

United States Atlantic Command
Norfolk
Phone: 444-5124

Military Child Care Centers

Air Force

Langley AFB
Hampton
Phone: (757) 764-3585

Army

Fort Eustis
Newport News
Phone: 878-5978

Fort Story
Virginia Beach
Phone: 422-7413

Navy

Dam Neck Annex
Norfolk
Phone: 492-8685

Little Creek, NAB
Norfolk
Phone: 462-7868

Norfolk Naval Base
Norfolk
Phone: 444-3239

NAS Oceana
Virginia Beach
Phone: 433-3164

Norfolk Naval Shipyard
Portsmouth
Phone: 396-5863

Northwest, NSGA

Chesapeake
Phone: 421-8266

Military Child Development Centers

Air Force

Langley AFB
Hampton
Phone: (757) 764-3585

Army

Fort Eustis
Newport News
Phone: 878-5978

Navy

Naval Base, Norfolk
Norfolk
Phone: 444-3379

Naval Amphibious Base, Little Creek
Norfolk
Phone: 462-7868

Norfolk Naval Shipyard
Portsmouth
Phone: 396-5863

Naval Weapons Station
Yorktown
Phone: (757) 820-0884

NATIONAL ORGANIZATIONS

Action/Pride, The National Resource Center
3610 Dekalb Tech. Pkwy, Suite 105
Atlantic, GA 30340
Phone: (770) 458-9900

Serves all ages. Hours are 8:30am-5:00pm, Monday-Friday. Provides literature and other educational materials upon request.

African American Healthlink, The
P. O. Box 704
Occoquan, VA 22125-9998
Fax: (703) 590-5207

The African American Healthlink provides access to communicate health management solutions that contribute to improving the health of African Americans.

Alliance for the Mentally Ill
P. O. Box 1903
Richmond, VA 23218
Phone: (804) 255-8264
1-800-486-8264
Fax: (804) 643-3632
Email: vaami@aol.com

Serves the community. The Virginia Alliance for the Mentally Ill is a tax-exempt, non-profit organization dedicated to improving the quality of life of people with serious mental illnesses and their families through support, education, and advocacy. VAMI has 26 affiliates across the Commonwealth and is affiliated with the National Alliance for the Mentally Ill.

281 Independence Blvd, Suite 414
Virginia Beach, VA 23462-2977
Phone: 499-2041

Serves those with mental illness. Hours are 10:00am-4:00pm, Monday-Friday. Provides information, support, educational & advocacy services for individuals & families affected by serious mental illness, incl.

schizophrenia, major depression, and bipolar disorder & anxiety disorders.

American Cancer Society
Portsmouth/Chesapeake Unit
2730 Ellsmere Avenue
Norfolk, VA 23513
Phone: 853-6638 or 1-800-227-2345
Fax: 853-7006
Website: www.cancer.org

Serves all ages. Hours are 8:00am-5:00pm, Monday-Friday. Offers services to cancer patients, including rehabilitation services, support services and educational services; also provides public health education, speaker's bureau, equipment loan, health literature and exhibits; promotes research by providing money.

American Civil Liberties Union of Virginia
6 N. Sixth Street, Suite 400
Richmond, VA 23219
Phone: (804) 644-8022
Fax: (804) 649-2733
Website: www.acluva.org

Serves all ages. Hours vary. Protects civil liberties of all citizens through litigation and education, information and referral services. The civil liberties we seek to protect include: Freedom of Expression and Association; Freedom of Religion; Equality under the Law; Due Process of Law; and the Right to Privacy.

American Diabetes Association
Phone: 1-800-232-3472
Website: www.diabetes.org

Provides information on health education and referrals to support group assistance.

South Hampton Roads Chapter
6340 Center Drive Bldg #7 Suite 129
Norfolk, VA 23502
Phone: 455-6335
Fax: 455-6742

Hours are 8:00 a.m. to 5:00 p.m.
Monday – Friday. Provides information
and referral; diabetes screening,
education, mutual support for those with
diabetes and other related disorders.
Works to cure and prevent diabetes and
to improve the lives of those affected by
diabetes by supporting research and
providing diabetes education.

American Heart Association
Hampton Roads Area
500 Plume Street, East, Suite 110
Norfolk, VA 23510
Phone: 623-2075
Fax: 623-2453
Website: www.americanheart.org

Hours are 8:30 a.m. to 5:00 p.m.
Monday – Friday. Serves the
community to reduce disability and
death from cardiovascular diseases and
stroke. Provides information and
referral, CPR training, Speaker's
Bureau, educational programs designed
to increase awareness, monitoring and
prevention of high blood pressure. Also
invests locally in cardiovascular research
and community education programs to
help prevent disability and death from
heart disease and stroke.

American Liver Foundation
1425 Pompton Avenue
Cedar Grove, NJ 07009-9990
Phone: 1-800-465-4837
Fax: (212) 483-8179
Website: www.liverfoundation.org

Serves all ages. Hours are 9:00am-
5:00pm, Monday-Friday. Operates a toll
free hotline; educational books for
children; wellness packets; Foundation
supports research.

American Lung Association
5349 E. Princess Anne Road
Norfolk, VA 23502
Phone: 855-3059
Fax: 855-3591
Website: www.lungusa.org/virginia

1740 Broadway
New York, NY 10019-4373
Phone: 1-800-LUNG-USA

Hours are 8:30am-4:30pm, Monday-
Friday. Provides information services
and counseling for patients diagnosed
with respiratory disease. Provides public
health education, stop smoking clinics,
asthma support group, family support
and counseling. The Christmas Seal
People fight lung disease such as
asthma, emphysema, lung cancer, and its
causes through research, public
education, and community-based
programs.

American Paralysis Association
Phone: 1-800-225-0292

Funds research seeking to find a cure for
paralysis.

American Parkinson Disease
Association Inc., The
1250 Hylan Blvd Suite 4B
Staten Island, NY 10305-1946
Phone: 1-800-223-2732
Fax: (718) 981-4399
Website: www.apda.parkinson.org

Serves all ages. Hours are 9:00am-
5:00pm, Monday-Friday. Ease Parkinson

patient and family problems via therapy, access to medical experts, support of cure research, access to technical library and chronic disease adaptability training.

American Red Cross of Southeastern Virginia

611 W. Brambleton Avenue
P.O.Box 1836
Norfolk, VA 23510
Phone: 446-7700
446-7747

Naval Medical Center, Portsmouth

620 John Paul Jones Circle
Portsmouth, VA 23708
Phone: 953-5435
Fax: 953-7811

Portsmouth Chapter

700 London Blvd
Portsmouth, VA 23704
Phone: 393-1031

Suffolk Chapter

1009 W. Washington Street
P. O. Box 129
Suffolk, VA 23439
Phone: 539-6645
Fax: 539-0851

Virginia Beach Chapter

Naval Air Station, Oceana
Virginia Beach, VA 23460
Phone: 440-1111
Fax: 423-3324

Serves all ages. Hours are 8:30am-4:30pm, Monday-Friday. Offers a variety of services to Armed Forces and veterans and to the general public, such as: a blood bank, a language bank, counseling and financial aid services to members and families of the Armed Services, safety and disaster services, emergency medical care, medical care to

victims of natural disasters, health and nursing services, swimming instruction, and AIDS education. Red Cross also operates a 24 hour telephone line in response to emergencies for military families and natural disasters. Also provides community service opportunities to seniors through the Retired Senior Volunteer Program (RSVP), Portsmouth Chapter.

American SIDS Institute

Phone: 1-800-232-7437
Fax: (770) 426-1369
Website: www.sids.org

**American Social Health Association-
VD National Hotline**

260 Sheridan Avenue
Palo Alto, CA 94302
Phone: 1-800-227-8922

Serves all ages. Provides information and referral about venereal diseases and their treatment.

Arthritis Foundation

Virginia Chapter

900 Commonwealth Place, Suite 101
Virginia Beach, VA 23464
Phone: 420-4638 or 1-800-456-4687
1-800-283-7800 (referral center)
Fax: 420-5078
Website: www.arthritis.org

Serves people with arthritis and their families. Hours are 9:00am-5:00pm, Monday-Friday. Offers education, information and referral; free physician referrals to Virginia arthritis specialists; Speaker's Bureau; health fairs and public forums; juvenile arthritis activities; professional education; support groups; water exercise programs held in all the cities of Hampton Roads; equipment loan program; contributes to

research programs. Also funds local research.

Asthma and Allergy Foundation of America Information Clearinghouse

Phone: 1-800-727-8462
Fax: (202) 466-8940
Website: www.aafa.org

Provides general information, publications, referrals and videos to physicians.

Autism Society of America

7910 Woodmont Ave. Suite 300
Bethesda, MD 20814
Phone: (301) 657-0881
Fax: (301) 657-0869
Website: www.autism-society.org

Hours are 9:00am-5:00pm, Monday – Friday. Provides information and referral to parents, relatives, teachers, doctors and other professionals seeking state-of-the-art knowledge on education, research, programs, laws, and family support issues concerning autism.

Big Brothers/Big Sisters of South Hampton Roads

929 Ventures Way Suite 108
Chesapeake, VA 23320
Phone: 549-7437
Fax: 549-7646

Hours are 9:00 a.m. to 5:00 p.m. Monday – Friday. Offers companionship services to children ages 7-13 who live in single parent families. Provides intervention services to high-risk children whose emotional/behavioral/recreational needs necessitate the support of a stable, responsible adult mentor.

**Boys Scouts of America
Colonial Virginia Council**

11721 Jefferson Ave.
Newport News, VA 23606
Phone: 595-3356
Fax: 877-8611
Website: www.cvcboyscouts.org
Email: info@cvcboyscouts.org

Hours are 9:00am-5:00pm, Monday-Friday. An educational program designed to build character, citizenship, mental and physical fitness in preparing youth for their adult lives. Emphasis is on out-of-doors, leadership development, home and community involvement, career and job awareness.

Boys and Girls Club of South Hampton Roads

Administrative Office
3415 Azalea Garden Road
Norfolk, VA 23513
Phone: 853-5632
Fax: 855-4811
Website: www.bgcseva.org

Hours are 8:30am-5:00pm, Monday-Friday.

Colonial Unit

446 Virginia Avenue
Norfolk, VA 23508
Phone: 0193
Fax: 855-4811
Website: www.bgcseva.org

Virginia Beach Unit

2686 Lishelle Place
Virginia Beach, VA 23452
Phone: 468-2255
Fax: 855-4811
Website: www.bgcseva.org

W. Willis Houston Memorial Unit

3401 Azalea Garden Road

Norfolk, VA 23513
Phone: 855-8908
Fax: 855-4811
Website: www.bgcseva.org

Serves boys and girls ages 7-17 years. Hours vary- call for information. Offers guidance, recreation and instruction. Provides a broad range of services with an educational and recreational base. Emphasis is on character building and development guidance.

Children's Tumor Foundation

Phone: 1-800-323-7938
Fax: (212) 747-0004
Website: www.ctf.org

Responds to inquiries from health professionals, patients and their families. Referrals to physicians on clinical advisory board.

Cooley's Anemia Foundation

Phone: 1-800-552-7222
Fax: (718) 321-3340
Website: www.thalassemia.org

Provides research, fund raising, support groups and research grants. Also provides referrals to local chapters.

Cornelia DeLange Syndrome Foundation

Phone: 1-800-223-8355
Fax: (860) 676-8337
Website: www.cdlsusa.org

Provides materials to families, friends and professionals

Crohn's and Colitis Foundation of America

Phone: 1-800-932-2423
Website: www.ccfafa.org

Hours are 9:00am-5:00pm, Monday-Friday. Devotes contributions to research, and supports vital education and support programs for families, individuals, and physicians to benefit the two million Americans with Crohn's disease and ulcerative colitis.

Cystic Fibrosis Foundation

Phone: 1-800-344-4823
Fax: (301) 951-6378
Website: www.cff.org

Responds to patient and family questions. Provides literature and referrals to clinics.

Virginia Chapter

2727 Enterprise Parkway Suite 201
Richmond, VA 23294
Phone: (804) 527-1500 or
1-888-233-4682 toll free
Fax: (804) 527-0016

Serves cystic fibrosis patients and their families. Offers support, information, education and referral. Promotes public education, recruits and utilizes volunteers in promotion and fundraising; actively supports medical research and advocacy.

Disabled American Veterans

Truck Pick-Up Service
5517 Virginia Beach Blvd
Virginia Beach, VA 23462
Phone: 473-1987

Serves all ages. Hours are 10:00am-6:00pm, Monday-Saturday. Accepts donations to sell in outlet store. Proceeds help Disabled American Veterans.

**Dougy Center for Grieving Children,
The**

3909 S. E. 52nd Avenue
P. O. Box 86852
Portland, OR 97286
Phone: (503) 775-5683

Hours are 9:00am-5:00pm, Monday-Friday. The Dougy Center extends supportive services nationally to the family, caregivers, schools, and the community through educational materials and seminars.

Epilepsy Association of Tidewater

C/o Dr. Stephen Tonelson
Department of Child Study/Special Education
Old Dominion University
Norfolk, VA 23529
Phone: 683-3343
Website: www.odu.edu

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides supportive advice, advocacy assistance, information and referral.

Epilepsy Association of Virginia

C/o Highlands
P. O. Box BRH
University of Virginia Medical College
Charlottesville, VA 22908
Phone: (757) 924-5401
Website: www.bcbshsi.com

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides community education, supportive advice, advocacy assistance and information and referral to epileptics.

Epilepsy Association of Virginia

Mary Immaculate Hospital
2 Bernadine Drive
Newport News, VA 23602
Phone: 886-6000
Fax: 886-6083

Website: www.bcbshsi.com

Serves clients with epilepsy. Hour vary. Offers information and referral; patient services; medication management; public and professional education programs and a support group. Antiepileptic drug (AED) Pregnancy Registry. The AED pregnancy registry serves to compile information on pregnant women who are taking AED's, old and new, monotherapy or polytherapy. The site is the Genetics and Teratology Unit at Massachusetts General Hospital. Any woman or her doctor can call 1-888-233-2334 (toll free). All information will be kept confidential.

Epilepsy Foundation of America, The

435 Garden City Drive
Landover, MD 20785
Phone: 1-800-332-1000
Website: www.epilepsyfoundation.org

Serves all ages. Hours are 8:00am-5:00pm, Monday Friday. Provides community education, supportive advice, advocacy assistance and information and referral to epileptics.

Ex-Partners of Servicemen and Women for Equality (EX-POSE)

P.O. Box 11191
Alexandria, VA 22312
Phone: (703) 941-5844
Fax: (703) 212-6951
Website: www.expose.org

Serves adults. Provides support, education and advice for military spouses going through divorce, as to their rights.

Girl Scout Council of Colonial Coast

912 Cedar Road
Chesapeake, VA 23320
Phone: 547-4405
Fax: 547-1872
Website: www.gsecc.com

Serves girls ages 5-17. Hours are 8:30am-4:30pm, Monday-Friday. Offers camping, troop activities and numerous other activities for girls. Today's Colonial Coast Girl Scouts have fun in a challenging, value-based, contemporary program and building self-esteem and leadership skills necessary for competent resourceful decision-making.

**Girls, Inc. Center for Youth of
Southwest Hampton Roads**

Website: www.centerforyouthswhr.com

5905 Portsmouth Blvd
Portsmouth, VA 23701
Phone: 465-3896
Fax: 465-4071

Hours are 7:00am-6:00pm. Before and after school programs for children ages 5 and older. Cost varies per school.

925 Poplar Avenue
Chesapeake, VA 23323
Phone: 487-1814
Fax: 485-3984

Serves school age children (both girls and boys) before and after school. Hours are 6:30am-8:30am and 11:00am-6:00pm. Offer field trips, arts, crafts, safety, nature study, and much more. (Summer day camp is offered during June, July and August).

Girls, Incorporated of Tidewater

420 Woodway Lane
Virginia Beach, VA 23462
Phone: 490-6037

Fax: 499-5792

Hours: 6:30am-6:00pm, Monday-Friday.

3172 Azalea Garden Road
Norfolk, VA 23513
Phone: 855-5680

Hours: 6:30am-6:00pm, Monday-Friday

3166 Azalea Garden Road
Norfolk, VA 23513
Phone: 855-7436

Hours: 6:30am-6:00pm, Monday-Friday

1701 Rokeby Avenue
(Corner of Providence)
Chesapeake, VA 23320
Phone: 424-1105

Hours: vary

Serves community. Committed to offering quality programming for youth on a daily basis, with a professional staff presenting educational/recreational skills.

Histiocytosis Association

Phone: 1 -800-548-2758

Offers patient and family support, newsletter, brochures, information, patient directory, and regional meetings

Leukemia Society of America

Virginia Chapter

2101 Executive Drive
Executive Tower Building, Box 21
Hampton, VA 23666
Phone: (757) 838-9351
Fax: (757) 827-7337
Website: www.lls.org

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. The Leukemia

Society's mission is to find a cure for leukemia and related cancers-lymphoma, and Hodgkin's disease and improve the quality of life for patients and their families. Services include financial assistance to those with leukemia or related diseases, professional and public education and educational material available, support groups, referrals and research updates. Also working to increase the number of registrants in the National Marrow Donor Program Register.

Lupus Foundation of America, The

Phone: 1-800-558-0121

Fax: (202) 349-1156

Website: www.lupus.org

Eastern Virginia Chapter

281 Independence Blvd

Virginia Beach, VA 23462

Phone: 490-2793

Serves all ages. Hours are 10:00am-2:00pm, Monday-Friday. Provides moral support for persons with Lupus Erythematosus and their families and friends. It also works to promote public awareness and understanding of the disease and to contribute to medical research. Provides information, referrals, education and crisis intervention.

March of Dimes Foundation

Tidewater Chapter

860 Greenbrier Circle, Suite 502

Chesapeake, VA 23320

Phone: 361-0000

Fax: 361-0149

Website: www.marchofdimes.org

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides health education films, literature for public, speaker's bureau. Our mission is

to improve the health of babies by preventing birth defects and infant mortality through programs of research, community services, and advocacy. Involved in research and sponsorship of birth defect centers. Agency's current objective is to lessen the number of infants born with low birth weight and the reduction of teenage pregnancies.

Mended Hearts Inc., The

Sentara Norfolk General Hospital

First floor

6025 Newport Ave.

Norfolk, VA 23505

Phone: 440-2432

Website: www.mendedhearts.org

Email: info@mendedhearts.org

National Office

7272 Greenville Avenue

Dallas, TX 75231-4596

Phone: 1-888-432-7899

Fax: 214-706-5245

Provides support, hope and encouragement to patients who are faced with heart surgery as well as lending support to their families.

Mental Health Association in South

Hampton Roads

1513 E. Sewell's Point Road

Norfolk, VA 23502

Phone: 853-2606

Fax: 566-2013

Email: mhav@mhav.org

Offers referral services. Hours vary

Minority Health Professionals

Foundation

100 Edgewood Avenue, Suite 1020

Atlantic, GA 30303

Phone: (678) 904-4217

Fax: (678) 904-4518

Website: www.minorityhealth.org

Multiple Sclerosis Association of America

Phone: 1-800-532-7667

Fax: (856) 661-9797

Website: www.msaa.com

Provides information regarding multiple sclerosis.

Muscular Dystrophy Association, Virginia Chapter

11 Koger Executive Center, Suite 232

Norfolk, VA 23502

Phone: 461-0177

Fax: 461-0177

Website: www.mdausa.org

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides supportive services to persons with muscular dystrophy and related neuro-muscular disorders (40 different ones), including outpatient physical therapy and medical care, medical supplies/equipment loan, counseling and recreational services. Also provides public education through films, literature and speakers. Diagnostic services and follow-up care at local clinics, including help with wheelchairs, therapeutic care support groups, summer camp, and research and public health education.

Myasthenia Gravis Foundation

Virginia Chapter

2304 Angus Road

Charlottesville, VA 22901

Phone: 1-800-728-4405

Fax: (434) 295-1909

Website: www.myasthenia-va.org

Serves anyone who has myasthenia gravis. Phones are answered 24 hours a day. Patient oriented organization

helping people with this autoimmune neuro-muscular disease through support groups, patient and family education, literature, newsletters, meetings and limited financial aid.

National Association for the Advancement of Colored People (NAACP)

2604 Lake Ridge Crossing

Chesapeake, VA 23323

Phone: 485-8916

Website: www.naacp.org

Serves all ages. Hours and meeting times vary. Promotes civil rights of minorities in areas of job discrimination, housing discrimination and legal discrimination. Also provides information and referral services.

National Black Alcohol and Addictions Council

1629 K Street NW, Suite 802

Washington, DC 20006

Phone: 1-877-622-2674

Fax: 407-532-2815

Website: www.nbacinc.org

Email: mail@nbacinc.org

National Center and Caucus on Black Aged, Inc.

1220 L Street, NW, Suite 800

Washington, DC 20005

Phone: 202-637-8400

Website: www.ncba-aged.org

Email: info@ncba-aged.org

National Down Syndrome's Congress

Phone: 1-800-232-6372

Answers questions about Down's syndrome. Makes referrals to local organizations.

National Easter Seal Society

Phone: 1-800-221-6827
Fax: (312) 726-1494
Website: www.hoovers.com

Easter Seal Society of Virginia, Inc.
6319 Castle Place Suite A
Falls Church, VA 22044
Phone: (703) 583-4480
Website: www.va.easter-seals.org

Serves all ages. Provides direct rehabilitation services to children and adults with all types of handicaps whose needs are not being met through other sources. Offers speech and physical therapy, camping and recreation, citizen advocacy, equipment loan and purchase, education, information

National Federation of the Blind
1800 Johnson Street
Baltimore, MD 21230
Phone: 410-659-9314
Fax: 410-685-5653
Website: www.nfb.org

Serves all ages. Hours vary. Provides public education and support for blind persons and their families.

National Fire Protection Association
Phone: 1-800-344-355
Fax: 1-800-593-6372
Website: www.nfpa.org

Develops fire protection codes and standards and provides information on fire prevention, firefighting procedures and fire safety.

National Foundation for Depressive Illness
Phone: 1-800-248-4344
Website: www.depression.org

Describes symptoms of depression and offers suffers information and physician referrals.

National Health Information Clearinghouse
P. O. Box 1133
Washington, DC 20013
Phone: 1-800-336-4797
Website: www.health.gov/nhic
Email: info@nhic.org

Hours are 9:00am-5:00pm. (est.), Monday-Friday. Assistance to public in locating health information through identification of health information resources. Referrals and limited health related literature provided. Fee. National Health Information Clearinghouse can be reached through Internet or email and information can be obtained from the public library or by writing a letter to the above address.

National Hemophilia Foundation United Virginia Chapter
9801 Husting Terrace
Chesterfield, VA 23832
Phone: 1-800-266-8438
804-748-7896 (private phone)
Fax: 804-796-9043 (private fax)
Website: www.hemophilia.org
Email: pader55@cs.com

National Headquarters:
110 Greens Street, Suite 303
New York, NY 10012
Phone: 1-888-INFO-NHF (toll free)

Provides full array of services including clinic lunches, camperships, scholarships, patient assistance, support groups for men, women and youth; education about Hemophilia and HIV/AIDS.

**National Highway Traffic Safety
Administration**

U. S. Department of Transportation,
NES-11 HL
400 7th Street, SW
Washington, DC 20590
Phone: 1-800-424-9393 (auto hotline)

Serves all ages. Hours are 8:00am-10:00pm, Monday Friday. Provides ways to reduce highway traffic deaths and injuries. Publishes a variety of safety information brochures, conducts public education programs that promote the use of safety belts and child safety seats, and informs the public of the hazards of drunk driving. Maintains a toll-free hotline for consumer complaints on auto safety and child safety seats and requests for information on safety manufacturing flaws and recalls by specific year, make and model. Complaint forms will be mailed upon request.

National Institute of Mental Health

Office of Communication
6001 Executive Blvd
Room 8184, MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513
Fax: 301-443-4513
Website: www.nimh.nih.gov
Email: nimhinfo@nih.gov

Serves all ages. Hours are 8:30am-4:30pm, Monday-Friday. Distributes Institute publications and provides referral to mental health facilities.

National Kidney Foundation

Phone: 1-800-622-9010
Fax: (212) 689-9261
Website: www.kidney.org

Virginia Chapter

1515 N. Military Hwy
Chesapeake, VA 23323
Phone: 858-8781
Website: www.kidneyva.org

Serve renal patients all over Hampton Roads. Hours are 9:00am-5:00pm, Monday- Friday. Primary voluntary health agency in Virginia concerned with kidney and urological diseases. Funds research, public and professional health education, extensive patient services, organ donation advocacy.

National Lymphedema Network

Phone: 1-800-541-3259
Fax; (510) 208-3110
Website: www.lymphnet.org

Provides information about lymph edema and other types of vein disorders. Also provides referrals to treatment centers specializing in these disorders.

**National Mental Health Association,
The**

Phone: 1-800-969-6642
Fax: (703) 684-5968
Website: www.nmha.org

Provides referrals to mental health groups, information and warning signs of illnesses.

**National Mental Health Services
Knowledge Exchange Network
(KEN)**

P. O. Box 42490
Washington, DC 20015
Phone: 1-800-789-2647
Fax: (301) 984-8796
Website: www.mentalhealth.org

KEN provides linkages and referrals to consumer and family advocacy organizations; federal, state and local mental health agencies; mental health

organizations and associations; national clearinghouses and information centers; CMHS technical assistance centers; and online resources about mental health.

National Multiple Sclerosis Society

Hampton Roads Chapter

405 S. Parliament Drive, Ste #105
Virginia Beach, VA 23462
Phone: 490-9627
627-5433 (crisis line)

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Offers individual and family counseling for persons with MS and/or family members; support groups, information and referral services, aquatics and exercise therapy, medical equipment loan, health education and information.

National Organization for Rare Disorders

Phone: 1-800-999-6673
Fax: (203) 798-2291
Website: www.rarediseases.org

Provides information on symptoms, standard and experimental therapies, statistics and voluntary agencies for all rare disorders. Offers information on networking programs and provides referrals to other organizations for disorders.

National Organization for the Advancement of Hispanics

2217 Princess Anne Street Suite 205-1
Fredericksburg, VA 22401
Phone: (540) 372-3437
Website: www.noah-va.org
Email: noah-va@noah-va.org

A non-for-profit organization dedicated to providing assistance to the area with a focus to the Spanish speaking

community. Provides Hispanic culture outreach and awareness. Offers bilingual resources such as employment listing, translation for special public services, and educational information.

National Organization for Women

Tidewater Chapter

P. O. Box 446
Norfolk, VA 23501
Phone: 456-1509
583-0414 (after hours)

No office hours; telephone contact only. Provides a special interest, mutual support organization geared toward equal rights and fair opportunities for all. Business meetings are held the 3rd Tuesday of each month at 7:00pm at the YWCA, Colley Avenue, Norfolk, VA.

National Osteoporosis Foundation

1232 22nd Street, NW
Washington, DC 20037
Phone: 202-223-2226
Website: www.nof.org

Serves all ages. Hours are 8:30am-5:00pm, Monday-Friday. Provides information.

National Parkinson Foundation

Phone: 1-800-327-4545
Fax: (305) 243-5595
Website: www.parkinson.org

Offers nurses that answers questions about the disease. Provides information, materials and physician referrals.

National Psoriasis Foundation

6600 92nd Avenue, SW, Suite 935
Portland, OR 97223-7195
Phone: 1-800-723-9166
503-244-7404
Fax: 503-245-0626

Website: www.psoriasis.org
Email: getinfo@psoriasis.org

Hours are 8:00am-5:00pm, Monday-Friday. Psoriasis is a non-contagious, chronic skin disorder that is seen as scaly plaques on the skin. It affects two percent of population of the U. S. Foundation offers the following services; counseling on telephone; physician referrals; correspondence network and support groups. Any one calling receives an information packet.

National Rehabilitation Information Center

8455 Coleville Road, Suite 935
Silver Spring, MD 20910
Phone: 1-800-346-2742

Serves all ages. Hours are 9:00am-5:00pm, Monday Friday. Excluding Federal Holidays. Provides information on disability-related research, resources, and products for independent living. Prepares fact sheets, resources directories on disability-related and rehabilitation research.

National Reye's Syndrome

Phone: 1-800-233-7393
Fax: (419) 636-9897
Website: www.reyesyndrome.org

Provides awareness materials to the public and the medical community and offers guidance and counseling to Reye's patients

National Safety Council

Phone: 1-800-621-7619
Fax: (630) 285-1315
Website: www.nsc.org

Provides posters, brochures and video on safety and accident prevention.

National Spinal Cord Injury Association

Phone: 1-800-962-9629
Fax: (301) 881-9817
Website: www.spinalcord.org

Provides information on research, referrals to local chapters and other organizations. Also mails out new injury and general information packets.

National Tuberos Sclerosis Association

Phone: 1-800-225-6872
Fax: (301) 562-9870
Website: www.tsalliance.org

Answers questions and makes parent-to-parent contact referrals to help families of children with this disease. Literature for families and medical professionals.

Pilot Club of Chesapeake

913 Northwood Drive
Chesapeake, VA 23322
Phone: 482-3600 (private phone)

Hours vary. Provides an international service organization whose purpose is to work within communities of the local clubs. Projects cover a wide spectrum but an emphasis is placed on brain disorders.

Pilot Club of Portsmouth

5736 Brookmere Lane
Portsmouth, VA 23703
Phone: 484-5035 (private phone)

Provides a service organization for professional women. These women provide contributions to several organizations in Portsmouth.

Prevent Blindness Virginia

9840 Midlothian Turnpike, Suite R
Richmond, VA 23235
Phone: (804) 330-3195 or
1-888-790-2020 (toll free)

Hours are 8:30am-4:30pm, Monday-Friday. The Sight-Saving People. Fighting for the sight of all Virginians through direct children's and adult's vision screenings, vision information education, eye safety and research.

Sickle Cell Disease Association of America

Phone: 1-800-421-8453
Fax: (410) 528-1495
Website: www.sicklecelldisease.org

Provides genetic counseling and an information packet.

Society for the Aid of Sickle Cell Anemia, Inc. (SASCA)

7861 Glenrock Rd. Suite 120
Norfolk, VA 23502
Phone: 466-0332
Fax: 466-0988
Email: sicklecellceo@aol.com

Serves all ages. Hours are 8:30 a.m.-4:30 a.m., Monday-Friday. Offers counseling and support services to persons with sickle cells trait or with sickle cell anemia, including sickle cell testing, health fairs and referral to other community services.

Southside Boys and Girls Club

701 E. Berkley Avenue
Norfolk, VA 23523
Phone: 545-5963
Fax: 545-6210

Serves boys and girls, ages 5-16. Hours are 2:30pm-9:00pm, Tuesday-Friday; 9:30am-4:00pm, Saturday. Provides core

programs in Social/Personal Development, Personal Involvement, Family Life, Informal Education and Participatory Recreation.

Spina Bifida Association of America

Phone: 1-800-621-3141
Website: www.sbaa.org

Provides information to consumers and health professionals and also makes referrals to local association chapters and treatment clinics.

Sturge-Weber Foundation

Phone: 1-800-627-5482
Fax: (973) 895-4846
Website: www.sturge-weber.com

Provides list of publications, long-distance support groups and referrals for family, friends and professionals.

Stuttering Foundation of America (Formerly Speech Foundation of America)

3100 Walnut Grove Road, Suite 603
P. O. Box 11749
Memphis, TN 38111-0749
Phone: 1-800-992-9392
Fax: (901) 452-3931
Website: www.stutteringhelp.org

Serves anyone who stutters. Offers information and referral. Hours are 8:00am-4:00pm, Monday-Thursday; 8:00am-3:00pm, Friday.

Tourette's Syndrome Association

Phone: 1-800-237-0717
Fax: (718) 224-9596
Website: www.tsa-usa.org

24-hr recording to request information and obtain referrals to local physicians.

To speak directly with a staff member, call 1-718-224-2999.

United Cerebral Palsy Association

Phone: 1-800-872-5827

Fax: (202) 776-0414

Website: www.ucp.org

Answers questions and provides literature about cerebral palsy; including living with the illness, support groups and referrals to doctors and treatment centers.

Southeastern Virginia Chapter

5825 Arrowhead Drive

Virginia Beach, VA 23462

Phone: 497-7474

Fax: 497-0868

Website:

www.cerebralpalsyofvirginia.org

Hours are 9:00am-5:30pm, Monday-Friday. Strives to improve the quality of life for persons with cerebral palsy, other similar disabilities, and their families, through educational, therapeutic and residential programs and services.

United Scleroderma Foundation

Phone: 1-800-722-4673

Fax: (978) 463-5809

Website: www.scleroderma.org

Provides list of publications, chapters in United States and general information

United Way of South Hampton Roads

2515 Walmer Avenue

Norfolk, VA 23513-2604

Phone: 853-8500

Fax: 853-3900

Mailing Address

P. O. Box 2896

Norfolk, VA 23501-2896

Hours are 8:30am-5:00pm, Monday-Friday. A federation of local charities providing a variety of needed human services, including day care, family counseling, shelter for the homeless, and programs for children at risk.

PARENTING/FAMILY
RESOURCES

Barry Robinson Center, The

443 Kempsville Road

Norfolk, VA 23502

Phone: 455-6100

Provides parenting workshops.

Catholic Charities of Eastern Virginia, Inc.

4855 Princess Anne Road

Virginia Beach, VA 23462

Phone: 467-7707

Fax: 495-3206

Website: www.cceva.org

Email: administration@cc-hr.org

Provides effective parenting classes (intact or single); parenting issues presentations; family-centered sexuality education (mothers-daughters, father-sons); stress and children.

Chesapeake Family Resources Center

306 Cedar Road

Chesapeake, VA 23320

Phone: 382-6925

Fax: 382-6372

TDD: 382-8214

Promotes healthy family systems in the City of Chesapeake. Hours are 8:00am-5:15pm, Monday-Friday. The Center provides a centralized information and