

Fax: 340-5768
Website: www.setonyouthshelters.org

Provides a 24 hour, 7 day a week safe haven with no charge to assist youth in crisis with the goal of reuniting families.

Suffolk Shelter for the Homeless, Inc.
400 Finney Avenue
Suffolk, VA 23434
Phone: 934-1353
Fax: 934-8853
Website: suffolkshelter@worldnet.att.net

Provides 24-hour, 7 days a week emergency shelter for families in Suffolk.

Union Mission Ministries, Inc.
Family Shelter
120 Brooke Avenue
P.O. Box 3203
Norfolk, VA 23514
Phone: 623-0642
Fax: 637-0676
Email:
lindaj@unionmission.hrcoxmail.com
Contact: Jill Gray

Provides food, clothing, emergency shelter, rehabilitation program and supportive services to single women and women with children between 4:00pm and 5:00pm only; picture ID required.

Union Mission Ministries, Inc.
Men's Shelter
130 Brooke Avenue
Norfolk, VA 23510
Phone: 627-8686
Fax: 627-0676
Website: www.ummnorva.org

Open to men at 5:30pm first come, first served; picture ID required. Provides shelter and jobs to single men over age

18. Offers a rehabilitation program and single room occupancy.

Victory Home
Geneva Baptist Church- Deep Creek
2400 Gilmerton Rd.
Chesapeake, VA 23323
Phone: 487-2633
Contact: Nancy Long

**YWCA of South Hampton Roads:
Women in Crisis Shelter**
5215 Colley Avenue
Norfolk, VA 23508
Phone: 625-5570
Fax: 625-1946
Website: www.ywca-shr.org

Serves women over age 18 that are experiencing battering. Provides shelter to abused women and children. The facility has about 40 beds.

SOUP KITCHENS/FOOD SUPPLIES/MEALS

Christ & St. Luke's Episcopal
560 W. Olney Road
Norfolk, VA 23507
Phone: 627-5665
Fax: 626-1334
Website: www.chrstandstlukes.org

Open Thursdays 11:00a.m. – 12:00p.m.

Christian Broadcasting Network
977 Centerville Turnpike
Virginia Beach, VA 23463
Phone: 424-7777

Serves all ages. 24 hour counseling center and prayer line, emergency food,

clothing and shelter (Operation Blessing).

Deep Creek Baptist Church

250 Mill Creek Rd.
Chesapeake, VA 23323
Phone: 487-2182

Offers food and clothing Tuesdays 9:00 a.m. to 2:30 p.m.

Expanded Food & Nutrition Education Project (EFNEP)

C/o Chesapeake Agriculture
Department/Virginia Cooperative
Extension
310 Shea Drive
Chesapeake, VA 23320
Phone: 382-6348
Fax: 382-6665
Website: www.cityofchesapeake.net

This program provides education to Chesapeake residents on home budgeting and proper food preparation. Hours are 8:30 am to 5:00pm, Monday-Friday.

First Baptist Church

418 Bute Street
Norfolk, VA 23510
Phone: 622-6701
Website: www.firstbaptistofnorfolk.org

Open Saturdays 12:00pm – 1:30pm.

First Baptist Lambert's Point

1268 W. 38th Street
Norfolk, VA 23508
Phone: 489-7890
Fax: 489-2807

Emergency food 9:00am-12:00pm,
Monday-Friday. Open Wednesdays
12:00pm-1:30pm.

First Calvary Baptist Church

813 Henry Street
Norfolk, VA 23504
Phone: 622-7418
Fax: 622-1826

Call for soup kitchen dates and times.

First Lutheran Church

1301 Colley Avenue
Norfolk, VA 23517
Phone: 625-1953
Fax: 622-0941
Email: office@flcnorfolk.com

Open Wednesdays 12:00 – 1:00 p.m.

First Presbyterian Church

820 Colonial Avenue
Norfolk, VA 23507
Phone: 625-1697
Fax: 625-1288
Website: www.fbcnorfolk.org

Open Saturdays 12:00 – 1:00 p. m.

Food Closet

Phone: 456-1220 (answering service)

Food is delivered to client through a resource manager's referral. Client's information is recorded on answering service and a worker will return the call within two days.

Food Stamps

Phone; 1-800-552-3431

Food stamps are coupons that can be used like cash to buy food at grocery stores that accept them. The program was established by the United States Department of Agriculture to raise the nutritional level of low-income households, whose limited income contributes to hunger and malnutrition.

For more information, call your local Human Services Department or call the toll free number above.

Foodbank of Southeastern Virginia

800 Tidewater Drive
Norfolk, VA 23504
Phone: 627-6599
Fax: 627-8588
Website: www.foodbank-seva.org

Serves all ages. Hours are 8:00 a.m. – 4:30 p.m., Monday – Friday. Solicits, collects, inspects, stores and redistributes foods to nonprofit organizations with emergency food programs or free on-site feeding programs.

Jewish Family Services of Tidewater, Inc.

260 Grayson Rd.
Virginia Beach, VA 23462
Phone: 321-2222
Fax: 321-2260
Website: www.jfshamptonroads.org

Offers a food closet Mondays, Wednesdays and Thursdays from 9:00 a.m. to 12 noon. Also provides groceries for people who might otherwise go hungry. Clients may also receive a food donation once a month.

Meals on Wheels of Chesapeake, Inc.

Chesapeake General Hospital
P. O. Box 15343
736 N. Battlefield Blvd
Chesapeake, VA 23328
Phone: 547-8121
Fax: 482-6175

Serves elderly, convalescent and handicapped. Office hours are 9:00 a.m. – 1:00 p. m., Monday – Friday. Distributes hot meals five days a week to the elderly, convalescents, the

handicapped, or anyone in need. Recruits volunteers and schedules delivery routes.

Meals on Wheels of Portsmouth, Inc.

4201 Greenwood Drive
(Located in Sentara Nursing Home)
Portsmouth, VA 23701
Phone: 673-5000

Serves ill, elderly, and handicapped. Office hours are 9:00 a. m. – 3:00 p. m., Monday – Friday. Provides home-delivered meal service five days a week to the ill, elderly, the handicapped, the convalescent, or anyone in need. Recruits volunteers. Those desiring service must fill out application. Cost for two meals daily, Monday – Friday is \$19.50.

Meals on Wheels of Suffolk, Inc.

2800 Godwin Blvd
P.O. Box 1100
Phone: 934-4911
Fax: 934-4634
Website: www.mealonwheels.us/suffolkva.org

Hours vary. Provides any adult, regardless of age, who is disabled and/or frail with a nutritious noon day meal. Application required. Service based at Obici Hospital.

Meals on Wheel of Virginia Beach, Inc.

3750 Sentara Way
Virginia Beach, VA 23452
Phone: 306-2721
Fax: 306-2723

Serves elderly, ill, and handicapped. Hours are 8:00 a. m. – 1:00 p. m., Monday – Friday. Provides home meal service five days a week.

Mobile Meals of Norfolk

Sentara Village
251 S. Newtown Rd.
Norfolk, VA 23502
Phone: 892-5210
Fax: 892-5201
Website: www.sentara.com

Serves homebound residents. Hours are 8:00 a.m. to 5:00 p.m. Monday – Friday. Offers voluntary mobile meals. \$26.50 per person per week. Waiting list in some areas. Call prior to need if possible.

Mt. Gilead Baptist Church

1057 Kennedy Street
Norfolk, VA 23513
Phone: 853-3721

Open Saturday s 11:00 a.m. – 12:45 p.m.

Oasis Social Ministry

1020 High Street
Portsmouth, VA 23704
Phone: 397-6060
Fax: 397-9377

Serves all ages. Hours are 10:00 a. m. – 2:30 p.m., Monday – Friday. Offers low-cost/free clothing, food assistance, soup kitchen (11:45 a.m. – 12:45 p.m., Monday – Thursday; 12:00 p.m. – 1:00 p.m., Saturday; 2:00 p.m. – 3:00 p.m., Sunday, except no service on third Sunday of the month), limited financial assistance and fuel fund.

Open Door Social Ministries

300 W. 33rd Street
Norfolk, VA 23508
Phone: 622-3888

Open Monday – Friday, 9:00 a.m. – 12:00 p.m. ID required. A special

interest group who strives to help individuals in need through food and other supportive services.

Queen Street Baptist Church

413 E. Brambleton Avenue
Norfolk, VA 23510
Phone: 622-4458

Open Tuesdays 12:00 – 1:00 p.m.

Sacred Heart Catholic Church

520 Graydon Avenue
Norfolk, VA 23507
Phone: 625-6763

Open Sunday s 2:00 – 3:00 p.m.

Salvation Army, The

556 Raby Road
Norfolk, VA 23502
Phone: 543-8100

Operates a canteen, a mobile soup kitchen and food pantry.

Senior Services of Southeastern Virginia (formerly SEVAMP)

Koger Executive Center Bldg #5
Suite 101
Norfolk, VA 23502
Phone: 461-9481
Fax: 461-1068
Website: www.sseva.org

Offers Congregate Meal services which provide at least one nutritionally balanced meal five days per week for persons sixty-years (60+) and older and their spouses at designated nutrition centers which provide an atmosphere for socialization and opportunities to assist them to maintain their health, independence and social contact.

The Home-Delivered meal service, determined on the basis of eligibility, is an integral part of the frail, homebound elderly. The purpose of this service is to provide at least one aid in avoiding or delaying institutionalization. Nutrition center Managers may be contacted directly for participation in the following areas. Hours are 10:00 a.m. - 2:00 p.m., Monday – Friday.

Chesapeake

Chesapeake Senior Center
100 Outlaw Street
Chesapeake, VA 23320
Phone: 382-2330
Fax: 382-2332

Norfolk

Jewish Community Center
5000 Corporate Woods Drive
Virginia Beach, VA 23462
Phone: 489-1371
Fax: 489-4427
Website: www.simonfamilyj.org

Norfolk Senior Center
924 W. 21st Street
Norfolk, VA 23517
Phone: 625-5857
Fax: 625-5857

Hours are Monday – Friday, 9:00 a.m. – 4:00 p.m.

Ocean View Recreation Center
600 E. Ocean View Avenue
Norfolk, VA 23503
Phone: 441-1767
Fax: 441-1767

Hours are 9:00 a.m. – 5:00 p.m.,
Monday – Friday.
Southside Senior Center
925 S. Main Street
Norfolk, VA 23523

Phone: 664-6484
Fax: 664-6480

Hours are 9:00 a.m. – 5:30 p.m.,
Monday – Tuesday – Thursday; 9:00
a.m. – 5:30 p.m. & 6:30 p.m. – 8:30
p.m., Wednesday; 9:00 a.m. – 5:00 p.m.,
Friday.

Young Terrace Senior Center
804 Whitaker
Norfolk, VA 23510
Phone: 623-1111 ext. 360
Gloria Robinson-Manager

Portsmouth

Portsmouth Senior Station
305 High Street
Portsmouth, VA 23704
Phone: 391-3241

Wesley Community Center
Elm Avenue United Methodist Church
1701 Elm Avenue
Portsmouth, VA 23704
Phone: 399-0541
Fax: 397-4151

Hours are Monday – Friday, 9:00 a.m. – 5:00 p.m.

Suffolk

Old American Legion Home
305 North Main Street
Suffolk, VA 23434
Phone: 923-2372

Temple Beth El
3927 Bridge Road
Suffolk, VA 23435
Phone: 484-1161

Virginia Beach

Bayside Recreation Center
4500 First Court Road
Virginia Beach, VA 23455

Phone: 460-7540
Fax: 460-7550

Hours Monday – Thursday, 6:00 a.m. – 9:30 p.m.; Friday, 6:00 a.m. – 9:00 p.m.; Saturday, 9:00 a.m. – 5:00 p.m.; Sunday, 11:00 a.m. – 5:00 p.m.

Bow Creek Recreation Center
3427 Clubhouse Road
Virginia Beach, VA 23452
Phone: 431-3765
Fax; 431-1599

Hours Monday & Wednesday, 6:30 a.m. – 9:30 p.m.; Tuesday & Thursday, 8:30 a.m. – 9:15 p.m.; Friday, 6:30 a.m. – 8:45 p.m.

Great Neck Community Recreation Center
2521 Shore Haven Drive
Virginia Beach, VA 23451
Phone: 496-6766
Fax: 465-5305

Hours Monday – Friday, 6:00 a.m. – 9:15 p.m.; Saturday, 9:00 a.m. – 4:45 p.m.; Sunday, 11:00 a.m. – 4:00 p.m.

Princess Anne Community Center
1400 Nimmo Pkwy
Virginia Beach, VA 23456
Phone: 426-0022
Fax: 426-0818

Hours Monday – Thursday, 6:00 a.m. – 9:30 p.m.; Friday, 6:00 a.m. – 9:00 p.m.; Saturday, 9:00 a.m. – 5:00 p.m.; Sunday, 11:00 a.m. – 5:00 p.m.

Seatack Community Center
141 S. Birdneck Road
Virginia Beach, VA 23451
Phone: 373-7319

Satellites – Norfolk
Adult Day Care – Ghent
924 W. 21st Street
Norfolk, VA 23517
Phone: 625-5857
Fax: 625-5857

Hours Monday – Friday, 9:00 a.m. – 4:00 p.m.

Satellites – Virginia Beach
M. E. Cox Adult Day Care Center
644 N. Lynnhaven Road
Virginia Beach, VA 23452
Phone: 340-4388
Fax: 340-1468

Hours Monday – Friday, 7:30 a.m. – 5:30 p.m.

**Self Help and Resource Exchange
Mid-Atlantic (SHARE)**
9912 Hosier Street
Newport News, VA 23601
Phone: 596-7188
Fax: 595-2507

Open Monday – Friday 8:30 a.m. – 4:30 p.m. Get \$35 worth of food for \$17 and 2 hours of community service. Anyone may participate regardless of income. You become a SHARE participant by purchasing a food package the first week of the month, performing two hours of community service and then receiving the food on the third or fourth Saturday of the month. There is no limit to the number of food packages you may order. It consists of frozen meats, fresh fruits and vegetables, rice, cereal, pasta, etc. participants can pick up the food at various sites throughout the city.

St. Columba Ecumenical Ministries
2114 Lafayette Blvd
Norfolk, VA 23509

Phone: 627-6748

Hours are 9:00 a.m. – 3:00 p.m.,
Monday – Thursday. Need Social
Service referral.

St. Mary's Food Pantry

1000 Holt Street (Church Office)
Norfolk, VA 23504
Phone: 622-4487 (call first)
Fax: 625-7969

Food pantry opens daily from 10:00 a.m.
– 12:00 p.m. call first.

St. Mary's Soup Kitchen

1000 Holt Street
Norfolk, VA 23504
Phone: 622-4487
Fax: 625-7969

Open Monday, Wednesday, Thursday,
and Friday 1:00 – 2:00 p.m.

Union Mission Ministries, Inc.

130 Brooke Avenue
Norfolk, VA 23510
Phone: 627-8686
Fax: 627-0676
Website: www.ummnorva.org

Open Monday – Saturday 5:00 p.m.;
Sunday 4:30 p.m. must attend services.

Union United Church of Christ

877 Goff Street
Norfolk, VA 23504
Phone: 623-1087

Call for times and dates.

United Way Helpline

Phone: 627-1000

Call with client's zip code and social
security number. A referral will be made

to a local church; transportation is
needed.

Women, Infants, Children (WIC)

Chesapeake Health Department
748 N. Battlefield Blvd
Chesapeake, VA 23320
Phone: 382-8607
Fax: 382-8683
Website:
www.vdh.state.va.us/chd/chesapeake/chesapeake.htm

WIC Nutrition Sites:

South Norfolk Health Center
790 Liberty Street
Chesapeake, VA 23324
Phone: 543-3548

Chesapeake Health Department
748 Battlefield Blvd
Chesapeake, VA 23320
Phone: 382-8607
Fax: 382-8683
Website:
www.vdh.state.va.us/chd/chesapeake/chesapeake.htm

New Hope Baptist Church
4260 Pughsville Road
Chesapeake, VA 23321
Phone: 686-5027

Hours Tuesday & Friday, 8:30 a.m. –
Noon & 1:00 p.m. – 4:30 p.m.

SUBSTANCE ABUSE
SERVICES

Al-Anon

Families Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617