Old Dominion University Dental Hygiene Care Clinic  
Hampton Blvd.  
Norfolk, VA  23529  
Phone: 683-4308  

Hours are 8:00 a.m. to 4:30 p.m. Monday – Friday. Costs vary depending on services. Call for additional information.

Operation Blessing  
977 Centerville Turnpike  
Virginia Beach, VA 23463  
Phone: 226-2681  
Fax: 226-2676  
Website: www.ob.org  

Provides free dental, optical and other healthcare services to alleviate human need and suffering around the world.

Operation Smile International  
6435 Tidewater Drive  
Norfolk, VA 23509  
Phone: 321-7645  
Fax: 321-7660  
Website: www.operationsmile.org  

Serves children all ages. Offers reconstructive surgery, orthopedic and dental care, especially in developing countries.

Park Place Clinic  
606 W. 29th Street  
Norfolk, VA 23508  
Phone: 683-9230  

Offers family planning clinic, children’s dental and pediatric clinics.

Pharmaceutical Research and Manufacturers of America  
1100 15th Street, NW  
Washington, DC 20005  
Phone: (202) 835-3400  
Fax:  (202) 835-3414  
Website: www.pharma.org  

Many pharmaceutical companies offer assistance to individuals unable to pay for their medications. To qualify in most cases, persons must have a low income and no pharmaceutical coverage in their insurance plan. An application must be completed to qualify. Medications offered through these programs vary from company to company. For more information, write to the address listed above and ask them to send you the Directory of prescription Drug Patient Assistance Programs Booklet.

Portsmouth Community Health Center  
664 Lincoln Street  
Portsmouth, VA 23704  
Phone: 397-0042  
Fax: 393-1336  
Website: www.portshealth.org  

A community based primary medical care organization which provides quality health care to the residents of Portsmouth and surrounding areas.

Tidewater Center for Life Support Training (TCLS)  
Eastern Virginia Medical School  
855 Brambleton Avenue, Suite 232  
Norfolk, VA 23510  
Phone: 446-5926  
Fax: 446-5906  
Website: www.tidewaterems.org  

Serves adults. Hours are 8:30am-4:30pm, Monday-Friday. Provides training courses in basic and full cardiac life support to the general public. Advanced cardiac life support and