

## Chesapeake Senior Resource Guide

### Abuse, Neglect, and/or Exploitation Services

- Adult Protective Services 757-382-2008
  - After Hours Adult Protective Services 800-552-7096
  - Family Violence and Sexual Assault Hotline 800-838-8238
  - Help and Emergency Response (HER) Shelter 757-485-3384
  - Long Term Care Ombusman 800-552-5019
- Or 804-565-5019
- National Center for Elder Abuse 855-500-3537
  - Samaritan House/Safe Harbor 757-631-0710
    - 24-Hour Crisis Hotline 757-430-2120
  - Victim Witness Program 757-382-6417
  - Virginia Office of the Attorney General 800-371-0824
  - Virginia Coalition for Prevention of Elder Abuse [www.vcpea.org](http://www.vcpea.org)
  - YWCA Coordinated Crisis 24-Hour Hotline 757-251-0144

### Chesapeake Public Schools

- Adult Education Center (GED, ESOL) 757-482-5680

### Chesapeake Social Services

- Main Number 757-382-2000
  - CommonHelp [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov) 855-635-4370
- Benefits Program: Childcare, 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 757-382-2008
- After Hours Adult Protective Services 800-552-7096

Services Division: Adoption, Adult Protective Services, Child Protective Services, Foster Care

- Virginia Initiative for Employment Not Welfare (VIEW)  
757-382-2312

Welfare to Work Programs: JOBWORKS 757-382-2312

### Classes

- Health, Nutrition, and Youth Development
  - Virginia Cooperative Extension 757-382-6348
  - Smoking Cessation – Quit Now VA 800-784-8669
- Parenting:
  - Catholic Charities 757-484-0703
  - Department of Human Services 757-382-2000
  - Kids, Kin n’ Caregivers, Inc. 757-434-5162
  - National Alliance on Mental Illness (NAMI) of Coastal Virginia 757-499-2041
  - 21<sup>st</sup> Century Group, LLC 757-650-9967
- Public Safety Community Outreach
  - Chesapeake Fire Department 757-382-6297
  - Crime Prevention Unit 757-382-6223
- 55+ Resource Information 757-382-2268

### Counseling

- Catholic Charities 757-467-7707
- Chesapeake Integrated Behavioral Healthcare (CIBH)
  - Crisis Line 24-hours 757-548-7000
  - Mental Health 757-547-9334
- Jewish Family Services 757-459-4640
- Kempsville Center 757-461-4565
- LGBT Life Center 757-640-0929
- Meditation Center Hampton Roads 757-624-1916

- National Alliance on Mental Illness (NAMI) of Coastal Virginia 757-499-2041
- Regent University's Psychological Services 757-352-4488
- Therapeutic Interventions 757-410-0382
- Tidewater Pastoral Counseling Services 757-623-2700
- YWCA Coordinated Crisis Response 757-251-0144

#### Courts

- Circuit 757-382-3000

Civil, Criminal, Deeds & Records, Marriage License, Notaries,  
Probate Will

- General 757-382-3100

Traffic, Criminal, Civil

- Juvenile & Domestic Relations Court 757-382-8100
- Juvenile Intake, Probation and Parole 757-382-8150
- Mediation Information (Juvenile Court) 757-382-8133
- Victim Witness Program 757-382-6417

#### Disability Information/ Special Needs

- Autism Society of America (Tidewater Chapter) 757-461-4474
- Brain Injury Association of America 800-444-6443
- Chesapeake Parks, Recreation & Tourism Therapeutic Recreation Program 757-382-1328
- Dept. of Aging and Rehabilitative Services 800-552-5019
- Endependence Center, Inc. 757-461-8007
- Social Security/SSI/SSDI 800-772-1213

#### Emergency

- Animal Control 757-382-8080
- Chesapeake (CIBH) Mental Health Crisis 757-548-7000
- Crime Prevention Unit 757-382-6223
- Emergency Police/Fire/Ambulance 911
- Non-emergency 757-382-6161

- National Suicide Prevention Lifeline 988
- Virginia Poison Control 800-222-1222

#### Financial Resources

- Bank On Hampton Roads bankonhr.org
- Catholic Charities Financial Assistance Program 757-587-4202
- Chesapeake Dept. of Human Services 757-382-2000
- Help and Emergency Response (HER) 757-485-3384
- House of Blessing 757-547-9341
- Housing Crisis Hotline 757-5847-4202
- Portsmouth Area Resources Coalition (PARC) 757-393-7848
- Salvation Army 757-543-8100
- S.T.O.P Inc. 757-858-1360

#### Food Pantries/Meals

- Food Bank of Southeastern Virginia 757-627-6599  
foodbankonline.org
- ABBA List abbalist.org
- Jewish Family Services of Tidewater 757-321-2222
- Buffalow Family and Friends Community Center 757-739-5222
- Meals on Wheels, Chesapeake 757-312-6458
- WIC Office – Great Bridge 757-382-8608
- WIC Office - South Norfolk 757-382-2651

#### Home Visitation Programs

- Chesapeake Fire Department Mobile Integrated Healthcare 757-819-7032
- Chesapeake Dept. of Human Services, Family Services Division 757-382-2008
- Comfort Care Home Health & Hospice 757-312-6460
- Harmony Cares Medical Group 877-468-7322

#### Housing

- Chesapeake Redevelopment & Housing Authority (CRHA) 757-523-0401

- Norfolk Redevelopment & Housing Authority (NRHA) 757-623-1111
- Portsmouth Redevelopment & Housing Authority (PRHA) 757-399-5261
- Regional Housing Crisis Hotline 757-587-4202
- S.T.O.P. Inc 757-858-1360
- Suffolk Redevelopment & Housing Authority (SRHA) 757-539-2100
- Virginia Housing Development Authority (VDHA) 877-843-2123
- Virginia Supportive Housing 804-788-6825

#### Housing Crisis Assistance

- Regional Housing Crisis Hotline 757-587-4202
- Chesapeake Area Shelter Team (CAST) 757-321-9353
- Chesapeake We Care Resource Center 757-937-8740
- Help and Emergency Response (HER) Shelter 757-485-3384
- Norfolk Emergency Shelter Team (NEST) 757-823-1622
- Portsmouth Area Resources Coalition (PARC) 757-393-7848
- Union Mission 757-627-8686
- Virginia 211 211

#### Jobs/Job Training

- Goodwill Industries 757-248-9405
- Hampton Roads Workforce Council 757-461-7537
- Integrity Staffing 757-420-0555
- Virginia Employment Commission 757-558-4455

#### Legal Services

- Carnegie Law Group 757-967-8782
- Legal Aid Society of Eastern Virginia Central Intake 866-534-5243

## Libraries

- Central Library 757-410-7100
- Dr. Clarence V. Cuffee Outreach & Innovation Library  
757-410-7036
- Greenbrier Library 757-410-7061
- Indian River Library 757-410-7003
- Major Hillard Library 757-410-7078
- Russell Memorial Library 757-410-7020
- South Norfolk Memorial Library 757-410-7048

## Medical

- Clinics
  - Chesapeake Care Free Clinic (Medical and Dental)  
757-545-5700
  - Chesapeake Community Health Center 757-228-1288
  - Chesapeake Regional  
EVMS HOPES Free Clinic 757-446-0366
  - Hampton Roads Community Health Center (Norfolk)  
757-533-9108
  - Hampton Roads Community Health Center (Portsmouth)  
757-393-6363
  - Old Dominion Dental Clinic (Dental Cleanings only, No  
Medicaid) 757-683-4308
- Hospitals
  - Bon Secours DePaul Medical Center 757-889-5000
  - Bon Secours Maryview Medical Center 757-398-2200
  - Chesapeake Regional Medical Center 757-312-8121
  - Sentara Leigh 757-261-6000
  - Sentara Norfolk General 757-388-3000
  - Sentara Princess Anne 757-507-1000
  - Sentara VA Beach General Hospital 757-395-8000
- Medicaid and HMOS
  - Anthem Health Keepers Plus 800-901-0020
  - Medicaid "Cover Virginia" 866-873-2647
  - Optima Family Care 800-881-2166

- Medicare  
Medicare Help 757-222-4542
- Medication/Prescription Assistance  
National Council on Aging [www.ncoa.org](http://www.ncoa.org)  
RX Assist [www.rxassist.org](http://www.rxassist.org)  
Virginia Dept. of Health 757-518-2700
- Virginia Dept. of Health  
Information 757-518-2700  
Vital Records 757-518-2671
- Vision /Hearing  
Eye Care America 800-222-3937  
Lions Quest 602-267-7573  
New Eyes for the Needy 973-376-4903

#### Mental Health Resources

- Chesapeake Integrated Behavioral Healthcare (CIBH) 757-547-9334
- Mental Health and Wellness Coalition 757-536-6097
- National Alliance on Mental Illness (NAMI) of Coastal Virginia 757-499-2041

#### Military/Veterans

- Air Force Aid Society 703-972-2650
- Army Emergency Relief 866-878-6378
- Exceptional Family Members Program 800-342-9647
- Family Advocacy (Fleet & Family Support Center a Portsmouth Navy Medical Center 757-953-7801
- Fleet & Family support Center at Little Creek 757-462-9503
- Fleet & Family Support Center North West Annex 757-421-8770
- Hampton VA Veterans Affairs Medical Center 757-722-9961
- Navy-Marine Corp Relief Society Portsmouth 757-953-5956
- TCC Veteran Services 757-822-5298
- VA Veteran Family and Veteran Support 757-224-5208
- Virginia Department of Veterans Services (Disability/Benefits Claims) 757-455-0814

## Psychiatric Hospitalization and Residential Care

- Inpatient Hospitalization
  - Harbor Point Behavioral Health Center 757-393-0061
  - Kempsville Center for Behavioral Health 757-461-4565
  - Maryview Behavioral Medicine Center 757-398-2367
  - Newport News Behavioral Health Center 757-888-0400
  - Virginia Beach Psychiatric Center 757-496-6000
- Residential Care Programs

## Newsletters/Newspapers

- Senior Advocate 757-724-7001
- Senior Living Guide 877-995-0272
- The Virginian-Pilot [www.pilotonline.com](http://www.pilotonline.com)

## Recreation/Programs

- AARP [www.aarp.org](http://www.aarp.org)
- Chesapeake Parks, Recreation and Tourism Administration 757-382-6411
- Chesapeake Parks, Recreation and Tourism Centers:
  - Camelot 757-485-7400
  - Deep Creek 757-487-8841
  - Dr. Clarence V. Cuffee 757-648-8549
  - Great Bridge 757-382-6292
  - Indian River 757-424-4238
  - River Crest 757-436-3100
  - South Norfolk 757-543-5721
  - Western Branch 757-465-0211
- YMCA
  - Great Bridge/Hickory Family YMCA 757-546-9622
  - Greenbrier Family YMCA 757-547-9622
  - Greenbrier North YMCA 757-366-9622
  - Taylor Bend Family YMCA 757-638-9622



## Resource Information

- 55+Resource Information 757-382-2268
- City Call Center 757-382-2489
- Senior Navigator 866-393-0957
- Senior Services of Southeast Virginia 757-461-9481

## Social Security

- National Number 800-772-1213
- Norfolk (5850 Lake Herbert Dr.) 866-858-6089
- Portsmouth (3305 Airline Blvd.) 866-593-8851
- Suffolk 866-835-7769

## Substance Abuse Services

- AL-AMON Family Groups 757-563-1600
- Alcoholics Anonymous 757-490-3980
- American Addiction Centers 888-380-9374
- Chesapeake Integrated Behavioral Healthcare (CIBH)  
757-547-9334
- CIBH Crisis Intervention/Emergency Services Only  
757-548-7000
- Wellness and Recovery Coalition 757-536-6035

## Support Groups

- Alzheimer's Association/Alzheimer's Caregiver Support  
800-272-3900
- Brain Injury Association Brain Injury Information Center  
800-444-6443
- National Alliance on Mental Illness (NAMI) of Coastal Virginia  
757-499-2041
- Kids, Kin n' Caregivers, Inc. 757-434-5162
- Virginia Department of Health Caregivers Support Group  
757-382-8653

## Tax Information

- AARP [www.aarp.org](http://www.aarp.org)
- Chesapeake Commissioner of Revenue 757-382-6455
- Chesapeake Real Estate Assessor 757-382-6235
- IRS [www.irs.gov](http://www.irs.gov)

#### Transportation

- HRT 757-222-6100
- HRT Paratransit 757-455-8010
- I-Ride Transportation Services 757-222-4513
- Senior Services of Southeast Virginia 757-461-9481
- V Premier Transport 757-461-0064

#### Web Resources

- [www.211virginia.org](http://www.211virginia.org)
- [www.resources757.org](http://www.resources757.org)
- [www.ABBAlist.org](http://www.ABBAlist.org)
- [www.bankonhr.org](http://www.bankonhr.org)
- [www.CIBHPrevention.com](http://www.CIBHPrevention.com)
- [www.cityofchesapeake.net](http://www.cityofchesapeake.net)
- [www.parentsinneedHR.org](http://www.parentsinneedHR.org)

#### WIC

- Great Bridge 757-382-8608
- South Norfolk 757-382-2651

