

Old Dominion Dental Clinic (Dental Cleanings only, No Medicaid)	683-4308
Virginia League for Planned Parenthood Hospitals	499-7526
Bon Secours DePaul Medical Center	889-5000
Bon Secours Maryview Medical Center	398-2200
Chesapeake Regional Medical Center	312-8121
Mother Baby Unit	312-6159
Children's Health Line	668-7500 or 1-800-395-2453
Children's Hospital of The King's Daughters	668-7000
Sentara Leigh	261-6000
Sentara Norfolk General	388-3000
Sentara Virginia Beach General Hospital	395-8000
Medicaid and HMOS	
Anthem Health Keepers Plus	1-800-901-0020
Medicaid	1-877-267-2323 or 1-866-873-2647
Optima Family Care	1-800-881-2166
Vision/Hearing	
Eye Care America (glasses for seniors)	1-800-222-3937
Lions Quest (vision and hearing)	1-800-446-2700
New Eyes for the Needy	1-973-376-4903
Vision USA (exam only)	1-800-766-4466
(someone in household must be working and cannot have insurance)	

Military/Veterans

Air Compassion for Veterans	318-9136
Air Force Aid Society	1-703-972-2650
Army Emergency Relief	1-866-878-6378
Exceptional Family Members Program	953-7805
Family Advocacy (Fleet & Family Support Ctr. at Oceana)	433-2912
Fleet & Family Support Center North West Annex	421-8770
Hampton VA Veteran Affairs Medical Center	722-9961
VA Veteran Family and Veteran Support	224-5208
Virginia Department of Veterans Services (Disability/Benefits Claims)	455-0814

Residential and Outpatient Programs for Youth

Harbor Point Behavioral Help Center (Residential)	393-0061
Kempsville Center (Residential and Inpatient)	461-4565
Seton Youth Shelters	
(Boys Facility)	498-4673
(Girls Facility)	306-1840
The Barry Robinson Center (In Home and Foster Care)	455-6100
Tidewater Youth Services Commission	488-9161

Shelters

Coordinated Crisis Response	251-0144
Housing Crisis Hotline	587-4202
Planning Council (Homeless Prevention Program)	211
Portsmouth Area Resources Coalition (PARC)	397-5208

Seton Youth Shelters	
(Boys Facility)	498-4673
(Girls Facility)	306-1840
Union Mission	627-8686

Social Security

National Number	1-800-772-1213
Norfolk-5850 Lake Herbert Dr.	1-866-858-6089
Portsmouth-3305 Airline Blvd.	1-866-593-8851

Substance Abuse Services

AL-ANON-ATEEN (families of alcoholics)	563-1600
Alcoholics Anonymous	490-3980
American Addiction Centers	1-888-380-9374
Chesapeake Substance Abuse Services	547-9334
Crisis Intervention/Emergency Services only	548-7000

Support Groups

Alzheimer's/Alzheimer's Caregiver Support	459-2405
Brain Injury Association of Virginia, Inc.	1-800-444-6443
CHADD (Child and Adults with Attention Deficit Hyperactivity Disorder)	1-800-233-4050
CHKD SibShops	668-7273
Grandparents as Parents	1-818-264-0880
SibShops-Chesapeake Public Schools Parent Resource Center	482-5923

Transportation

Health Keepers Transport (5 day notice)	1-877-892-3988
HRT	222-6100
HRT paratransit	455-8010
Optima (Sentara) Cab (5 day notice)	1-877-892-3986
Straight Medicaid Cab (5 day notice)	1-866-386-8331
VA Premier Transport	461-0064

Web Resources

www.ABBAlist.org
 www.chesapeakeRUready.com
 www.cityofchesapeake.net
 www.kidspriorityone.org

WIC

Great Bridge	382-8608
South Norfolk	382-2651

Youth/Teen Programs

4-H Club	382-6348
Boy Scouts of America	497-2688
Boys & Girls Club of Southeast Virginia	853-5632
Chesapeake Integrated Behavioral Healthcare	547-9334
Chesapeake Parks, Recreation and Tourism Administration	382-6411
Chesapeake Parks, Recreation and Tourism Centers:	

Camelot	485-7400
Deep Creek	487-8841
Dr. Clarence V. Cuffee	648-8549
Great Bridge	382-6292
Indian River	424-4238
River Crest	436-3100
South Norfolk	543-5721
Western Branch	465-0211
Community Programs, Division of Human Services	382-2226
Girl Scouts of Colonial Coast	547-4405
Together We Can	351-3737
Triple R Ranch	421-4177
VOLUNTEER Hampton Roads YMCA:	624-2400
Great Bridge/Hickory Family YMCA	546-9622
Greenbrier Family YMCA	547-9622
Greenbrier North YMCA	366-9622
Taylor Bend Family YMCA	638-9622
Youth Career Center of Hampton Roads	233-8686
Youth Fire Intervention Program	966-7548

For more resource information, contact:

Customer Contact Center: 382-CITY (2489)

Information & Referral: 211



Connecting Children and Families with Resources

(757) CHILDREN (244-5373)

www.kidspriorityone.org

or

www.ABBAlist.org

The Chesapeake Resource Guide

connecting
citizens
to
resources.....



HELPING YOUTH SUCCEED

www.chesapeakeRUready.com

Chesapeake Health Department

Baby Care	382-8652
Car Seat Program	382-8652
Family Planning	382-8631
Great Bridge	382-8600
Immunization Clinic	382-8609
STD Clinic	382-8617

Chesapeake Integrated Behavioral Healthcare (CIBH)

Main Number	547-9334
Mental Health Services, Substance Abuse Services, Intellectual Disability Case Management Services and Day Support Services, Residential Services, Prevention Programs, Parenting Programs	
Emergency Services	548-7000
Infant & Toddler Intervention Program	547-8929

Chesapeake Public Schools

Adult Education Center (GED, ESOL)	482-5680
Parent Resource Center	482-5923
Preschool Intake	494-7600
Student Enrollment Registration	547-0545

Chesapeake Social Services

Main Number	382-2000
-------------	----------

Benefits Program: Food Stamps, Fuel Assistance, General Relief, Medicaid, State/Local Hospitalization (SLH), Temporary Assistance to Needy Families (TANF)

Medical Insurance: Family Access to Medical Insurance Security (FAMIS), Medicaid

Adult Protective Services	382-2008
After Hours Adult Protective Services	1-800-552-7096
After Hours CPS Emergencies	1-800-552-7096
Child Protective Services	382-2020

Services Division: Adoption, Adult Protective Services, Child Protective Services, Childcare, Fathers in New Direction (FIND), Foster Care

Virginia Initiative for Employment Not Welfare (VIEW)	382-2312
Welfare to Work Programs: JOBSWORK	382-2161

"55 Plus"

Advanced Care Planning	325-9400
City Call Center	382-2489
Human Services / Adult Protective Services	382-2000
I-Ride Transportation Service	222-4513
Long-term Care Ombudsman	461-9481 ext. 114
Meals-on-Wheels	312-6458
Medicare Help	222-4512
Senior Navigator	866-393-0957
Senior Services of Southeast Virginia	461-9481

Abuse Services

Adult:	
Adult Protective Services	382-2008

After Hours Adult Protective Services	1-800-552-7096
Coordinated Crisis Response	251-0144
Family Violence and Sexual Assault Hotline	1-800-838-8238
Legal Aid Society of Eastern Virginia	627-5423
Samaritan House/Safe Harbor	631-0710
Victim Witness Program	382-6417
YWCA-Women in Crisis 24-Hour Hotline	226-9922

Child:

After Hours CPS Emergencies	1-800-552-7096
CASA	382-8183
Champions for Children	440-2749
Child Protective Services	382-2020

Bills/Financial Resources

Catholic Charities Financial Assistance Program	533-9569
Chesapeake Department of Human Services	382-2000
For Kids	1-866-750-4431
Help and Emergency Response (H.E.R.)	485-3384
House of Blessing	547-9341
Portsmouth Area Resources Coalition (PARC)	397-5208
Salvation Army	543-8100
S.T.O.P. Inc.	858-1360

Child Support and Legal Assistance

Child Support Enforcement	1-800-468-8894
Legal Aid Society of Eastern Virginia Central Intake	1-866-LEGL-AID

Classes

Parenting:	
Boot Camp for Dads	312-6508
Catholic Charities (Parenting Classes)	533-5217
Chesapeake Department of Human Services	382-2000
Chesapeake Fathers in New Directions Program	382-2092
Children First	382-2226
Children's Hospital of The King's Daughters	668-9304
Nurturing Parent & S.T.E.P. (CIBH)	819-6228
Parent Resource Center	482-5923
Seton House (classes for teens and parenting teens)	306-1840

Pregnancy:

Breastfeeding Counselor	382-8604
Childbirth/Lamaze Classes (Optima/Sentara)	1-800-736-8272
Children's Health Investment Program	543-9100
Smoke and Fire Detection Program/Community Outreach	
Chesapeake Fire Department	673-8409

Smoking (cease):

Quit Now VA	1-800-784-8669
-------------	----------------

Counseling

Catholic Charities	467-7707
Chesapeake (CIBH) Crisis Line 24 hours	548-7000
Chesapeake (CIBH) Mental Health	547-9334
Children's Hospital of The King's Daughters	668-7000

Coordinated Crisis Response	251-0144
Crisis Pregnancy Center of Tidewater	499-4444
Eden Counseling Center	466-3336
EDMARC Grief Counseling/Hospice for Children	967-9251
Jewish Family Services	459-4640
Keim Centers	499-4444
Kempsville Center	461-4565
Lutheran Family Services	722-4707
Mediation Center for Hampton Roads	624-6666
Regent Psychological Services	352-4488
Seton Youth Shelters for Boys (teens)	498-4673
Seton Youth Shelters for Girls (teens)	306-1840
The Barry Robinson Center	455-6100
The UP Center	622-7017
Therapeutic Interventions	827-2923
Tidewater Pastoral Counseling Services	623-2700
Tidewater Youth Services Commission	382-9382
Virginia League for Planned Parenthood	499-7526

Courts

Circuit:	382-3000
Civil, Criminal, Deeds & Records, Marriage License, Notaries, Probate Will	
General:	382-3100
Traffic, Criminal, Civil	
Juvenile & Domestic Relations Court	382-8100
Juvenile Intake, Probation and Parole	382-8150
Mediation Information (Juvenile Court)	382-8133
Victim Witness Protection	382-6417

Disability Information/Special Needs

Autism Society of America (Tidewater chapter)	461-4474
Chesapeake Parks, Recreation & Tourism Program	382-1328
Chesapeake Public Schools Parent Resource Center	482-5923
Chesapeake Public Schools Preschool Intake	494-7600
CHKD Care Connection for Children	668-7132
Dept. of Aging and Rehabilitative Services	1-800-552-5019
Independence Center, Inc.	461-8007
Goodwill Industries	424-1515
National Brain Injury Center	1-800-444-6443
Precious Pearls Childcare Center for Special Needs Children	609-3138
Social Security/SSI/SSDI	1-800-772-1213

Early Care/Education

Chesapeake Preschool Initiative	547-1165
Child Care Aware of Virginia	1-804-285-0846
Head Start (Main)	673-0548
Planning Council	622-9268
Social Services – Child Care	382-2264

Emergency

Animal Control	382-8080
----------------	----------

Chesapeake (CIBH) Mental Health Crisis	548-7000
Emergency Police/Fire/Ambulance (non-emergency 382-6161)	911
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Virginia Poison Control	1-804-828-9123 or 1-800-222-1222

Food Pantries/Meals

Food Bank of Southeastern Virginia	627-6599
See Abbalist.org	

Home Visiting Programs

Chesapeake Baby Care	382-8652
Chesapeake Infant & Toddler Intervention Program	547-8929
Children's Health Investment Program (CHIP)	543-9100
Comfort Home Health	312-6460
Resource Mothers – The UP Center	397-2121

Housing

Chesapeake Redevelopment & Housing Authority (CRHA)	523-0401
Norfolk Redevelopment & Housing Authority (NRHA)	623-1111
Portsmouth Redevelopment & Housing Authority (PRHA)	399-5261
S.T.O.P. Inc.	858-1360
Suffolk Redevelopment & Housing Authority (SRHA)	539-2100
Virginia Housing Development Authority (VDHA)	1-877-843-2123
Virginia Supportive Housing	663-7632

Jobs/Job Training

Goodwill Industries	424-1515
Integrity Staffing Services	420-0555
Job Corps	466-3202
Opportunity Inc.	461-7537
Tidewater Builder's Association (TBA)	420-2566
Urban League of Hampton Roads	627-0864
Virginia Employment Commission	558-4455

Libraries

Central Library	410-7100
Dr. Clarence V. Cuffee Library	410-7036
Greenbrier Library	410-7061
Indian River Library	410-7003
Major Hillard Library	410-7078
Russell Memorial Library	410-7020
South Norfolk Library	410-7048

Medical

Clinics	
Chesapeake Care Free Clinic (Medical and Dental)	545-5700
Chesapeake Community Health Center	228-1288
Crisis Pregnancy Clinic of Tidewater	499-4444
Hampton Roads Community Health Center (Norfolk)	533-9108
Hampton Roads Community Health Center (Ports.)	393-6363