estelle's Place**

230 Bracey St.  
Franklin, VA 23851  
Phone Number: (757) 516-6100  
www.bakershomeinc.com  
Mon - Fri. 9:00 a.m. - 5:00 p.m.  
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.

**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.

**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. 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
Suffolk: Godwin Courts Complex 150 N. Main St. in Downtown
Phone Number: (757) 562-8555
Suffolk (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
Contact: 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
Fax:
Contact: Amy Disel Allman, Managing Attorney
http://www.vlas.org/
Services: Serves the Cities of 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
Mon. - Thurs.
5 a.m.-9 p.m.
Fri.
5 a.m.-8 p.m.
Sat.
8 a.m.-5 p.m.
Sun.
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

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 a.m. - 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/
Mon.- Thurs. 5:30 a.m.-10:00 p.m.; Fri.: 5:30 a.m.-9:00 p.m.; Sat.: 8:00 a.m.-5:00 p.m.; Sun.: 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
Suffolk Family YMCA
2769 Godwin Blvd.
Suffolk, VA 23434
Phone Number: (757) 934-9622
http://www.ymcashr.org/suffolk/
Mon. - Fri.
5 a.m.-10 p.m.
Satur.
8 a.m.-6 p.m.
Sun.
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

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., 8:30 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)

LA Taxi Services LLC.
3640 Nansemond Parkway
Suffolk, VA 23435
Phone Number: (757) 610-1555
Contact: Angelita Bease
Services: Provides Taxi Services. Call for more
information.

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 through the 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 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@ssseva.org
Services: Provides volunteer opportunities in public or private non-profit organizations for individuals who are 55 years of age or older. The volunteers 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.

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
Services: Gives reliable information regarding the community and it's resources.

Virginia Jobs
http://jobs.virginia.gov/
Services: Lists job opportunities in state agencies.