



SMART BEGINNINGS

South Hampton Roads



COMMUNITY CONNECTIONS

A Resource Guide for Families, Caregivers and Educators of Young Children Birth to Age Five in South Hampton Roads.

How to Use this Guide:

The first section highlights some important municipal resources listed by city.

The remainder of the guide lists resources by subjects, like **B**reastfeeding+or **P**arent Education.+ You may find it helpful to read the entire Table of Contents first to see what types of resources are included.

Please note that all resources specifically for military families and children are listed under **M**ilitary+and are not listed separately under the other subject headings.

At the end of some subjects, you may be referred to **see also+**to indicate other subjects that are related.

Each resource indicates where the service is available using the following abbreviations:

C	-	Chesapeake
N	-	Norfolk
P	-	Portsmouth
S	-	Suffolk
VB	-	Virginia Beach
M	-	Military
R	-	Regional
ST	-	State
NATL	-	National

Finding Information not in this Guide:

This guide is not a comprehensive list of community resources; rather it is an attempt to provide the most relevant municipal and non-profit resources for families, caregivers and educators of children ages birth to five years. Please refer to the phone book, www.smartbeginningsshr.org, www.kidspriorityone.org, www.theplanningcouncil.org, and www.tidewaterparent.com for additional resources. The Planning Council offers free information and referral services that can be accessed by calling 211.

Information located in this resource guide is to be used at the discretion of the reader. The guide is provided solely as a reference and is not an endorsement of organizations or programs. Every effort has been made to provide the most accurate information as of July 2009. To correct or add information, please contact Smart Beginnings South Hampton Roads www.smartbeginningsshr.org or 757-226-8826.

Visit www.smartbeginningsshr.org to download a free copy of **Community Connections.**



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CITY LISTINGS	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
City Call Centers/ Information	382-2489	664-6510	393-8000	514-4000	385-3111
Community Service Board, Department of Behavioral Healthcare Services, or Department of Human Services	547-9334 (CSB)	823-1600 (CSB)	393-5357 (DBHS)	255-7100 (CSB)	385-0600 (DHS)
Department of Public Health	382-8600	683-2700	393-8585	686-4900	518-2700
Department of Social Services	382-2000	664-3300	405-1800	514-7450	437-3200
Department of Social Services/Child Protective Services	382-2020	664-6022	393-9500	514-4758	437-3200
Department of Social Services/Child Care Division	382-2000	664-3340	393-9500	514-7450	437-3200
Infant and Toddler Connection/Early Intervention	547-8929	441-1186	393-8321	562-6806	385-4400
Fire Department	382-6297	664-6600	393-8765	514-7530	385-4228
Main Library	382-8300	664-7323	393-8501	514-7323	385-0150
Offices on Youth	382-6191	441-6042	393-8481	514-7261	385-0464
Parks and Recreation	382-6411	441-2400	393-8481	514-7250	385-1100
Police Department	382-6161	441-5610	393-5300	923-2350	385-5000
Schools	547-0153	628-3830	393-8751	925-6750	263-1000
Schools/Parent Resource Center	482-5923	892-3318	393-8392	934-6202	263-2066
Virginia Cooperative Extension Service	382-6348	683-2816	393-5197	514-4330	385-4769
Women, Infants, and Children (WIC)	382-8608	683-9280	393-5340	686-4955	518-2789

HOTLINES	Phone Number	Service	Loc	Website Address
Adult Protective Services	1-888-832-3858	Report suspected abuse, neglect, or exploitation of adults.	ST	www.dss.virginia.gov/family/as/index.html
Child Abuse	1-800-552-7096	Report suspected child maltreatment.	ST	www.dss.virginia.gov/family/cpsindex.html
Poison Control	1-800-222-1222	Poison emergency assistance. Information and referral.	NATL	www.vapoison.org
Tidewater Crisis Center	211	24-hour telephone access to crisis intervention and referral services.	R	www.211virginia.org
Virginia Family Violence/Sexual Assault	1-800-838-8238	Find help or report family violence or sexual abuse.	ST	www.vsdvalliance.org

Behavioral Concerns / Mental Health / Counseling				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Barry Robinson Center, The	455-6100	In-home counseling services.	R	www.barryrobinson.org
Catholic Charities of Eastern Virginia, Inc	456-2366	Individual and family counseling for ages 4 and up.	R	www.cceva.org
Children's Hospital of The King's Daughters (CHKD)	668-7500	Developmental pediatrics. Evaluation for children with special needs.	R	www.chkd.org
Family Resource Center		Information and referral. Training. One-on-one consultation.		
Chesapeake	382-2489		C	www.cityofchesapeake.net
Portsmouth	398-8655		P	www.theplanningcouncil.org
Jewish Family Services of Tidewater, Inc.	459-4640	Individual and family counseling. Play therapy.	R	www.jfshamptonroads.org/children/children.html
Lutheran Family Services	722-4707	In-home counseling services.	R	www.lfsva.org
Pendleton Child Service Center	385-4537	Counseling and residential treatment for children ages 5-12.	C, VB	www.vbgov.com/hs
Tidewater Crisis Center	211	24-hour telephone access to crisis intervention and referral services.	R	www.211virginia.org
UP Center, The	622-7017	Anger management. Outpatient counseling on a sliding fee scale. Intensive in-home counseling services.	R	www.theupcenter.org

Behavioral Concerns / Mental Health / Counseling (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
City Mental Health, Mental Retardation and Substance Abuse Services				
Chesapeake Community Services Board	547-9334	Each city offers services, which may include: Individual and group counseling. Psychiatric evaluations. Medication management. Parenting groups for children through age 18 with mental illness, substance abuse and co-occurring disorders.	C	www.cityofchesapeake.net/services/depart/com-ser
Norfolk Community Services Board	823-1600		N	www.norfolk.csb.org
Mental Health Services	664-7699			
Youth and Prevention Services	823-1632			
Substance Abuse Services	664-6670			
Portsmouth Department of Behavioral Healthcare Services	393-5357		P	www.portsmouthva.gov/behaviorhealthcareservices
Western Tidewater Community Services Board (Suffolk)	942-1069		S	www.wtcsb.org
Virginia Beach Department of Human Services	437-3200		VB	www.vbgov.com/youthmentalhealthservices
24-Hour Emergency Services	385-0888			
Adult Mental Health and Substance Abuse Services	385-0511			
Youth Services	385-0850			
City Schools/ Parent Resource Center			Parenting workshops and educational materials.	
Chesapeake	482-5923	C		www.cpschools.com/departments/special_education/parent_resources.html
Norfolk	628-3951	N		www.nps.k12.va.us
Portsmouth	393-8392	P		www.portsmouthfamilies.com/early.html
Suffolk	934-6202	S		www.spsk12.net
Virginia Beach	263-2066	VB		www.vbschools.com

See Also:

- Parent Caregiver Resources and Support, p. 33-36
- Parent Education Programs, p. 37-39
- The Yellow Pages also list numerous mental health providers - see "Counselors" and "Mental Health Services."

Breastfeeding / Lactation				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Academy of Pediatrics	N/A	Informational website.	NATL	www.aap.org/healthtopics/breastfeeding.cfm
Bon Secours DePaul Medical Center	889-CARE (889-2273)	Preparation Class. Back to Work Class.	N	www.bshr.com/classes
Bon Secours Maryview Medical Center	889-CARE (889-2273)	Preparation Class. Back to Work Class. Pump purchase.	P	http://bonsecourshamptonroads.com/facilities/maryview.html
Lactation Consultant	398-4835 680-2755 Pager #	Lactation consultation.		N/A
Pump Rental	398-4829	Pump rental.		
Chesapeake General Hospital Women's Health Center	312-3159	Lactation consultation.	C	www.chesapeakehealth.com
La Leche League of Tidewater	857-8403 or 1-800-525-3243	Education, information, and support.	R	www.llusa.org/VA/WebTidewaterVA
Sentara Obici Hospital	934-4677	Classes. Pump rental. Pump purchase. Lactation consultation.	S	www.sentara.com/Sentara/HospitalsFacilities/Hospitals/Obici

Breastfeeding / Lactation (continued)

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
City Department of Public Health		Lactation consultant. Peer counselor. Classes and breast pumps for WIC mothers.		
Chesapeake- Great Bridge	382-8600		C	www.vdh.state.va.us/LHD/Chesapeake/wic.htm
Chesapeake- South Norfolk	382-2600			
Norfolk	683-9280		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm
Suffolk	514-4722		S	www.suffolk.va.ushealth-dept
Virginia Beach	518-2663		VB	www.vdh.state.va.us/lhd/vabeach

Car Seat Safety				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Drive Safe Hampton Roads	498-2562	Resource information.	R	www.drivesafehr.org
Children's Hospital of The King's Daughters (CHKD)	668-7696	Information on car seat checks and installation locations.	R	www.chkd.org/carseats
Injury Prevention Program/Virginia Department of Health	1-800-732-8333	Free car seats to low-income families.	ST	www.vdh.virginia.gov/LHD
Safety Belt Safe U.S.A.		Safety and seat belt information.	NATL	www.carseat.org
National Highway Transportation Safety Administration	1-888-327-4236	Information, tips, and recalls.	NATL	www.nhtsa.dot.gov
City Department of Public Health		Classes and car seat distribution for Medicaid and WIC clients and other low-income families.		www.safetysatva.org
Chesapeake	382-8652		C	www.cityofchesapeake.net
Norfolk	683-9248		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm
Suffolk	514-4741		S	www.suffolk.va.us/health-dept
Virginia Beach	518-2763		VB	www.vdh.state.va.us/lhd/vabeach
Local Police Departments and Fire Departments		Many police and/or fire departments offer car seat installation and checks.		

To insure safety, please do not use recalled safety seats and make sure seats are installed correctly.

Child Abuse / Neglect				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Child Abuse Hotline	1-800-552-7096	Accepts reports. Makes referrals to appropriate local department of social services for investigation. General information and educational materials. Crisis counseling and intervention.	ST	www.dss.virginia.gov/family/childabuse.html
Prevent Child Abuse Virginia	1-800-244-5373	Support, information, and referrals.	ST	www.preventchildabuseva.org
City Child Protective Services/Department of Social Services (DSS) or Department of Human Services (DHS)		Child abuse reporting and investigation.		
Chesapeake DHS	382-2020		C	www.chesapeakecity.net
Norfolk DHS	664-6022		N	www.dss.state.va.us
Portsmouth DSS	393-9500		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7458	After 5 PM call 1-800-552-7096	S	N/A
Virginia Beach DHS	437-3400		VB	www.vbgov.com/dept/hs/socialsvcs/contactus

See Also:

- Behavioral Concerns / Mental Health / Counseling, p. 6-7
- Home Visiting / Case Management, p. 24-25
- Parent / Caregiver Resources and Support, p. 33-36
- Parent Education Programs, p. 37-39

Child Care/Preschool Information and Referral Resources

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Child Care Resource and Referral Line	1-800-451-1501	Information about licensed child care providers.	ST	www.dss.state.va.us
Children's Harbor	397-2981	Childcare information and referral.	R	www.childrensharbor.cc
Early Head Start/ The Children's Center	538-2523	Comprehensive child development program for children, ages birth-three, pregnant women and their families.	S	www.thechildrenscenter.cc/
Family Resource Center				N/A
Chesapeake	382-6925	Information and referral.	C	www.cityofchesapeake.net
Portsmouth	398-8655		P	N/A
KidsPriorityOne	244-5373	Information and referral. Warm line.	R	www.kidspriorityone.org
Professional Family Child Care and Early Education Association (PFCCEA)	N/A	Association for family home child care providers.	R	www.pfcea.com
Planning Council, The	627-3993	Lists and information about child care providers in our area.	R	www.theplanningcouncil.org
Smart Beginnings (The Virginia Early Childhood Foundation)	N/A	Informational website.	ST	www.smartbeginnings.org
STOP Organization- Hampton Roads, The	858-1383	Child care and Head Start programs. Information.	R	www.stopinc.org
Suffolk Early Childhood Development Commission	514-7457	Information and referral for families.	S	www.suffolkecdc.com
Virginia Association for Early Childhood Education (VAECE)	1-888-228-2323	Information and referral.	ST	www.vaece.org
YMCA of South Hampton Roads	625-4248	Child care and after school care.	R	www.ymcashr.org

Child Care/Preschool Information and Referral Resources (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Virginia Preschool Initiative (VPI)		Various programs for at-risk children and families.		
Chesapeake Early Adventures Preschool Program (YMCA)	424-2229		C	www.ymcashr.org/locations/earlyadventures
Norfolk Public Schools Pre-Kindergarten Program	628-3922		N	www.npskl2.va.us
Portsmouth Bright Start Preschool Program	393-5128		P	www.portsmouthfamilies.com
Suffolk Early Start Preschool Program	925-6759		S	www.spskl2.net
Virginia Beach Early Discoveries Preschool Program (YMCA)	467-8900		VB	www.vbschools.com
City Department of Parks, Recreation and Leisure Services/ Youth Services		Information about preschool and child care.		
Norfolk	441-2400		N	www.norfolk.gov/rpos
Portsmouth	393-8481		P	www.portsmouthva.gov/parksandrec
Suffolk	514-7250		S	www.suffolk.va.us/parks
Virginia Beach	474-8492		VB	www.vbgov.com
City Department of Social Services (DSS) or Department of Human Services (DHS)		Information about licensed childcare providers. Including quality and affordability.		
Chesapeake DHS	382-2000		C	www.chesapeake.va.us/health.shtml
Norfolk DHS	664-6035		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	N/A
Virginia Beach DHS	437-3351	VB	www.vbgov.com/dept/hs/socialsvcs/contactus	

See Also:

- Yellow Pages, City Public Schools

Developmental Milestones and Screening				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Academy of Pediatrics	N/A	Informational website for parents.	NATL	www.aap.org
Born Learning	N/A	Informational website for parents.	NATL	www.bornlearning.org
Bright Futures	N/A	Informational website.	NATL	www.brightfutures.org
Children's Hospital of The King's Daughters (CHKD)	668-7500	Developmental pediatrics. General medical services and evaluation for children with special needs. Parent education.	R	www.chkd.org/healthlibrary/content
Parents Action for Children	N/A	Informational website.	NATL	www.parentsaction.org
Infant and Toddler Connection				
Virginia	1-800-234-1448	Information and referral for local screening or evaluation and assessment for infants and toddlers (0-3) who may have a developmental delay or disability.	ST	www.infantva.org
Chesapeake	547-8929		C	
Norfolk	441-1186		N	
Portsmouth	393-8321		P	
Suffolk	562-6806		S	
Virginia Beach	385-4400		VB	
KidsPriorityOne	244-5373	Information and referral.	R	www.kidspriorityone.org
Smart Beginnings (The Virginia Early Childhood Foundation)	N/A	Informational website.	ST	www.smartbeginnings.org
Smart Beginnings South Hampton Roads	226-8826	Information to help your child be ready for school.	R	www.smartbeginningsshr.org
Zero to Three	N/A	Informational website.	NATL	www.zerotothree.org

See Also:

- Home Visiting / Case Management, p. 24-25
- Parent Education Programs, p. 37-39

Discipline**See:**

- Behavioral Concerns / Mental Health / Counseling, p. 6-7
- Developmental Milestones and Screening, p. 14
- Parent Education Programs, p. 37-39

Early Learning Activities

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Baby Zone	N/A	Information and activities for parents and children.	R	www.hamptonroads.babyzone.com
Born Learning	N/A	Activities for young children.	NATL	www.bornlearning.org
Children's Museum of Virginia	393-5258	Children's interactive activities and displays.	R	www.childrensmuseumva.com
Chrysler Museum, The	664-6200	Children's programs.	R	www.chrysler.org
Contemporary Arts Center of Virginia	425-0000 ext. 23	Pre-K Art Day: a monthly program combining art, storytelling, movement, and a limited gallery tour for children ages 3-5.	R	www.cacv.org/educational/prek.asp
Nauticus	664-1000	Wide range of activities for children.	R	www.nauticus.org
Norfolk Botanical Garden, The	441-5830	Garden World of Wonders for children ages 3-5.	R	www.norfolkbotanicalgarden.org
Peninsula Fine Arts Center	596-8175	Hands on For Kids. Interactive gallery for hands-on fun. Open daily for children of all ages.	R	www.pfac-va.org
Portlock Galleries at SoNo	502-4901	Hands-on exhibits. Special programs for young children.	R	www.portlockgalleries.com
Suffolk Museum, The	925-0448	Young Artists class offered by the Suffolk Art League for children ages 3-5.	S	www.suffolkartleague.org

Early Learning Activities (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Virginia Air and Space Center (Hampton)	727-0900	Hands-on exhibits. Programs for young children.	R	www.vasc.org
Virginia Aquarium and Marine Science Center, The	385-3474	Toddler Tuesdays. Story Time every Tuesday at 11:00 (ages 3-5).	R	www.VirginiaAquarium.com
Virginia Beach Ready To Learn	385-0144	Early learning activities, resources and programs.	VB	www.vbgov.com/rtl
Virginia Living Museum	595-1900	A learning laboratory to showcase Virginia's natural and living resources.	R	www.thevlm.org
Virginia Zoo, The	441-2706	Education and family programs.	R	www.virginiazoo.org
WHRO	889-9400	Public Broadcasting Service (PBS) website that promotes Ready to Learn television programs.	R	http://pbskids.org
Young Men's Christian Association of South Hampton Roads (YMCA)	Call individual locations, listed in the phone book.	Child care. Aquatics. Sports. Health & fitness. Camp. And more.	R	www.ymcashr.org
Zero to Three	N/A	Informational website with activities for children (0-3).	NATL	www.zerotothree.org
City Public Libraries		Early literacy activities and programs. Story time. And more.		
Chesapeake	382-8300		C	www.chesapeake.lib.va.us
Norfolk	664-7323		N	www.npl.lib.va.us
Portsmouth	393-8501		P	www.portsmouthpubliclibrary.org
Suffolk	514-7323		S	www.suffolk.lib.va.us
Virginia Beach	385-0150		VB	www.vbgov.com/libraries
City Parks and Recreation Department		Recreation centers with a variety of activities.		
Chesapeake	382-6411		C	www.chesapeake.va.us/services/depart/park-rec
Norfolk	441-2400 ext. 222		N	www.norfolk.gov/RPDS
Portsmouth	393-8481		P	www.portsmouthva.gov/parksandrec
Suffolk	514-7250		S	www.suffolk.va.us/parks
Virginia Beach	385-0400		VB	www.vbgov.com/parks

Financial / Housing Assistance

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Red Cross		Disaster assistance.		
Southeastern Virginia Chapter	446-7747		R	www.seva-redcross.org
Suffolk Chapter	539-6645		S	www.suffolkredcross.org
Catholic Charities of Eastern Virginia	456-2366	Consumer and mortgage credit counseling, VHDA classes.	R	www.cceva.org
Our House Families formerly Community Resource Network of Chesapeake, Inc. (CRN)	545-4075	Financial assistance to prevent utility cutoff, eviction, or foreclosure. Financial literacy counseling.	C	www.ourhousefamilies.org
Jewish Family Services of Tidewater	321-2222	Financial assistance.	R	www.jfshamptonroads.org
Lutheran Council of Tidewater	623-0155	Limited assistance for heating and cooling needs for those who meet eligibility requirements.	R	www.lutherancouncil.com
Oasis Social Ministry	397-6060	Financial assistance for those who receive utility shut-off notices.	P, S, some C	www.portsmouthfamilies.com
Planning Council, The	622-9268	Subsidized child care.	R	www.theplanningcouncil.org
Portsmouth Area Resources Coalition, Inc. (PARC)	397-5208	Financial and housing assistance. Homeless shelter for families.	P	www.parcinc.org

See Also:

- Shelters p. 41-42

Financial/Housing Assistance (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Redevelopment and Housing Authority		Affordable housing programs.		
Chesapeake	523-0401		C	www.crhava.org
Portsmouth	399-5261		P	www.vahcdo.org
Norfolk	623-1111		N	www.nrha.norfolk.va.us
Suffolk	539-2100		S	www.suffolkrha.org
Salvation Army		Emergency heating, utility and rental assistance. Tidewater command offers transitional housing for men.		www.virginiasalvationarmy.org
Portsmouth Corps	393-2519		P	
Suffolk Corps	539-5201		S	
Tidewater Area Command	543-8100		C, N, VB	
STOP Organization- Hampton Roads, The	858-1368	Short-term financial assistance for housing, food, clothing, furniture, medical needs, and transportation for eligible clients. Payment for utility bills. Relocation assistance.	R	www.stopinc.org
Suffolk	539-8081	Emergency home repair.	S	www.stopinc.org
UP Center, The	622-7017	Financial education. Consumer credit counseling. Low interest car loans for working parents. Housing counseling.	R	www.theupcenter.org
Virginia Beach Department of Housing and Neighborhood Preservation	385-5750	Affordable rental voucher program.	VB	www.vbgov.com
Virginia Housing Development Authority	1-877-834-2123	Assistance for low- and moderate-income Virginians to attain quality, affordable housing.	ST	www.vhda.com
City Department of Social Services (DSS) or Department of Human Services (DHS)				
Chesapeake DHS	382-2000	Financial assistance. Variety of financial aid programs.	C	www.chesapeake.va.us/services/depart/humanser/index.shtml
Norfolk DHS	664-6000		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	N/A
Virginia Beach DHS	437-3200		VB	www.vbgov.com

Food and Clothing Assistance				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Children's Harbor	397-2984	USDA child and adult food program for child care providers.	R	www.childrensharbor.cc
Food Bank of Southeastern Virginia	627-6599	Assistance with emergency food, clothing and related needs.	R	www.foodbankonline.org
Judeo-Christian Outreach Center (JCOC)	491-2846	Food and clothing assistance.	R	www.jcoc.org
Keim Center, The	499-4444	Assistance with maternity and baby clothes.	R	www.cpcot.org
Norfolk Baptist Association	938-9793	Baby Boutique.	R	N/A
Oasis Social Ministry	397-6060	Food and clothing assistance.	P, S, some C	N/A
Planning Council, The	622-9268	USDA child and adult food program for child care providers.	R	www.theplanningcouncil.org
Portsmouth Area Resource Coalition (PARC)	397-5208	Information and referrals for emergency food and clothing assistance.	P	N/A
Salvation Army		Emergency clothing, food, shelter, and fuel needs. Energy Share Program.	R	www.virginiasalvationarmy.org
Portsmouth Corps	393-2519		P	
Suffolk Corps	539-5201		S	
Tidewater Area Command	543-8100		C, N, VB	

Food and Clothing Assistance (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Suited for Success	484-0829	Provides professional business attire to economically disadvantaged men and women for interviews.	R	www.suitedforsuccessvirginia.org
Union Mission	427-1500	Meals provided daily. Clothing assistance.	R	www.unionmissionministries.org
Wesley Community Service Center, Inc.	399-0541	Emergency assistance.	P	www.portsmouthfamilies.com/family.html
City WIC (Women, Infants and Children) Services/Department of Public Health		Nutritional care and food supplement program.		
Chesapeake	382-8608		C	www.vdh.state.va.us/lhd/chesapeake
Norfolk	683-9280		N	www.norfolk.gov/pub_health
Portsmouth	393-5340		P	www.vdh.state.va.us/lhd/portsmouth
Suffolk	514-4700		S	www.suffolk.va.us/health-dept
Virginia Beach	518-2789		VB	www.vdh.state.va.us/lhd/vabeach
City Department of Social Services (DSS) or Department of Human Services (DHS)		Assistance and applications for Food Stamp Program.		
Chesapeake DHS	382-2000		C	www.cityofchesapeake.net/services/depart/humanser/index.shtml
Norfolk DHS	664-6490		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	www.suffolk.va.us/health-dept
Virginia Beach DHS	437-3200		VB	www.vbgov.com
Also, many churches and civic organizations offer food and clothing assistance.				

Health & Dental Clinics / Health Information				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Red Cross	446-7757	Dental services for eligible adults.	N	www.seva-redcross.org
Beach Health Clinic	428-5601	Free medical services and prescription medications to income-eligible, uninsured, working families.	VB	http://sites.communitylink.org/bhclinic
Beazley Dental Clinic	399-4588	Dental assistance for both children and adults.	P	www.portshealth.org
Full Circle/CANDII	640-0929	Comprehensive services for children and families living with HIV/AIDS.	R	www.accessaids.org
Centers for Disease Control/Prevention	1-800-232-4636	Health and disease information.	NATL	www.cdc.gov
CHIP (Comprehensive Health Investment Project)				
Chesapeake	543-9100	Health resources and home visitation for families with children up to age 6.	C	www.chipofvirginia.org
Norfolk	683-9255		N	
Portsmouth	391-0606		P	
Chesapeake Care Free Clinic	545-5700	Primary and preventive health and dental health services. Free clinic to families without insurance and or limited resources.	C	www.chesapeakecare.org
Consortium for Infant and Child Health (CINCH)	668-6458	Health insurance enrollment. Information on a variety of health topics.	R	www.chk.org/cpr/cinch/cinch.asp
International Black Women's Congress (IBWC)	625-0500	STI and HIV education and prevention.	R	www.ibwc.calmet.com
KIDS TLC Line	1-866-543-7852	Information and referrals for child care and health issues. New Parent Tool Kits. 1-800-244-5373.	ST	N/A
Kool Smiles	466-3622	A dental experience designed just for children.	R	www.koolsmilespc.com
Main Street Physicians	925-1866	Primary and preventive health services, including pediatrics, regardless of ability to pay.	S	www.pich.org

Health & Dental Clinics / Health Information (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
March of Dimes	1-888-663-4637	Information and resources regarding pregnancy and infant health.	NATL	www.marchofdimes.org
Portsmouth Community Health Center	393-6363	Primary and preventive health services from pediatric to adult.	P	www.portshealth.org
Park Place Clinic Norfolk	683-9230	Primary and preventive dental services for children.	N	www.norfolk.gov/pub_health/
Urban League of Hampton Roads		Assistance to clients living with HIV/AIDS.	R	
Portsmouth	627-0864	Pediatric clinics based on a sliding fee scale.	P	www.ulhr.org
Norfolk	226-7589		N	
Virginia Beach Community Health Center	425-3610		VB	
Virginia Cooperative Extension Service		Health and nutrition information.	ST	www.ext.vt.edu/offices/index.html
Chesapeake	382-6348		C	
Norfolk	683-2816		N	
Portsmouth	393-5197		P	
Suffolk	514-4330		S	
Virginia Beach	385-4769		VB	
City Department of Public Health		Information and services related to child health promotion and disease prevention and control. Routine supervision and immunizations.		
Chesapeake	382-8600		C	www.vdh.state.va.us/lhd/chesapeake
Norfolk	683-2756		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/lhd/portsmouth
Suffolk	514-4700		S	www.suffolk.va.us/health-dept
Virginia Beach	518-2700	VB	www.vdh.state.va.us/lhd/vabeach	
City Department of Public Health/Dental Clinic		Dental care for children under 18 who are uninsured or have Medicaid.		
Norfolk	531-2133		N	www.norfolk.gov/pub_health/ClinicalServices.asp#Dental
Virginia Beach	518-2694		VB	www.vbgov.com/health

See Also:

- Developmental Milestones and Screening, p. 14
- Hospitals, p. 26
- Special Needs, p.43-45

Holiday Assistance				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Jewish Family Services of Tidewater	459-4640	Assistance for needy families.	R	www.jfshamptonroads.org
Oasis Social Ministry	397-6060	Thanksgiving and Christmas baskets for those in need.	P, S, some C	
Portsmouth Area Resource Coalition (PARC)	397-5208	Referrals for holiday assistance.	P	www.parcinc.org
Salvation Army		Holiday assistance, including Shoe-In and Angel Tree.	R	www.virginiasalvationarmy.org
Portsmouth Corps	393-2519		P	
Suffolk Corps	539-5201		S	
Tidewater Area Command	543-8100		RC, N, VB	
U.S. Marine Corps	444-4318 ext. 201	Toys-for-Tots.	R	www.toysfortots.org
The Virginian-Pilot	446-2000	The Joy Fund.	R	www.pilotonline.com
City Department of Social Services (DSS) or Department of Human Services (DHS)		Assistance for families with holiday needs.		
Chesapeake DHS	382-2000		C	www.cityofchesapeake.net/services/depart/humanser/index.shtml
Norfolk DHS	664-6020		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	NA
Virginia Beach DHS	437-3200	VB	www.vbgov.com	
Also, many churches and civic organizations offer holiday assistance.				

Home Visiting / Case Management				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Baby Care		Nurse home visiting program that provides support, education, nursing care and access to community resources.		www.vahealth.org/babycare/
Chesapeake	382-8652		C	
Norfolk	683-2756		N	
Portsmouth	393-8585		P	
Sentara Home Care Services	553-3000	Home care program providing support for high-risk Medicaid pregnant women and infants up to two years old. Managed by RNs and social workers. Spanish available.	R	www.sentara.com/homecare
Care Connection for Children (CHKD)	668-7132	Community-based care for children with special physical needs.	R	www.chkcd.org/careconnection
Children's Center, The	538-2523	Early Intervention and Early Head Start programs.	S	www.thechildrenscenter.cc
Comprehensive Health Investment Project (CHIP)		Home visiting, parent education, developmental screenings, and referrals .		www.chipofvirginia.org
Chesapeake	543-9100		C	
Norfolk	683-9255		N	
Portsmouth	391-0606		P	
Eastern Virginia Medical School (EVMS)	446-6107	Various home visiting programs.	N	www.vahealth.org/resourcemothers

Home Visiting / Case Management (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Healthy Families Program				
Chesapeake	543-9100	Home visiting, parent education, developmental screenings, and referrals for first-time parents.	C	www.preventchildabuseva.org
Norfolk	397-2121		N	www.theupcenter.org
Portsmouth	397-2121		P	www.theupcenter.org
Suffolk	514-4728		S	www.preventchildabuseva.org
Virginia Beach	518-2620		VB	
Healthy Start Program		Home visiting, parent education, developmental screenings, nursing care coordination, lactation and nutrition counseling for all prenatal women. Serves children up to 2 years old.		
Norfolk (Loving Steps)	683-9239		N	www.vahealth.org/lovingsteps
Virginia Beach	518-2620	VB		www.vbgov.com
Parents As Teachers Program	397-2121 Ext. 324	Home visiting, parent education program focused on providing meaningful parent-child interactions. (serving prenatal to age 3).	R	www.theupcenter.org
Resource Mothers Program		Home visiting, parent education, developmental screenings, lactation and nutrition counseling for all prenatal teens. Serves children up to 1 year old.		www.vahealth.org/resourcemothers
Norfolk	683-9239		N	www.evms.edu/obgyn/services-teenage.html
Portsmouth	397-2121 ext.324		P	www.portsmouthfamilies.com/early.html
Suffolk	514-4728		S	N/A
Virginia Beach	397-2121 ext.324		VB	www.theupcenter.org
UP Center, The	397-2121 x 307	Various home visiting programs.	R	www.theupcenter.org
City Department of Public Health		Home visiting programs for qualifying clients. Information and referrals.		
Chesapeake- Great Bridge	382-8600		C	www.vdh.state.va.us/lhd/chesapeake
Chesapeake- South Norfolk	382-2600		C	www.vdh.state.va.us/lhd/chesapeake
Norfolk	683-2700		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/lhd/portsmouth
Suffolk	514-4700		S	www.suffolk.va.us/health_dept
Virginia Beach	518-2620	VB	www.vdh.state.va.us/lhd/vabeach	

Hospitals				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Bon Secours Hampton Roads, DePaul Medical Center	889-5000	Comprehensive health care services.	R	www.bonsecourshamptonroads.com
Bon Secours Hampton Roads, Maryview Medical Center	398-2200	Comprehensive health care services.	R	
Chesapeake Regional Medical Center	312-8121	Comprehensive health care services.	R	www.chesapeakeregional.com
Children's Hospital of The King's Daughters	668-7000	Comprehensive pediatric health care services.	R	www.chkd.org
Children's Place at Lake Taylor Hospital	461-5001	Case management, pediatrics/rehabilitation.	R	www.laketaylor.org
Sentara Bayside Hospital	363-6100	Comprehensive health care services.	R	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Bayside
Sentara Leigh Hospital	261-6000	Comprehensive health care services.	R	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Leigh
Sentara Norfolk General Hospital	388-3000	Comprehensive health care services.	R	www.sentara.com//sentara/HospitalsFacilities/Hospital/NorfolkGeneral
Sentara Obici Hospital	934-4000	Comprehensive health care services.	R	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Obici
Sentara Virginia Beach General Hospital	395-8000	Comprehensive health care services.	R	www.sentara.com/sentara/HospitalsFacilities/Hospitals/BeachGeneral/home.htm
St. Mary's Home for Disabled Children	622-2208	Specialized care for special children with severe disabilities.	R	www.saintmaryshome.org

Housing Assistance

See:

- Financial / Housing Assistance p. 17-18
- Shelters pgs. 41-42

Immunizations				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Centers for Disease Control/Prevention	1-800-232-4636	Disease and health information.	NATL	www.cdc.gov
Consortium for Infant and Child Health (CINCH)	668-6458	Information and referrals.	R	www.cinchcoalition.blogspot.com
Virginia Department of Health	1-800-568-1929	Information about immunizations.	ST	www.vdh.state.va.us/imm
City Departments of Public Health		Immunization information and clinics.		
Chesapeake- Great Bridge	382-8600		C	www.vdh.state.va.us/lhd/chesapeake
Chesapeake- South Norfolk	382-2600		C	www.vdh.state.va.us/lhd/chesape
Norfolk	683-2732		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/lhd/portsmouth
Suffolk	514-4700		S	www.suffolk.va.us/health_dept
Virginia Beach	518-2700		VB	www.vdh.state.va.us/lhd/vabeach

Literacy (Early and Family)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Library Association		Reading lists, tips, etc. for raising a reader.	NATL	www.ala.org
CHKD's Reach Out and Read	668-8046	Pediatric literacy program for children six months to five years during well-care visits.	R	www.chkd.org/services/reachout
Even Start		A learning program for parents and children through age 4 that assists with GED preparation, literacy, and child development services.		www.familit.org/ProgramsandInitiatives/EvenStart/index.cfm
Norfolk- Berkley/Campostella	494-3868		N	
Norfolk- Ingleside	892-3270		N	
Portsmouth Reads	393-9385	Various literacy projects and initiatives for infants to adults.	P	http://ppd.k12.va.us/about/foundation/default.aspx?id=2477
Literacy Partnership, The	664-9177	Information and referral.	R	www.theliteracypartnership.org
Portsmouth Department Parks, Recreation and Leisure Services	393-8481	Support and training for parents.	P	www.portsmouthva.gov/parksandrec
Project Light	624-1764	Computer-based literacy programs.	R	www.projectlight.org
REACH Foundation	627-4722	Literacy services provided to shelters.	R	www.reachkids.org
Square One	552-0293	Literacy projects for preschoolers. Support and training for parents and early childhood professionals.	R	www.SqOne.org
Suffolk Literacy Council	539-1524	Tutoring and remedial reading for non-reading adults and those with limited reading skills.	S	www.literacy4suffolk.org
Tidewater Literacy Council	393-6459	Adult literacy.		www.tidewaterliteracy.org
United Way of South Hampton Roads Raising A Reader/Success by Six	853-8500, ext.120	Early literacy and book sharing program delivered through childcare and home visiting setting for children from birth to 6 years of age. Teacher, provider and parent training on brain development and book sharing techniques.	R	www.unitedwayshr.org

Literacy (Early and Family) (continued)

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Urban League of Hampton Roads		Free guides designed to assist parents and caregivers in improving children's literacy and reading skills.	R	www.ulhr.org
Portsmouth	627-0864			
Norfolk	226-7589			
Virginia Beach Ready to Learn	385-0144	School readiness initiative.	VB	www.vbgov.com/rtl
WHRD	889-9400	Workshops for parents and children to improve literacy.	R	http://pbskids.org/read/
City Public Libraries		Programs, children's books, and materials to assist parents in building children's pre-reading skills.		
Chesapeake	382-8300		C	www.chesapeake.lib.va.us
Norfolk	664-7323		N	www.npl.lib.va.us
Portsmouth	393-8501		P	www.portsmouthpubliclibrary.org
Suffolk	514-7323		S	www.suffolk.lib.va.us
Virginia Beach	385-0193		VB	www.vbgov.com/libraries

See Also:

- Yellow Pages, City Schools

Also, many churches offer literacy programs.

Legal Assistance				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Legal Aid Society of Eastern Virginia	627-5423	Provides free legal information, advice and representation in civil cases to low-income families and individuals.	R	www.vlas.org
Norfolk and Portsmouth Bar Association	623-0132	Lawyer referral services. One-time consultation fee of \$35 for ½ hour.	R	www.norfolkandportsmouthbar.org
Social Security Rights Center, Inc.	437-7756	Law firm providing legal services to those who have been denied Social Security/Disability. No sliding scale; client pays if case is won.	R	N/A
Virginia Beach Bar Association	385-2155	Lawyer referral service.	VB	www.vbbarassoc.com/contact.asp
Medical Insurance				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Family Access to Medical Insurance Security (FAMIS)		Information and assistance for low-cost health insurance for children of low income working families.	ST	www.famis.org
Hotline	1-866-873-2647			N/A
STDP Organization- Hampton Roads, The	858-1383	One-on-one application assistance and advocacy support for enrollment problems.	R	www.stdpinc.org
City Department of Social Services (DSS) or Department of Human Services (DHS)		Information and assistance for low-cost health insurance for children of low income working families.		N/A
Chesapeake DHS	382-2000		C	www.chesapeake.va.us/services/depart/humanser/index.shtml
Norfolk DHS	664-6000		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	N/A
Virginia Beach DHS	437-3200		VB	www.vbgov.com/

Military Services				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Baby Boot Camp	953-4300	Provides information on infant nutrition, breastfeeding, child development and infant CPR.	M	www-nmcp.med.navy.mil
Child Care Information and Referral Resources (Mid-Atlantic Child Care & Development Resource Hotline)	1-866-628-9232	Information on availability of child development homes, child development centers, and emergency (back-up) placement.	M	www.mwr.navy.mil
Family Advocacy Program	444-2230 or 1-800-FSC-LINE (toll free)	Department which oversees and investigates incidents of child and spouse abuse in the military.	M	N/A
After hours, weekends and holidays	444-6289			
Dam Neck	492-6342			
Little Creek	462-7563			
Naval Medical Center	953-7801 or 444-2102			
Norfolk	444-2230			
Oceana	433-2912			
Yorktown	887-4606			
Fleet and Family Support Centers (FFSC)		24-hour information and referral services. Parent education. Stress and anger management. Counseling. Crisis support and intervention. Transition assistance. Spouse employment assistance. Relocation assistance. Personal financial management. Deployment and mobilization support. Exceptional family member program information.	M	www.ffscnorva.navy.mil
24-Hour Information and Referral	757-444-NAVY (6289) or 1-800-FSC-LINE (372-5463)			
FFSC Little Creek	462-7563			
FFSC Newport News	688-6289			
FFSC Norfolk	444-2102			
FFSC Northwest	421-8770			
FFSC Oceana	433-2912			
FFSC Yorktown	887-4606			

Military Services (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Navy Marine Corps Relief Society	444-6289 (after hours)	Short-term emergency aid in the form of zero interest loans and grants. Nurses available for limited home visitation for parents of infants.	M	N/A
Dam Neck	492-6494			
Little Creek	462-1596			
Naval Medical Center/ Portsmouth	953-5956			
Norfolk	322-1121/1182			
NSA Norfolk NW Annex	421-8350			
Oceana	462-1596			
Navy Medical Center/Portsmouth	953-5956	Comprehensive health care services.	M	www.nmcp.med.navy.mil
New Parent Support Program	462-7563	Provide home-based supportive and educational intervention for parents with children 0-3 years.	M	N/A
USO of Hampton Roads	788-4984	Emergency assistance. Recreation. Entertainment. Other quality of life programs.	M	www.usohr.com

Parent/Caregiver Resources and Support				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Brighton Rock AME Zion Church	393-0570	Support programs for grandparents and other relatives raising children.	R	N/A
Catholic Charities of Eastern Virginia	456-2366	Grandparents as Parents Program. Cooperative Parenting Class for parents going through divorce.	R	www.cceva.org
Chesapeake Regional Medical Center	312-8121	Mom's Mobile provides educational and referral services. Boot Camp for New Dads.	C	www.chesapeakeregional.com
Child Support Services	1-800-468-8894	Assistance with obtaining child support.	R	www.dcse.dss.state.va.us
Children and Adults with Attention Deficit Disorder (CHADD)	1-800-233-4050	Support group for parents of children with attention deficit/hyperactivity disorder.	N	http://www.chadd.net/template.cfm?affid=350&p=about
Children's Center, The	538-2523	Family centered services to low-income pregnant women and families with children under the age of three. Early intervention services Birth-age 3 are offered. Pediatric therapy and Early Head Start are also available.	S	www.thechildrenscenter.cc
Community Mediation Center	480-2777	Mediation and conflict resolution.	R	www.vaccr.org/centers.htm
Early Childhood Development Commission, The	514-7457	Resources and referral services for families and children.	S	N/A
EDMARC Hospice for Children	967-9251	Hospice for children diagnosed with life threatening illnesses. Family-centered care.	R	www.edmarc.org
Families of Abused Children Traumatized Sexually (FACTS)	482-6564	Support for families who have a child who has been sexually abused.	R	www.theplanningcouncil.org

Parent/Caregiver Resources and Support (continued)

NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Family Resource Center				N/A
Chesapeake	382-6925	Information & referral. Training. One-on-one consultation.	C	N/A
Portsmouth	398-8655		P	www.portsmouthfamilies.com/early.html
Fatherhood Program	382-2322	Counseling and information.	C	N/A
First Steps Programs				
Chesapeake CHIP Healthy Families	398-4863	Parent support, education, and referrals during child's first 3 months.	P	www.bonsecourshamptonroads.com
Sentara Obici Hospital	934-4405		S	www.sentara.com/sentara
Virginia Beach (VB General Hospital)	518-2620		VB	www.sentara.com/hospitals
Healthy Families (CHIP)		Health and disease information. Parent groups. First Time Moms and First Step Program.		www.chipofvirginia.org
Chesapeake	543-9100		C	
Norfolk	683-9255		N	
Portsmouth	391-0606		P	
Suffolk	514-4728		S	
Jewish Family Services of Tidewater	459-4640	Cancer, Grief and Divorce support groups for children and families.	R	www.jfshamptonroads.org
KidsPriorityOne	244-5373	Information and referral.	R	www.kidspriorityone.org
KIDS TLC Line	1-866-543-7852	Information and referrals for child care and health issues. New Parent Tool Kits.	ST	www.vaccrn.org
Moms Group of South Hampton Roads	858-1420	Support groups for moms, including playgroups, outings, etc.	R	http://groups.yahoo.com/group/shrmomsgroup
Moms of Hampton Roads Meet-Up	N/A	Activities group for moms and their children.	R	http://sahm.meetup.com/123/about/
Virginia Infant & Toddler Specialist Network	399-1337	Strengthens practices in early care and education programs for infants and toddlers.	R	www.va-itsnetwork.org

Parent/Caregiver Resources and Support (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Mothers of Preschoolers (MOPS)	1-888-910-MOPS		R	
Chesapeake	436-3040	Support group for moms of children 0-6	C	www.mops.org
Norfolk	692-8885		N	
Portsmouth	397-0332		P	
Suffolk	484-3423		S	
Virginia Beach	227-6930		VB	
Old Dominion University Child Study Center	683-3081	The 10Is: A Guide to Positive Discipline. Parent/Teacher onsite training. Resource Center.	R	www.dl.odu.edu/10Is
Parent Support Group/Children's Hospital of The King's Daughters (CHKD)	668-8933	Support group for parents.	R	www.chkd.org
Smart Beginnings	N/A	Informational website.	S	www.smartbeginnings.org
Smart Beginnings South Hampton Roads	226-8826	Informational website.	R	www.smartbeginningsshr.org
Square One	552-0293	Parenting training information and referral.	R	www.SqOne.org
St. Mary's Home for Disabled Children	622-2208	Specialized care for special children with severe disabilities.	R	www.saintmaryshome.org
Suffolk Early Childhood Development Commission	514-7457	Library, resources, and referral services for parent and early childhood education.	S	N/A
Tidewater Mothers of Multiples Club	423-4329 437-3133	Support group for mothers of twins, triplets, and more.	VB	www.tmomc.org
UP Center, The	397-2121	Counseling. Parent education. Home visiting. Low interest car loans for working parents. Classes for parents who are divorcing or separating. Supervised visitation for non-custodial parents.	R	www.theupcenter.org
Virginia Fatherhood Campaign	1-800-790-DADS (3237)	Literature and pamphlets for a general consciousness about the importance of fathers in the lives of their children.	ST	www.dss.virginia.gov/news/news_fatherpub.html
Western Tidewater Community Services Board	225-7116	Assistance in helping parents understand their child's social and emotional competency.	S	www.wtcsb.org

Parent/Caregiver Resources and Support (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
WHRO	889-9400	Television programs on WHRO TV-15. Workshops on reading and literacy.	R	www.whro.org/home/education/families/
City Libraries		Parent and caregiver resource materials.		
Chesapeake	382-8300		C	www.chesapeake.lib.va.us
Norfolk	664-7323		N	www.npl.lib.va.us
Portsmouth	393-8501		P	www.portsmouthpubliclibrary.org
Suffolk	514-7323		S	www.suffolk.lib.va.us
Virginia Beach	385-0144		VB	www.vbgov.com/libraries
City Schools/Parent Resource Centers		Information and referral. Training. One-on-one consultations.		
Chesapeake	482-5923		C	www.cpschools.com/departments/special_education/
Norfolk	892-3318		N	www.nps.k12.va.us
Portsmouth	393-8392		P	www.portsmouthfamilies.com/early.html
Suffolk	934-6202		S	www.spsk12.net/
Virginia Beach	263-2066		VB	www.vbschools.com/curriculum/special_ed/index.asp#parent
City WIC Programs (Women, Infants and Children) / Depart. of Public Health		Nutrition programs.		
Chesapeake	382-8608		C	www.vdh.state.va.us/lhd/chesapeake
Norfolk	683-9280		N	www.norfolk.gov/pub_health
Portsmouth	393-5340		P	www.vdh.state.va.us/LHD/portsmouth/
Suffolk	514-4721		S	www.suffolk.va.us/health-dept
Virginia Beach	518-2789		VB	www.vdh.state.va.us/lhd/vabeach

See Also:

- Home Visiting / Case Management, p. 24-25
- Parent Education Programs, p. 37-39

Parent Education Programs				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Boot Camp for Dads/Chesapeake General Hospital	312-6508	Educational programs for first-time fathers.	C	www.chesapeakehospital.com/patient-services/labor-delivery/birthplace/maternity-classes.html
Children First/Chesapeake Volunteers in Youth Services	382-8185	Educating divorced parents and those undergoing custody disagreements.	C	N/A
Children's Hospital of The King's Daughters (CHKD)	668-7500	Parent education and referrals.	R	www.chkd.org/classes
Even Start		A learning program for parents and children through age 4 that assists with GED preparation, literacy, and child development services.	N	www.doe.virginia.gov
Norfolk- Berkley/Campostella	494-3868			
Norfolk- Compensatory Education Programs	628-3922			
Family Resource Center		Information & referral. Training. One-on-one consultation.		N/A
Chesapeake	382-6925		C	
Portsmouth	393-8392		P	
Fatherhood Program	382-2322	Counseling and information.	C	N/A
Fathers In-Training Program	437-3490	Parenting classes for fathers.	VB	www.vbgov.com
Hampton Roads Parenting Education Network (HRPEN)	668-7402	Parent education, information, and referral.	R	www.chkd.org/hrpen
Keim Center, The	499-4444	Parenting classes.	R	www.keimcenters.com

Parent Education Programs (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Old Dominion University Child Study Center	683-4987	The 101s: A Guide to Positive Discipline. Parent/Teacher on-site training. Resource Center. Parent chats.	R	www.dl.edu.edu/101s
Parenting Network of Western Tidewater, The	934-4405	Provides parenting education on the city cable channel. Parenting programs.	S	N/A
Pendleton Child Service Center	385-4537	Parent education, information and referral.	VB	www.vbgov.com/hs
Square One	552-0293	Training, information and referral.	R	www.SqOne.org
UP Center, The	397-2121 x 307	Variety of parent education programs for parents of young children. Cooperative Parenting Program for parents who are divorcing or separating.	R	www.theupcenter.org
WHRO	889-9400	Television programs on WHRO TV-15. Workshops on reading and literacy.	R	www.whro.org/home/education/families/
City Department of Social Services (DSS) or Department of Human Services (DHS)		Parenting classes and resources for new parents.		
Chesapeake DHS	382-2000		C	www.cityofchesapeake.net/services/depart/humanser/index.shtml
Norfolk DHS	664-6020		N	www.norfolk.gov/HumanServices
Portsmouth DSS	405-1800		P	www.portsmouthva.gov/socialservices
Suffolk DSS	514-7450		S	N/A
Virginia Beach DHS	437-3200		VB	www.vbgov.com/

Parent Education Programs (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
City Department of Public Health		Staff are available to speak/develop/refer to classes to groups regarding parenting skills.		
Chesapeake- Great Bridge	382-8600		C	www.vdh.state.va.us/lhd/chesapeake
Chesapeake-South Norfolk	382-2600		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm
Suffolk	514-4728		S	www.suffolk.va.us/health-dept
City Schools/Parent Resource Center			Parenting workshops and educational materials.	
Chesapeake	482-5923	C		www.cpschools.com/departments/special_education/
Norfolk Title I Parent Center	628-2497	N		www.nps.k12.va.us
Portsmouth	393-8392	P		www.portsmouthfamilies.com/early.html
Suffolk	934-6202	S		www.spsk12.net
Virginia Beach	263-2066	VB		www.vbschools.com/curriculum/special_ed/index.asp#parent

Prenatal Services

See:

- Department of Public Health
- Hospitals

Safety				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Red Cross		Training in First Aid, CPR and communicable diseases.		
Southeastern Virginia Chapter	446-7747		R	www.seva-redcross.org
Suffolk Chapter	539-6645		S	www.suffolkredcross.org
Operation Smoke Detectors	471-5826	Free smoke detectors and installation.	VB	www.vbgov.com/
Young Men's Christian Association (YMCA)	Call individual locations, listed in the phone book.	Variety of safety programs, including water safety.	R	www.ymcashr.org
City Department of Public Health		Certified Health Educator available to teach group classes on a wide variety of child safety topics.		
Chesapeake			C	www.vdh.state.va.us/lhd/chesapeake
Chesapeake-Great Bridge	382-8600		C	www.vdh.state.va.us/lhd/chesapeake
Chesapeake-South Norfolk	382-2600		C	www.vdh.state.va.us/lhd/chesapeake
Norfolk	683-2700		N	www.norfolk.gov/pub_health
Portsmouth	393-8585		P	www.vdh.state.va.us/LHD/portsmouth/
Suffolk	514-4700		S	www.suffolk.va.us/health-dept
Virginia Beach	518-2763		VB	www.vdh.state.va.us/lhd/vabeach

See Also:

- Car Seat Safety, p. 10
- Hospitals, p. 26

Shelters				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
American Red Cross		Disaster Relief Program.		
Southeastern Virginia Chapter	446-7747		R	www.seva-redcross.org
Suffolk Chapter	539-6645		S	www.suffolkredcross.org
Our House Families	543-3324	Housing and support services for homeless families.	C	www.ourhousefamilies.org
Dwelling Place	624-9879	Up to 45-day stay for families (must have children).	N	www.thedwellingplaceva.org
ForKids	622-6400	Progressive system of shelters, housing, counseling, education and other comprehensive services to help families transition from homelessness to home.	R	www.homesforkids.org
Genieve Shelter	925-4365 24 hour crisis hotline: 800-969-4673	Shelter and Support for women and children coping with domestic violence issues.	S	www.home.earthlink.net/~Genieve88
Haven House	622-6400	Homeless shelter.	R	www.homesforkids.org

Shelters (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Help and Emergency Response Shelter (H.E.R.)	485-1445	Temporary shelter.	R	www.hershelter.com
Judeo Christian Outreach Center and Preschool (JCOC)	491-2846	Homeless assistance through temporary shelter, meals, job training, counseling and help with substance abuse.	VB	www.jcoc.org
New Beginning Development Services	967-8371	Group home for pregnant teens and teen moms with kids up to age 4.	P	www.newbeginningsva.com
Planning Council, The	622-9268	Information and referral.	R	www.theplanningcouncil.org
Portsmouth Area Resource Coalition (PARC)	397-5208	Stabilization programs, including shelter, counseling, tutoring and case management.	P	N/A
Salvation Army		Emergency clothing, food, shelter, and fuel needs.	R	www.tsadevelopment@hotmail.com
Portsmouth Corps	393-2519		P	
Suffolk Corps	539-5201		S	
Tidewater Area Command	543-8100		C, N, VB	
Samaritan House	430-2120 24 hour Crisis Hotline	Shelter for domestic violence victims or the homeless.	R	www.samaritanhouseva.org
Suffolk Center for Hope and New Beginnings	934-1252	Temporary or emergency shelter for homeless families or single women.	S	www.hopebegins.org
Union Mission	623-0642	Emergency shelter.	R	www.ummnorva.org
YWCA	625-5570	Shelter for battered women. Information and referral services.	R	www.ywca-shr.org

Special Needs				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
ACCESS (Aids Care Center for Education & Supportive Services)	640-0929	Comprehensive services for children and families living with HIV/AIDS.	R	www.accessaids.org
Advocating 4 Kids	431-1251	Special Education Support Group	R	www.advocate4kids.org
Camp Horizon/ The UP Center	622-7017 ext 136	Summer recreation program for children (ages 5 and up) with developmental disabilities including intellectual disabilities, autism, down syndrome and cerebral palsy.	R	www.theupcenter.org
Cerebral Palsy of VA	497-7474	Information and referral.	R	www.cerebralpalsyofvirginia.org
Children and Adults with Attention Deficit Disorder (CHADD)	233-2322	Support group for parents of children with attention deficit/hyperactivity disorder.	R	http://www.chadd.net/template.cfm?affid=350&p=about
Children's Center, The	538-2523	Speech therapy, physical therapy, occupational therapy, early intervention, Early Head Start, child care through 6 years.	S	www.thechildrenscenter.cc
Children's Hospital of The King's Daughters (CHKD)	668-7500	Evaluation for children with special needs, including mental retardation, ADHD, autism, learning disabilities, speech/language problems, cerebral palsy and Downs Syndrome.	R	www.chkd.org
EDMARC Hospice for Children	967-9251	Hospice for children diagnosed with life threatening illnesses. Family-centered care.	R	www.edmarc.org
EQUI-Kids Therapeutic Riding Program	425-8833	Equine assisted activities for children with special needs ages 5 and up.	R	www.equikids.org
Infant and Toddler Connection of Virginia	1-800-234-1448	Information and referral for local screening or evaluation and assessment for infants and toddlers who may have a delay or disability (ages 0-3).	R	www.infantva.org
Chesapeake	547-8929		C	
Norfolk	441-1186		N	
Portsmouth	393-8321		P	
Suffolk	562-6806		S	
Virginia Beach	385-4400		VB	

Special Needs (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Jewish Family Services of Tidewater	459-4640	Counseling, Assistance with IEP's for children with special needs.	R	www.jfshamptonroads.org
Kirk/Cone Rehabilitation, Inc.	393-5205	Supports education and therapeutic needs of mentally, physically, and multi-challenged children and adults, ages 2-22.	R	N/A
Lee's Friends	440-7501	Resources for cancer patients and their families.	R	www.leesfriends.org
March of Dimes of Virginia	361-0000	Information on prevention of birth defects, premature birth and infant mortality.	ST	www.marchofdimes.com/virginia
Sickle Cell Association	466-0332	Information and referral.	R	www.sicklecellhr.org
Spina Bifida Support Group	473-8125	Information for families living with Spina Bifida.	R	www.sbaa.org
St Mary's Home for Disabled Children	622-2208	Specialized care for special children with severe disabilities.	R	www.saintmaryshome.org
Supplemental Security Income (SSI)	1-800-772-1213	Benefits for children with disabilities.	R	www.ssa.gov
Tidewater Child Development Services	683-8770	Comprehensive evaluation of children with developmental, academic, emotional, or behavior problems.	R	www.norfolk.gov/pub_health/ChildServices.asp

Special Needs (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
City Mental Health, Mental Retardation and Substance Abuse Services				
Chesapeake Community Services Board	547-9334	Mental Retardation/Developmental Disability Case Management Program for eligible children.	C	www.cityofchesapeake.net/services/depart/com-ser/mentretd.shtml
Norfolk Community Services Board	823-1600		N	www.norfolkcsb.org
Mental Health Services	664-7699			
Youth and Prevention Services	823-1632			
Substance Abuse Services	664-6670			
Portsmouth Department of Behavioral Healthcare Services	393-5357		P	www.portsmouthva.gov/behavioralhealthcareservices
Western Tidewater Community Services Board (Suffolk)	942-1069		S	www.wtcsb.org/
Virginia Beach Department of Human Services	437-3200		VB	www.vbgov.com/dept/hs/
24-Hour Emergency Services	385-0888			
Adult Mental Health and Substance Abuse Services	385-0511			
Youth Services	385-0850			
City Public Schools				
Chesapeake	494-7600	Part B Services: early childhood special education programs and services for children with developmental disabilities.	C	www.cps.k12.va.us/departments/special_education/
Norfolk	628-3950		N	www.nps.k12.va.us
Portsmouth	393-8791		P	www.pps.k12.va.us
Suffolk	925-6750		S	www.sps.k12.va.us
Virginia Beach	263-2800		VB	www.vbschools.com/curriculum/special_ed/index.asp

See Also:

- Hospitals, p. 26

Substance Abuse				
NAME OF ORGANIZATION	PHONE NUMBER	SERVICE	LOCALITY	WEBSITE ADDRESS
Al-Anon/Al-Ateen Service Center	499-1443	Provides help for families of alcoholics.	R	www.al-anon.alateen.org
Alcoholics Anonymous	490-3980	Provides mutual support and self-help groups.	R	www.alcoholics-anonymous.org
Hope Line/National Council on Alcohol and Drug Dependency	1-800-622-2255	Information and referral.	NATL	www.ncadd.org
Narcotics Anonymous	459-8467	Encourages men and women addicted to narcotics to overcome their addiction.	R	www.na.org
Project LINK	385-0810	Case management services for pregnant and parenting women whose lives are affected by substance abuse.	R	www.vbgov.com/ Under City Departments select Human Services then select MH/SA/MR
City Mental Health, Mental Retardation and Substance Abuse Services		Mental Retardation/Developmental Disability Case Management Program for eligible children.		
Chesapeake Community Services Board	547-9334		C	www.cityofchesapeake.net/services/depart/com-ser/mentret.d.shtml
Norfolk Community Services Board	823-1600		N	www.norfolkcsb.org
Mental Health Services	664-7699			
Youth and Prevention Services	823-1632			
Substance Abuse Services	664-6670			
Portsmouth Department of Behavioral Healthcare Services	393-5357		P	www.portsmouthva.gov/behaviorhealthcareservices/
Western Tidewater Community Service Board (Suffolk)	942-1069		S	www.wtcsb.org/
Virginia Beach Department of Human Services	437-3200		VB	www.vbgov.com/
24-Hour Emergency Services	385-0888			
Adult Mental Health and Substance Abuse Services	385-0511			
Youth Services	385-0850			

Smart Beginnings South Hampton Roads annually convenes a Community Linkages Task Force to update the Community Connections Resource Guide. Special thanks to our partners who dedicated many hours of time, energy and expertise to this project.

Community Linkages Task Force

Chesapeake Office of Intergovernmental Affairs, Youth & Family Services
Children's Harbor
Children's Hospital of The King's Daughters (CHKD)
CHIP/Healthy Families of Chesapeake
Consortium for Infant and Child Health (CINCH)
Fleet and Family Support Centers of Hampton Roads (Military)
Ida Barbour Early Learning Center
KidsPriorityOne
Norfolk Human Services
Norfolk Public Library
Old Dominion University (ODU)
Portsmouth Coalition for Youth
Portsmouth Department of Behavioral Healthcare Services
Portsmouth Public Schools
Portsmouth READS
Professional Family Child Care and Early Education Association (PFCCEA)
Sentara Obici Hospital (Healthy Families and First Steps)
STOP Organization– Hampton Roads
The Planning Council
The Up Center
Tidewater Community College
United Way of South Hampton Roads
Virginia Beach Department of Public Health
Virginia Beach Public Library
Virginia Beach Ready to Learn
WHRO



SMART BEGINNINGS

South Hampton Roads

Ready for School – Ready for Life