

212 West Vanburen Street  
Chicago, Illinois 60607  
Phone: 1-800-221-2141  
Fax: 312-294-8597  
Website: [www.y-me.org](http://www.y-me.org) or [askme@y-me.org](mailto:askme@y-me.org)

Serves all ages. 24 hours, 7 days per week. Provides emotional support and information to breast cancer patients, their families, friends and persons concerned about breast cancer.

## **CHILD ABUSE**

**Child Abuse Hotline**  
Phone: 1-800-552-7096

24 hour telephone hotline for reporting incidents of child abuse.

**Child Help USA**  
P. O. Box 630  
Los Angeles, CA 90028  
Phone: 1-800-422-4453  
Fax: 480-922-7061  
Website: [www.childhelpusa.org](http://www.childhelpusa.org)

Serves all ages. 24 hour service provides information and referrals with regard to child abuse problems. Offers counseling and literature on the subject.

**Child Protective Services**  
Phone: 1-800-552-7096 toll free

Chesapeake  
Phone: 382-2020

Norfolk  
Phone: 664-6022

Portsmouth  
Phone: 393-9500

Suffolk  
Phone: 539-0216

Virginia Beach  
Phone: 437-3400

Reports of abuse and neglect of children under the age of 18 are investigated with the goal of protecting children from physical, mental and medical neglect, and from physical and sexual abuse and exploitation. Services are also provided to prevent and alleviate family crises. Child Protective Services are provided on a 24 hour/ 7 day a week basis

**Prevent Child Abuse Hampton Roads**  
5215 Colley Avenue  
Norfolk, Virginia 23508  
Phone: 440-2749 or 622-9622 ext. 19  
Fax: 625-5378  
Website: [www.ucantbeatkids.org](http://www.ucantbeatkids.org)  
Email: [ucantbeatkids@yahoo.com](mailto:ucantbeatkids@yahoo.com)

Serves the community. Offers advocacy, public awareness/education, a speaker's bureau, and resource referrals.

## **CHILDREN/YOUTH SERVICES**

**Appletree Learning Center**  
1012 N. Battlefield Blvd.  
Chesapeake, Virginia 23320  
Phone: 547-9530  
Fax: 547-9686  
Website: [www.appletreekids.org](http://www.appletreekids.org)  
Email: [bcrook@appletreekids.org](mailto:bcrook@appletreekids.org)

Hours Monday-Friday, 6:30am-6:00pm.

**Arkie Day Care**  
3232 S. Battlefield Blvd  
Chesapeake, Virginia 23320  
Phone: 421-3505

Preschool and childcare. Hours Monday-Friday, 6:30am-6:00pm.

**Au Pair Care**

Corporate Headquarters  
600 California Street FL 10  
San Francisco, CA 94108  
Phone: (415) 434-8788  
Fax: (415) 434-5415  
Website: [www.aupaircare.com](http://www.aupaircare.com)

Provides information and referral for au pair live in child care.

**Autism Society of America**

Tidewater Chapter  
Circle East Bldg, Suite 140  
860 Glenrock Road  
Norfolk, Virginia 23505  
Phone: 461-4474  
Website: [www.tasa.excess.net](http://www.tasa.excess.net)

Serves families with autistic members. Provides information and referral; free newsletters. Meets the last Tuesday of each month September through May at Pembroke Elementary from 7:00-9:00pm. Member of the national organization. Anyone interested in learning about autism is welcome.

**Barry Robinson Center, The**

443 Kempsville Road  
Norfolk, Virginia 23502  
Phone: 455-6100 or 455-6266  
Fax: 455-6127  
Website: [www.barryrobinson.org](http://www.barryrobinson.org)  
Email: [admissions@barryrobinson.org](mailto:admissions@barryrobinson.org)

Serves boys and girls ages 6-17. Hours are from 8:30am-5:00pm., Monday-Friday. Services rendered 24 hours, seven days per week. Provides residential services to children with learning disabilities, emotional

disturbances or delinquency problems. Independent living and vocational services for at risk youth also offered. The Barry Robinson Center is affiliated with Children's Hospital of the King's Daughters. Other services include a foster care program, in-home services, therapeutic respite care services and a prevention program.

**Basics Primary School**

1509 N. River Birch Run  
Chesapeake, Virginia 23320  
Phone: 424-0994  
Fax: 424-0994

Serves children ages 2-11 years old. Hours are 6:00am-6:00pm., Monday-Friday. Child can develop self-confidence, develop self-discipline, form friendships, learn to be independent, and receive the best academic programs. Day care, pre-school, and kindergarten are offered. Before and after school services provided.

**Bertha Snyder Children's Care Fund**

2515 Walmer Avenue  
Norfolk, Virginia 23513  
Phone: 852-9797  
Fax: 853-3900

Serves children up to age 18. Hours are 9:00am-5:00pm., Monday-Friday. Provides funds, plans, implements and researches programs for children. Also provides funds for camping and after school programs for children.

**Care Connection for Children**

Children's Hospital of the King's Daughters  
601 Children's Lane  
Norfolk, VA 23507  
Phone: 668-6132  
Website: [www.chkd.com](http://www.chkd.com)

Serves children ages 0-21 and their parents. Hours are Monday through Friday 8:00 a.m. to 5:00 p.m. Provides cystic fibrosis, spina bifida and other childhood disorder clinics. Coordinators offer help with insurance issues. Patients must be a resident of the state of Virginia. Other specific qualifications required. Call for additional information.

**Cedar Road Christian Academy**

916 Cedar Road  
Chesapeake, Virginia 23320  
Phone: 547-9553  
Website: [www.croadag.org](http://www.croadag.org)

Serves ages 2 through 12. Provides day care, preschool, grades K-3, before/after school programs, and summer camps.

**CHADD of Tidewater**

Mailing Address:  
P.O. Box 62686  
Virginia Beach, VA 23466  
Phone: 479-9993  
Website: [www.tidewaterchadd.org](http://www.tidewaterchadd.org)  
Email: [adhd@tidewaterchadd.org](mailto:adhd@tidewaterchadd.org)

Offers a support group, resources, lending library and information for persons with AD/HD. Support group for children issues meets the 1<sup>st</sup> Thursday of each month, for adults meets the 2<sup>nd</sup> Thursday of each month. Both groups meet The Barry Robinson Center at 6:45 to 8:30 p.m.

**Chesapeake Office of Youth Services**  
(c/o Office of Intergovernmental Affairs,  
Youth & Family Services)

306 Cedar Road, PO Box 15225  
Chesapeake, Virginia 23320  
Phone: 382-6264  
Fax: 382-6372  
TDD: 382-8214

Email:

[www.intergovaffairs@city.chesapeake.va.us](mailto:www.intergovaffairs@city.chesapeake.va.us).

Serves Chesapeake youth and their families. Hours are 8:00am-5:15pm., Monday-Friday. Responsible for coordinating the City's Delinquency Prevention/Youth Development, planning information, resource directories, publications, posters, community presentations, a Community Wide Comprehensive Needs Assessment Plan, and facilitating the Chesapeake Council on Youth Services (CCOYS), an inter-agency council established to provide strategic planning towards efficient and effective programs for youth and families.

**Child and Family Services of  
Southeastern Virginia**

Website:  
[www.childandfamilyservices.org](http://www.childandfamilyservices.org)

Norfolk/Main Office

222 W. 19<sup>th</sup> Street  
Norfolk, VA 23517  
Phone: 622-7017

Portsmouth Office

1805 Airline Blvd  
Portsmouth, VA 23707  
Phone: 397-2121  
Fax: 399-3316

Franklin Office

213 N. College Drive  
Franklin, VA 23851  
Phone: (757) 562-3306  
Fax: (757) 562-7670

Business hours Monday and Wednesday,  
8:30am-8:00pm.; Tuesday and  
Thursday, 8:30am-6:00pm.; Friday,  
8:30am-4:00pm. Provides parent

education groups, marriage counseling, parent/child counseling, individual counseling, seminars for business and industry, family life education, consumer credit and mental health counseling. GOOD BEGINNINGS- a child abuse prevention program for young at-risk mothers offered. Referral by self, professional or agency is accepted. RESOURCE MOTHERS PROGRAM- Volunteers who identify pregnant teens and get them into pre-natal care early. A food bank is also available.

### **Child Development Resources**

Phone: 566-3300

Fax: 566-8977

Website: [www.cdr.org](http://www.cdr.org)

Provides services for children and their families and provides training at the local, state, and national levels for early childhood and early intervention professionals.

### **Children's Harbor**

(Nationally Accredited School-Age Child Care Program)

Email: [placesandprograms@aol.com](mailto:placesandprograms@aol.com)

#### Chesapeake

2400 Strawberry Lane

Chesapeake, Virginia 23324

Phone: 543-4221

Fax: 543-8824

Serves ages 12 months to 10 years. Hours 6:30am -6:00pm., Monday-Friday (full-day child care program). Offers tutorial program/school-age program, computer enriched environment and transportation provided from selected schools.

#### Downtown-Ghent

1900 Llewellyn Avenue

Norfolk, Virginia 23517

Phone: 622-0900

Fax: 627-6908

Serves ages 6 weeks-12 years. Hours Monday-Friday, 6:15am-6:00pm. Year round facility.

#### Old Towne

620 London Street

Portsmouth, Virginia 23704

Phone: 397-2980

Fax: 397-1147

#### Suffolk

1020 Champions Way

Suffolk, VA 23435

Phone: 483-2693

Serves ages 2 ½ to 12 years. Hours 6:00am-6:00pm, Monday-Friday (full day child care program). Offers half day preschool program, school-age program and Montessori classroom from 8:30am-4:00pm.

### **Childtime Children's Centers**

1431 Eden Way North

Chesapeake, Virginia 23320

Phone: 436-1166

Fax: 382-5126

Website: [www.childtime.com](http://www.childtime.com)

### **Children's Hospital of the King's**

#### **Daughters**

601 Children's Lane

Norfolk, Virginia 23507

Phone: 668-7000

Website: [www.chkd.org](http://www.chkd.org)

Serves children ages 0-21 and their parents. Hours are 8:00am-5:00pm, Monday-Friday (Business). Services rendered 24 hours, seven day per week. Provides medical, nursing and support services, including outpatient clinics.

Emergency and non-emergency walk-ins accepted. Specific documents required for admission: physical examination report thirteen specialty clinics offered including: Child Amputee Clinic; Pediatric Cardiology; Cerebral Palsy; Cystic Fibrosis; Developmental and Behavior Pediatrics; Childhood and Adolescent Diabetes; Pediatric Endocrinology; Eye Clinic; Hearing Clinic; Hemophilia; Hypothyroidism; Child Neurology; Neurosurgery; Orthopedic; Plastic Surgery; Scoliosis; and Rheumatology Clinic.

**Children's World Learning Centers**  
Website: [www.childrensworld.com](http://www.childrensworld.com)

College Park  
Phone: 424-9261  
Fax: 424-9225

Green Run  
Phone: 468-5718  
Fax: 468-9083

Chesapeake  
Phone: 482-7880  
Fax: 546-9248

Kempsville  
5230 Indian River Road  
Phone: 495-3600  
Fax: 495-8221

Mt. Trashmore  
Phone: 497-8314  
Fax: 497-2024

Princess Anne  
Phone: 473-0183  
Fax: 473-0271

Ages vary according to the center. Hours are generally 6:30am-6:30pm., Monday

–Friday. Offers age appropriate skill building and arts projects.

**Comprehensive Health Investment Program (CHIP) of Chesapeake**  
Chesapeake Health Department  
2040 N. Battlefield Blvd, Suite 104  
Chesapeake, Virginia 23324  
Phone: 382-8709  
Fax: 543-9166  
Website: [www.chiphs.org](http://www.chiphs.org)

Serves children 0 to 6 years. Hours 8:15am-5:00pm., Monday –Friday. The Comprehensive Health Investment Program (CHIP) serves children ages 0 to 6 and their families to assure medical care and access to community resources to meet family needs. In home care coordination of services is provided, including developmental screening, education, parenting, medical follow-up and transportation to eliminate barriers to children's good health.

**Discovery Care**  
Children's Hospital of the King's Daughters  
811 Redgate Avenue  
Norfolk, Virginia 23507  
Phone: 668-7622 or 668-7085  
Fax: 668-7351  
Website: [www.chkd.org](http://www.chkd.org)

Serves children 6 weeks to 12 years old. Hours are 6:00am-8:00pm., Monday-Friday.

**GBC Enrichment Center and School**  
825 Greenbrier Parkway  
Chesapeake, Virginia 23320  
Phone: 548-9280  
Fax: 549-7703  
Email: [gbcenrichment@cs.com](mailto:gbcenrichment@cs.com)

A private school for 2 year old-5<sup>th</sup> grade.  
Summer and after school programs.

**Great Bridge Child Care, Ltd.**

520 Albemarle Drive  
Chesapeake, Virginia 23320  
Phone: 547-4344

701 Fentress Road  
Chesapeake, Virginia 23320  
Phone: 482-7404  
Fax: 482-4151

Child care center open 6:30am-6:00pm.,  
Monday-Friday.

**Great Bridge Children's Center**

253 Fresno Drive  
Chesapeake, Virginia 23320  
Phone: 482-1385  
Email: [gbcc2003@aol.com](mailto:gbcc2003@aol.com)

Ages 16 months and older Hours  
6:00am-6:00pm., Monday-Friday. After  
School Program.

**Hope Haven Children's Home**

3000 N. Landing Road  
Virginia Beach, Virginia 23456  
Phone: 427-1500  
Fax: 430-3968  
Email: [mission@norva.org](mailto:mission@norva.org)

Serves ages 4-18. Residential facility.  
This is a non-profit home serving single  
persons. Screening and written  
application required. Estimated time to  
process application up to one week.  
There is a one week waiting list to  
receive services. Specific documents  
required for records, physical  
examination report,  
psychiatric/psychological evaluation,  
and social history. Affiliated with Union  
Mission Ministries, Inc.

**Just Beginning Day Care**

377 W. Hanbury road  
Chesapeake, Virginia 23320  
Phone: 482-9007

**Kids Kollege**

928 Battlefield Blvd  
Chesapeake, Virginia 23320  
Phone: 482-1374

Christian base childcare/preschool.  
Serves 2 to 12 years. Open 6:30am-  
6:00pm. Monday-Friday.

**Kindercare Learning Centers**

929 Cedar Road  
Chesapeake, Virginia 23320  
Phone: 436-4747  
Fax: 436-4371  
Website: [www.kindercare.com](http://www.kindercare.com)  
Email: [c1267@mail.kindercare.com](mailto:c1267@mail.kindercare.com)

725 Greenbrier Parkway  
Chesapeake, Virginia 23320  
Phone: 436-4672  
Fax: 548-9541  
Website: [www.kindercare.com](http://www.kindercare.com)  
Email: [c1288@mail.kindercare.com](mailto:c1288@mail.kindercare.com)

Open 6:00am-6:30pm. Monday-Friday.  
Ages 6 weeks to 12 years. Before and  
after school child care. Summer  
programs.

**La Petite Academy**

1025 Plantation Lakes Circle  
Chesapeake, Virginia 23320  
Phone: 479-4812  
Fax: 479-4812  
Website: [www.lapetite.com](http://www.lapetite.com)  
Email: [lpavacp@lpacorp.com](mailto:lpavacp@lpacorp.com)

Ages 6 weeks to 12 years old. Open  
6:00am-6:00pm. Monday-Friday.

625 Cedar Road

Chesapeake, Virginia 23320  
Phone: 436-3492  
Fax: 436-3492

341 Volvo Parkway  
Chesapeake, Virginia 23320  
Phone: 547-7619  
Fax: 547-7619

Open 6:00am.-6:00pm. Monday-  
Friday. Ages 2 to 12 years old.

**Make a Wish Foundation of Eastern  
Virginia**

406 Oakmears Crescent Suite 201  
Virginia Beach, VA 23462  
Phone: 456-5292  
Fax: 456-9275  
Website: [www.makeawisheastva.org](http://www.makeawisheastva.org)  
Email: [office@makeawisheastva.org](mailto:office@makeawisheastva.org)

National Office

3550 North Central Ave. Suite 300  
Phoenix, AZ 85012  
Phone: (602) 279-9474  
or toll free 1-800-722-9474  
Fax (602) 279-0855  
Website: [www.wish.org](http://www.wish.org)

Hours are 7:00 a.m. to 4 p.m. Monday-  
Friday. Agency is a non-profit  
organization whose sole purpose is  
granting special wishes to children with  
life threatening illnesses.

**National Center for Missing and  
Exploited Children, The**

699 Prince Street  
Alexandria, VA 22314

Phone: (703) 235-3900  
Fax: (703) 274-2270  
Website: [www.missingkids.com](http://www.missingkids.com)

Serves children up to age 18. Provides a  
24 hour hotline for anyone concerned.

**National Runaway Switchboard**

3080 N. Lincoln Avenue  
Chicago, IL 60657  
Phone: 1-800-621-4000  
Fax: (773) 929-5150  
Website: [www.nrcrisisline.org](http://www.nrcrisisline.org)

Serves all ages. 24 hour hotline.  
Provides help to runaways and serves as  
a neutral channel for family contact.

**Norfolk Interagency Consortium**

201 Granby Street Suite 206  
Norfolk, VA 23510  
Phone: 441-2510  
Fax: 441-2805

Serves Norfolk. Preserves the family and  
its individuals by linking youth and their  
families with community-based  
resources to strengthen the family and  
enhance self-esteem and integrity of all  
members.

**Old Dominion University Child  
Development Center**

1520 W. 48<sup>th</sup> Street  
Norfolk, VA 23508  
Phone: 683-3320  
Fax: 683-3335  
Website: [www.odu.edu](http://www.odu.edu)  
Email: [bward@odu.edu](mailto:bward@odu.edu)

Hours are 7:30am-5:30pm., Monday-  
Friday. Developmentally appropriate day  
care for children ages 8 weeks to 5  
years.

**Old Dominion Child Study Center**

Hampton Blvd and 45<sup>th</sup> Street  
Norfolk, VA 23508  
Phone: 683-4117  
Fax: 683-5593

Website: [www.odu.edu](http://www.odu.edu)

Serves pre-school and kindergarten children. Hours by appointment. Provides clinical services in speech and hearing evaluations. Call for information.

**Pendleton Child Service Center, The**  
2473 N. Landing Road  
Virginia Beach, VA 23456  
Phone: 427-4537  
Fax: 427-4533

Serves children ages 5-12 of Chesapeake and Virginia Beach. The center is a community based treatment facility whose mission is to re-educate children who are experiencing behavioral problems at home and/or at school. Problems such as aggression, defiance, lying, stealing, temper tantrums, poor peer relations and failure to complete school work. Offers assessment and counseling, school consultations, parent skills training groups, day treatment programs, residential treatment programs, parent support groups and systemic follow-up services.

**Saint Mary's Home for Disabled Children**

6167 Kempsville Circle  
Norfolk, VA 23502  
Phone: 622-2208  
Fax: 627-5314  
Email: [www.saintmaryshome.org](http://www.saintmaryshome.org)

Provides quality, specialized care within a home like environment for special children with severe disabilities so each child can achieve his or her full potential.

**Shriner's Hospital**  
2900 Rocky Point Road

Tampa, FL 33607  
Phone: 1-800-237-5055  
Website: [www.shrinershq.org](http://www.shrinershq.org)

Serves children under 18. Hours are 8:00am-5:00pm., Monday-Friday. Provides treatment to children with physical disabilities, e.g., cerebral palsy, arthritis, flat feet, club feet, bowlegged, scoliosis, burns, etc. They operate 22 orthopedic hospitals and 3 burn institutes nationwide. For more information, call hotline.

**Sibling Awareness Program**

Maryview Medical Center  
3636 High Street  
Portsmouth, VA 23704  
Phone: 889-CARE  
Fax: 393-9344  
Contact: Jennifer

Serves children ages 3 and up. Hours vary. Classes are held bi-monthly on the 1<sup>st</sup> Thursday of the month, acquaints the siblings of infants who are to be delivered at Maryview and Portsmouth General with the hospital. The children are read a story and taught to feed and diaper an infant.

**Southeastern Tidewater Opportunity Project, Inc. (STOP)**

2551 Alameda Avenue  
Norfolk, VA 23513  
Phone: 858-1360  
Fax: 859-1389  
Website: [www.stopinc.org](http://www.stopinc.org)

The following listings do not represent all the programs operated by the STOP Organization. Instead it highlights some of the programs and services that have been successful in "helping people help themselves." EDUCATION-Head Start. Infant Day Care, Extended Day Care,

Project Discovery, Adult Basic Education, Youth Empowerment Programs; EMPLOYMENT- Certified Nurse Aide, Job Readiness/Employment Services, Virginia C.A.R.E.S; EMERGENCY SERVICES- Food Boxes, Rent/Utility Assistance; HEALTH- C.H.I.P. Programs, Lead Abatement Project, Crisis Heating Program, Summer Feeding Programs, Virginia Water Project; HOUSING- Certified HUD Counseling Agency, Home Weatherization, Emergency Home Repair, Indoor Plumbing/Repair; COMMUNITY ORGANIZING- Utilizing community assessment surveys, STOP assists community groups identify needed projects (i.e. block security programs, food buyer clubs, and home, street and community improvements).

**Sunshine Foundation**

Corporate Office  
1041 Mill Creek Drive  
Feasterville, PA 19053  
Phone: (215) 396-4770  
Fax: (215) 396-4774  
Website: [www.sunshhinefoundation.org](http://www.sunshhinefoundation.org)  
Email: [philly@sunshinefoundation.org](mailto:philly@sunshinefoundation.org)

Serves children ages 0-21 who are chronically or terminally ill. Provides support for family and “make wishes come true” for the child including special trips, meetings with celebrities etc.

**Union Mission Children’s Home**

3000 North Landing Road  
Virginia Beach, VA 23456  
Phone: 427-1500  
Fax: 430-3968  
Website: [www.ummnorva.org](http://www.ummnorva.org)  
Email: [mission@ummnorva.org](mailto:mission@ummnorva.org)

Provides group home for children, ages 4 to 18; summer camp- Camp Hope Haven operates for 6 weeks during the summer for children, ages 7 to 12.

**Virginian-Pilot Joy Fund, The**

150 Brambleton Avenue  
P.O. Box 2136  
Norfolk, VA 23501  
Phone: 446-2595  
Fax: 533-5349  
Contact: Nancy Tatterson  
Website: [www.pilotonline.com\joyfund](http://www.pilotonline.com\joyfund)  
Email: [nancy.tatterson@pilotonline.com](mailto:nancy.tatterson@pilotonline.com)

Hours are 8:30 am-4:30 pm., Monday-Friday. Raises funds to provide parents/guardian with money for the purchase of clothes or toys for their children at Christmas. Applications taken through School System or Social Services.

**Willow Grove Child Development Center**

841 W. St. Brides Road  
Chesapeake, VA 23322  
Phone: 421-2590  
Fax: 421-2590

**YMCA of South Hampton Roads**

Website: [www.ymca-shr.org](http://www.ymca-shr.org)

**Chesapeake Family YMCA**

1033 Greenbrier Parkway  
Chesapeake, VA 23320  
Phone: 547-9622  
Fax: 547-3662

Hours are 5:30am-10:00pm, Monday-Thursday; 8:00am-7:00pm, Saturday; and 11:00am-7:00pm, Sunday.

**Downtown Norfolk YMCA**

312 W. Bute Street

Norfolk, VA 23510  
Phone: 622-9622  
Fax: 622-7468  
Hours are 5:30am-10:00pm,  
Monday-Friday; 7:00am-7:00pm,  
Saturday; and 10:00am-6:00pm,  
Sunday.

**Effingham YMCA**

1013 Effingham Street  
Portsmouth, VA 23704  
Phone: 399-5511  
Fax: 399-4979

Hours are 6:00am-9:00pm,  
Monday-Friday; 8:00am-5:00pm,  
Saturday; and 1:00pm-5:00pm,  
Sunday.

**Greenbrier North YMCA**

2100 Old Greenbrier Road  
Chesapeake, VA 23320  
Phone: 366-9622  
Fax: 233-9816

Hours are 6:00am-9:00pm,  
Monday-Friday; 8:00am-6:00pm,  
Saturday; and 1:00pm-5:00pm,  
Sunday.

**Hilltop Family YMCA**

1536 Laskin Road  
Virginia Beach, VA 23451  
Phone: 422-3805

Currently not during community  
service.

**Indian River Family YMCA**

5660 Indian River Road  
Virginia Beach, VA 23464  
Phone: 366-0488  
Fax: 366-0786

Hours are 5:30am-9:00pm,  
Monday-Friday; 8:00am-6:00pm,

Saturday; and 1:00pm-6:00pm,  
Sunday.

**Mt. Trashmore Family YMCA**

4441 South Blvd  
Virginia Beach, VA 23452  
Phone: 456-9622  
Fax: 499-2168

Hours are 5:30am-10:00pm,  
Monday-Thursday; 5:30am-  
9:00pm, Friday; 8:00am-8:00pm,  
Saturday; and 12 Noon-6:00pm,  
Sunday.

**Portsmouth YMCA**

4896 High Street  
Portsmouth, VA 23703  
Phone: 483-9622

Hours are 5:30am-9:30pm.,  
Monday-Thursday; 5:30am-  
9:00pm., Friday; 8:00am-  
5:00pm., Saturday; and 1:00pm-  
5:00pm., Sunday.

**Suffolk Family YMCA**

2769 Godwin Blvd  
Suffolk, VA 23434  
Phone: 934-9622  
Fax: 925-4375

Hours are 5:30am-10:00pm,  
Monday-Friday; 8:00am-6:00pm,  
Saturday; and 1:00pm-6:00pm,  
Sunday.

**William A. Hunton YMCA**

1139 E. Charlotte Street  
Norfolk, VA 23504  
Phone: 622-7271  
Fax: 622-1615

Hours are 3:00pm-6:00pm,  
Monday-Friday and 10:00am-  
2:00pm, Saturday.

Serves community. Individual/family activities for people of all ages from pre-school to senior citizens. Programs include swimming, aerobics, gymnastics, after-school programs, and day camps. Offers programs including youth counseling, latchkey, delinquency prevention, job training, fitness instruction, and recreation for youth and special populations. There is a membership fee to join.

Recreation for youth and special population. There is a membership fee to join.

#### **Youth Crisis Network**

117 W. 21<sup>st</sup> Street Suite 203

Norfolk, VA 23517

Phone: 623-0437

Phone: 623-2627 (Crisis Line)

Fax: 623-0141

Website: [www.youthcrisisnetwork.org](http://www.youthcrisisnetwork.org)

Serves runaways and families of runaways. A coordinated partnership providing 24 hour crisis intervention to youth and families. Includes crisis services to runaway youth, parent education, and conflict mediation. Free and confidential.

#### **Youth Entertainment Studios, Inc.**

2130 Stalham Road

Chesapeake, VA 23325

Phone: 545-8766

Fax: 545-8799

Hours are 9:00am-5:00pm, Monday-Friday. Provides services to empower inner-city youth to become leaders of character vision and action in their communities by challenging their creativity and equipping them with practical, confidence-building media

production and marketing skills. After school clubs and summer program are also offered.

#### **Youth Facing Family Health Crisis**

C/o Lee's Friends

618 Stockley Gardens

Norfolk, VA 23507

Phone: 625-3115

Fax: 640-1213

Website: [www.leesfriends.org](http://www.leesfriends.org)

Hours are 9:30am-2:00pm, Monday-Friday. Provides transportation and emotional support for cancer patients and their families.

### **Pediatric Therapy**

#### **CHKD Therapy**

601 Children's Lane

Norfolk, VA 23507

Phone: 668-7083

Website: [www.chkd.org](http://www.chkd.org)

Hours are 7:30am-5:00pm, Monday-Friday. Offers physical therapy, occupational therapy and speech therapy.

#### **Diane Epplein Associates**

818 Newtown Road

Virginia Beach, VA 23462

Phone: 473-8016

Hours are 8:00am-6:00pm, Monday-Thursday, 8:00am-1:00pm, Friday. Offers physical therapy, occupational therapy and speech therapy (pediatric only).

#### **Portsmouth Pediatric PT**

5717 Churchland Blvd

Portsmouth, VA 23703

Phone: 484-5755

Fax: 686-8902

Hours are 8:00am-5:30pm, Monday-Friday. Offers physical therapy only.

**Rehabilitation Associates**

4560 South Blvd.  
Virginia Beach, VA 23452  
Phone: 490-3223  
Website:  
[www.rehabilitationassociates.com](http://www.rehabilitationassociates.com)

Hours are Monday –Thursday 8:00 a.m. to 6:00 p.m. and Friday 8:00 a.m. to 4:00 p.m. Offers physical therapy, occupational therapy and speech therapy.

**Southeastern Physical Therapy**

5301 Providence Road  
Virginia Beach, VA 23464  
Phone: 467-4604

Hours are 8:00am-7:00pm, Monday-Thursday, 8:00am-4:00pm, Friday, 8:00am-11:00am, Saturday. Offers physical therapy and occupational therapy.

**Tidewater Therapy for Children, PC**

4016 Raintree Road Suite 240  
Chesapeake, VA 23321  
Phone: 448-2864  
Fax: 488-4735

Hours are 8:00am-6:00pm, Monday-Thursday, and 8:00am-3:00pm, Friday. Offers occupational, speech and physical therapy.

**CHURCH BASED SERVICES**

**Bethany Christian Services**

287 Independence Blvd, Suite 241

Virginia Beach, VA 23462-2956  
Phone: 499-9367  
Fax: 518-8356

Hours are 8:00am-5:00pm, Monday-Friday. Provides pregnancy counseling (long and short term) to women, men and families; complete adoption services to birthparents and to couples seeking to adopt. Foster care for infants; referral services for medical care, baby clothes and supplies (minimal); post adoption counseling to birthparents, educational presentations and audio-visuals on adoption, pregnancy and abstinence.

**Catholic Charities of Eastern Virginia**

Website: [www.cceva.org](http://www.cceva.org)

Chesapeake Care Center

3804 Poplar Hill Road Suite A  
Chesapeake, VA 23321  
Phone: 484-0703  
Fax: 484-1096

Newport News Care Center

12829 Jefferson Avenue, Suite 101  
Newport News, VA 23608  
Phone: 875-0060  
Fax: 877-7783

Norfolk Care Center

1301 Colonial Avenue  
Norfolk, VA 23517  
Phone: 625-2568  
Fax: 625-5684

Virginia Beach Care Center

4855 Princess Anne Road  
Virginia Beach, VA 23462  
Phone: 467-7707  
Fax: 495-3206

Services include counseling, child welfare, family life enrichment, community outreach, school assistance