

Community Connections

A Resource Guide for Families, Caregivers and Educators of Young Children Birth - Age Five in South Hampton Roads



SMART
BEGINNINGS™

South Hampton Roads

How to Use this Guide:

The first section highlights some important municipal resources listed by city.

The remainder of the guide lists resources by subjects, like “Breastfeeding” or “Parent Education.” You may find it helpful to read the entire Table of Contents first to see what types of resources are included.

Please note that all resources specifically for military families and children are listed under “Military” and are not listed separately under the other subject headings.

At the end of some subjects, you may be referred to “see also” to indicate other subjects that are related.

Each resource indicates where the service is available using the following abbreviations:

C	-	Chesapeake
N	-	Norfolk
P	-	Portsmouth
S	-	Suffolk
VB	-	Virginia Beach
M	-	Military
R	-	Regional
ST	-	State
NATL	-	National

Finding Information not in this Guide:

This guide is not a comprehensive list of community resources; rather it is an attempt to provide the most relevant municipal and non-profit resources for families, caregivers and educators of children ages birth to five years. Please refer to the phone book, www.smartbeginningsshr.org, www.kidspriorityone.org, www.theplanningcouncil.org, and www.tidewaterparent.com for additional resources. The Planning Council offers free information and referral services that can be accessed by calling 211.

Information located in this resource guide is to be used at the discretion of the reader. The guide is provided solely as a reference and is not an endorsement of organizations or programs. Every effort has been made to provide the most accurate information as of July 2010. To correct or add information, please contact Smart Beginnings South Hampton Roads www.smartbeginningsshr.org or 757-226-8826.



Visit www.smartbeginningsshr.org
to download a free copy of
Community Connections.

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CITY LISTINGS	Chesapeake	Norfolk	Portsmouth	Suffolk	Virginia Beach
City Call Centers/ Information	382-2489	664-6510	393-8000	514-4000	385-3111
Community Service Board, Department of Behavioral Healthcare Services, or Department of Human Services	547-9334 (CSB)	823-1600 (CSB)	393-5357 (DBHS)	255-7100 (CSB)	385-0600 (DHS)
Department of Public Health	382-8600	683-2700	393-8585	514-4700	518-2700
Department of Social Services	382-2000	664-3300	405-1800	514-7450	437-3200
Department of Social Services/Child Protective Services	382-2020	664-6022	393-9500	514-4758	437-3200
Department of Social Services/Child Care Division	382-2000	664-3340	393-9500	514-7450	437-3200
Infant and Toddler Connection/Early Intervention	547-8929	441-1186	393-8321	562-6806	385-4400
Fire Department	382-6297	664-6600	393-8765	514-7530	385-4228
Main Library	382-8300	664-7323	393-8501	514-7323	385-0150
Offices of Youth	382-6191	441-6042	393-8481	514-7261	385-0464
Parks and Recreation	382-6411	441-2400	393-8481	514-7250	385-1100
Police Department	382-6161	441-5610	393-5300	923-2350	385-5000
Schools	547-0153	628-3931	393-8751	925-6750	263-1000
Schools/Parent Resource Center	482-5923	852-4674	393-8392	934-6202	263-2066
Virginia Cooperative Extension Service	382-6348	683-2816	393-5197	514-4330	385-4769
Women, Infants, and Children (WIC)	382-8608	683-9280	393-5340	686-4955	518-2789

HOTLINES	Phone Number	Service	Website Address	Locality
Adult Protective Services	1-888-832-3858	Report suspected abuse, neglect, or exploitation of adults.	www.dss.virginia.gov/family/as/index.html	ST
Child Abuse	1-800-552-7096	Report suspected child maltreatment.	www.dss.virginia.gov/family/cps.html	ST
Poison Control	1-800-222-1222	Poison emergency assistance. Information and referral.	www.vapoison.org	NATL
Tidewater Crisis Center	211	24-hour telephone access to crisis intervention and referral services.	www.211virginia.org	R
Virginia Family Violence/Sexual Assault	1-800-838-8238	Find help or report family violence or sexual abuse.	www.vsdvalliance.org	ST

Behavioral Concerns / Mental Health / Counseling

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Barry Robinson Center, The	455-6100	www.barryrobinson.org	R	In-home counseling services.
Catholic Charities of Eastern Virginia, Inc	456-2366	www.cceva.org	R	Individual and family counseling for ages 4 and up.
Children's Hospital of The King's Daughters (CHKD)	668-7500	www.chkd.org	R	Developmental pediatrics. Evaluation for children with special needs.
Family Resource Center	382-2489	www.cityofchesapeake.net	C	Information and referral. Training. One-on-one consultation.
Jewish Family Services of Tidewater, Inc.	459-4640	www.jfshamptonroads.org/children/children.html	R	Individual and family counseling. Play therapy.
Lutheran Family Services	722-4707	www.lfsva.org	R	In-home counseling services.
Pendleton Child Service Center	385-4537	www.vbgov.com	C, VB	Counseling and residential treatment for children ages 5-12.
Kempsville Center for Children & Adolescence, The	461-4565	www.thepinesrtc.com/facilities/kempsville-center.php	N	Crisis stabilization & residential behavioral care.
Tidewater Crisis Center	211	www.211virginia.org	R	24-hour telephone access to crisis intervention and referral services.
UP Center, The	622-7017	www.theupcenter.org	R	Anger management. Outpatient counseling on a sliding fee scale. Intensive in-home counseling services.

Behavioral Concerns / Mental Health / Counseling (continued)

NAME OF ORGANIZATION	PHONE NUMBER	LOCALITY	WEBSITE ADDRESS	SERVICE
City Mental Health, Mental Retardation and Substance Abuse Services				
• Chesapeake Community Services Board	547-9334	C	www.cityofchesapeake.net/services/department-ser	Each city offers services, which may include: Individual and group counseling. Psychiatric evaluations. Medication management. Parenting groups for children through age 18 with mental illness, substance abuse and co-occurring disorders.
• Norfolk Community Services Board	823-1600	N	www.norfolkcsb.org	
◊ Mental Health Services	664-7699			
◊ Youth and Prevention Services	823-1632			
◊ Substance Abuse Services	664-6670			
• Portsmouth Department of Behavioral Healthcare Services	393-5357	P	www.portsmouthva.gov/behaviorhealthcareservices	
• Western Tidewater Community Services Board (Suffolk)	942-1069	S	www.wtcsb.org	
• Virginia Beach Department of Human Services	437-3200	VB	www.vbgov.com	
◊ 24-Hour Emergency Services	385-0888			
◊ Adult Mental Health and Substance Abuse Services	385-0511			
◊ Youth Services	385-0850			
City Schools/ Parent Resource Center				
• Chesapeake	482-5923	C	www.cpschools.com/departments/prc/index.php	Parenting workshops and educational materials.
• Norfolk	628-3951	N	www.nps.k12.va.us	
• Portsmouth	393-8392	P	www.portsmouthfamilies.com/early.html	
• Suffolk	934-6202	S	www.spsk12.net	
• Virginia Beach	263-2066	VB	www.vbschools.com	

See Also:

- Parent, Caregiver Resources and Support, p. 33-36
- Parent Education Programs, p. 37-39
- The Yellow Pages also list numerous mental health providers - see "Counselors" and "Mental Health Services."

Breastfeeding / Lactation

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Academy of Pediatrics	N/A	www.aap.org/healthtopics/breastfeeding.cfm	NATL	Informational website.
Bon Secours DePaul Medical Center	889-CARE (889-2273)	www.bshr.com/classes	N	Preparation Class. Back to Work Class.
Bon Secours Maryview Medical Center	889-CARE (889-2273)	http://bonsecourshamptonroads.com/facilities/maryview.html	p	Preparation Class. Back to Work Class. Pump purchase.
Lactation Consultant	398-4835 680-2755 Pager #	N/A		Lactation consultation.
Pump Rental	398-4829			Pump rental.
Chesapeake General Hospital Women's Health Center	312-3159	www.chesapeakearegional.com	C	Lactation consultation.
La Leche League of Tidewater	857-8403 or 1-800-525-3243	www.lllvawv.org/tidewater.html	R	Education, information, and support.
Sentara Obici Hospital	934-4677	www.sentara.com/Sentara/HospitalsFacilities/Hospitals/Obici	S	Classes. Pump rental. Pump purchase. Lactation consultation.
City Department—WIC (Women, Infants and Children)				
• Chesapeake- Great Bridge	382-8600	www.vdh.state.va.us/LHD/Chesapeake/wic.htm	C	Lactation consultant. Peer counselor. Classes and breast pumps for WIC mothers.
• Chesapeake- South Norfolk	382-2600	www.vdh.state.va.us/LHD/Chesapeake/wic.htm	C	
• Norfolk	683-9280	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm	p	
• Suffolk	514-4722	www.suffolk.va.ushealth-dept	S	
• Virginia Beach	518-2663	www.vdh.state.va.us/lhd/vabeach	VB	

Car Seat Safety

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Drive Safe Hampton Roads	498-2562	www.drivesafehr.org	R	Resource information.
Children's Hospital of The King's Daughters (CHKD)	668-7696	www.chkd.org/carseats	R	Information on car seat checks and installation locations.
Injury Prevention Program/Virginia Department of Health	1-800-732-8333	www.vdh.virginia.gov/LHD	ST	Free car seats to low-income families.
Safety Belt Safe U.S.A.		www.carseat.org	NATL	Safety and seat belt information.
National Highway Traffic Safety Administration	1-888-327-4236	www.nhtsa.dot.gov	NATL	Information, tips, and recalls.
City Department of Public Health		www.safetysseatva.org		
• Chesapeake	382-8652	http://www.chesapeake.va.us/services/depart/humanser/index.shtml	C	Classes and car seat distribution for Medicaid and WIC clients and other low-income families.
• Norfolk	683-9248	http://www.norfolk.gov/humanservices/	N	
• Portsmouth	393-8585	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm	P	
• Suffolk	514-4741	http://www.suffolk.va.us/ss/	S	
• Virginia Beach	518-2683	www.vdh.state.va.us/lhd/vabeach	VB	
Local Police Departments and Fire Departments		Many police and/or fire departments offer car seat installation and checks.		

To insure safety, please do not use recalled safety seats and make sure seats are installed correctly.

Child Abuse / Neglect

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Child Abuse Hotline	1-800-552-7096	www.dss.virginia.gov/family/childabuse.html	ST	Accepts reports. Makes referrals to appropriate local department of social services for investigation. General information and educational materials. Crisis counseling and intervention.
Prevent Child Abuse Virginia	1-800-244-5373	www.preventchildabuseva.org	ST	Support, information, and referrals.
City Child Protective Services/Department of Social Services (DSS) or Department of Human Services (DHS)				
• Chesapeake DHS	382-2020	www.chesapeakecity.net	C	Child abuse reporting and investigation. After 5 PM call 1-800-552-7096
• Norfolk DHS	664-6022	www.dss.state.va.us	N	
• Portsmouth DSS	393-9500	www.portsmouthva.gov/socialservices	P	
• Suffolk DSS	514-7458	N/A	S	
• Virginia Beach DHS	437-3400	www.vbgov.com/dept/hs/socialsvcs/contactus	VB	

See Also:

- Behavioral Concerns / Mental Health / Counseling, p. 6-7
- Home Visiting / Case Management, p. 24-25
- Parent / Caregiver Resources and Support, p. 33-36
- Parent Education Programs, p. 37-39

Child Care/Preschool Information and Referral Resources

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Child Care Resource and Referral Line	1-800-451-1501	www.dss.state.va.us	ST	Information about licensed child care providers.
Children's Harbor	397-2981	www.childrensharbor.cc	R	Childcare information and referral.
Early Head Start/ The Children's Center	538-2523	www.thechildrenscenter.cc/	S	Comprehensive child development program for children, ages birth-three, pregnant women and their families.
Family Resource Center	382-6925	www.cityofchesapeake.net	C	Information and referral.
KidsPriorityOne	244-5373	www.kidspriorityone.org	R	Information and referral. Warm line.
Professional Family Child Care and Early Education Association (PFCCEA)	N/A	www.pfcee.com	R	Association for family home child care providers.
Planning Council, The	627-3993	www.theplanningcouncil.org	R	Lists and information about child care providers in our area.
Smart Beginnings (The Virginia Early Childhood Foundation)	N/A	www.smartbeginnings.org	ST	Informational website.
Suffolk Early Childhood Development Commission	514-7457	www.suffolkccdc.com	S	Information and referral for families.
Virginia Association for Early Childhood Education (VAECE)	1-888-228-2323	www.vaece.org	ST	Information and referral.
YWCA of South Hampton Roads	625-4248	www.ywca.org	R	Child care and after school care.

Child Care/Preschool Information and Referral Resources (continued)

NAME OF ORGANIZATION	PHONE NUMBER	LOCALITY	WEBSITE ADDRESS	SERVICE
Virginia Preschool Initiative (VPI)				
• Chesapeake Early Adventures Preschool Program (YMCA)	424-2229	C	www.ymcashr.org/locations/earlyadventures	Various programs for at-risk children and families.
• Norfolk Public Schools Pre-Kindergarten Program	628-3922	N	www.npsk12.va.us	
• Portsmouth Bright Start Preschool Program	393-5128	P	www.portsmouthfamilies.com	
• Suffolk Early Start Preschool Program	925-6759	S	www.spsk12.net	
• Virginia Beach Early Discoveries Preschool Program (YMCA)	467-8900	VB	www.vbschools.com	
City Department of Parks, Recreation and Leisure Services/ Youth Services				
• Norfolk	441-2400	N	www.norfolk.gov/rpos	Information about preschool and child care
• Portsmouth	393-8481	P	www.portsmouthva.gov/parksandrec	
• Suffolk	514-7250	S	www.suffolk.va.us/parks	
• Virginia Beach	474-8492	VB	www.vbgov.com	
Department of Social Services (DSS) or Department of Human Services (DHS)				
• Chesapeake DHS	382-2000	C	www.chesapeake.va.us/health.shtml	Information about licensed childcare providers. Including quality and affordability.
• Norfolk DHS	664-6035	N	www.norfolk.gov/HumanServices	
• Portsmouth DSS	405-1800	P	www.portsmouthva.gov/socialservices	
• Suffolk DSS	514-7450	S	N/A	
• Virginia Beach DHS	437-3351	VB	www.vbgov.com/dept/hs/socialsvcs/contactus	

See Also:

- Yellow Pages, City Public Schools

Developmental Milestones and Screening

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Academy of Pediatrics	N/A	www.aap.org	NATL	Informational website for parents.
Born Learning	N/A	www.bornlearning.org	NATL	Informational website for parents.
Bright Futures	N/A	www.brightfutures.org	NATL	Informational website.
Children's Hospital of The King's Daughters (CHKD)	668-7500	www.chkd.org/healthlibrary	R	Developmental pediatrics. General medical services and evaluation for children with special needs. Parent education.
Parents Action for Children	N/A	www.parentsaction.org	NATL	Informational website.
Infant and Toddler Connection	1-800-234-1448			
<ul style="list-style-type: none"> • Chesapeake 	547-8929	www.infantva.org	C	Information and referral for local screening or evaluation and assessment for infants and toddlers (0-3) who may have a developmental delay or disability.
<ul style="list-style-type: none"> • Norfolk 	441-1186		N	
<ul style="list-style-type: none"> • Portsmouth 	393-8321		p	
<ul style="list-style-type: none"> • Suffolk 	562-6806		S	
<ul style="list-style-type: none"> • Virginia Beach 	385-4400		VB	
KidsPriorityOne	244-5373	www.kidspriorityone.org	R	Information and referral.
Smart Beginnings (The Virginia Early Childhood Foundation)	N/A	www.smartbeginnings.org	ST	Informational website.
Smart Beginnings South Hampton Roads	226-8826	www.smartbeginningsshr.org	R	Information to help your child be ready for school.
Zero to Three	N/A	www.zerotothree.org	NATL	Informational website.

See Also:

- Home Visiting / Case Management, p. 24-25
- Parent Education Programs, p. 37-39

Discipline

See:

- Behavioral Concerns / Mental Health / Counseling, p. 6-7
- Developmental Milestones and Screening, p. 14
- Parent Education Programs, p. 37-39

Early Learning Activities

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Baby Zone	N/A	www.babyzone.com	R	Information and activities for parents and children.
Born Learning	N/A	www.bornlearning.org	NATL	Activities for young children.
Children's Museum of Virginia	393-5258	www.childrensmuseumva.com	R	Children's interactive activities and displays.
Chrysler Museum, The	664-6200	www.chrysler.org	R	Children's programs.
City Public Libraries				
• Chesapeake	382-8300	www.chesapeake.lib.va.us	C	Early literacy activities and programs.
• Norfolk	664-7323	www.npl.lib.va.us	N	
• Portsmouth	393-8501	www.portsmouthpubliclibrary.org	P	
• Suffolk	514-7323	www.suffolk.lib.va.us	S	
• Virginia Beach	385-0150	www.vbgov.com/libraries	VB	
City Parks and Recreation Department				
• Chesapeake	382-6411	www.chesapeake.va.us/services/depart/park-rec	C	Recreation centers with a variety of activities.
• Norfolk	441-2400 ext.222	www.norfolk.gov/RPOS	N	
• Portsmouth	393-8481	www.portsmouthva.gov/parksandrec	P	
• Suffolk	514-7250	www.suffolk.va.us/parks	S	
• Virginia Beach	385-0400	www.vbgov.com/parks	VB	

Early Learning Activities (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Contemporary Art Center of Virginia	425-0000 Ext. 23	www.cacv.org/educational/prek.asp	R	Pre-K Art Day: a monthly program combining art, storytelling, movement and a limited gallery tour for children ages 3-5.
Nauticus	664-1000	www.nauticus.org	R	Wide range of activities for children.
Norfolk Botanical Garden, The	441-5830	www.norfolkbotanicalgarden.org	R	WDW Children's Garden for ages 3-5
Peninsula Fine Arts Center	596-8175	www.pfac-va.org	R	Hands on For Kids. Interactive gallery for hands-on fun. Open daily for children of all ages.
Portlock Galleries at SoNo	502-4901		R	Hands-on exhibits. Special programs for young children.
Suffolk Art League, The	925-0448	www.suffolkartleague.org	S	Young Artists class for children ages 3-5.
Virginia Aquarium and Marine Science Center, The	385-3474	www.virginiaaquarium.com	R	Educational activities for all ages.
Virginia Beach Grow Smart	385-0144	www.vbgov.com	VB	Early learning activities, resources and programs.
Virginia Living Museum, The	595-1900	www.thevlm.org	R	A learning laboratory to showcase Virginia's natural and living resources.
Virginia Zoo, The	441-2374	www.virginiazoo.org	R	Education and family programs.
WHRO	889-9400	www.pbskids.org	R	Public Broadcasting Service (PBS) website that promotes Ready to Learn television programs.
WHRO Kids Club	889-8419	www.whro.org/home/html/whrokids/index.html	R	Children's club offered by WHRO.
YMCA South Hampton Roads	Call individual locations, listed in the phone book.	www.ymcashr.org	R	Child care. Aquatics. Sports. Health & fitness. Camp. And more.
Zero to Three	(202) 638-1144	www.zerotothree.org	NATL	Informational website with activities for children (0-3).

Financial / Housing Assistance

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Red Cross—Southeastern Virginia Chapter	446-7700	www.seva-redcross.org	R	Disaster assistance.
American Red Cross—Suffolk Chapter	539-6645	www.suffolkredcross.org	S	Disaster assistance.
Catholic Charities of Eastern Virginia	456-2366	www.cceva.org	R	Consumer and mortgage credit counseling. VHDA classes.
City Departments				
• Chesapeake DHS	382-2000	www.chesapeake.va.us/services/depart/humanser/financial_assistance.shtml	C	Financial assistance. Variety of Financial aid programs.
• Norfolk DHS	664-6035	www.norfolk.gov/humanservices	N	
• Portsmouth DSS	405-1800	www.portsmouthva.gov/socialservices/benefits.html	P	
• Suffolk DSS	514-7450	www.suffolk.va.us/ss	S	
• Virginia Beach DHS	437-3200	www.vbgov.com	VB	
Jewish Family Services of Tidewater	459-4640	www.jfshamptonroads.org	R	Financial assistance.
Lutheran Council of Tidewater	623-0155	N/A	R	Limited assistance for heating and cooling needs for those who meet eligibility requirements.

See Also:

- Shelters p. 41-42

Financial/Housing Assistance (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Oasis Social Ministry	397-6060	oasisocialministry.wordpress.com	P, S, C	Financial assistance for those who receive utility shut-off notices.
Planning Council, The	627-3993	www.theplanningcouncil.org	R	Subsidized child care.
Portsmouth Area Resources Coalition, Inc. (PARC)	393-5208	www.parcinc.org	P	Financial and housing assistance. Homeless shelter for families.
Salvation Army				
<ul style="list-style-type: none"> • Portsmouth Corps 	393-2519	www.virginiasalvationarmy.org	P	Emergency heating, utility and rental assistance. Tidewater command offers transitional housing for men.
<ul style="list-style-type: none"> • Suffolk Corps 	539-5201		S	
<ul style="list-style-type: none"> • Tidewater Area Command 	543-8100		C, N, VB	
STOP Organization- Hampton Roads, The	858-1360	www.stopinc.org	R	Short-term financial assistance for housing, food, clothing, furniture, medical needs, and transportation for eligible clients. Payment for utility bills. Relocation assistance.
UP Center, The	622-7017	www.theupcenter.org	R	Financial education. Consumer credit counseling. Housing counseling.
Virginia Beach Department of Housing and Neighborhood Preservation	385-5750	www.vbgov.com	VB	Affordable rental voucher program.
Virginia Housing Development Authority	1-877-834-2123	www.vhda.com	ST	Assistance for low- and moderate-income Virginias to attain quality, affordable housing.

See Also:

- Shelters p. 41-42

Food and Clothing Assistance

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Children's Harbor	397-2984	www.childrensharbor.cc	R	USDA child and adult food program for child care providers.
City Departments—SNAP Program				
• Chesapeake DHS	382-2489	www.cityofchesapeake.net	C	Assistance and applications for Food Stamps Programs.
• Norfolk DHS	664-3340	www.norfolk.gov/humanservices/self_sufficiency.asp	N	
• Portsmouth DSS	405-1800	www.portsmouthva.gov/socialservices/benefits.html	P	
• Suffolk DSS	514-7450	http://www.suffolkva.us/ss/snap.html	S	
• Virginia Beach DHS	437-3200	www.vbgov.com	VB	
City Departments—WIC (Women, Infants and Children)				
• Chesapeake	382-8608	www.vdh.state.va.us/LHD/Chesapeake/wic.htm	C	Nutritional care and food supplement program.
• Norfolk	683-9280	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm	P	
• Suffolk	514-4722	www.suffolk.va.ushealth-dept	S	
• Virginia Beach	518-2663	www.vdh.state.va.us/lhd/vabeach	VB	
Food Bank of South Eastern Virginia	627-6599	www.foodbankonline.org	R	Assistance with emergency food, clothing and related needs.
Judeo- Christian Outreach Center (JCOC)	491-2846	www.jcoc.org/communityfood.html	R	Food and clothing assistance.

Food and Clothing Assistance (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Keim Center, The	499-4444	http://www.keimcenters.com/	R	Assistance with maternity and baby clothes.
Norfolk Baptist Association	938-9793	www.norbaptist.com	R	Baby Boutique.
Oasis Social Ministry	397-6060	oasisocialministry.wordpress.com/	P, S, some C	Food and clothing assistance.
First Baptist Church at Lambert's Point	489-7898	N/A	N	Food assistance.
Planning Council, The	622-9268	www.theplanningcouncil.org	R	USDA child and adult food program for child care providers.
Portsmouth Area Resource Coalition (PARC)	393-7848	www.parcinc.org	P	Food referrals.
Salvation Army				
• Portsmouth Corps	393-2519	www.virginiasalvationarmy.org	P	Salvation Army
• Suffolk Corps	539-5201		S	
• Tidewater Area Corps	543-8100		C, N, VB	
Suited for Success/Dress for Success	961-7148	www.dressforsuccess.org	R	Provides professional business attire to economically disadvantaged men and women for interviews.
Union Mission Ministries	466-4470	www.unionmissionministries.org	R	Meals provided daily. Clothing Assistance.
Wesley Community Service Center, Inc.	399-0541	www.portsmouthfamilies.com/family.html	P	Emergency Assistance.

Also, many churches and civic organizations offer food and clothing assistance.

Health & Dental Clinics / Health Information

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
ACCESS AIDS	640-0929	www.accessaids.org/site/	R	Comprehensive services for children and families living with HIV/AIDS.
American Red Cross	446-7757	www.seva-redcross.org/Dental_Clinic/index.htm	N	Dental services for eligible adults.
Beach Health Clinic	428-5601	www.beachhealthclinic.org/	VB	Free medical services and prescription medications to income-eligible, uninsured, working families.
Centers for Disease Control/Prevention	1-800-232-4636	www.cdc.gov	NATL	Health and disease information.
CHIP (Comprehensive Health Investment Project)				
<ul style="list-style-type: none"> • Chesapeake 	543-9100	www.chipofvirginia.org	C	Health resources and home visitation for families with children up to age 6.
<ul style="list-style-type: none"> • Norfolk 	683-9255		N	
<ul style="list-style-type: none"> • Portsmouth 	543-9100		P	
Chesapeake Care Free Clinic	545-5700	www.chesapeakecare.org	C	Primary and preventive health and dental health services. Free clinic to families without insurance and or limited resources.
City Departments—Dental Clinic				
<ul style="list-style-type: none"> • Norfolk 	531-2135	www.norfolk.gov/pub_health/clinicalservices.asp#Dental	N	Dental care for children under 18 who are uninsured or have Medicaid.
<ul style="list-style-type: none"> • Virginia Beach 	518-2694	www.vbgo.com/health	VB	
City Department of Public Health				
<ul style="list-style-type: none"> • Chesapeake 	382-8600	www.vdh.virginia.gov/lhd/chesapeake/	C	Information and services related to child health promotion and disease prevention and control. Routine supervision and immunizations.
<ul style="list-style-type: none"> • Norfolk 	683-2800	www.norfolk.gov/pub_health/	N	
<ul style="list-style-type: none"> • Portsmouth 	393-8585	www.vdh.state.va.us/lhd/portsmouth/	P	
<ul style="list-style-type: none"> • Suffolk 	514-4700	www.suffolkva.us/health-dept/	S	
<ul style="list-style-type: none"> • Virginia Beach 	518-2700	www.vdh.state.va.us/lhd/vabeach	VB	
Consortium for Infant and Child Health (CINCH)	668-6458	www.cinchcoalition.blogspot.com/	R	Health insurance enrollment. Information on a variety of health topics.

Health & Dental Clinics / Health Information (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Healthy Smiles Dental Center	399-4588	https://www.hrhc.org/?page_id=181	P	Dental assistance for both children and adults.
International Black Women's Congress (IBWC)	625-0500	http://www.ibwc.us/	R	STI and HIV education, prevention & testing.
Kool Smiles	1-866-438-2665	www.mykoolsmiles.com/	R	A dental experience designed just for children.
March of Dimes	361-0000	www.marchofdimes.com	NATL	Information and resources regarding pregnancy and infant health.
Main Street Physicians	925-1866	www.pich.org	S	Free Clinic. Primary and preventive health services, including pediatrics, regardless of ability to pay.
Park Place Clinic Norfolk	683-9230	N/A	N	Primary and preventive dental services for children.
Portsmouth Community Health Center	393-6363	www.portshealth.org	P	Primary and preventive health services from pediatric to adult.
Urban League of Hampton Roads				
• Norfolk	226-7589	www.ulhr.org	P	Assistance to clients living with various medical issues
• Portsmouth	627-0864		N	
Virginia Beach Family Medical Center	425-3610	N/A	VB	Pediatric clinics based on a sliding fee scale.
Virginia Cooperative Extension Service				
• Chesapeake	382-6348	www.ext.vt.edu	ST	Health and nutrition information.
• Norfolk	683-2816			
• Portsmouth	393-5197			
• Suffolk	514-4330			
• Virginia Beach	385-4769			

See Also:

- Developmental Milestones and Screening, p. 14
- Hospitals, p. 26
- Special Needs, p.43-45

Holiday Assistance

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
City Departments				
• Chesapeake DHS	382-2000	www.cityofchesapeake.net/services/depart/humanser/index.shtml	C	City Department of Social Services (DSS) or Department of Human Services (DHS)
• Norfolk DHS	664-6000	www.norfolk.gov/HumanServices	N	
• Portsmouth DSS	405-1800	www.portsmouthva.gov/socialservices	P	
• Suffolk DSS	514-7450	www.suffolk.va.us/ss	S	
• Virginia Beach DHS	437-3200	www.vbgov.com	VB	
Jewish Family Services of Tidewater	459-4640	www.jfshamptonroads.org/	R	Assistance for needy families.
Oasis Social Ministries	397-6060	www.oasisocialministry.wordpress.com/	P, S, some C	Thanksgiving and Christmas baskets for those in need.
Portsmouth Area Resource Coalition (PARC)	397-5208	www.parcinc.org	P	Referrals for holiday assistance.
Salvation Army				
• Portsmouth Corps	393-2519	www.virginiasalvationarmy.org	P	Holiday assistance, including Shoe-In and Angel Tree
• Suffolk Corps	539-5201		S	
• Tidewater Area Command	543-8100		C, N, VB	
U.S. Marine Corps				
• Suffolk	478-3222	www.toysfortots.org	S	Toys-for-Tots.
• Tidewater	444-4318 Ext. 201		C, N, P, VB	
The Virginian-Pilot	446-2595	www.thevirginianpilot.com/joyfund	R	The Joy Fund.

Also, many churches and civic organizations offer holiday assistance.

Home Visiting / Case Management

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Baby Care				
• Chesapeake	382-8652	www.vahealth.org/babycare/	C	Nurse home visiting program that provides support, education, nursing care and access to community resources.
• Norfolk	628-9244		N	
Sentara Home Care Services	553-3000	www.sentara.com/homecare	R	Home care program providing support for high-risk Medicaid pregnant women and infants up to two years old. Managed by RNs and social workers. Spanish available.
Care Connection for Children (CHKD)	668-7132	www.chkd.org/careconnection	R	Community-based care for children with special physical needs.
Children's Center, The	538-2523	www.thechildrenscenter.cc	S	Early Intervention and Early Head Start programs.
Comprehensive Health Investment Project (CHIP)				
• Chesapeake	543-9100	www.chipofvirginia.org	C	Home visiting, parent education, developmental screenings, and referrals .
• Norfolk	683-9255		N	
• Portsmouth	543-9100		P	
Eastern Virginia Medical School (EVMS)	446-7360	www.vahealth.org/resourcemothers	N	Various home visiting programs.

Home Visiting / Case Management (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Healthy Families Program				
• Chesapeake	543-9100	www.preventchildabuseva.org	C	Home visiting, parent education, developmental screenings, and referrals for first-time parents.
• Norfolk	397-2121	www.theupcenter.org	N	
• Portsmouth	397-2121	www.theupcenter.org	P	
• Suffolk	514-4728	www.preventchildabuseva.org	S	
• Virginia Beach	518-2620			
Healthy Start Program				
• Norfolk (Loving Steps)	683-9239	www.vahealth.org/lovingsteps	N	Home visiting, parent education, developmental screenings, nursing care coordination, lactation and nutrition counseling for all prenatal women. Serves children up to 2 years old.
• Virginia Beach	518-2620	www.vbgov.com	VB	
Resource Mothers Program		www.vahealth.org/resourcemothers		Home visiting, parent education, developmental screenings, lactation and nutrition counseling for all prenatal teens. Serves children up to 1 year old.
• Norfolk	683-9239	www.evms.edu/obgyn/services-teenage.html	N	
• Portsmouth	397-2121 ext.324	www.portsmouthfamilies.com/early.html	P	
• Suffolk	514-4728	N/A	S	
• Virginia Beach	397-2121 ext.324	www.theupcenter.org	VB	
UP Center, The	397-2121 x 307	www.theupcenter.org	R	Various home visiting programs.
City Department of Public Health				
• Chesapeake- Great Bridge	382-8600	www.vdh.state.va.us/lhd/chesapeake	C	Home visiting programs for qualifying clients. Information and referrals.
• Chesapeake- South Norfolk	382-2600	www.vdh.state.va.us/lhd/chesapeake	C	
• Norfolk	683-2700	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/lhd/portsmouth	P	
• Suffolk	514-4700	www.suffolk.va.us/health_dept	S	
• Virginia Beach	518-2620	www.vdh.state.va.us/lhd/vabeach	VB	

Hospitals

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Bon Secours Hampton Roads, DePaul Medical Center	889-5000	www.bonsecourshamptonroads.com	R	Comprehensive health care services.
Bon Secours Hampton Roads, Maryview Medical Center	398-2200			
Chesapeake Regional Medical Center	312-8121	www.chesapeakeregional.com	R	Comprehensive health care services.
Children's Hospital of The King's Daughters	668-7000	www.chkd.org	R	Comprehensive pediatric health care services.
Children's Place at Lake Taylor Hospital	461-5001	www.laketaylor.org	R	Case management, pediatrics/rehabilitation.
Sentara Bayside Hospital	363-6100	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Bayside	R	Comprehensive health care services.
Sentara Leigh Hospital	261-6000	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Leigh		
Sentara Norfolk General Hospital	388-3000	www.sentara.com//sentara/HospitalsFacilities/Hospital/NorfolkGeneral		
Sentara Obici Hospital	934-4000	www.sentara.com/sentara/HospitalsFacilities/Hospitals/Obici		
Sentara Virginia Beach General Hospital	395-8000	www.sentara.com/sentara/HospitalsFacilities/Hospitals/BeachGeneral/home.htm		
St. Mary's Home for Disabled Children	622-2208	www.saintmaryshome.org	R	Specialized care for special children with severe disabilities.

Housing Assistance

See:

- Financial / Housing Assistance p. 17-18
- Shelters pgs. 41-42

Immunizations

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Centers for Disease Control/Prevention	1-800-232-4636	www.cdc.gov	NATL	Disease and health information.
Consortium for Infant and Child Health (CINCH)	668-6458	www.cinchcoalition.blogspot.com	R	Information and referrals.
Virginia Department of Health	1-800-568-1929	www.vdh.state.va.us/imm	ST	Information about immunizations.
City Departments of Public Health				
• Chesapeake- Great Bridge	382-8600	www.vdh.state.va.us/lhd/chesapeake	C	Immunization information and clinics.
• Chesapeake- South Norfolk	382-2600	www.vdh.state.va.us/lhd/chesape	C	
• Norfolk	683-2732	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/lhd/portsmouth	P	
• Suffolk	514-4700	www.suffolk.va.us/health_dept	S	
• Virginia Beach	518-2700	www.vdh.state.va.us/lhd/vabeach	VB	

Literacy (Early and Family)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Library Association		www.ala.org	NATL	Reading lists, tips, etc. for raising a reader.
CHKD's Reach Out and Read	668-7000	www.chkd.org/services/reachout	R	Pediatric literacy program for children six months to five years during well-care visits.
Even Start				
<ul style="list-style-type: none"> Norfolk- Berkley/Campostella 	494-3868	http://ww2.nps.k12.va.us/education/components/scrapbook/default.php?sectiondetailid=474268	N	A learning program for parents and children through age 4 that assists with GED preparation, literacy, and child development services.
<ul style="list-style-type: none"> Norfolk- Ingleside 	892-3270			
Portsmouth Reads		http://pps.k12.va.us/about/foundation/default.aspx?id=2477	P	Various literacy projects and initiatives for infants to adults.
Literacy Partnership, The	664-9177	www.theliteracypartnership.org	R	Information and referral.
Portsmouth Department Parks, Recreation and Leisure Services	393-8481	www.portsmouthva.gov/parksandrec	P	Support and training for parents.
Project Light	624-1764	www.projectlight.org	R	Computer-based literacy programs.
REACH Foundation	627-4722	www.reachreads.org	R	Literacy services provided to shelters.
Square One	552-0293	www.SqOne.org	R	Literacy projects for preschoolers. Support and training for parents and early childhood professionals.
Suffolk Literacy Council	514-7733	www.literacy4suffolk.org	S	Tutoring and remedial reading for non-reading adults and those with limited reading skills.
Tidewater Literacy Council	393-6459	www.tidewaterliteracy.org	R	Adult literacy.
United Way of South Hampton Roads Raising A Reader/Success by Six	853-8500, ext.120	www.unitedwayshr.org	R	Early literacy and book sharing program delivered through childcare and home visiting setting for children from birth to 6 years of age. Teacher, provider and parent training on brain development and book sharing techniques. Free curriculum-based financial literacy training for pre-k children and their parents through delivery of "Thrive by 5" curriculum in partnership with childcare and pre-K centers.

Literacy (Early and Family) (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Urban League of Hampton Roads				
• Portsmouth	627-0864	www.ulhr.org	R	Free guides designed to assist parents and caregivers in improving children's literacy and reading skills.
• Norfolk	226-7589			
• Virginia Beach	305-1975			
Virginia Beach Grow Smart	385-0144	www.vbgov.com	VB	School readiness initiative.
WHRD	889-9400	Www.pbskids.org/read/	R	Workshops for parents and children to improve literacy.
City Public Libraries				
• Chesapeake	382-8300	www.chesapeake.lib.va.us	C	Programs, children's books, and materials to assist parents in building children's pre-reading skills.
• Norfolk	664-7323	www.npl.lib.va.us	N	
• Portsmouth	393-8501	www.portsmouthpubliclibrary.org	P	
• Suffolk	514-7323	www.suffolk.lib.va.us	S	
• Virginia Beach	385-0193	www.vbgov.com/libraries	VB	

See Also:

- Yellow Pages, City Schools

Also, many churches offer literacy programs.

Legal Assistance

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Legal Aid Society of Eastern Virginia	627-5423	www.lawhelp.org/Program/1647/	R	Provides free legal information, advice and representation in civil cases to low-income families and individuals.
Norfolk and Portsmouth Bar Association	622-3152	www.norfolkandportsmouthbar.org	N P	Lawyer referral services. One-time consultation fee of \$35 for ½ hour.
Social Security Rights Center, Inc.	437-7756	www.socialsecurityrightscenter.com/	N VB	Law firm providing legal services to those who have been denied Social Security/Disability. No sliding scale; client pays if case is won.
Virginia Beach Bar Association	385-2155	www.vbbarassoc.com	VB	Lawyer referral service.

Medical Insurance

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Family Access to Medical Insurance Security (FAMIS)	1-866-873-2647	www.famis.org	ST	Information and assistance for low-cost health insurance for children of low income working families.
STOP Organization- Hampton Roads, The	858-1360	www.stopinc.org	R	One-on-one application assistance and advocacy support for enrollment problems.
City Department of Social Services (DSS) or Department of Human Services (DHS)				
• Chesapeake DHS	382-2000	www.chesapeake.va.us/services/depart/humanser/index.shtml	C	Information and assistance for low-cost health insurance for children of low income working families.
• Norfolk DHS	664-6000	www.norfolk.gov/HumanServices	N	
• Portsmouth DSS	405-1800	www.portsmouthva.gov/socialservices	P	
• Suffolk DSS	514-7450	N/A	S	
• Virginia Beach DHS	437-3200	www.vbgov.com/	VB	

Military Services

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Baby Boot Camp	953-4300	www.med.navy.mil/sites/nmcp/pages/default.aspx	M	Provides information on infant nutrition, breastfeeding, child development and infant CPR.
Child Care Information and Referral Resources (Mid-Atlantic Child Care & Development Resource Hotline)	1-866-628-9232	www.mwr.navy.mil	M	Information on availability of child development homes, child development centers, and emergency (back-up) placement.
Family Advocacy Program 444-2230 or 1-800-FSC-LINE (toll free)				
<ul style="list-style-type: none"> • After hours, weekends and holidays 	444-6289	N/A	M	Department which oversees and investigates incidents of child and spouse abuse in the military.
<ul style="list-style-type: none"> • Dam Neck 	492-6342			
<ul style="list-style-type: none"> • Little Creek 	462-7563			
<ul style="list-style-type: none"> • Naval Medical Center 	953-7801 or 444-2102			
<ul style="list-style-type: none"> • Norfolk 	444-2230			
<ul style="list-style-type: none"> • Oceana 	433-2912			
<ul style="list-style-type: none"> • Yorktown 	887-4606			
Fleet and Family Support Centers (FFSC)				
<ul style="list-style-type: none"> • 24-Hour Information and Referral 	757-444-NAVY (6289) or 1-800-FSC-LINE (372-5463)	ffscnorva.navy.mil	M	24-hour information and referral services. Parent education. Stress and anger management. Counseling. Crisis support and intervention. Transition assistance. Spouse employment assistance. Relocation assistance. Personal financial management. Deployment and mobilization support. Exceptional family member program information.
<ul style="list-style-type: none"> • FFSC Little Creek 	462-7563			
<ul style="list-style-type: none"> • FFSC Newport News 	688-6289			
<ul style="list-style-type: none"> • FFSC Norfolk 	444-2102			
<ul style="list-style-type: none"> • FFSC Northwest 	421-8770			
<ul style="list-style-type: none"> • FFSC Oceana 	433-2912			
<ul style="list-style-type: none"> • FFSC Yorktown 	887-4606			

Military Services (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Navy Marine Corps Relief Society	1-877-272-7337			
• Dam Neck	492-6494	N/A	M	Short-term emergency aid in the form of zero interest loans and grants. Nurses available for limited home visitation for parents of infants.
• Little Creek	462-1596			
• Naval Medical Center/ Portsmouth	953-5956			
• Norfolk	322-1171			
• NSA Norfolk NW Annex	421-8350			
• Oceana	433-3383			
Navy Medical Center/Portsmouth	953-5956	www-nmcp.med.navy.mil	M	Comprehensive health care services.
New Parent Support Program	462-7563	N/A	M	Provide home-based supportive and educational intervention for parents with children 0-3 years.
USD of Hampton Roads	764-5232	www.usohr.com	M	Emergency assistance. Recreation. Entertainment. Other quality of life programs.

Parent/Caregiver Resources and Support

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Boys and Girls Clubs of South Eastern Virginia	853-5632	www.bgcseva.org	R	Resource for parents who have children between the ages of 6 and 18. Provides after school and summer programs for children beginning at age 6 all the way through high school.
Brighton Rock AME Zion Church	393-0570	N/A	R	Support programs for grandparents and other relatives raising children.
Catholic Charities of Eastern Virginia	456-2366	www.cceva.org	R	Grandparents as Parents Program. Cooperative Parenting Class for parents going through divorce.
Chesapeake Regional Medical Center	312-8121	www.chesapeake-regional.com	C	Mom's Mobile provides educational and referral services. Boot Camp for New Dads.
Child Support Services	1-800-468-8894	www.dss.virginia.gov/family/dcse/	R	Assistance with obtaining child support.
Children and Adults with Attention Deficit Disorder (CHADD)	1-800-633-4871	www.chadd.net/template.cfm?affid=350&p=about	N	Support group for parents of children with attention deficit/hyperactivity disorder.
Children's Center, The	538-2523	www.thechildrenscenter.cc	S	Family centered services to low-income pregnant women and families with children under the age of three. Early intervention services Birth-age 3 are offered. Pediatric therapy and Early Head Start are also available.
Community Mediation Center	480-2777	N/A	R	Mediation and conflict resolution.
Early Childhood Development Commission, The	514-7457	N/A	S	Resources and referral services for families and children.
EDMARC Hospice for Children	967-9251	www.edmarc.org	R	Hospice for children diagnosed with life threatening illnesses. Family-centered care.
Families of Abused Children Traumatized Sexually (FACTS)	482-6564	www.theplanningcouncil.org	R	Support for families who have a child who has been sexually abused.

Parent/Caregiver Resources and Support (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Family Resource Center				
• Chesapeake	382-6925	N/A	C	Information & referral. Training. One-on-one consultation.
• Portsmouth	393-8501	www.portsmouthfamilies.com/ early.html	P	
Fatherhood Program	382-2322	N/A	C	Counseling and information.
First Steps Programs				
• Chesapeake CHIP	398-4863	www.bonsecourshamptonroads.com	P	Parent support, education, and referrals during child's first 3 months.
• Sentara Obici Hospital	934-4405	www.sentara.com/sentara	S	Parent support, education, and referrals during child's first 3 months.
• Virginia Beach (VB General Hospital)	518-2620	www.sentara.com/hospitals	VB	Parent support, education, and referrals during child's first 3 months.
Healthy Families (CHIP)				
• Chesapeake	543-9100	www.chipofvirginia.org	C	Health and disease information. Parent groups. First Time Moms and First Step Program.
• Norfolk	683-9255		N	
• Portsmouth	543-9100		P	
• Suffolk	514-4728		S	
Jewish Family Services of Tidewater	459-4640	www.jfshamptonroads.org	R	Cancer, Grief and Divorce support groups for children and families.
Kids Priority One	244-5373	www.kidspriorityone.org	R	Information and referral.
KIDS TLC Line	1-866- 543-7852	N/A	ST	Information and referrals for child care and health issues. New Parent Tool Kits.
Moms of Hampton Roads Meet-Up	N/A	sahm.meetup.com/123/about/	R	Activities group for moms and their children..
Virginia Infant & Toddler Specialist Network	399-1337	www.va-itsnetwork.org	R	Strengthens practices in early care and education programs for infants and toddlers.

Parent/Caregiver Resources and Support (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Mothers of Preschoolers (MOPS)	1-888-910-MOPS			
<ul style="list-style-type: none"> • Portsmouth • Suffolk • Virginia Beach 	397-0332 484-3423 227-6930	www.mops.org	R	Support group for moms of children 0-6
Old Dominion University Child Study Center	683-3320	www.dl.edu.edu/IOIs	R	The IOIs: A Guide to Positive Discipline. Parent/Teacher onsite training. Resource Center.
Parent Support Group/Children's Hospital of The King's Daughters (CHKD)	668-7000	www.chkd.org/services/supportgroups/	R	Support group for parents.
Smart Beginnings (The Virginia Early Childhood Foundation)	1-888-838-8323	www.smartbeginnings.org	S	Informational website.
Smart Beginnings South Hampton Roads	226-8826	www.smartbeginningsshr.org	R	Informational website.
Square One	552-0293	www.SqOne.org	R	Parenting training information and referral.
St. Mary's Home for Disabled Children	622-2208	www.saintmaryshome.org	R	Specialized care for special children with severe disabilities.
Suffolk Early Childhood Development Commission	514-7457	www.suffolkecdc.com/history.html	S	Library, resources, and referral services for parent and early childhood education.
Tidewater Mothers of Multiples Club	423-4329 437-3133	www.tmomc.org	VB	Support group for mothers of twins, triplets, and more. Contact is Dana Bates
UP Center, The	397-2121	www.theupcenter.org	R	Counseling. Parent education. Home visiting. Low interest car loans for working parents. Classes for parents who are divorcing or separating. Supervised visitation for non-custodial parents.
Virginia Fatherhood Campaign	1-800-790-DADS (3237)	www.fatherhood.org	ST	Literature and pamphlets for a general consciousness about the importance of fathers in the lives of their children.
Western Tidewater Community Services Board	225-7133 255-7136	www.wtcsb.org	S	Assistance in helping parents understand their child's social and emotional competency.

Parent/Caregiver Resources and Support (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
WHRO	889-9400	www.whro.org/home/education/families/	R	Television programs on WHRO TV-15. Workshops on reading and literacy.
City Libraries				
• Chesapeake	382-8300	www.chesapeake.lib.va.us	C	Parent and caregiver resource materials.
• Norfolk	664-7323	www.npl.lib.va.us	N	
• Portsmouth	393-8501	www.portsmouthpubliclibrary.org	P	
• Suffolk	514-7323	www.suffolk.lib.va.us	S	
• Virginia Beach	385-0144	www.vbgov.com/libraries	VB	
City Schools/Parent Resource Centers				
• Chesapeake	482-5923	www.cpschools.com/departments/special_education/	C	Information and referral. Training. One-on-one consultations.
• Norfolk	892-3318	www.nps.k12.va.us	N	
• Portsmouth	393-8392	www.portsmouthfamilies.com/early.html	P	
• Suffolk	934-6202	www.spsk12.net/	S	
• Virginia Beach	263-2066	www.vbschools.com/curriculum/special_ed/index.asp#parent	VB	
City WIC Programs (Women, Infants and Children) / Depart. of Public Health				
• Chesapeake	382-8608	www.vdh.state.va.us/lhd/chesapeake	C	Nutrition programs.
• Norfolk	683-9280	www.norfolk.gov/pub_health	N	
• Portsmouth	393-5340	www.vdh.state.va.us/LHD/portsmouth/	P	
• Suffolk	514-4721	www.suffolk.va.us/health-dept	S	
• Virginia Beach	518-2789	www.vdh.state.va.us/lhd/vabeach	VB	

See Also:

- Home Visiting / Case Management, p. 24-25
- Parent Education Programs, p. 37-39

Parent Education Programs

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Boot Camp for Dads/Chesapeake General Hospital	312-6508	www.bootcampfornewdads.org	C	Educational programs for first-time fathers.
Children's Hospital of The King's Daughters (CHKD)	668-7000	www.chkd.org/classes	R	Parent education and referrals.
Even Start				
<ul style="list-style-type: none"> Norfolk- Berkley/Campostella 	494-3868	www.doe.virginia.gov	N	A learning program for parents and children through age 4 that assists with GED preparation, literacy, and child development services.
<ul style="list-style-type: none"> Norfolk- Compensatory Education Programs 	628-3922			
Family Resource Center				
<ul style="list-style-type: none"> Chesapeake 	382-6925	N/A	C	Information & referral. Training. One-on-one consultation.
<ul style="list-style-type: none"> Portsmouth 	393-8392		p	
Fatherhood Program	382-2322	N/A	C	Counseling and information.
Fathers In-Training Program	437-3200	www.fathers-in-training.com/ F.I.T..html	VB	Parenting classes for fathers. 18 week closed ended group.
Hampton Roads Parenting Education Network (HRPEN)	668-9304	www.chkd.org/hrpen	R	Parent education, information, and referral.
Keim Center, The	499-4444	www.cpcot.org	R	Parenting classes.

Parent Education Programs (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Old Dominion University Child Study Center		http://www.odu.edu/~kkersey/IOIs/	R	The IOIs: A Guide to Positive Discipline. Parent/Teacher on-site training. Resource Center. Parent chats.
Pendleton Child Service Center	385-4537	www.vbgov.com/	VB	Parent education, information and referral.
Square One	552-0293	www.SqOne.org	R	Training, information and referral.
UP Center, The	397-2121	www.theupcenter.org	R	Variety of parent education programs for parents of young children. Cooperative Parenting Program for parents who are divorcing or separating.
WHRO	889-9400	www.whro.org/home/education/families/	R	Television programs on WHRO TV-15. Workshops on reading and literacy.
City Department of Social Services (DSS) or Department of Human Services (DHS)				
• Chesapeake DHS	382-2000	www.cityofchesapeake.net/services/depart/humanser/index.shtml	C	Parenting classes and resources for new parents.
• Norfolk DHS	664-6020	www.norfolk.gov/HumanServices	N	
• Portsmouth DSS	405-1800	www.portsmouthva.gov/socialservices	P	
• Suffolk DSS	514-7450	www.suffolk.va.us/ss	S	
• Virginia Beach DHS	437-3200	www.vbgov.com/	VB	

Parent Education Programs (continued)				
NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
City Department of Public Health				
• Chesapeake- Great Bridge	382-8600	www.vdh.state.va.us/lhd/chesapeake	C	Staff are available to speak/develop/refer to classes to groups regarding parenting skills.
• Chesapeake-South Norfolk	382-2600			
• Norfolk	683-2700	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/LHD/portsmouth/portsmouth.htm	P	
• Suffolk	514-4728	www.suffolk.va.us/health-dept	S	
City Schools/Parent Resource Center				
• Chesapeake	482-5923	www.cpschools.com/departments/special_education/	C	Parenting workshops and educational materials.
• Norfolk Title I Parent Center	628-2497	www.nps.k12.va.us	N	
• Portsmouth	393-8392	www.portsmouthfamilies.com/early.html	P	
• Suffolk	934-6202	www.spsk12.net	S	
• Virginia Beach	263-2066	www.vbschools.com/curriculum/special_ed/index.asp#parent	VB	

Prenatal Services

See:

- Department of Public Health

Safety

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Red Cross				
• Southeastern Virginia Chapter	446-7747	www.seva-redcross.org	R	Training in First Aid, CPR and communicable diseases.
• Suffolk Chapter	539-6645	www.suffolkredcross.org	S	
Operation Smoke Detectors	471-5826	www.vbgov.com/	VB	Free smoke detectors and installation.
Young Men's Christian Association (YMCA)	Call individual locations, listed in the phone book.	www.ymcashr.org	R	Variety of safety programs, including water safety.
City Department of Public Health				
• Chesapeake-Great Bridge	382-8600	www.vdh.state.va.us/lhd/chesapeake	C	Certified Health Educator available to teach group classes on a wide variety of child safety topics.
• Chesapeake-South Norfolk	382-2600	www.vdh.state.va.us/lhd/chesapeake	C	
• Norfolk	683-2700	www.norfolk.gov/pub_health	N	
• Portsmouth	393-8585	www.vdh.state.va.us/LHD/portsmouth/	P	
• Suffolk	514-4700	www.suffolk.va.us/health-dept	S	
• Virginia Beach	518-226833	www.vdh.state.va.us/lhd/vabeach	VB	

See Also:

- Car Seat Safety, p. 10
- Hospitals, p. 26

Shelters

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
American Red Cross				
<ul style="list-style-type: none"> • Southeastern Virginia Chapter 	446-7747	www.seva-redcross.org	R	Disaster Relief Program. Disaster Relief Program.
<ul style="list-style-type: none"> • Suffolk Chapter 	539-6645	www.suffolkredcross.org	S	
Our House Families	545-4075	www.ourhousefamilies.org	C	Housing and support services for homeless families.
Dwelling Place	624-9879	www.thedwellingplaceva.org	N	Up to 45-day stay for families (must have children).
ForKids	622-6400	www.homesforkids.org	R	Progressive system of shelters, housing, counseling, education and other comprehensive services to help families transition from homelessness to home.
Genieve Shelter	925-4365 24 hour crisis hotline: 800-969-4673	www.home.earthlink.net/ ~Genieve88	S	Shelter and Support for women and children coping with domestic violence issues.
Haven House	587-4202	www.homesforkids.org	R	Homeless shelter.

Shelters (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Help and Emergency Response Shelter (H.E.R.)	485-3384	www.hershelter.com	R	Temporary shelter.
Judeo Christian Outreach Center and Preschool (JCOC)	491-2846	www.jcoc.org	VB	Homeless assistance through temporary shelter, meals, job training, counseling and help with substance abuse.
New Beginning Development Services	567-1052	www.newbeginningsva.com	P	Group home for pregnant teens and teen moms with kids up to age 4.
Planning Council, The	622-9268	www.theplanningcouncil.org	R	Information and referral.
Portsmouth Area Resource Coalition (PARC)	397-5208	www.parcinc.org	P	Stabilization programs, including shelter, counseling, tutoring and case management.
Salvation Army				
<ul style="list-style-type: none"> Portsmouth Corps 	393-2519	www.virginiasalvationarmy.org	P	Emergency clothing, food, shelter, and fuel needs.
<ul style="list-style-type: none"> Suffolk Corps 	539-5201		S	
<ul style="list-style-type: none"> Tidewater Area Command 	543-8100		C, N, VB	
Samaritan House	631-0710	www.samaritanhouseva.org	R	Shelter for domestic violence victims or the homeless. 24 hour Crisis Hotline 430-2120.
Suffolk Center for Hope and New Beginnings	934-1353	N/A	S	Temporary or emergency shelter for homeless families or single women.
Union Mission	623-0642	www.unionmissionministries.org	R	Emergency shelter.
YWCA	625-5570	www.ywca-shr.org	R	Shelter for battered women. Information and referral services.

Special Needs

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
ACCESS (Aids Care Center for Education & Supportive Services)	640-0929	www.accessaids.org	R	Comprehensive services for children and families living with HIV/AIDS.
Advocating 4 Kids	431-1251	www.advocate4kids.org	R	Special Education Support Group
Camp Horizon/ The UP Center	622-7017 ext. 136	www.theupcenter.org	R	Summer recreation program for children (ages 5 and up) with developmental disabilities including intellectual disabilities, autism, down syndrome and cerebral palsy.
Cerebral Palsy of VA	497-7474	www.cerebralpalsyofvirginia.org	R	Information and referral.
Children and Adults with Attention Deficit Disorder (CHADD)	1-866-633-4871	www.chadd.net/template.cfm?affid=350&p=about	R	Support group for parents of children with attention deficit/hyperactivity disorder.
Children's Center, The	538-2523	www.thechildrenscenter.cc	S	Speech therapy, physical therapy, occupational therapy, early intervention, Early Head Start, child care through 6 years.
Children's Hospital of The King's Daughters (CHKD)	668-7000	www.chkd.org	R	Evaluation for children with special needs, including mental retardation, ADHD, autism, learning disabilities, speech/language problems, cerebral palsy and Downs Syndrome.
EDMARC Hospice for Children	967-9251	www.edmarc.org	R	Hospice for children diagnosed with life threatening illnesses. Family-centered care.
EQUI-Kids Therapeutic Riding Program	721-7350	www.equikids.com	R	Equine assisted activities for children with special needs ages 5 and up.
Down Syndrome Association of Hampton Roads	466-3696	www.dsahr.org	C. N. VB	Events provided to raise awareness. Resources and information on enhancing lives of children with Down Syndrome through family support, education and special events/social opportunities.

Continued on Next Page

Special Needs (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Infant and Toddler Connection of Virginia	1-800-234-1448			
<ul style="list-style-type: none"> • Chesapeake • Norfolk • Portsmouth • Suffolk • Virginia Beach 	547-8929	www.infantva.org	C	Information and referral for local screening or evaluation and assessment for infants and toddlers who may have a delay or disability (ages 0-3).
	441-1186			
	393-8321			
	562-6806			
	385-4425			
Jewish Family Services of Tidewater	459-4640	www.jfshamptonroads.org	R	Counseling, Assistance with IEP's for children with special needs.
Kirk/Cone Rehabilitation, Inc.	393-5205	N/A	R	Supports education and therapeutic needs of mentally, physically, and multi-challenged children and adults, ages 2-22.
Lee's Friends	440-7501	www.leesfriends.org	R	Resources for cancer patients and their families.
March of Dimes of Virginia	361-0000	www.marchofdimes.com/virginia	ST	Information on prevention of birth defects, premature birth and infant mortality.
Sickle Cell Association	466-0332	www.sicklecellhr.org	R	Information and referral.
Spina Bifida Support Group	473-8125	www.sbaa.org	R	Information for families living with Spina Bifida.
St Mary's Home for Disabled Children	622-2208	www.saintmaryshome.org	R	Specialized care for special children with severe disabilities.
Supplemental Security Income (SSI)	1-800-772-1213	www.ssa.gov	R	Benefits for children with disabilities.
Tidewater Child Development Services	683-8770	www.norfolk.gov/pub_health/ChildServices.asp	R	Comprehensive evaluation of children with developmental, academic, emotional, or behavior problems.

Continued on Next Page

Special Needs (continued)

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
City Mental Health, Mental Retardation and Substance Abuse Services				
• Chesapeake Community Services Board	547-9334		C	Mental Retardation/Developmental Disability Case Management Program for eligible children.
• Norfolk Community Services Board	823-1600	www.norfolkcsb.org	N	
◊ Developmental Services	823-1616			
◊ Mental Health Services	664-7699			
◊ Youth and Prevention Services	823-1632			
◊ Substance Abuse Services	664-6670			
• Portsmouth Department of Behavioral Healthcare Services	393-5357	www.portsmouthva.gov/ behavioralhealthcareservices	P	
• Western Tidewater Community Services Board (Suffolk)	225-7133	www.wtcsb.org/	S	
• Virginia Beach Department of Human Services	437-3200	www.vbgov.com/dept/hs/	VB	
◊ 24-Hour Emergency Services	385-0888			
◊ Adult Mental Health and Substance Abuse Services	385-0888			
◊ Developmental Services	385-0600			
City Public Schools				
• Chesapeake	494-7600	www.cps.k12.va.us/departments/ special_education/	C	Part B Services: early childhood special education programs and services for children with developmental disabilities.
• Norfolk	628-3950	www.nps.k12.va.us	N	
• Portsmouth	393-8791	www.pps.k12.va.us	P	
• Suffolk	925-6750	www.sps.k12.va.us	S	
• Virginia Beach	263-2800	www.vbschools.com/curriculum/ special_ed/index.asp	VB	

See Also:

- Hospitals, p. 26

Substance Abuse

NAME OF ORGANIZATION	PHONE NUMBER	WEBSITE ADDRESS	LOCALITY	SERVICE
Al-Anon/Al-Ateen Service Center	499-1443	www.al-anon.alateen.org	R	Provides help for families of alcoholics.
Alcoholics Anonymous	490-3980	www.alcoholics-anonymous.org	R	Provides mutual support and self-help groups.
Hope Line/National Council on Alcohol and Drug Dependency	1-800-622-2255	www.ncadd.org	NATL	Information and referral.
Narcotics Anonymous	1-800-777-1515	www.na.org	R	Encourages men and women addicted to narcotics to overcome their addiction.
Project LINK	385-0810	N/A	R	Case management services for pregnant and parenting women whose lives are affected by substance abuse.
City Mental Health, Mental Retardation and Substance Abuse Services				
• Chesapeake Community Services Board	547-9334	www.cityofchesapeake.net/services/depart/com-ser/mentretd.shtml	C	Mental Retardation/Developmental Disability Case Management Program for eligible children.
• Norfolk Community Services Board	823-1600	www.norfolkcsb.org	N	
◊ Mental Health Services	664-7699			
◊ Youth and Prevention Services	823-1632			
◊ Substance Abuse Services	664-6670			
• Portsmouth Department of Behavioral Healthcare Services	393-5357	www.portsmouthva.gov/behaviorhealthcareservices/	P	
• Western Tidewater Community Service Board (Suffolk)	942-1069	www.wtcsb.org/	S	
• Virginia Beach Department of Human Services	437-3200	www.vbgov.com/	VB	
◊ 24-Hour Emergency Services	385-0888			
◊ Adult Mental Health and Substance Abuse Services	385-0511			
◊ Youth Services	385-0850			

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Community Linkages Task Force

Chesapeake Office of Intergovernmental Affairs, Youth & Family Services
Children's Harbor
Children's Hospital of The King's Daughters (CHKD)
CHIP/Healthy Families of Chesapeake
Consortium for Infant and Child Health (CINCH)
Fleet and Family Support Centers of Hampton Roads (Military)
Ida Barbour Early Learning Center
KidsPriorityOne
Norfolk Human Services
Norfolk Public Library
Old Dominion University (ODU)
Portsmouth Coalition for Youth
Portsmouth Department of Behavioral Healthcare Services
Portsmouth Public Schools
Portsmouth READS
Professional Family Child Care and Early Education Association (PFCCEA)
Sentara Obici Hospital (Healthy Families and First Steps)
STOP Organization– Hampton Roads
The Planning Council
The Up Center
Tidewater Community College
United Way of South Hampton Roads
Virginia Beach Department of Public Health
Virginia Beach Public Library
Virginia Beach Ready to Learn
WHRO

Smart Beginnings South Hampton Roads' Quality Checklist

Looking for quality child care?

Before deciding, it's a good idea to visit a few places to find the right fit for your family. Don't forget to do your homework! Here are the top five things to look for:

- Is the center licensed and/or QRIS rated?
- How many children is each teacher responsible for?
- How experienced and educated are the teachers in early childhood?
- Is there plenty of play time and interesting activities?
(Places for reading, building with blocks, doing puzzles, clothes for dress up and outside play)
- How do the teachers interact with the children?

For more tips visit our website at
www.smartbeginningsshr.org/childcare

Ready for School. Ready for Life.



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