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.ummmnorva.org](http://www.ummmnorva.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](http://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](http://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
Phone: 563-1600
   1-800-344-2666 (meeting info)
   1-800-356-9996 (after hours)
Fax: 563-1655

Hours are 8:00 a.m. – 5:00 p.m.,
Monday – Friday. Provides a self-help
fellowship that offers a program of
recovery to the relatives and friends of
alcoholics. Al-Anon includes Alateen for
younger members. AFG Headquarters is
the business office for the 30,000 Al-
Anon groups dedicated to helping the
families and friends of alcoholics.

Virginia Beach Psychiatric Center
1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-6000 or 499-1443
Website: www.absfirst.com

Al-Anon Service Center
Phone: 499-1443 (referral service)
Website: www.va-al-anon.org

Address varies according to meetings.
Call for additional information.

Alateen
(Address varies according to meeting –
call for information)
Phone: 499-1443 (referral service)

Alcoholics Anonymous (AA)
Maryview Medical Center
3636 High Street
Portsmouth, VA 23707
Phone: 398-2367

Call for more information.

Alcoholics Anonymous (AA)
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565

Website: www.absfirst.com

A support group that meets every
Sunday at 10:00 a.m. in the Dining
Room.

Alcoholics Anonymous (AA)
Sentara Norfolk General Hospital
600 Gresham Drive
Norfolk, VA 23507
Phone: 668-3000
Website: www.sentara.com

A support group for recovering
alcoholics with a focus on remaining
sober and helping other alcoholics to do
the same. Meets every Sunday at 11:00
a.m. only for more info call 466-8810 or
1-800-SENTARA.

Alcoholics Anonymous (AA)
Virginia Beach Psychiatric Center
1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-6000

Call for meeting times.

Alcoholics Anonymous – Tidewater
Intergroup
4968 Euclid Road, Suite C-1
Virginia Beach, VA 23462
Phone: 490-3980

Phone lines open 24 hours. Hours
Monday – Friday, 8:30 a.m. - 5:30 p.m.
Serves all ages. Offers group support
services for alcoholics. Primary purpose
is to stay sober and to help other
alcoholics to achieve sobriety.

American Council on Alcoholism
1-800-527-5344
Website: www.aca-usa.org
Offers treatment referrals and counseling for recovering alcoholics and their families.

**Assist of South Hampton Roads**  
Phone: 855-4965  
(Tobacco Control Hotline)

Working to reduce tobacco-related death and disease. Meetings are held on the second Wednesday of each month from noon until 1:30 p.m. in Norfolk (lunch provided).

**CADRE (Virginia Drug and Alcohol Information)**  
Phone: 1-800-451-5544

Serves all ages. Hours are 8:15 a.m. – 5:00 p.m. Provides referrals and responses to drug and alcohol abuse.

**Chesapeake Bay ‘ASAP’**  
5163 Cleveland Street  
Virginia Beach, VA 23462  
Phone: 552-1800

Hours are 8:30. – 5:00 p.m., Monday – Friday. Serves community by offering evaluation and treatment referrals for persons with DUI; driver improvement programs; and habitual offender programs.

**Chesapeake Interagency Consortium**  
1st District Court Services Unit  
301 Albemarle Drive  
Chesapeake, VA 23320  
Phone: 382-8191/8154

Coordinates the operations of Chesapeake’s Family Assessment & Planning Teams (FAPT) which plan services for children and youth who have mental health or substance abuse issues.

**Chesapeake Substance Abuse Program**  
524 Albemarle Drive  
Chesapeake, VA 23320  
Phone: 547-3336

Screening and assessment, outpatient treatment programs for adults, young adults, and adolescents. Outpatient services are provided at the Great Bridge office, as well as satellite locations of South Norfolk (543-4262) and Broadlawn (494-0817). Intensive outpatient services for adults and young adults. Detoxification, methadone, and inpatient services by contract. Resources are available for provision of day care for parents while they attend treatment appointments. Prevention programs including the Nurturing Program for parents and their children ages 4 to 12 with transportation and child care available, school-based support groups, and community programs focusing on economically disadvantaged communities.

**CSAP Adolescent On-Site Treatment Program**  
A Step Higher  
2550 Stowe Street  
Chesapeake, VA 23320  
Phone: 494-0817/494-0835

Serves the needs of families residing in Chesapeake public housing. Educational programs for parents, their children and teenagers.

**Coalition for a Smoke –Free Virginia**  
Phone: 1-800-ACS-2345

To get in touch with the coalition nearest you, call the toll-free hotline of the
Virginia Division of the American Cancer Society.

**Cocaine Anonymous (CA)**
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565

A support group, call for meeting times.

**Cocaine Anonymous (CA)**
Sentara Norfolk General Hospital
600 Gresham Drive
Norfolk, VA 23507

A support group for recovering cocaine addicts who help themselves and other addicts remain free from drug dependence. For more information call 466-8810 or 1-800-SENTARA.

**Codependents Anonymous (CODA)**
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565

A support group, call for meeting times.

**Department of Behavior Care**
505 Washington Street
Portsmouth, VA 23704
Phone: 393-8616
Fax: 393-5074

Serves ages 18 and up. 24 hour residential center. Provides residential and outpatient drug rehabilitation and detoxification. Counseling on an individual, family and group basis, medical and psychiatric services, vocational and employment assessment and guidance. Also provides public with drug abuse information, films, and speaker’s bureau. Offers the Regional Alcohol Rehabilitation and Southeastern VA ASAP programs. This program is affiliated with the Portsmouth Community Services Board.

**Drug Enforcement Administration**
Federal Building, 3rd Floor
200 Granby Mall, Suite 435
Norfolk, VA 23510
Phone: 314-2200

Hours are 9:00 a.m. – 5:30 p.m., Monday – Friday. Agency provides programs on drug abuse and narcotic addiction prevention and public education. Law enforcement agency.

**Mid-Atlantic Teen Challenge**
9302 Warwick Blvd
Newport News, VA 23601
Phone: 244-3733

Serves boys 13-17. Services rendered 24 hours, seven days per week. Hours are 8:00 a.m. – 4:00 p.m., Monday – Friday. Long-term residential substance abuse treatment for boys. Drug and family counseling academic education and spiritual direction. High success rate. Family involvement mandated.

**Nar-Anon (Narcotics Anonymous)**
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565
Website: [www.absfirst.com](http://www.absfirst.com)

Call for meeting times.

**Narcotics Anonymous (NA)**
Maryview Medical Center
3636 High Street
Portsmouth, VA 23707
Phone: 398-2267
For more information and meeting times call 398-2367.

Narcotics Anonymous (NA)
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565
Website: www.absfirst.com

Please call for meeting times.

Narcotics Anonymous (NA)
Sentara Norfolk General Hospital
600 Gresham Drive
Norfolk, VA 23507
Phone: 668-3000
Website: www.sentara.com

A support group for recovering addicts using a 12-step program. For more information, call 466-8819 or 1-800-SENTARA.

Narcotics Anonymous Policy
Norfolk Psychiatric Center
860 Kempsville Road
Norfolk, VA 23502
Phone: 461-4565
Website: www.absfirst.com

A support group. Call for more information on meeting times.

Nehemiah, Inc.
640 Kempsville Road
Virginia Beach, VA 23464
Phone: 495-5203
Website: www.rockchurch.org

Office hours are 9:00 a.m. – 5:00 p.m., Monday – Friday. Operates Nehemiah House for recovering substance abusers. Nehemiah chaplains serve violence-prone neighborhoods and “A Can-Can-Make-A-Difference” program feeds needy families.

Nicotine Anonymous (NA)
American Living Association
5349 East Princess Anne Rd.
Norfolk, VA 23502
Phone: 855-3059
Website: www.lungusa.org

Meets 7:00 p.m. on Tuesdays. Call 543-7369 for locations.

Norfolk Community Services Board Day Treatment Program
7460 Tidewater Drive
Norfolk, VA 23505
Phone: 441-1899
Fax: 664-6676
Website: www.norfolk.csb.org

A substance abuse treatment program dedicated to integrating Recovery into the whole of life. Members of this mixed group of high risk men and women meet 5 days a week, 4 hours a day for 5 months. Services available are assessment, group therapy, individual therapy, psycho-education groups, transportation daily, childcare provided, recreation activities, 12 step meetings, HIV testing and counseling, drug screens, child and family services, advocacy, medication monitoring, referral services, vocational counseling and graduation program.

National Clearinghouse for Alcohol and Drug Information
Center for Substance Abuse Prevention
Phone: 1-800-729-6686
Website: www.health.org

Provides information on alcohol and drug related subjects.
Norfolk Community Services Board
Day Treatment Program for Women
7460 Tidewater Drive
Norfolk, VA 23505
Phone: 441-1899
Fax: 664-6676
Website: www.norfolk.csb.org

The Day Treatment Program for Women is committed to breaking the intergenerational cycle of substance abuse. Through collective and creative collaboration, we assist women and their families manage and avoid the ill effects of this disastrous cycle. Services available include priority placement for pregnant women, individual and group therapy, recreation activities, transportation daily, child care daily, parenting classes, on-site response classes 6 weeks (sexual and physical abuse issues), 12 step meetings, HIV testing and counseling, drug screens, home visits by Peri-natal Case Manager, child and family services advocacy, psychiatric evaluations, medication maintenance, referral services, vocational counseling and graduation programs.

Recovery Support Group for Young People
C/o Chesapeake Substance Abuse Program
524 Albemarle Drive
Chesapeake, VA 23320
Phone: 494-0817

The purpose of this group is to provide support for youth who are seeking to be drug-free. The group meets weekly and is open to the community.

Salvation Army Adult Rehabilitation Center
5560 Virginia Beach Blvd

Virginia Beach, VA 23462
Phone: 497-0129
Fax: 499-1247

Hours are 9:00 a.m. – 5:00 p.m., Monday – Saturday. Provides three month residential treatment program for men recovering from alcoholism. Currently limited to 81 beds. Participants must be physically able to perform light tasks.

Tidewater Regional Substance Abuse Program
119-A Tiden Avenue
Chesapeake, VA 23320
Phone: 547-9288

Provides intervention to youth with substance abuse problems, normally as a supplement to in-home services.

U.S. Navy Alcohol Rehabilitation
Phone: 444-1105

SUPPORT GROUPS

Support Group Network
405 W. Farmington Road
Virginia beach, VA 23454-4021
Phone: 340-9380
Fax: 340-9380

Hours are 9:00 a.m. – 5:00 p.m., Monday – Friday, except holidays. Provides up-to-date information on 800 support groups (such as addictions/dependencies, bereavement, disabilities, medical, mental health, parenting/family, physical/emotional abuse, etc.) throughout the Tidewater area and Williamsburg. Also has information on 950 national and international health care organizations.