

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.



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-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

IW Alert Emergency Notification System

Isle of Wight,
Phone Number:
<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, V 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
Fax:

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

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 Fourth 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 or 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.

Independence Center

6300 East Virginia Beach Blvd.

Norfolk, VA 23502

Phone Number: (757) 461-8007

(757) 461-7527

<http://www.independence.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)806-6880

<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

<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

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

<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
Cell - (757) 633-0988

<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'l'Folks Learning Center

15012 Omera Dr.
Carrollton, VA 23314
Phone Number: (757) 238-8278
<https://www.lflickids.net/>

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.

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

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

eoc@edufind.org

<http://vtc.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 232439

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

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

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

<http://www.sentara.com/classesevents/events/family-and-friends-cpr-northern-virginia-infant-child-cpr.aspx>

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

5700 Thurston Avenue, Suite 101

Virginia Beach, VA 23455

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

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

<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.childrenscenterva.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. 8:30 a.m. to 5:00 p.m. 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 audie

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.

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

<http://www.vec.virginia.gov/node/1405>

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.

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 East Virginia Beach Blvd

Norfolk, VA 23502

Phone Number: (757) 588-3151 (Norfolk)

(757) 514-7730 (Tuesdays; Suffolk)

<http://stepupincorporated.org/>

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

<http://www.portsmouthva.gov/parksandrec/seniors.aspx>

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: (757) 455-6100

<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/classesevents/support-](http://www.sentara.com/classesevents/support-groups/bereavement-support-group-suffolk.aspx)

[groups/bereavement-support-group-suffolk.aspx](http://www.sentara.com/classesevents/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 emergenc

Family First

129 N. Saratoga Street Suite 2

Suffolk, VA 23434

Phone Number: (757) 539-0714

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 me

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.

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: (757) 255-2555

<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

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

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

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

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 arrangements. 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
Fax:
Contact:
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

Fax:

Contact:

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:

<https://foodbankonline.org/directory/categories/kids-café>

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 house hold 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

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

5000 Oakhill 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

"Smiles for Children" - Dental Services

Phone Number: 1-888-912-3456

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.

CARE-A-VAN

Phone Number:

<https://bonsecours.com/hampton-roads/our-services/care-a-van>

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

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.

Health Department-Suffolk

135 Hall Ave.

Suffolk, VA 23434

Phone Number: (757) 514-4700

Mon.- Fri. 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 p

Healthy Families Program

100 Old Hampton Ln.
Hampton, VA 23669
Phone Number: (757)-727-1300
<http://hampton.gov/index.aspx?NID=2727>
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

Kool Smiles

4072 Victory Blvd.
Portsmouth, VA 23701
Phone Number: (757) 337-4261
https://www.mykoolsmiles.com/VA/dentist/Portsmouth?utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=16
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
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.

Planned Parenthood

403 Yale Dr.
Hampton, VA 23666
Phone Number: (757) 826-2079
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

870 N. Military Highway PNC bank Building Suite 201
Norfolk, VA 23502
Phone Number: (757) 466-0332
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
<http://www.smhfranklin.com/pages/home.aspx>
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>

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

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

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

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 emo

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

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 evidenc

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
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
<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
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

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

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@peninsulayymmca.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

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)

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

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

Phone Number:

www.careerbuilder.com

Services: Helps individuals find jobs in their area.

Franklin Resource Guide

<http://www.franklinva.com/content/2008%20Citizens%20Guide.pdf>

Services: Gives reliable information regarding the community and its 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.

Virginia Jobs

<http://jobs.virginia.gov/>

Services: Lists Job opportunities in state agencies.